**General Information on congenital Heart Diseases**

**Do Children also get heart diseases?**

Yes

**What are they?**

Heart diseases in children can be categorised in to congenital and acquired. Congenital heart diseases are those that are present from birth. Usually they are structural problems. Acquired heart diseases are rare in children and occur some time after birth. A good example is Rheumatic heart disease.

**What is the incidence of Congenital heart diseases in children?**

* For every 1000 newborns there are 6-8 born with congenital heart problems
* During 2005, a total of 329,000 live births occurred in SL
* 2000- 2700 children with CHD each year

**Do all of them need surgery?**

* 2/3 (1300-1800) will need surgery/intervention for their heart lesion
* With treatment, 85-90% reach adulthood

**What causes CHD?**

1. Maternal infection
   1. Rubella – PDA and PA stenosis
   2. (Viral infection in late pregnancy – myocarditis)
2. Maternal medication
   1. Anticonvulsants – Phenytoin
   2. Lithium – Ebstein
3. Alcohol Abuse by mother
   1. Fetal alcohol syndrome
   2. ASD, VSD, PDA TOF
4. Maternal illness
   1. Diabetes – TGA, VSD, PDA, Cardiomyopathy
   2. Maternal SLE – CCHB
5. Maternal CHD
   1. Increase the risk of CHD as much as 15% (1% in general population)
6. Syndromes associated
   1. Down syndrome – AVCD, VSD

**What is meant by congenital heart diseases?**

CHD are basically categorised in to Cyanotic lesions and acyanotic lesions.

Three basic types

1. Shunts (holes in the heart)
2. Obstructive lesions
3. Abnormal origin of vessels and abnormal connections

**How do they present/ how do you suspect?**

1. Shortness of breath/ tachypnoea
2. Head sweating
3. Interrupted feeding
4. Frequent chest infections
5. Failure to thrive
6. Precordial bulge
7. Rapid heart rate
8. Cyanosis
9. Clubbing
10. Polycythemia
11. Murmur

**How do you diagnose?**

1. Clinical examination by a qualified medical officer
2. CxR
3. ECG
4. Echocardiogram
5. Cardiac catheterisation
6. Cardiac CT/ MRI

**How do you treat?**

1. do not need treatment
2. need catheter intervention
3. need surgery
4. cannot be treated

**What is a Catheter intervention?**

**What are the advantages of closing a hole in cath lab when compared to closing it operating theatre?**

**Can you offer catheter interventions to all cardiac conditions?**

**How to look after them? Any special concerns?**

1. **Proper diagnosis and management**
   1. Correct diagnosis
   2. Correct treatment
   3. Correct timing
   4. Correct post operative management
2. Proper drugs
   1. Adjust drug dose according to weight
   2. Look for side effects of drugs
   3. Stop drugs when they are no longer indicated
3. Good oral hygiene
   1. Prevention is better than cure
   2. SABE Prophylaxis
4. Follow your doctors advice
   1. Do not delay surgery or treatment