

# RHEUMATIC HEART DISEASE

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## ACUTE RHEUMATIC FEVER & RHEUMATIC HEART DISEASE

are **PREVENTABLE**



### STREPTOCOCCAL INFECTIONS

Children at high risk must be treated with penicillin.



Sore throat (pharyngitis)



Skin sores (pyoderma)

### ACUTE RHEUMATIC FEVER

Presentation can be subtle. Must be treated with penicillin.



fever  
joint pain  
heart murmur  
chorea

### RHEUMATIC HEART DISEASE

Damage to heart valves following ARF. Often without symptoms until severe. Requires life-long and complex care.

### INVESTIGATIONS FOR ARF

Admit to hospital

BLOODS – WCC / ESR / CRP (blood cultures if febrile)

BLOODS – ASO and anti-DNase B titres

ECG / CXR / Echocardiogram

Throat/skin swab - culture for *group A streptococcus*

### PENICILLIN INJECTIONS

EVERY 21-28 DAYS

FOR AT LEAST

10 YEARS

AFTER ARF



## RECOMMENDED CARE PLANNING

#### SEVERE RHD (Priority 1)

Severe valvular disease, or Moderate severe valvular lesion with symptoms, or Prosthetic valves or repairs

- Secondary prophylaxis: until age 40 (or longer)
- Doctor review: 3-6 monthly
- Specialist review: 3-6 monthly
- Echocardiogram: 3-6 monthly
- Dental review: within 3 months of diagnosis, then 6 monthly
- Fluvax: yearly
- Pneumococcal vaccine: as indicated
- Endocarditis prevention: as required

#### MODERATE RHD (Priority 2)

Any moderate valve lesion in the absence of symptoms and with normal left ventricular function

- Secondary prophylaxis: until age 35
- Doctor review: 6 monthly
- Specialist review: yearly
- Echocardiogram: yearly
- Dental review: within 3 months of diagnosis, then 6 monthly
- Fluvax: yearly
- Pneumococcal vaccine: as indicated
- Endocarditis prevention: as required

#### ARF & MILD RHD (Priority 3)

ARF with no evidence of RHD, or Trivial-mild valve disease

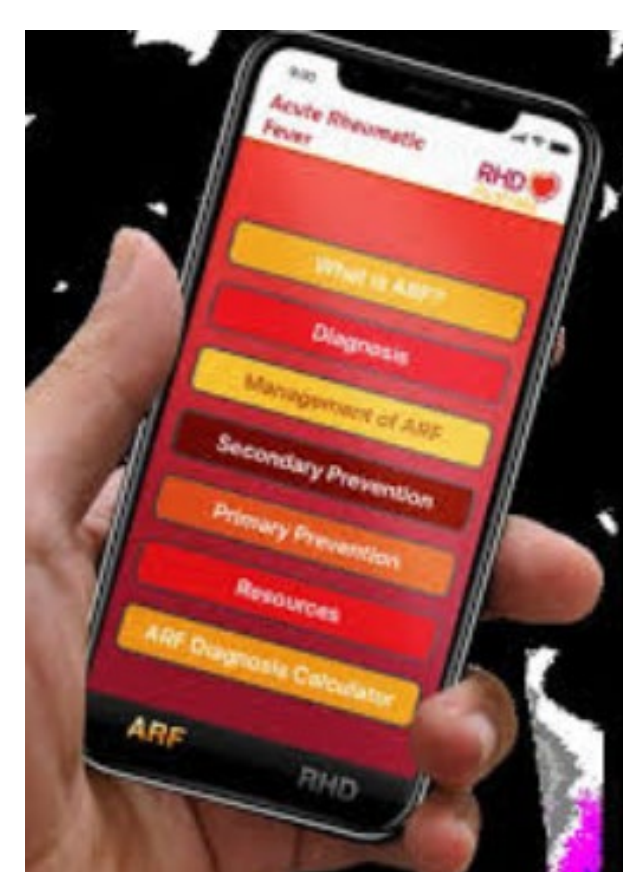
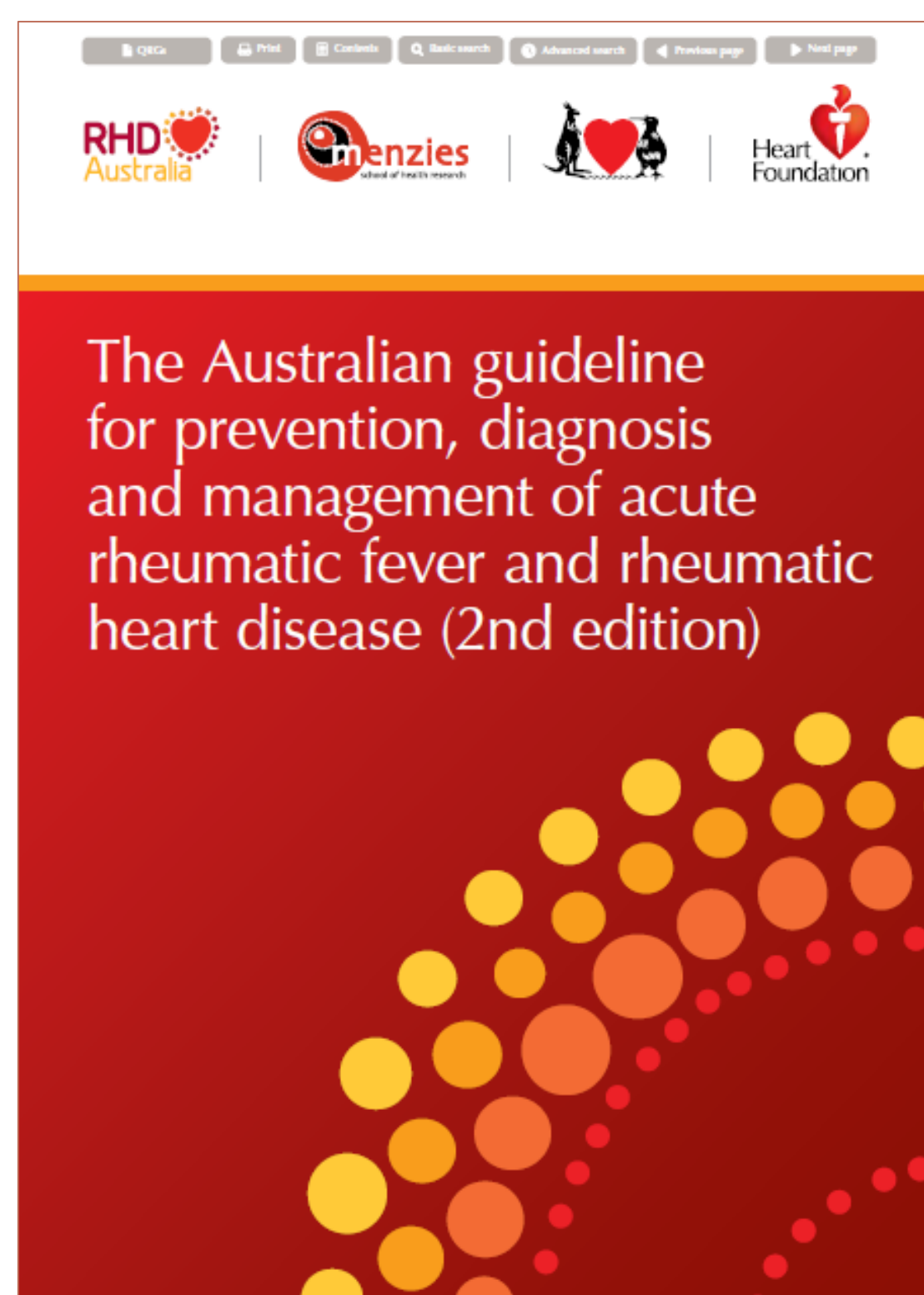
- Secondary prophylaxis: for 10 years or until age 21 (whichever is longer)
- Doctor Review: yearly
- Echocardiogram: children 2 yearly, adults 3 yearly
- Dental review: yearly

#### INACTIVE (Priority 4)

History of ARF (no RHD), and Ceased secondary prophylaxis

- Doctor review: yearly
- Dental review: yearly (specialist referral if new symptoms)

## SUPPORT FOR CLINICIANS



#### RHD Control Programs

NT – Darwin 08 8922 8454

– Alice Springs 08 8951 6909

QLD – Cairns 1300 135 854

07 4226 5544

WA – Perth 1300 622 745

SA – Adelaide 08 7425 7146

NSW – Sydney 1300 066 055 (within NSW)

02 9391 9195 (outside NSW)



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