

House Human Services Committee
HB 1363
January 27, 2025

Chairman Heinert, Vice Chairman Schreiber-Beck, and members of the House Education Committee:

My name is Dawn Mattern, and I am a sports medicine and family medicine physician from Minot, North Dakota. I work for Trinity Health seeing patients in clinic and with athletic trainers covering area teams and sporting events. I support HB 1363.

There are 4 main causes of dying while participating in high school sport: heart (sudden cardiac arrest), head (traumatic brain injuries), hemoglobin (exertional sickling), and heat (exertional heat stroke). These 4 together account for 90% of the deaths –sudden cardiac arrest is 60%-- yes, the majority but not the only cause.

I support and encourage this bill, but I would like to aim higher—include preparation for ALL causes of death and support the EMERGENCY ACTION PLAN, not just the cardiac emergency response plan. An emergency action plan includes the same vital requirements as the proposed cardiac response plan; a team of personnel to assist, AEDs at each venue, distribution of the plan, coordination with EMS, training, and practice. An EAP adds information specific to each venue—maps, directions, and further details on-site emergency equipment available for use.

Our human resources to serve in this role are scarce—declining numbers of athletic trainers, school nurses, ambulance crews...at a time when more kids are participating in more activities—travel teams and year-round training. Establishing EAPs with AED availability and then training the coaches and staff that will be supervising our children gives a child the best chance of survival if a life-threatening event occurs.

Thank you for the opportunity to testify today. I would be happy to answer any questions.

Dawn Mattern MD
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