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Anthropometric profiles of congenital heart disease in children

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Background: Congenital heart disease is often associated with malnutrition and failure to thrive in children. The prediction factors of growth deficit and nutrition status in children with congenital heart diseases remain unclear.

Aim: To determine the nutritional status of children with congenital heart disease.

Methods: A cross-sectional study was carried out in children aged 0-5 years old with CHD in AVBRH hospital. All patients underwent an anthropometric evaluation (weight, length and head circumference) at presentation. Undernutrition, failure to thrive (FTT) and microcephaly were determined according to WHO, weight-for-length, weight-for-age, length-for-age, head circumference-for-age z-score <-2SD accordingly.

Results: We had total of 125 patients, 80 patients with acyanotic and 45 patients with cyanotic lesions. VSD was found to be the most common acyanotic disease and TOF was found to be the most common cyanotic CHD. Prevalence of undernutrition in CHD was 62%, with 35% severe undernutrition. FTT was found in 72%, and microcephaly in 28% patients. In acyanotic, weight was affected more than length.

Conclusion: Children with CHD are frequently undernourished, irrespective of the nature of cardiac defect. FTT was found higher in acyanotic lesions. Acyanotic heart diseases were found to be more common than cyanotic disease.

Biography

Yash R Dalal has completed his MBBS at Grant Government Medical College and Sir J J Group of Hospitals, at Maharashtra University of Health Sciences, Mumbai. He is currently pursuing his Post-graduation in the Department of Pediatrics, at Jawaharlal Nehru Medical College at Datta Meghe Institute of Medical Sciences, Sawangi(Meghe), Wardha, Maharashtra.

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