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Chronic heart failure in children with congenital heart diseases in south-south, Nigeria

Romeo Oziengbe Edosomwan
Central Hospital, Nigeria

Background: Most of the previous reports on childhood Congenital Heart Diseases (CHD) in Nigeria antedated the era of echocardiography. The objective of this study is to determine the economic burden to families of managing chronic heart failure in children with congenital heart disease.

Method: This longitudinal study was conducted over a year. The families of children with congenital heart disease who were being managed for chronic heart failure in the clinic were recruited for the study. With the aid of a structured questionnaire, data were collected on a monthly basis for three consecutive months, on the family's monthly income, cost of anti-failure medicines, transportation and the number of man-hours spent on clinic visitation. The percentage of the mean monthly income spent on medicines, transportation and the total cost of care were also computed.

Results: Thirty two families were recruited for the study. The children were 16(50%) each of males and females with a mean age of 2.2 ± 1.7 years. The mean monthly income was $\$314.93 \pm 271.36$ while the mean cost of total care was $\$17.61 \pm 10.58$. The mean percentage of income spent on total care was $16.3 \pm 26.2\%$ with a range of 0.7 – 122%. Families from low socioeconomic class spent significantly higher percentage of income on medicines and total care compared to those in middle or high socioeconomic classes. $P=0.0095$ and 0.041 respectively. Only three (0.09%) patients had surgery for their condition.

Conclusion: The mean percentage of income spent on care was significant and amounted to catastrophic health expenditure for a third of the families. Government input in strengthening the existing cardiac centres, establish new ones and subsidizing the cost of surgery to meet the needs for open heart surgery for children with CHDs is recommended.

Incidence and patterns of cardiovascular disease in south western Nigeria

Joseph Ikhilela
God's Care Specialist Hospital, Nigeria

Background: Cardio Vascular Disease (CVD) has been major problem in the developed and developing countries and its burden in these countries is overwhelming. There is a dearth of literature and data on the prevalence and patterns of CVD in developing countries, especially Nigeria.

Objectives: This study was carried out to determine the most common cardiovascular disorder, the mostly affected age sex groups and annual increase/decrease between 2009 and 2014 in South-Western Nigeria.

Methods: Our study reviewed the pattern and incidence of CVD in South-Western Nigeria. Case notes of patients in University of Lagos Teaching Hospital and Obafemi Awolowo Teaching Hospital were reviewed between 2009 and 2014. These two teaching hospitals provide tertiary health care service to five out of Six states that form South-West Nigeria with a population of 29,720,322 Nigerians.

Results: A total number of 4103 case notes of CVDs were reviewed out of which 2159(52.69%) were males while 1944(47.40%) were females. A steady rise in the incidence of CVD between 2009-2014 was observed. Hypertension (39.1%) was the most prevalent CVDs while congenital heart disease (1.1%) had the lowest.

Conclusion: It was concluded that hypertension was the most prevalent CVD while congenital heart disease was the lowest. A steady increase in the incidence of CVD was observed during the period under review.