

WCC 2018 Abstract Submission

Epidemiology / Prevention / Health Promotion / Physical Activity / Advocacy

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ECG SCREENING IN A STUDENT POPULATION: AN INTERDISCIPLINARY PROJECT

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I agree with the above statement: Yes

I want my abstract to be consider for: Indifferent (Eposter only or moderated Eposter)

I would like to apply for a Early Career Investigator Award: Yes

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Introduction: Sudden Cardiac Death has an incidence from 0.4/100000 to 3.7/100000 according to age, sex and sport activity. ECG can precociously identify sudden cardiac death causes as Hypertrophic Cardiomyopathy, Brugada Syndrome, Long QT and Short QT syndrome, Arrhytmogenic Right Ventricular Cardiomyopathy in young and asintomatic patients.

Objectives: we made a screening campaign in schools performing ECGs and anamnesis questionnaire to students to make early diagnosis of main cardiomyopathies.

Methods: From November 2016 to April 2017 with collaboration of AICR (Associazione italiana cuore e rianimazione Lorenzo Greco) ECGs were performed in educational institutions. In meanwhile, anamnesis questionnaires were given to students and their families.

Results: 2876 ECGs were performed in 12 educational institutions. Each student had filled a questionnaire with anamnestic datas and lifestyle informations about food, smoke, drug and alchool use. ECGs were reported by Cardiologist from Mauriziano Hospital; from these reports 27 cardiological visits (3%) and 10 (1%) echocardiograms were made for diagnostic investigations. From questionnaires it resulted that 57.7% of students smoke actively, 62,2% of students in age from 13 to 16 years drink alchool, and 50% in age from 13-16 use drug at least once.

Conclusion: ECG in young people is a valid tool for early recognition of cardiomyopathies responsible of cardiac events. From collected datas, it's clear that there is a need to impact on young lifestyle to prevent main cardiac events and preserve on long time health state. This it can be done developing a web portal in which data from ECGs, family history and lifestyle habits are collected and where there is an interchange between clinical phisicians and students and their families, in order to improving cardiovascular prevention and health state in this population.

Disclosure of Interest: None Declared