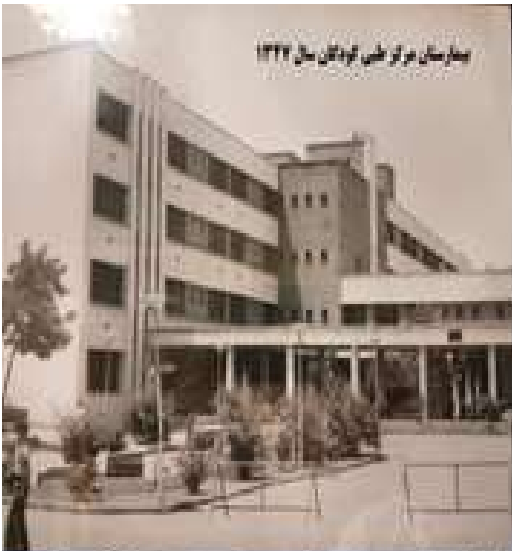


In the name of God, the compassionate the merciful





دانشگاه علوم پزشکی و خدمات
بهداشتی تهران

Child care after heart surgery

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Hello dear parents

After the child is discharged from the cardiac surgery ward, you will be given a summary of the file and the child's medication guide, and the time to see a cardiologist is usually one week after discharge. Our colleagues will explain the medication instructions and important points in feeding the patient to you before you leave the ward.

Back to home:

Regardless of whether the hospital stay is short or long, the child needs time to adjust to the home. Some children adjust to normal household routines sooner and some later. Most children do not know how to express their feelings, so they express their feelings in other ways, such as:

Changes in the process of sleeping, eating or urinating and defecating, more fears than usual (nightmares or fear of being abandoned by parents) irritability, anger and inability to stay away from parents, anger and conflict with other family members and demonstrating resistance against house rules.



To help the child, parents should spend more time with the child in the first week of staying at home and show more love and support.

Normal house rules such as bedtime, play, eating and watching TV should be done as before, or try to get back to the previous state as soon as possible.

Talking to the child about the hospital and the actions taken in the child's own language and give him or her time and opportunity to talk about his or her concerns and emotions.

Keep in mind that we must gradually give the child the power, responsibility and ability to live with the disease. The child should have love, but this love should not be exaggerated or debilitating. He or she, should know that despite his or her illness and its problems, he and she can and should be responsible, try to live a normal life, and other family members also support him or her, and they also have rights, and he or she is responsible for them. By acting wisely, you will empower your beloved child in the long-term battle he or she will have with heart disease and other life problems. Remember that the child will be alone for a large part of the future life trying to adapt to the disease, and only with a strong, independent personality who also has love and support will be able to overcome the disease.



At the doctor's discretion, stay in Tehran for a week after discharge and see a cardiologist so that we can be available to help your child if needed.

Do not take your child to crowded places for two weeks after surgery. Sometimes travelers returning home from other countries carry infectious diseases that are asymptomatic but can be dangerous for children.

After surgery, anyone who touches or visits the child's including parents, should wash their hands with soap and water before touching the child. Due to the possibility of transmitting the disease, adults should refrain from kissing the child's face and hands. Children are vulnerable to adults' unwashed hands and oral microbes.

Next appointment with the doctor:

When meeting with a cardiologist, bring with you a summary of the case, medication prescription and other medical records.

Be in the hospital at the appointed time, and notify the clinic in advance if you are unable to come for the scheduled time. Due to the crowded hospital and the large number of our patients and other problems, there might be delay in seeing the doctor.



Nutrition:

Children with heart disease need more food, but sometimes they do not have enough ability to eat due to weakness and get tired quickly when eating.

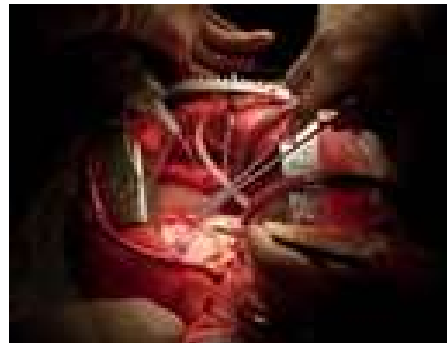
These children should be fed in smaller amounts, shorter times and more often during the day, and normal home and natural foods are sufficient for these children and in most cases there is no need to prepare expensive and commercial foods.

Many artificial and factory foods and canned foods are unsuitable for all children and even adults.



Surgical wound care:

After heart surgery, your baby may have scars from a surgical incision on the midline of the chest or on the sides of the chest, as well as smaller wounds due to tubes and wires inserted into the chest. Check these wounds daily for signs of infection.



Symptoms of redness - swelling - discharge from the wound - severe pain that has just developed, may be due to infection, in this case the presence of these symptoms, fever or other concerns you should consult a doctor or nurse.

Do not manipulate dry scabs on wounds. In the first week after surgery, wounds can be gently and briefly washed in a bath with mild soap and water.

Note that the upper part of the surgical incision (near the neck), which is between the chin and the neck, is dry and clean. Wet and contaminated areas are associated with the possibility of wound infection. Do not use creams or solutions other than mild soap to clean the wound.

Up to 7 days after surgery, the wound should be covered and then the wounds can be gently washed in the bath with mild soap and water. In the bath, water should not be poured directly on the wound. After the bath, the wounds should be gently dried.

Wounds should not be submerged in the bathtub for up to two weeks after surgery. The surgical incision site should not be exposed to direct sunlight for up to a year, and after this period, in case of sunlight, the wound site should be protected with sunscreen.

Pain:

Your baby may have pain for a few weeks after surgery, and it will gradually subside. You will receive painkillers at the time of discharge for pain at the surgical site. Consult your doctor or nurse if your child's pain gets worse.

Physical activity:

Children need activity and play to grow mentally and physically. Your baby should be less active for several weeks. Because heart patients are different, ask your cardiologist and nurse about the amount of activity allowed for your child during your group therapy meetings.

Usually up to two weeks after surgery or until the wound is completely healed.

Activities that cause stretching or injury to the wound should be avoided and should not sleep on the abdomen.

Usually up to 6 weeks after surgery: care must be taken of baby's chest muscles and bones in all activities. Hugging the baby under the arm (under the armpit) and pulling his hand while sitting and dressing must be avoided. Strenuous activity, swimming, exercise classes, running and carrying heavy backpacks until 6 weeks after surgery must be avoided.

In children older than one year and adolescents, up to 12 weeks after surgery, the chest bone should be monitored in all activities,

and after 12 weeks, normal activities (except violent games with the possibility of chest injury) can be performed.

Lift the baby evenly with one hand under the patient's hips and the other hand under the patient's back and head. There is nothing wrong with a child rolling over and puffing on his chest, because if he is in pain, he will not do it himself.



Back to school:

Returning to school as soon as possible and normal age-appropriate natural activities are very important for the child's mental and physical recovery. The child can return to school 1-2 weeks after surgery or when he or she is physically fit.



Oral health care:

You may be surprised, but many common oral germs can cause heart infections. It is very important that the child brushes at least twice a day and is examined regularly by a dentist.

Vaccination:

Getting the vaccine is very important to keep your child healthy, but due to the special condition of heart patients, some of the following changes should be made to the vaccination schedule for these children.

Any vaccine must not be given to the child for 6 weeks after heart surgery. If you have to give intravenous immunoglobulin or inject blood products while your child is receiving treatment, live vaccines (measles, rubella, mumps, and chickenpox) should be delayed for 6 to 10 months.

In the case of receiving blood for 6 months, receive platelets or plasma for 7 months and receive a dose of immunoglobulin (400 mg per kg body weight per day (8 months and two doses of immunoglobulin) 400 mg per kg body weight per day, 10 months later live vaccines could be given.

Measles, rubella, and mumps vaccines are prescribed in the immunization program of Iran at 12 and 18 months of age. Also, do not receive any vaccine until next week's appointment with your cardiologist so that the possible fever caused by the vaccine is not confused with other causes of the fever.

Live vaccines (measles, rubella, mumps, and chickenpox) should not be given for more than 4 weeks prior to heart surgery, non-live vaccines should not be given for about one week before heart surgery, and polio vaccine should not be given for 6 weeks prior to heart surgery.

Sometimes heart patients may have an immunodeficiency disease (DJ disease). These patients should never receive live vaccines) such as measles,

rubella, mumps, chicken pox, oral polio, yellow fever, and BG.

Surgery, medical and dental procedures and circumcision:

Circumcision should be performed at least 8 weeks after heart surgery.

Some medications prescribed for your child may delay clotting and stop bleeding, and your child's medication should be reported to your child's doctor and dentist. Consult a cardiologist before performing any surgical, medical, or dental procedures. In case of performing some procedures in some patients, antibiotics should be prescribed or special precautions should be taken.

Should any of below symptoms occur, you must consult a doctor or a nurse:

- Decreased urination (reduced number of wet diapers).
- Breathing loud, difficult, rapid, shortness of breath.
- Abnormal drowsiness and unusual lethargy.
- Convulsions.
- Change in appetite.
- Change in skin color (bruising - paleness).
- fever
- Swelling of the face or hands or feet or testicles.
- Shoulder pain, back pain and Stomach ache.
- Dry cough.
- Redness, severe pain, and purulent discharge from surgical incisions.



Receiving medicine:

* Always try to give the medicine to the child before the meal. Children are more likely to take the drug when they are hungry, and if they take the drug before the stomach is full, they are less likely to puke the drug.

* Do not mix the drug with foods and beverages as this will not ensure the full intake of the drug.

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- * should you be obliged to add drug to the food, add a small quantity of it to the food or beverages so the child will be able to eat it all.
 - * If you give the medicine to the child with a syringe, have a separate syringe for each medicine and wash them with soap and water every day.
 - * If the child vomited all the medicine immediately after eating, give the same amount of medicine to him again.
 - * If the child vomited 15-20 minutes after taking the medicine, do not give the medicine again. If you miss a dose, do not double the next dose.
 - * If you are less than an hour late, give the same dose.
 - * If you are more than an hour late in giving the medicine, give the medicine next time as usual.
 - * And if you do not know what to do, talk to your doctor or nurse.



resources and references:

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