Sports Medicine Quiz:

Case 1:

18 year old basketball player, comes to see you for preseason physical. He denies any prior injuries. He denies any sudden cardiac death in the family. No exertional chest pain, shortness of breath, or syncope. On further questioning he does recall a couple episodes of feeling dizzy after heavy exertion.

Below is his ECG:

Describe the findings (3 points):

Diagnosis (1 point):

What next steps do you recommend? (3 points):
Case 2: 18 year old hockey player, collapses during a practice. There was medical staff present, however he is not aware what happened next. He was brought to hospital and had an evaluation. He was told everything was normal. He asked for a copy of his ECG which is seen below. He is there with his father who describes a story of his brother dying in his 20s suddenly while hiking in a provincial park.

You perform an exam and find no abnormalities.

Below is his ECG:

Describe what you see (2 points):

Diagnosis (1 point):

Plan of action and concerns regarding condition (3 points):
Case 3: 26 year old long distance runner, presents to clinic following a sudden collapse at a marathon that occurred at the 8 km mark. Patient states he felt fine, and after brought to the medical tent, he was advised to go to Emerg but because he was feeling fine went home instead. He has no other medical history, this has never happened to him before.

You perform a neurological and cardiac exam and find no abnormalities.

You perform an ECG, located below:

![ECG Image]

Describe the findings (3 points):

Diagnosis (1 point):

What concern do you have regarding this condition? What are your next steps? (2 points):
Case 4:

21 year old soccer player presents to your clinic with a 1 month history of palpitations and dizziness in the off season. He has no past medical or surgical history has been well and describes no infectious symptoms. His family history is negative for cardiac or sudden cardiac death history. He uses no drugs, doesn’t smoke and doesn’t consume alcohol.

You perform a neurological and cardiac exam and find no abnormalities.

Below is his ECG:

Describe what you see (4 points):

Diagnosis (2 points):

What concern do you have regarding this condition? What are your next steps? Include other tests that may show abnormalities (4 points):
Case 5: You are doing preseason physicals for an elite U20 soccer club. Your medical team has to decided to implement ECG screening for the squad.

Below is the ECG you are shown of one of the 19 year old midfielders:

Describe the findings (3 points):

Diagnosis (1 point):

What is your concern with the above finding and what next steps do you recommend? (3 points):
Case 6

28 year old swimmer presents to your clinic after having a syncopal episode in the pool during a swim meet last week. He was removed from the pool and recovered without further sequelae on the pool deck. He didn’t seek any further assessment. You find out that this has happened before when he was sitting in class.

You perform a thorough neurological and cardiac examination and find no abnormalities.

An ECG is ordered and found below:

Describe the findings (3 points):

Diagnosis (1 point):

What is your concern with the above finding and what next steps do you recommend? (3 points):
Sports Medicine ECG Quiz