

INTO the HEARTLAND CAMPAIGN

SITE: CHELYABINSK
DISTRICT: URALS
COLLABORATION LAUNCHED: 2015

JULY 20 – 30, 2016
SURGICAL-EDUCATIONAL
MISSION 2



THE HOUSEHOLD AND THE FAMILY

As the first Heart to Heart medical volunteers were crossing the Atlantic en route to Russia, a baby girl with a severe congenital heart defect (CHD) was born in the Chelyabinsk region. Although Sofya looked healthy, weighing 8 lbs 6 oz with plump rosy cheeks, she was transferred immediately to the Chelyabinsk Federal Cardiac Center (CFCC). Her mother remained at the perinatal center for five days, as is common in Russia. Later in the week, once she got to the CFCC, Sofya's mother, Lyuba, was eager to spend time with her baby, the family's first child. Lyuba works as a paramedic; her husband, Nikolai, is employed in the mining industry. The family lives in a town about 200 miles away from the CFCC.

CHILD'S DEVELOPMENT AND MEDICAL HISTORY

At a routine prenatal screening, the doctors diagnosed Sofya with CHD. Her diagnosis – transposition of the great arteries (TGA) – is a complex, but highly treatable heart defect, requiring one surgery in the newborn period to survive. At the advice of their doctors, Lyuba was admitted to a perinatal center one week before her due date. Immediately after Sofya was born, she was transferred to the CFCC for surgery, as planned.

At the CFCC, Heart to Heart's pediatric cardiologist Nathan Taggart (Mayo Clinic, Rochester, MN) and doctor Irina Kharenko performed an echocardiogram on baby Sofya, confirming her diagnosis of TGA. The cardiologists called Sofya's parents daily with updates, and together with the surgical team, they agreed to proceed with open heart surgery.

CURRENT CONDITION

Sofya underwent an arterial switch operation performed by the joint Heart to Heart-Chelyabinsk team on July 27. When this procedure is performed in the first days of life, babies enjoy the best surgical outcomes. Misdiagnoses, limited prenatal care, or no immediate referral to surgery spells disaster for babies like Sofya. CFCC's partnership with the local perinatal center ensured that this baby got the care she needed at the right time.

Once Lyuba arrived at the hospital two days after surgery, the baby was discharged from the PCICU. Her mother was elated to be reunited with her newborn daughter. Sofya's prognosis is good. She should not need further surgeries for her heart defect; she will likely only need annual follow up exams by her pediatric cardiologist.

Based on an interview conducted in Russian by Albina Popova, Heart to Heart staff.

PATIENT PROFILE

Child	Sofya E.
Age	6 days old
DOB	July 21, 2016
Weight	Birth & current: 8 lbs 6 oz
Home	Chelyabinsk region
Diagnosis	Transposition of the great arteries, intact ventricular septum; atrial septal defect; patent ductus arteriosus
Open heart surgery	Arterial switch; atrial septal defect closure; patent ductus arteriosus division July 27, 2016
Discharged from PCICU	July 29, 2016
Discharged from hospital	August 12, 2016