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PAEDIATRIC UPDATES FOR GPs & PRIMARY CARE

Heart Murmurs in Children : Made easy

Heart Murmurs in Children : Made easy

Scope:

- Murmurs at 6 – 8 Week check
- Causes, characteristics
- Examination points
- Murmurs
- Red flags

Eyes

Hips

Testes

Heart

6 – 8 weeks Check of Heart

Congenital Heart defects : 6 to 12 /1000 live births
(15 – 25% are critical)

- Family history
- Maternal infections, diabetes , epilepsy, systemic lupus erythematosus (SLE)
- Antiepileptic and psychotropic drugs
- Antenatal scan
- Trisomies

Clinical history / Examination

- Growth (Plot and check if centiles have dropped)
- History of Breathlessness
- Colour change (cyanosis) at rest or with feeding
- Too Tired to feed, quiet, lethargic, or has poor muscle tone

Examination:

Inspection:

Heart Rate, Respiratory rate, Work of breathing

Shape of Chest

Pulses, Perfusion (Capillary refill time)

Cyanosis /clubbing

Polycythaemia

Palpation:

Precordium: cardiac apex, hyper dynamicity, thrills

Femoral pulses

Liver

Examination:

Auscultation of Heart Murmurs

Step 1: Identify 1st and 2nd heart sounds

Step 2: Identify where the murmur is loudest

Site of Murmur

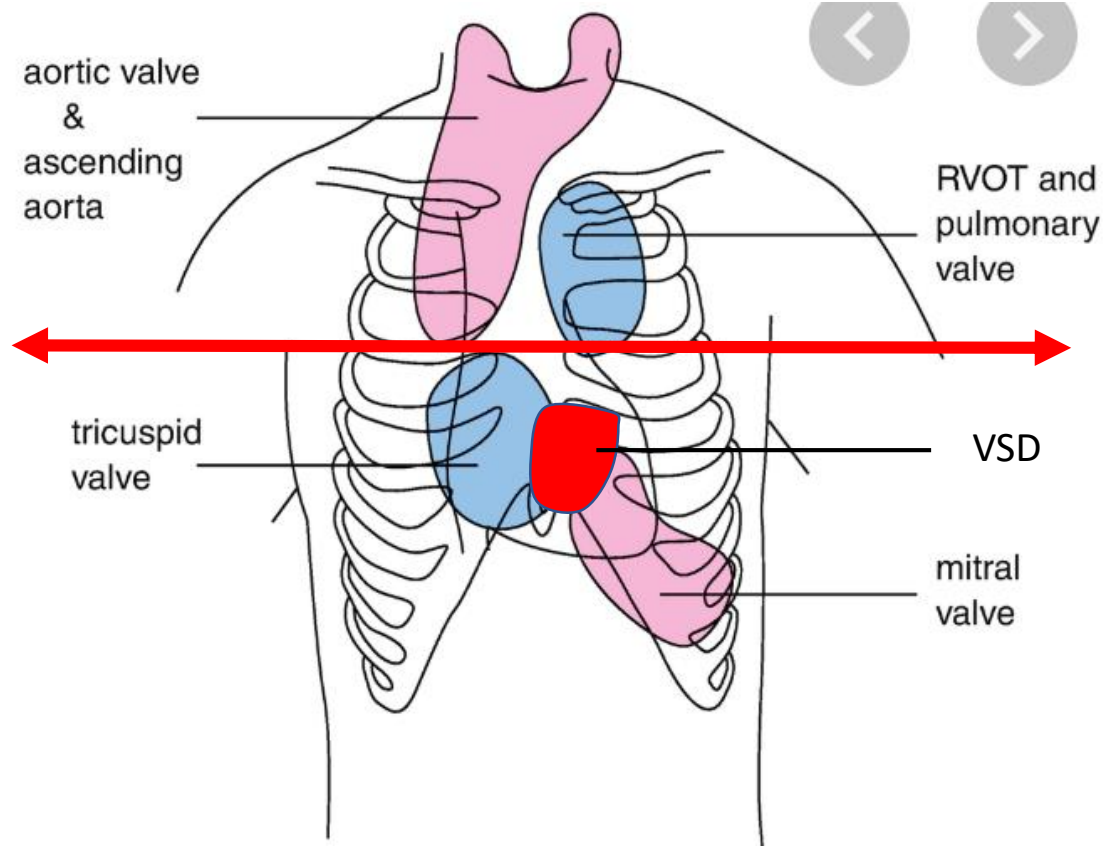
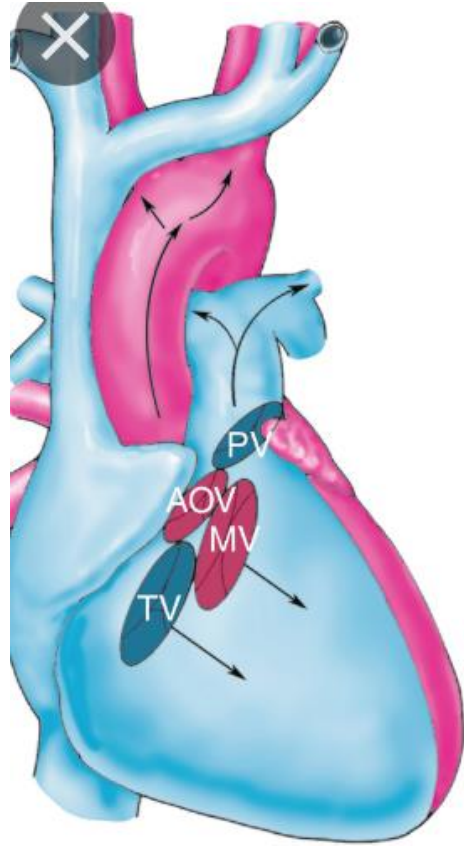
Grade the loudness

Benchmark : Palpable thrill = Grade 4

Step 3: Is it systolic or Diastolic murmur

Step 4: Characteristics of Murmur

Step 5: Any other sounds



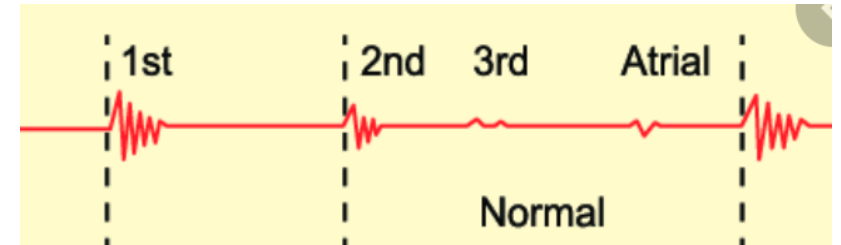
Ejection Systolic

Pan Systolic



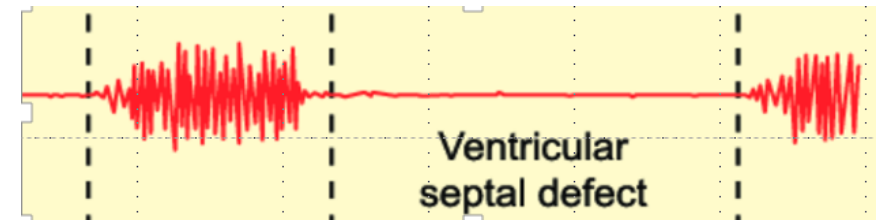
Heart Sound (Audio Clips)

Normal Heart Sound

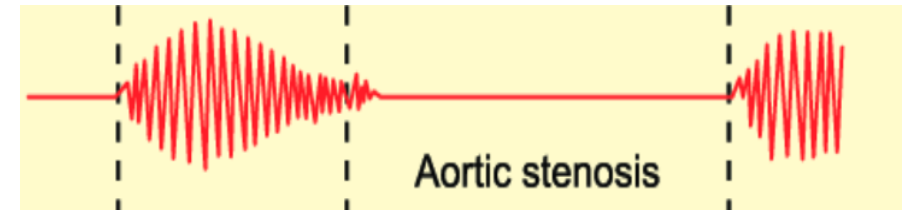


Systolic Murmur

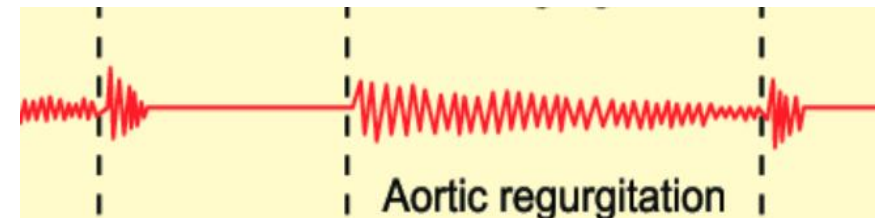
- Pan Systolic Murmur (VSD)



- Ejection Systolic Murmur (AS)



- Diastolic Murmur(AR)



When to refer a Murmur? No NICE standards but to be seen by Paediatrician / PEC

Depends on Assessment

- Tachypnoea, recessions, grunting
- Cyanosis (Role of O2 Saturation monitoring)
- Apnoea
- Weak femoral pulses

Pathological Murmurs

- Loud Grade (3 or more)
- Harsh
- Diastolic

Benign Murmurs

- Soft
- Associated with Anaemia/ fever
- Musical in Character

Absence of murmur does not rule out Significant Heart Defect

Eyes

Hips

Testes

Heart

Thanks for Listening



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