

## CLINICAL "SNIPPETS"

### **Preparing for sudden cardiac arrest--the essential role of automated external defibrillators in athletic medicine: a critical review.**

Drezner JA.

University of Washington, Box 354775, 4245 Roosevelt Way, NE Seattle, WA 98105, USA.

*Br J Sports Med. 2009 Sep;43(9):702-7.*

**Overview:** Sudden cardiac arrest (SCA) is the leading cause of death in exercising young athletes. This article reviews emergency response planning for SCA and highlights recent data that provide a compelling case for the essential role of AEDs in the athletic setting.

**Conclusions:** Three factors-prompt recognition of SCA, the presence of a trained rescuer to initiate cardiopulmonary resuscitation (CPR) and access to early defibrillation through on-site automated external defibrillators (AEDs)-are critical to improving survival. Schools, clubs and organisations sponsoring athletic events should have an established emergency response plan for SCA.