

Office of School Board Members
Board Meeting of March 17, 1999

March 9, 1999

Demetrio Pérez, Jr., M.S., Member

SUBJECT: RESEARCH THE MEDICAL BENEFITS AND ASSOCIATED COSTS OF INCLUDING AN ELECTROCARDIOGRAM IN THE ANNUAL PHYSICAL EXAMINATION REQUIRED FOR STUDENT ATHLETES

Currently, each student athlete who participates in athletic activities sanctioned by the Florida High School Activities Association (FHSAA) is given a physical examination annually. The physical exam includes an assessment of height/weight and blood pressure/pulse; vision screening; and nose, throat, mouth, skin, heart, chest/lungs, and orthopedic tests. I believe an electrocardiogram (EKG) should be included in the required physical exam to help detect possible heart abnormalities. This requirement is being recommended due to the number of fatal incidents that have occurred due to unknown heart problems. The cardiogram should be requested as one of the requirements for athletes. Just by saving one life we can justify the importance of this item. Staff will meet with the Miami-Dade County School Health Medical Advisory Committee to obtain their opinion and to determine if this service can be provided free of charge.

ACTION PROPOSED BY

DEMETRIO PÉREZ, JR., M.S.: That The School Board of Miami-Dade County, Florida, direct the Superintendent to research the medical benefits and associated costs of including an electrocardiogram (EKG) in the required annual physical examination for student athletes.

B-14