

The Emergency Care Plan for a child with an ICD is for people who will be caring for your child such as family members, school teachers, daycare providers, coaches, etc. Any person who is caring for your child should understand what to do in case of an ICD discharge. Give them a copy of this Emergency Care Plan and explain to them how to deal with an emergency.

## Emergency Care Plan for a Child with an ICD

\_\_\_\_\_ (name of child) has an implantable cardioverter defibrillator (ICD). This has been inserted to help with his or her irregular heart rhythm (arrhythmia). There is a possibility that the ICD can discharge and the child will get a shock.

**Here are some guidelines in case the ICD discharges and the child gets a shock:**

- Remain calm.
- Check the child's pulse and evaluate how he or she feels.
- If the child receives one shock, remains conscious, and is feeling OK, notify the child's caregivers. They will tell the child's cardiologist and a follow-up appointment will be arranged as required.
- Be prepared to describe the activity the child was doing before the ICD discharged.

**Call 911 or your local emergency response number if the child experiences:**

- Palpitations (where the child is aware of a faster or irregular heart rate) associated with dizziness, chest pain or loss of consciousness (fainting).
- Dizziness or fainting.
- A change in the level of alertness including confusion, extreme lethargy (extreme drowsiness or sluggishness) or unresponsiveness.
- More than one shock.

***Begin CPR if needed.***

If you hear tones or beeps coming from the child's ICD – notify the child's caregivers. They will notify the child's cardiologist and follow up with an appointment.

Emergency Contact Information: \_\_\_\_\_