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Rheumatic heart disease in North Darfur: An alarmingly high burden and control initiative

Nagwa Salih Saeed Abubaker

Al fashir University, Sudan

Rheumatic Heart Disease (RHD) is the most common cause of cardiac morbidity in Sudanese young people and it is particularly prevalent in Darfur area. A retrospective review of clinical and echocardiography (echo) data for children with RHD seen in Al-Fashir Hospital from 2010 to 2016 was conducted. Data from hospital statistics, outpatient, and echo clinic records were collected and analysed. A control program was started based on training modules and public awareness material (mainly training to medical assistant, nurses, and health promoter). In the study period 324 patients were admitted and 3777 patients with RHD were seen in the outpatient clinics. Complications occurred in 33% of inpatients with a case fatality of 12%. Echo revealed that 83% of patients have severe disease and 50% have a combination of more than two valves affected. Control measures focused on nurse and medical assistants' training. Training of 50 medical assistant and nurses, 30 physicians, and 10 health promoters was achieved. Public awareness programs were conducted. We found a significant burden of RHD in Al Fashir Hospital. A control program was initiated that need substantial support from governmental and nongovernmental organization.

Biography

Specialist in Paediatrics & Child health at Al fashir Teaching Hospital North Darfur State/ Sudan. Assistant professor of pediatrics and child health, faculty of medicine, Al Fashir University.

salihnagwa@yahoo.com

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