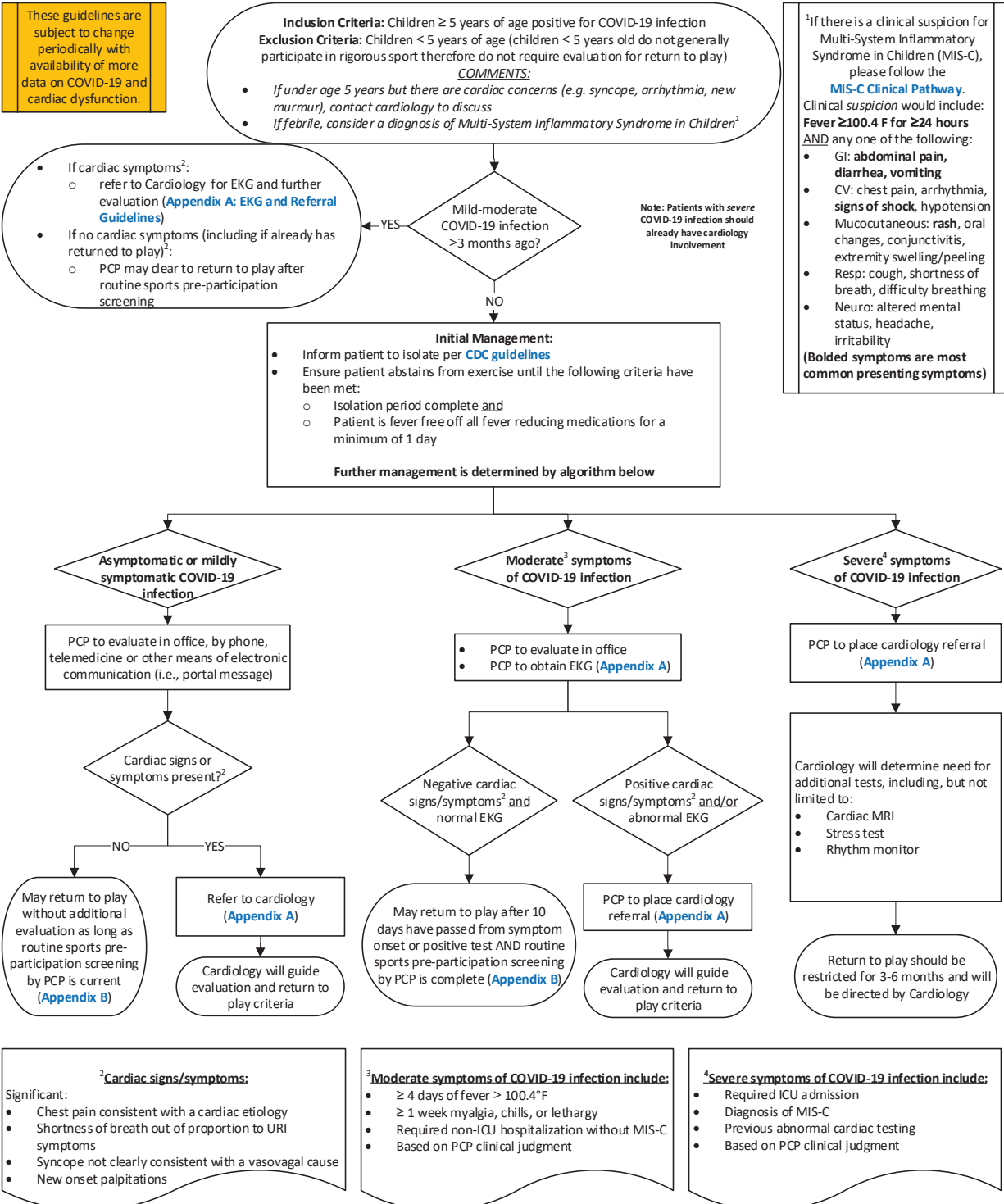


CLINICAL PATHWAY: COVID-19 Cardiology Return to Play Algorithm

THIS PATHWAY
SERVES AS A GUIDE
AND DOES NOT
REPLACE CLINICAL
JUDGMENT.



*The American College of Cardiology believes in the concept of "shared decision-making [as] the foundational framework of the contemporary sports eligibility discussion". This shared decision-making framework should be adopted to help specialists and primary care providers determine if a patient is, or is not, at significant increased risk over the general population for a significant life-threatening event.

References

- American Academy of Pediatrics. (2022). COVID-19 Interim Guidance: Return to Sports. <https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>.

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 This pathway is subject to change, based on evolving recommendations from the CDC and CT DPH.

LAST UPDATED: 10.14.22



EKG Locations:

The following locations provide same-day EKG services. Walk-ins are welcome at each location, however, please refer or call ahead to allow timely check-in, COVID-19 screening, and appropriate social distancing. EKG only appointments will take place after 11 days from the first positive COVID-19 test, and patient must be fever free without fever-reducing medication for at least 24 hours.

Hartford

- Monday-Friday, 8:30 am-3:45 pm
- 282 Washington St., 2nd Floor, Suite 2B
- Hartford, CT, 06106

Danbury

- Monday-Friday, 8 am-4 pm
- 105-A Newtown Rd.
- Danbury, CT, 06810

Westport

- Monday-Friday, 8 am-4 pm
- 333 Post Rd W Suite B
- Westport, CT 06880

South Hadley

- Monday – Friday 9 am – 3 pm (performed every hour: 9, 10, 11, 1, 2, 3)
- 84 Willimansett St #3
- South Hadley, MA 01075

The following location is by appointment only:

Glastonbury

- Monday – Friday 9 am – 3 pm (performed every hour: 9, 10, 11, 1, 2, 3)
- 310 Western Boulevard
- Glastonbury, CT, 06033

Cardiology Referral Guidelines

- To refer a patient, please visit connecticutchildrens.org/make-a-referral/refer-a-patient or contact One Call **Phone:** 833.733.7669 **Fax** 833.226.2329. You can also call our office directly to schedule an appointment **Office:** 860-545-9400.
- Cardiology evaluations will take place after 11 days from the first positive COVID-19 test (21 days if diagnosed with an immune deficiency) and patient must be fever free without fever-reducing medication for at least 24 hours. If the cardiology evaluation is deemed urgent by the referring provider, call the One Call referral line to speak with Cardiologist directly.



RETURN TO
THE BEGINNING



- All individuals should be counseled to monitor for cardiac signs and symptoms with return to play.
 - These include: chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations, syncope
 - If any of these occur, patient should be evaluated by the PCP again and consider pediatric cardiology consultation
- **Age Based Return to Exercise Guidelines:**
 - <12 years old: Progress back to sports according to own tolerance
 - ≥12 years old: Graduated return to play based upon symptoms (must meet all criteria **prior to playing full games**)
 - Asymptomatic/Mild Symptoms:
 - Minimum 1 day symptom free (excluding loss of taste/smell), and
 - Tolerating activities of daily living, and
 - Participate in 1 full practice while monitoring for symptoms
 - Moderate Symptoms:
 - Minimum 1 day symptom free (excluding loss of taste/smell), and
 - Tolerating activities of daily living, and
 - One light practice, or 30 minutes of cardiovascular exercise on own, while monitoring for symptoms
 - then progressing to 1 full practice while monitoring for symptoms
 - A mask is required for ALL physical activity, including games or scrimmages, until 10 days from positive test or symptom onset have passed

References:

American Academy of Pediatrics. (2022). COVID-19 Interim Guidance: Return to Sports. <https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>.



RETURN TO
THE BEGINNING