

Timber Lane Pediatrics (Vermont) Cardiac Clearance Plan
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12 and up who are involved in sports need a cardiac clearance exam:

Mild or asymptomatic

- schedule cardiac clearance exam 10 day after positive test.
- Ok to schedule prior to 10 days if 2 negative antigen tests and symptoms resolved, but they will not get clearance until 10 days after positive test.
- This can be a telehealth exam.
- Recommend no vigorous activity

Moderate illness

- 4 or more days fever,
- more than 1 week lethargy, chills or myalgias
- has to be an in office exam 10 days after symptoms completely resolve.
- No vigorous activity until that appointment and clearance

Under 12:

At time of reporting positive case to family review the AHA questions.

If all negative document "AHA questions reviewed and negative".

If positive then send to MD for review to decide if appointment is necessary

If short on time can also send family the AHA questions via the portal and tell them to write back if yes to any.

Include this in their clinical summary or send to portal:

We recommend avoidance of vigorous activity until 10 days after your child's positive COVID test. At that time your child may return to activity. If any symptoms of chest pain, shortness of breath, dizziness, lightheadedness or fainting stop activity and call us for an appointment.

If your child has fever for more than 4 days or symptoms of muscle aches, chills or lethargy for more than a week please call us. For patients with prolonged illness we recommend no vigorous activity and a visit with us 10 days after symptoms go away. At that visit we will make sure your child is healthy to return to activity.

Over 12 and not in sports:

At time of reporting positives review the AHA questions.

If all negative document "AHA questions reviewed and negative"

If positive then send to MD for review to decide if appointment is necessary

If short on time can also send family the AHA questions via the portal and tell them to write back if yes to any.

Include this in their clinical summary or send to portal:

We recommend avoidance of vigorous activity until 10 days after your child's positive COVID test. At that time your child may return to activity per the protocol below. If any symptoms of chest pain, shortness of breath, dizziness, lightheadedness or fainting stop activity and call us for an appointment.

If your child has fever for more than 4 days or symptoms of muscle aches or chills or lethargy for more than a week please call us. For those patients with prolonged illness we recommend no vigorous activity and a visit with us 10 days after symptoms go away. At that visit we will make sure your child is healthy to return to activity.

Day 1 and 2 - 15 minutes of light activity such as jogging

Day 3 - 30 minutes of activity such as running drills

Day 4 - 45 minutes, may add resistance training

Day 5 and 6 - 60 mins of normal training but not max effort

Day 7 Return to full activity

Any symptoms during this stop and call our office

AHA questions

Personal history:

1. Chest pain/discomfort/tightness/pressure related to exertion
2. Unexplained syncope/near-syncope*
3. Excessive exertional and unexplained dyspnea/fatigue or palpitations, 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, or otherwise) before age 50 attributable to heart disease
9. Disability from heart disease in close relative <50 y of age
10. Hypertrophic or dilated cardiomyopathy, long-QT syndrome, or other ion channelopathies, Marfan syndrome, or clinically significant arrhythmias; specific knowledge of certain cardiac conditions in family members