

THE DEVELOPMENT OF AN  
 UPDATED YOUTH HEALTH CARE  
 GUIDELINE ON HEART DEFECTS

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GUIDELINES IN YOUTH HEALTH CARE


- › Currently: 29 guidelines for YHC
- › Open webbased publication
- › For example:
  - › Visual problems
  - › Hearing problems
  - › Obesity
  - › Child abuse
- › Development financed by the government
- › TNO is one of the developers of YHC guidelines in the Netherlands



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WEBBASED GUIDELINE




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FORMER GUIDELINE (2005)

- › Topic: early detection of congenital heart defects
- › Need for update:
  - › National prenatal ultrasound screening programme (2007)
    - › 40-50% of CHD detected prenatally
  - › New needs YHC professionals:
    - › Information about acquired heart defects and cardiovascular disease
  - › New literature



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## NEW GUIDELINE (2017)


- › Theoretical part
  - › The heart (anatomy and physiology)
  - › Congenital heart defects
  - › Impact on daily life
- › Recommendations for YHC professionals
  - › Examination ages/moments
  - › History and physical examination
  - › Aortic coarctation
  - › Arrhythmias and acquired heart defects
  - › Cardiovascular disease
  - › Endocarditis prophylaxis and vaccinations
  - › Interventions and guidance

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## EXAMINATION AGES/MOMENTS

› 14 days	YHC nurse: house call
› 4 weeks	YHC physician
› 4 weeks – 14 months	YHC physician (at least 3 times)
› 14 months – 4 years	if YHC physician sees child: auscultation
› 4 – 12 years	medical history (questionnaire)
› 12-18 years	medical history (questionnaire)
› Fugitives/immigrants	YHC physician within 3 months




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## HISTORY AND PHYSICAL EXAMINATION

- › Medical history
- › Family history
- › Pregnancy
- › Exercise tolerance
- › Previous illnesses
- › Fainting
- › Height/weight, growth chart
- › Physical exam
  - › Inspection
  - › Palpation
  - › Auscultation
  - › Blood pressure (if > 5 years and overweight)



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## AORTIC COARCTATION


- › Palpation femoral arteries  $\geq 3$  times in 6 months
- › If dubious: compare to radial/brachial pulsations
- › If dubious at 3 months: refer to pediatrician/pediatric cardiologist

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## ARRHYTHMIAS AND ACQUIRED HEART DEFECTS

- › No basis voor screening
- › Case finding based on complaints/previous illnesses
- › Fugitives/immigrants YHC physician within 3 months




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## CARDIOVASCULAR DISEASE

- › Relevant risk factors for YHC:
  - › Nutrition
  - › Exercise
  - › Smoking
  - › High weight
  - › Regular evaluation of these risk factors
  - › Extra counselling if risk factors present
- › Hypertension: no basis voor screening




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## ENDOCARDITIS PROPHYLAXIS AND VACCINATIONS

- › Follow national guidelines



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## INTERVENTIONS AND GUIDANCE


- › Pay attention to experiences parents (and children):
  - › Suspected heart defect and referral
  - › Raising a child with (congenital) heart defect
  - › Cognitive and social development
  - › School and sports

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## NEW GUIDELINE (2017)

- › Published online: [www.jgrichtlijnen.nl](http://www.jgrichtlijnen.nl)
- › National implementation through Dutch Centre Youth Health Care



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