

**Assembly Concurrent Resolution**

**No. 47**

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**Introduced by Assembly Member Skinner**

April 17, 2013

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Assembly Concurrent Resolution No. 47—Relative to Commotio Cordis Awareness Week.

LEGISLATIVE COUNSEL'S DIGEST

ACR 47, as introduced, Skinner. Commotio Cordis Awareness Week.

This measure would declare the week of June 1, 2013, to June 7, 2013, as Commotio Cordis Awareness Week and encourage all Californians, particularly young athletes, their families, coaches, school and youth sports league officials, and medical personnel, to learn about the risks of, and treatments for, commotio cordis.

Fiscal committee: no.

1 WHEREAS, Commotio cordis is a rare and potentially fatal  
2 cardiac arrhythmia that occurs when there is a sudden, often  
3 seemingly innocuous, blow to the chest that disrupts the electrical  
4 rhythm of an otherwise healthy heart; and

5 WHEREAS, Commotio cordis occurs most often during sports,  
6 when athletes are at risk of being struck in the chest by a firm  
7 projectile, such as a baseball, softball, lacrosse ball, hockey puck,  
8 or soccer ball, or by another athlete, as in football, martial arts, or  
9 cheerleading; and

10 WHEREAS, Commotio cordis disproportionately affects  
11 children and young adults, and it is one of the leading causes of  
12 sudden cardiac death among young athletes. The average age of

1 those affected is 16 years, and 90 percent of those affected are  
2 under 25 years of age; and

3 WHEREAS, There have been 250 reported cases of death from  
4 commotio cordis in the United States in the past 16 years, which  
5 is more than the total number of deaths from all sports-related head  
6 injuries; and

7 WHEREAS, The risk of commotio cordis can be reduced  
8 through simple interventions, including (1) education on avoiding  
9 direct blows to the breastbone, (2) improved recognition and  
10 prompt resuscitation with cardiopulmonary resuscitation (CPR)  
11 and an automated external defibrillator (AED), and (3) increased  
12 availability of AEDs and medical personnel, including certified  
13 athletic trainers at youth sporting venues; and

14 WHEREAS, If an electrical shock from an AED is delivered to  
15 someone having a commotio cordis attack within three minutes,  
16 there is a 40 percent chance of survival, but if use of an AED is  
17 delayed more than three minutes, the survival rate drops to 5  
18 percent; and

19 WHEREAS, Commotio cordis was first identified as a cause of  
20 sudden death in 1932, and the survival rate has increased  
21 dramatically with growing public awareness and improved safety  
22 measures. A comprehensive study revealed that while only 10  
23 percent of patients survived from 1970 to 1993, 35 percent survived  
24 between 1994 and 2012, and in the last six years, 58 percent of  
25 patients have survived commotio cordis events; and

26 WHEREAS, Public awareness of this condition remains  
27 relatively low, which leads to delayed management and a higher  
28 incidence of deaths; now, therefore, be it

29 *Resolved by the Assembly of the State of California, the Senate*  
30 *thereof concurring*, That the Legislature hereby declares the week  
31 of June 1, 2013, to June 7, 2013, to be Commotio Cordis  
32 Awareness Week and encourages all Californians, and particularly  
33 young athletes, their families, coaches, school and youth sports  
34 league officials, and medical personnel, to learn about the risks  
35 of, and treatments for, commotio cordis; and be it further

36 *Resolved*, That the Chief Clerk of the Assembly transmit copies  
37 of this resolution to the author for appropriate distribution.

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