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

WEBBASED GUIDELINE

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
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

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)

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)

AORTIC COARCTATION

- Palpation femoral arteries ≥ 3 times in 6 months
- If dubious: compare to radial/brachial pulsations
- If dubious at 3 months: refer to pediatrician/pediatric cardiologist
ARRHYTHMIAS AND ACQUIRED HEART DEFECTS

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

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

ENDOCARDITIS PROPHYLAXIS AND VACCINATIONS

- Follow national guidelines

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
The development of an updated Youth Health Care guideline on Heart defects

NEW GUIDELINE (2017)

- Published online: www.jgzrichtlijnen.nl
- National implementation through Dutch Centre Youth Health Care

THANK YOU FOR YOUR ATTENTION

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