American Heart Association 14-Element Screening (Maron BJ Circulation 2014)

Medical history (Parental verification recommended for high school and middle school athletes)

Personal History
1. Exertional chest pain/discomfort
2. Exertional syncope or near-syncope
3. Excessive exertional and unexplained fatigue/fatigue associated with exercise
4. Prior recognition of a heart murmur
5. Elevated systemic blood pressure
6. Prior restriction from participation in sports
7. Prior testing for the heart ordered by a physician

Family history
8. Premature death-sudden and unexpected before age 50 yr due to heart disease, in one or more relatives
9. Disability from heart disease in a close relative < 50 yo
10. Specific knowledge of certain cardiac conditions in family members: hypertrophic or dilated cardiomyopathy, long-QT syndrome or other ion channelopathies, Marfan syndrome, or clinically important arrhythmias

Physical exam
11. Heart Murmur-exam supine and standing or with valsalva, specifically to identify murmurs of dynamic L ventricular outflow tract obstruction
12. Femoral pulses to exclude aortic stenosis
13. Physical stigmata of Marfan syndrome
14. Brachial artery blood pressure (sitting, preferrably taken in both arms)

- Positive/abnormal screen warrants further evaluation and 12-lead EKG
- AHA does NOT currently recommend routine 12-lead ECG