



Winter 2022 Focus on.. Heart Awareness



This quarter we are focusing on Congenital heart disease awareness week (February 7-14th).

Congenital Heart Defect Awareness Week helps honor those born with a heart condition. It also recognizes those who care and support those living with a heart condition.

Congenital heart defects are conditions that are present at birth and can affect the structure of a baby's heart and the way it works.

They are the most common type of birth defect. As medical care and treatment have advanced, infants with congenital heart defects are living longer and healthier lives

CONGENITAL HEART DISEASE

CHD is when something goes wrong when a baby's heart is formed...



A baby is born in the UK with CHD roughly every 2 hours

Up to 1 in every 125 babies has some sort of heart defect

CHD is the most common congenital birth defect and causes up to 1 in 13 infant deaths



85% of babies born with CHD now survive into adulthood - that's more than ever before

Surgical survival rates in the UK are some of the best in the world - nearly 100% for some procedures

On average across the UK, nearly 50% of CHDs are spotted during pregnancy

We can help spread awareness and support ACHD patients support with:

- Knowledge and understanding of underlying cardiac conditions
- Surgical, cardiology and general clinical queries
- Medication support and advice, including compliance and titration
- Transition
- Pregnancy and contraception advice
- End of life support
- Learning disability support
- Psychological support
- Lifestyle advice
- Financial and employment issues

CONGENITAL HEART DEFECTS

CONGENITAL HEART DEFECTS (CHD)

are present and occur when a baby's **AT BIRTH HEART DOES NOT DEVELOP OR WORK THE WAY IT SHOULD.**

CHD is MOST COMMON TYPE of birth defect.

1 IN 100 BABIES are born with a heart defect each year in the U.S.

OVER 1 MILLION ADULTS are living with congenital heart defects.

THE GOOD NEWS IS...



...9 OUT OF 10 children born with a heart defect now SURVIVE INTO ADULTHOOD thanks to medical advances.

LONG-TERM CHD CHALLENGES



Heart Valve Problems



Pulmonary Hypertension



Abnormal Heart Rhythms (arrhythmias)



Anxiety and Depression



Heart Infections (endocarditis)



Heart Failure



Need for Repeat Surgeries or Procedures



Stroke

How to LIVE WELL with CHD



Understand your heart defect and ask questions

Ask if it is safe for you to get pregnant



Keep all follow-up medical appointments - even if you are feeling well



Meet with a heart (or CHD) specialist when reaching adulthood



Maintain regular dental checkups



Seek emotional support



Know your health insurance options



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

➡ For more information, visit [CardioSmart.org/CHD](https://www.CardioSmart.org/CHD)

If you would like to download or order additional posters on various topics, visit [CardioSmart.org/Posters](https://www.CardioSmart.org/Posters)

ACHD awareness

During heart awareness month, our specialist nursing team have been busy providing teaching sessions for cardiology staff in various health boards on all aspects of Congenital Heart Disease

**Congenital
Heart Disease
Awareness
Week**

7th – 14th February



If your clinical area would like teaching on ACHD please get in touch!



'Mindful March' Calendar

ACHD isn't just about the body, it can effect the mind too- We promote the use of 'mindfulness' for both professionals and patients

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them
13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying
20 Focus on what makes you and others happy today <small>dayofhappiness.net</small>	21 Listen to a piece of music without doing anything else	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today
 27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today
ACTION FOR HAPPINESS		Happier · Kinder · Together				

Wishing you a happy 2023-
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