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**RHEUMATIC FEVER AND HEART  
DISEASE**

## RHEUMATIC FEVER AND HEART DISEASES

### RHEUMATIC FEVER:

It is an inflammatory disease of the heart potentially involving all layers of heart.

### RHD:

It is a chronic condition resulting from rheumatic fever that is characterized by scarring and deformity of heart valves.

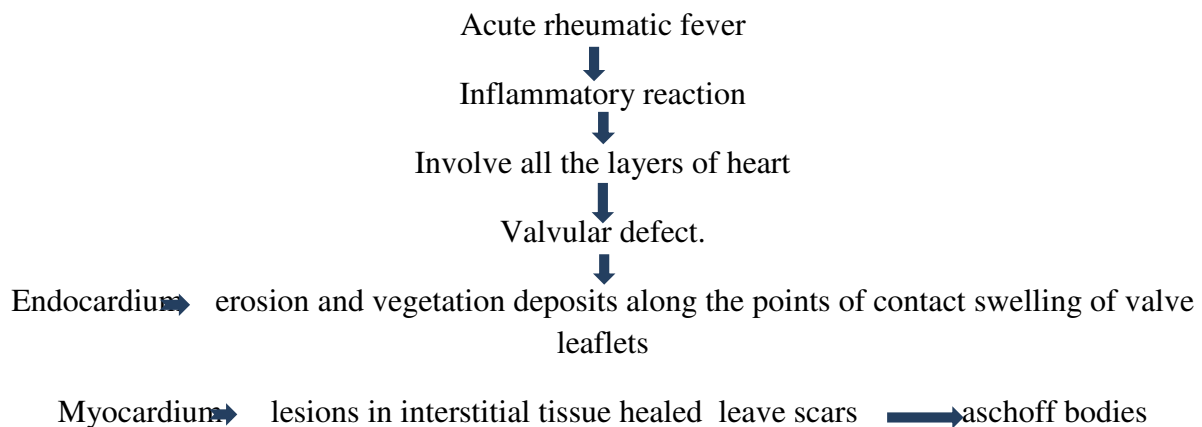
### Causes of Rheumatic Heart Disease;

- ❖ Rheumatic fever causes rheumatic heart disease.
- ❖ Rheumatic fever results from an untreated strep throat.
- ❖ Rheumatic fever can damage the heart valves.
- ❖ If the heart valves are damaged, they will fail to open and close properly. When this damage is permanent, the condition is called rheumatic heart disease.

### Risk factors for Rheumatic Fever:

Rheumatic fever can occur in children who have had strep infections that were untreated or inadequately treated.

### PATHOPHYSIOLOGY;



Pericardium → pericarditis → development of an effusion

### **Symptoms:**

Some of the most common symptoms of rheumatic heart disease are: breathlessness, fatigue, palpitations, chest pain, and fainting attack the presence of signs and symptoms

### **Diagnostic evaluation;**

- ❖ routine blood tests,
- ❖ CRP and throat culture.
- ❖ The most accurate survey is echocardiography do to see the status of valves and heart muscle

### **Treatment**

Treatment of rheumatic heart disease may include medication and surgery. Medication will aim to avoid overexertion. Surgery may be needed to replace the damaged valve(s).

### **PREVENTION;**

The best way to prevent rheumatic heart disease is to seek immediate medical attention to a strep throat and not let it progress to rheumatic fever.

### **Complications RHD:**

The list of complications that have been mentioned in various sources for Rheumatic heart disease includes:

- Endocarditic is inflammation of the inner lining of the heart.
- Bacterial endocarditic is the infection and inflammation of the inner layers of the heart, most commonly the valves cause by bacteria.
- Heart failure a syndrome classified by myocardial malfunction, heart failure can lead to deficient pump performance reduced cardiac output and to frank heart failure and abnormal circulatory congestion. Congestion of systemic venous flow may end up in tangential edema and hepatomegaly; congestion of pulmonary circulation may cause pulmonary edema, an acute, life-threatening emergency.

### **Nursing diagnosis;**

1. Risk for Decreased Cardiac Output
2. Hyperthermia
3. Imbalanced Nutrition, Less Than Body Requirements

#### 4. Acute Pain