

# INTO the HEARTLAND CAMPAIGN

SITE: KALININGRAD  
DISTRICT: NORTHWESTERN  
COLLABORATION LAUNCHED: 2013

SEPTEMBER 17–27, 2014  
SURGICAL-EDUCATIONAL  
MISSION 2



## THE HOUSEHOLD AND THE FAMILY

Varvara's family lives in the Republic of Tatarstan, a federal subject of Russia located in the Volga Federal District. This semi-independent republic is home to many ethnic Chuvash people; its capital is the well-known city of Kazan.

Varvara's mother Natalia works as an office manager, but is currently on maternity leave. Varvara's father works in construction. Mother and daughter both have striking green eyes. Varvara is very outgoing and loves being the center of attention. When we ask Natalia what she imagines for her daughter's future, she says, "Maybe she will grow up to be a singer, or an actress – she is very smart and confident. Perhaps she will study to become a doctor."

## CHILD'S DEVELOPMENT AND MEDICAL HISTORY

During pregnancy, Natalia was told that her baby had a life-threatening heart defect. Natalia, wanting to continue the pregnancy, sought a second opinion. After Varvara was born, the parents took her to the federal heart center in Penza, where she was diagnosed with Tetralogy of Fallot (TOF). The family learned that Varvara's case was unusually complex and would require multiple surgical interventions. Within several months, she underwent her first staged surgery, at the center in Penza.

In Penza they also learned about Dr. Belov, the lead pediatric cardiac surgeon at the Kaliningrad Federal Cardiac Center. They arranged to take Varvara to Kaliningrad – over 1,000 miles away – to have her case reviewed by Dr. Belov's team. (Dr. Belov has participated in several Heart to Heart surgical-educational missions throughout Russia over the past four years.)

## CURRENT CONDITION

Varvara was operated on by the joint Heart to Heart-Kaliningrad team on September 24, 2014. Repairing her heart required what is known as an RVOT reconstruction. During this procedure, conduits are placed to enable blood flow from the heart to the lungs. The surgery was successful, and Varvara was discharged from the PCICU the following day. The tubes will need to be replaced as she grows. We expect Varvara to survive and thrive through her adolescence, and we hope she will decide to pursue a rewarding career.

### PATIENT PROFILE

Child	Varvara R.
Age	1 year 3 months old
DOB	June 4, 2013
Weight	Current: 20 lbs
Home	Republic of Tatarstan
Parents	Natalia
Diagnosis	Tetralogy of Fallot with RVOT obstruction; s/p BT shunt (2013, Penza) and TOF repair (2014, Kaliningrad)
Open heart surgery	RVOT repair September 24, 2014
Discharged from PCICU	September 25, 2014

*Based on an interview conducted by Heart to Heart board member Karen O'Brien, PhD.*