

Outpatient Management of Congenital Heart Defects



Outpatient Bulk

Heart Murmurs
Chest Pain / Palpitation
Collapse and Fainting

- Filtering true Cardiac problems
- Reassurance to parents
- Managing expectations

Outpatient group of 'truly' CHD patients

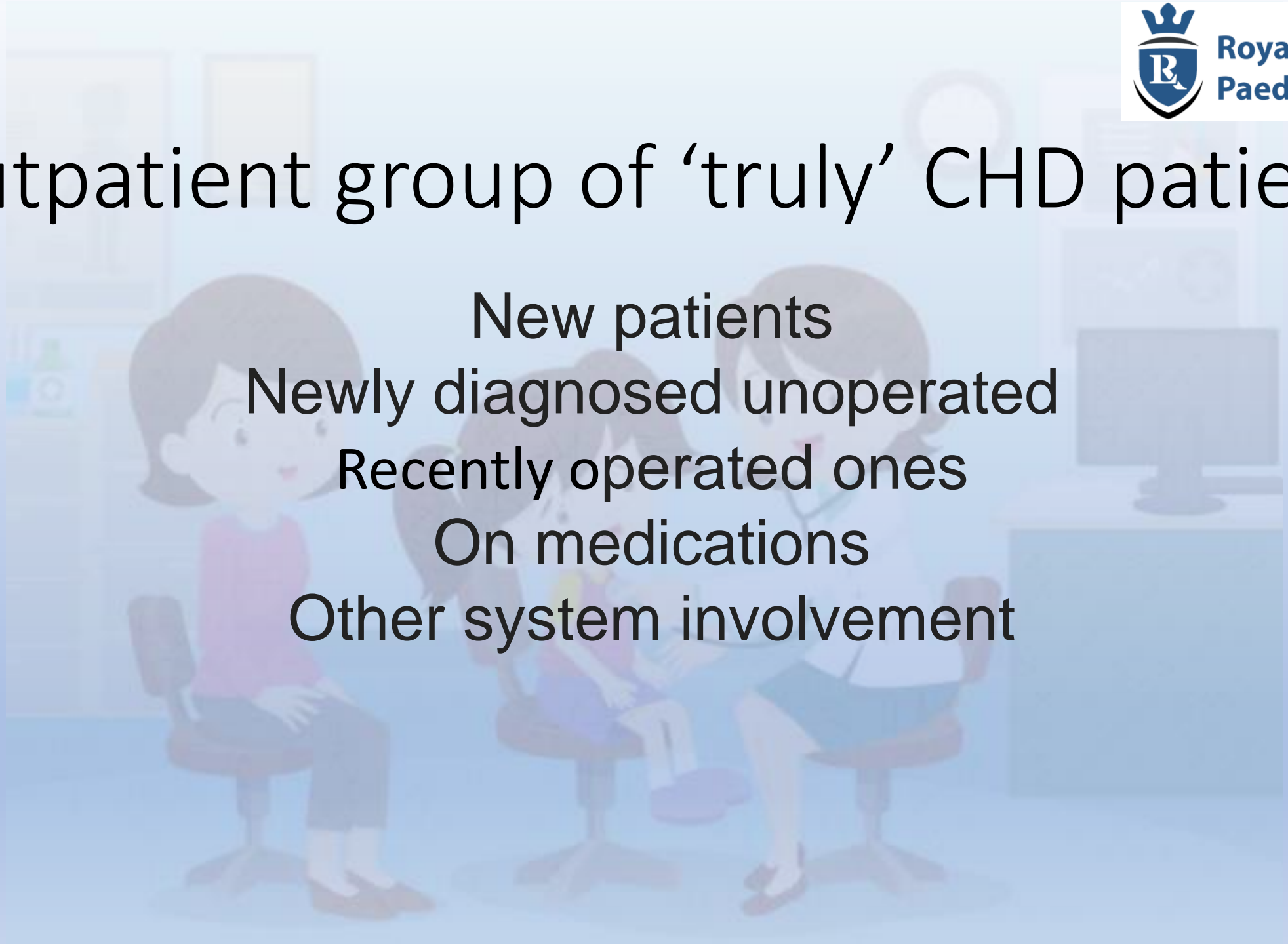
New patients

Newly diagnosed unoperated

Recently operated ones

On medications

Other system involvement



The most Vulnerables

Babies who would go in failure !!

Unoperated: VSD, AVSDs, ASD-VSDs

Immediate post-op

Pericardial effusion

Infections

Shunt blockage

Impaired Cardiac function or Coronary perfusion

Tachyarrhythmia

On Drugs

Diuretics for electrolyte monitoring / anticoagulation/

TDM for Digoxin / Flecainide

Outpatient assessment

Clinical Assessment:

Looking for signs of developing failure

Poor weight gain / fluid retention

Supporting Growth with high energy feeds

Picking findings late is actually too late !!

look for early signs

reduction in feeding

exercise intolerance

repeated chesty episodes

‘Vital’ stuff !!

Clinical Examination

Weight / length

Growth charts

Heart rate / respiratory rate

Saturation

Bloods

ECGs

after: History taking !!!!

Kool and fancy stuff !!

Diagnostic Echocardiogram

Chamber enlargement

Gradients

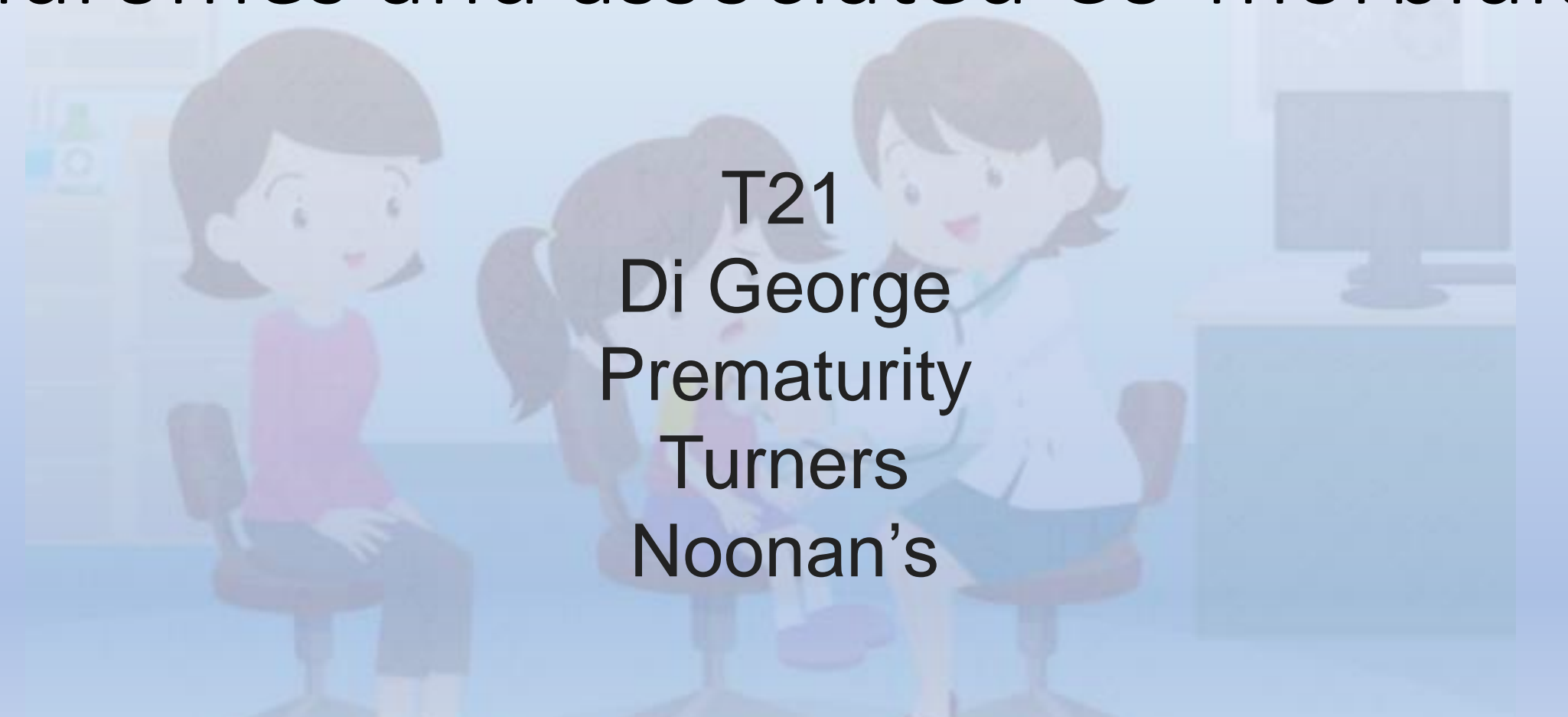
QP/QS ratio

Pulmonary hypertension

Coronaries

Ejection fraction

Outpatient CHDs with Syndromes and associated Co-morbidities



T21

Di George
Prematurity

Turners

Noonan's

Outpatient management

Shared care with tertiary team

Supportive attitude towards families

Holistic approach for patients

Teaching and training



*Many thanks
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