

I am writing in support of HB 4160. My views are my own and not of any organization that I am affiliated with. I am a retired cardiologist/cardiac electrophysiologist, a USATF track and field official and a volunteer with HEARTSafe in Eugene/Springfield. I have seen how devastating sudden cardiac death is- particularly in the young. I lost a teenage friend in the 1960's to a witnessed sudden death while she was swimming in a public swimming pool that was well attended with lifeguards. I still remember that day over 60 years later and have not forgotten her. For me it was a very troubling day. It was worse for her family. It still leaves me unsettled.

In the article 'Out of Hospital Cardiac Arrest in Apparently Healthy, Young Adults,' JAMA Cardiology 2/20/25; the author, Zian Tseng wrote that currently in the US only 9-16% of young adults with sudden death survive to hospital discharge. In Eugene/Springfield through HEARTSafe we aim to improve that recovery statistic and we have done that through teaching the community hands only CPR and the use of an AED. However, we need immediate access to an AED to further improve the outcome and we need to train more people throughout Oregon to recognize sudden death and how to give hands only CPR until paramedics arrive.

Per the paper by Zian Tseng in JAMA Cardiology from 2/20/2025 p.192 , it is stated that: 'A prospective cohort study from 2012 through 2019 of individuals aged 18 to 35 years with sports-related sudden cardiac arrest in Germany and France demonstrated that public automated external defibrillator use prior to EMS arrival was associated with improved survival to hospital discharge (OR, 6.25; 95% CI, 1.48- 43.20); individuals with sudden cardiac arrest who received both immediate bystander CPR and automated external defibrillator had 91% survival.' We certainly do not have that success rate in Oregon, but if we had ready AED access in schools with coaches and staff who are trained in how to recognize sudden death and who can perform CPR we would be saving many more young people. These are people who we need for our future. The training of coaches would take at most a few hours and could make a difference for not just young people but other people in their lives.

Of note, there was a wrongful death lawsuit in 2018 in Federal Way when sudden death was not recognized during a football practice on a 16-year-old athlete and CPR was not started in a timely fashion. The boy died. Federal Way public schools agreed to a 5.25-million-dollar settlement. The school district acknowledged that they failed to train coaches adequately plus they failed to recognize and appropriately respond to sudden cardiac death. HB 4160 would minimize this occurrence and would give our young people their best chance for survival and a meaningful life. It would also reduce school districts from the risk of lawsuits that could stress further their already strained budgets.

In memory of my friend and other young people who were lost to sudden death, I ask that you support this bill. Fran Munkenbeck MD, FACC, FHRS, CCDS