

Adapting Knowing Your Pulse (KYP) Events to Benefit Young Adults

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Background

Sudden cardiac death (SCD) and arrhythmia represent a major worldwide public health challenge (Srinivasan, 2018), resulting in approximately 360,000 deaths annually with most incidents caused by irregular heart rhythms (arrhythmias). Arrhythmia Alliance (A-A) works to improve the diagnoses, treatment, and quality of life for those affected by arrhythmias. As a coalition of charities, patients, medical groups and allied professionals, A-A promote timely and effective diagnosis and treatment of arrhythmias. An estimated six million Americans have been diagnosed with the most common arrhythmia, atrial fibrillation (A-Fib); however many others are unaware of their heart rhythm.

Purpose

'Know Your Pulse' (KYP) is an A-A program which informs and detects heart rhythm disorders with use of mobile EKG technology, AliveCor Kardia device. This device is FDA-clear demonstrating heart rate and rhythm in 30 seconds. 'KYP' events increase public awareness, provide educational resources and offer free medical grade EKG's. This study focuses on the benefits of University partnerships as A-A 'KYP' leveraged a University Public Health program to demonstrate effective opportunistic population screening.

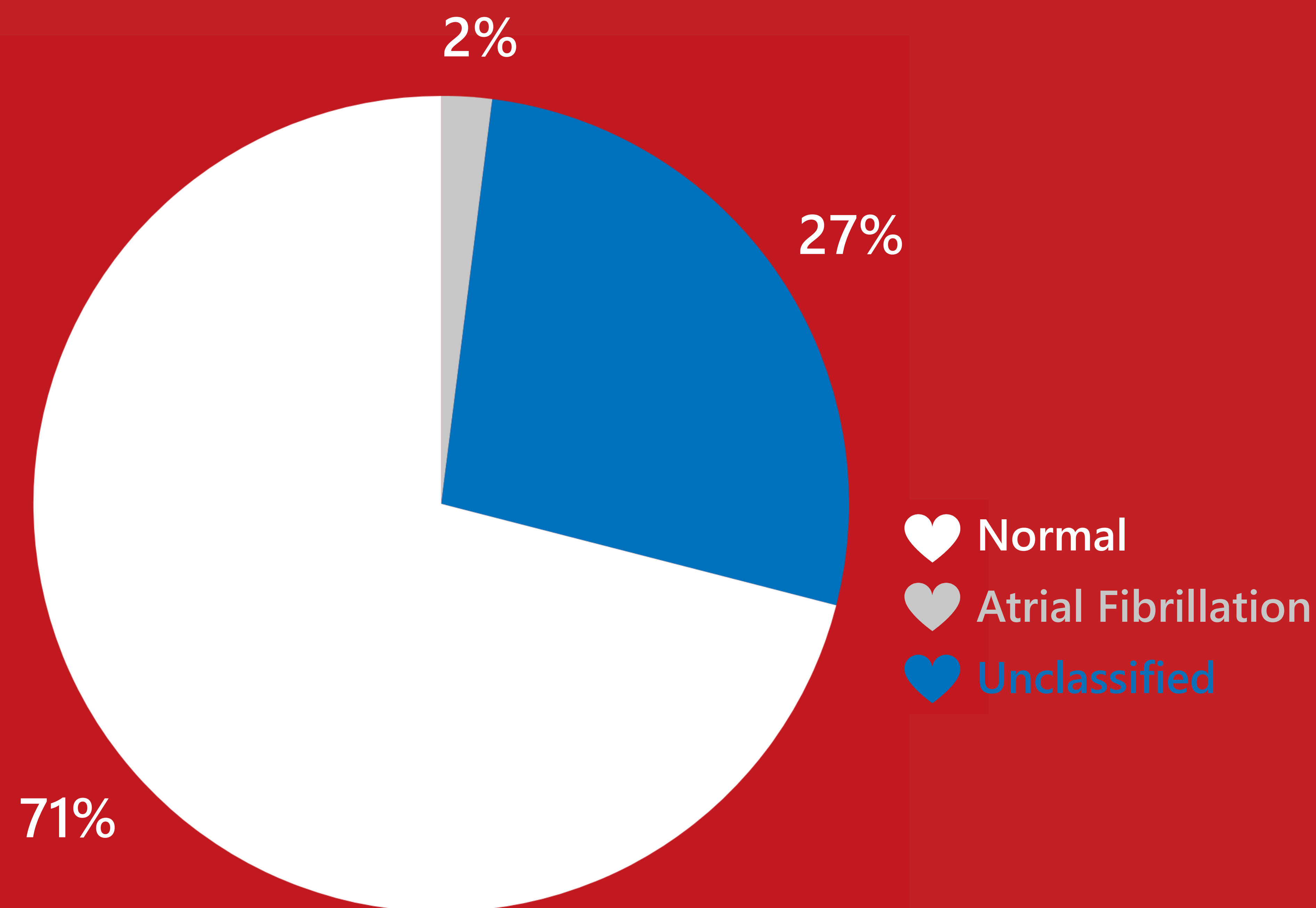
Methods

Data sources used include sign in sheets, resource records and the AliveCor Kardia device. Prior to using the device for rate and rhythm checks, sign in sheets were completed. The AliveCor Kardia device electronically saved EKG data and patient information. Education was offered through printed resources, an A-Fib seminar (hosted by a board certified cardiologist) and two visual demonstrations on how to make a difference during sudden cardiac arrest (provided by a local fire district).



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**Know Your Pulse
IT COULD SAVE YOUR LIFE**



Objectives

To increase awareness of arrhythmias and improve the outcomes of sudden cardiac arrest by:

- Hosting a 'Know Your Pulse' event
- Providing education, demonstration, and resources
- Partnering with the local community, increasing population screenings

Results

Ninety-two pulse checks were conducted. A total of sixty-five were classified as normal, twenty-five were documented as unclassified and two were identified as atrial fibrillation. Twenty-one students took part in the A-Fib seminar and over fifty resources were distributed. Overall the event reached approximately three-hundred university students, faculty and staff.

Conclusion

Evaluation occurred at multiple levels of this single-day 'KYP' event. Indicators measured include the population reached, resources distributed, pulse checks completed and results (i.e. normal, unclassified, possible A-Fib). Each detection of previously undetected A-Fib represents an increased likelihood for early detection and reduction of devastating consequences like sudden cardiac arrest and stroke. This case study establishes one adaptation of 'KYP' events and benefits to university students using opportunist population screening.



For more information, resources or support contact
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