WHO'S WHO ON YOUR HEALTH CARE TEAM?

Who's Who	Description
anaesthetist	A doctor who specializes in anaesthetic medicines. These are drugs used during surgery. Anaesthetists are often members of a Pain Team who can assist your child in managing pain after surgery.
cardiac surgeons	Doctors who specializes in heart surgery in children. You will only meet them around the time of your child's surgery.
cardiologist	A doctor who specializes in the diagnosis and treatment of heart disease and heart defects.
chaplain	A person who offers spiritual support and counselling to families of any faith or spirituality tradition. A hospital chaplain can listen to your concerns, offer support during times of crisis, help you explore difficult questions of grief and loss, and provide prayer books or sacred texts for reading.
child life specialist	A person with education and experience in setting up and coordinating activities for your child. These activities can be helpful in overcoming fears and stress while in hospital.
clinical nurse specialist (CNS)	An advanced practice nurse who specializes in pediatric cardiology. A CNS has expertise in patient care, family and staff education, and family support.
critical care specialist	A doctor who specializes in the care of critically ill children. You will meet them when your child is in the Intensive Care Unit after surgery. They are sometimes referred to as an intensivist.
dietician	A person who specializes in the nutritional care and management of children. This involves assessin dietary intake, growth status, and providing nutritional counselling and education.
fellow	A doctor who had completed medical school and a preliminary specialty training in a particular area and who is now studying in a subspecialty such as pediatric cardiology. This training usually lasts 1 or 2 years.
lactation consultant	A person who provides lactation support and counselling for mothers who are breastfeeding their babies or expressing breast milk.
medical student intern (MSI, clinical clerk, intern)	A medical student in training. MSIs are supervised closely by residents and attending physicians.
nurse	A person who works with family members and the rest of the health care team, nurses meet your child's physical and emotional needs while in hospital, and at the cardiology clinic. Talk to your child's nurse if you have questions or concerns, and discuss how you will be involved in your child's hospitalization. Finding answers. For life

WHO'S WHO - CONTINUED

Who's Who	Description
occupational therapist	A person who promotes and maintains a child's ability to take part in daily living. This involves assessments for feeding, sitting, and other activities.
pediatrician	A doctor who specializes in children's health.
pediatric cardiologist	A doctor who specializes in the care and medical management of children with congenital and acquired heart defects.
pediatric nurse practitioner	A nurse with additional registration who has specialized knowledge and decision-making skills in assessment, diagnosis and health care management including prescribing medications.
pharmacist	A person who dispenses the medicines which your child may be taking. A pharmacist is available to answer any questions you may have, such as the common side effects of drugs.
physiotherapist	A person who assesses your child's breathing and helps to keep his or her lungs clear. Physiotherapists help your child move after surgery which helps prevent joint stiffness and muscle weakness. They can also help in your child's normal development and movement through exercises or with special equipment.
psychologist	A person who provides both child and family support and counselling while in hospital. This specialist is particularly skilled at helping with stress, coping and grief.
resident	A doctor completing a preliminary speciality training such as pediatrics or anaesthesia.
respiratory therapist (RT)	A technician who looks after the respiratory system, the lungs. Together with the rest of the team, the RT ensures your child is getting enough oxygen, and is able to breathe easily. If your child needs a respirator after surgery, the RT will manage it.
social worker	A person who provides support and counselling to families as they cope with the emotional, social and financial impact of having a child with a congenital heart defect.



WHAT'S WHAT AT YOUR CHILD'S BEDSIDE?

What's What	Description
arterial line	A thin flexible tube placed into an artery and connected to a monitor. It allows blood to be drawn without poking your child, and allows staff to closely watch your child's blood pressure.
catheter	A thin, flexible tube that can be guided into a body organ.
central line	A special tubing inserted into a large vein near the heart. The line allows medications, fluids, or blood products to be given and blood samples to be taken without poking your child.
chest tubes	Plastic tubes that drain air, blood, or fluid from the area around the heart and lungs.
crash cart	A cart containing the equipment and drugs needed to restore heartbeat and breathing in a medical emergency.
endotracheal tube (ET tube)	A tube inserted into the child's throat to keep the airway open and help with breathing.
Foley catheter	A flexible plastic tube inserted into the bladder to provide continuous urine drainage.
heart monitor	A computer which gives a continuous readout of the heart rate and function of your child's heart while in the intensive care unit or step-down unit.
Holter monitoring	A small device that records the EKG on tape over 24 to 72 hours, then analyzes for arrhythmia or other abnormalities.
intravenous line	Thin flexible tubing inserted into a vein to allow fluids, medication, and blood products to be given continuously.
nasogastric tube (feeding tube)	A thin flexible tube inserted through the nose, down the throat, and into the stomach. The tube can drain fluids from the stomach while a child is unconscious, or give feedings if the child is unable to get enough nutrients to meet his or her needs.
oxygen mask/ hood/nasal prongs	Ways to provide more oxygen than is available in normal room air. A mask is a cup-shaped device that fits over the child's mouth and nose. A hood fits over the child's entire head. Nasal prongs are thin flexible tubes with two outlets, one for each nostril. How oxygen is given depends on how much oxygen is needed and the type of device the child is willing to keep in place.

WHAT'S WHAT - CONTINUED

What's What	Description
pacemaker	An electrical device made up of a battery pack and an electrical wire used to treat low or irregular heart rates. The electrical wire is inserted through a vein into the heart to the base of the right ventricle, and a battery pack is placed under the skin. A pacemaker senses the heartbeat and when the rate falls below a specified point, it stimulates the pacemaker to send out a small electrical charge that makes the heart pump. Some newer sensing mechanisms use body temperature, body movement, blood pH, and blood oxygen levels to determine optimal heart activity.
saturation monitor (oximeter)	A device used to measure the amount of oxygen in a person's blood.
urinary catheter	A thin tube inserted into the bladder to drain urine. See also Foley catheter.
ventilator (respirator)	A machine used to help with breathing; used most often after open-heart surgery.



HEART WORDS

Heart Word	Description
acquired heart disease	A heart problem such as rheumatic heart disease or bacterial endocarditis that happens after birth rather than during development in the womb.
aneurysm	A ballooning out of the wall of a vein, an artery, or the heart itself, due to weakening of the wall by disease, injury, or an abnormality present at birth.
angiogram (angiography, angiocardiograph)	A diagnostic injection of a dye into the bloodstream or heart chambers. The dye outlines the inside of the heart and great vessels on chest x-rays.
anoxia	A term meaning "no oxygen". It happens when the blood supply to part of the body is completely cut off. The tissue in that area dies. For example, a part of the heart muscle may die when the blood supply (and the oxygen supply) has been blocked, as by a clot in the artery supplying blood to that area.
anticoagulant	A drug such as heparin or warfarin that decreases clotting of the blood. It prevents clots from forming or becoming larger, but does not dissolve existing clots. Patients on anticoagulants should take special care in preventing injuries and cuts.
aorta	The large artery that receives blood from the heart's left ventricle and sends it to the body.
aortic arch	Topmost part of the aorta from which the head, neck, and arm arteries arise.
aortic stenosis	Narrowing of the valve opening between the left ventricle of the heart and the aorta.
aortic valve	Heart valve between the left ventricle and the aorta. It normally has three "flaps", or cusps; when there are only two cusps, the valve is called "bicuspid". It prevents blood from flowing back into the heart once it has been pumped out of the left ventricle.
арех	The blunt rounded bottom area of the heart. It is the best site to check for a pulse with a stethoscope.
apnea	The absence of breathing.
arrhythmia (or dysrhythmia)	Absence of a heart rhythm. The term "arrhythmia" often refers to an abnormal rhythm of the heart (dysrhythmia).
artery	Large blood vessels that carry oxygenated blood from the heart to various parts of the body.
asymptomatic	Without symptoms. A person who is asymptomatic does not feel unwell or have any complaints about his/her health.
atresia	A condition in which a structure, which is normally present and open at birth, does not develop at all. For example, in pulmonary valve atresia, the valve between the right ventricle and the pulmonary artery does not develop.

Heart Word	Description
atria (singular - atrium)	The two upper collecting chambers of the heart. The right atrium collects blood from the body. The left atrium collects blood returning from the lungs by way of the pulmonary veins.
atrial fibrillation	A condition in which the muscles of the atria contract too rapidly because there is a problem with the electrical signal they are receiving.
atrial septal defect (ASD)	An abnormal opening between the atria that allows blood from the higher-pressure left atrium to flow into the lower-pressure right atrium.
atrial septum	The wall (septum) dividing the right from the left atrium.
atrioventricular node (AV node)	A group of specialized heart muscle fibers found in the lower part of the right atrium of the heart. The AV node receives electrical impulses from the sinoatrial node, then directs them to the heart muscle of the ventricles, causing them to contract and pump out blood.
bacterial endocarditis	A bacterial infection of the heart lining or valves. It tends to occur more often in people with abnormal heart valves or congenital heart defects than those with normal hearts.
balloon angioplasty	A balloon tipped catheter used in the cardiac catheterization lab or during surgery to widen a narrowed blood vessel.
balloon valvuloplasty	A procedure in which a balloon is inserted into the opening of a narrowed heart valve so that blood can move more freely. When the balloon is inflated, the valve stretches open and then the balloon is deflated and removed.
bicuspid valve	A valve with two cusps (flaps).
biopsy	A piece of tissue is removed and examined so that a diagnosis can be made.
Blalock-Taussig shunt	A palliative surgical procedure that connects the aorta to a pulmonary artery to temporarily improve blood supply to the lungs.
blood pressure	The force made by a wave of blood against the walls of the arteries when the blood is pumped from the heart. The pressure is greatest when the ventricles are contracting. This is called systolic pressure, and is the first and highest number of a blood pressure measurement. The pressure is lowest when the ventricles relax. This is called diastolic pressure, and is the second and lowest number of a blood pressure reading.
blue baby	A baby with blue-tinged skin (cyanosis) resulting from insufficient oxygen in the arterial blood. This colour may indicate a heart defect.
bradycardia	A slow heartbeat or rate. For example, in a newborn, a rate less than 80 beats per minute is slow.

Heart Word	Description
Bundle of His	Part of a group of specialized cells between the atria and ventricles that conduct electrical impulses to the ventricles to create a regular heartbeat.
capillaries	Tiny blood vessels between arteries and veins that distribute oxygen-rich blood and nutrients to the body's tissues.
cardiac	Related to the heart.
cardiac arrest	A condition in which the heart stops beating and is therefore unable to pump oxygen-rich blood around the body. If the condition is not reversed quickly, tissue damage and death will happen in minutes.
cardiac catheterization ("cath")	A procedure in which a thin, plastic tube or catheter is advanced through a blood vessel of the arm or groin into the heart chambers for examination or treatment. It is done to sample oxygen, measure pressure and take angiograms.
cardiac output	The amount of blood pumped by the heart per minute.
cardiology	The study of the heart and its functions in health and disease.
cardiomegaly	A heart that is abnormally large. The heart may become enlarged because it has to work extremely hard because of a congenital heart defect or other condition that affects the pumping and flow of blood.
cardiomyopathy	A general term meaning any type of disorder of the heart muscle.
cardiopulmonary resuscitation (CPR)	A technique that combines chest compressions and rescue breathing, during cardiac arrest to keep oxygenated blood circulating in the body.
cardiovascular	Of, relating to, or involving the heart and blood vessels.
cardioversion	The use of an electrical device to reorganize the heart rhythm. The shock is administered through electrodes placed on the chest wall (external defibrillation) or on the heart (internal defibrillation). Cardioversion is similar to defibrillation, however the electrical current is synchronized (timed) with the heart's own rhythm. If successful, it restores the heart's natural pacemaker function so that a normal heartbeat can resume.
cellulitis	An infection of the skin that can spread on the surface or under the skin. The infected area is usually red and swollen.

Heart Word	Description
chylothorax	A collection of milky fluid called chyle in the lungs. It happens when the thoracic duct (the main tube that collects lymph, a liquid that contains infection-fighting white blood cells from the upper part of the body) is injured or blocked. The thoracic duct is sometimes damaged during heart surgery because it is so close to the heart and major blood vessels.
closed-heart surgery	A type of surgery that is done on blood vessels in the chest but outside the heart itself and does not need a heart-lung machine.
clubbed fingers ("clubbing")	Fingers with a short broad tip. This is sometimes seen in children with cyanotic heart defects and in adults with heart, lung, or gastrointestinal diseases. Clubbing reduces over weeks or months when the tissues start getting enough oxygen.
coarctation of the aorta	A condition in which part of the aorta (the main artery that takes blood from the heart to other parts of the body) is narrowed or constricted.
coil	Small coiled wire used to block off a blood vessel.
complex heart defects	A very complicated heart defect, such as a condition in which there is only one ventricle instead of two (single ventricle), the left or right side of the heart is not completely formed (hypoplastic heart), or the pulmonary artery and aorta arise out of the same ventricle (double outlet ventricle). A child may also have several heart defects at the same time. It is usually not possible to repair complex heart defects in one surgery.
congenital	Conditions present at birth.
congenital anomaly	An abnormal condition present at birth.
congenital heart defect	A malformation of the heart or its major blood vessels present at birth.
congestive heart failure	See "heart failure".
coronary arteries	The two arteries that supply blood to the heart muscle. The coronary arteries rise from the aorta and arch down over the top of the heart.
cyanosis	Blueness of the skin and body tissues caused by low oxygen in the blood.
defibrillation (defibrillate, defibrillator)	A process in which a defibrillator (an electronic device), is used to stop a fast, chaotic heart rhythm (such as ventricular fibrillation) by delivering an electrical shock to the heart. The shock is given through electrodes placed on the chest wall (external defibrillation) or on the heart (internal defibrillation). If successful, it restores the heart's natural pacemaker role so that a normal heartbeat can start again.

Heart Word	Description
dextrocardia	Abnormal position of the heart within the right side of the chest. The heart is normally on the left side. The heart may be normal or have other defects.
digestive tract	The parts of the body that food passes through when we eat. The organs include the mouth, the esophagus (the tube that joins the mouth and stomach), the stomach, the small and large intestines (bowels), and rectum.
digoxin (digitalis)	A drug often used to treat congestive heart failure. It makes the contraction of the heart muscle stronger and slows the rate of the heartbeats.
diuretic	A drug that makes the body produce more urine.
ductus arteriosus	An artery, present in babies before birth, that connects the aorta and pulmonary artery. The ductus normally closes shortly after birth; if it remains open (patent ductus arteriosus), medical or surgical treatment may be necessary.
dyspnea	Difficulty breathing.
dysrhythmia	Irregular heartbeat. The heartbeat may be slow (bradycardia), fast (tachycardia), or irregular or chaotic (fibrillation). Health care professionals often call the term "dysrhythmia" "arrhythmia".
echocardiogram (echocardiography)	A diagnostic test in which pulses of sound (ultrasound) are sent into the body, and the echoes returning from the heart and other structures are electronically plotted and recorded.
edema	Swelling due to an abnormally large amount of fluid in body tissues.
electrocardiogram (EKG, ECG)	A graphic record of the electrical impulses produced by the heart.
embolus (plural - emboli)	An abnormal particle circulating in the bloodstream such as a clot or an air bubble.
embolization	The process or state in which a blood vessel or organ is obstructed by the lodgment of a material mass (such as an embolus).
endocarditis	Inflammation or infection of the endocardium, the lining of the heart.
endocardium	The smooth inner lining of the heart wall. It lies between the heart muscle and the blood inside the heart chambers.
etiology	The cause of a disease.
fibrillation	Rapid, uncoordinated contractions of individual heart muscle fibers. Because the affected heart chamber cannot contract all at once, it pumps blood ineffectively. See atrial fibrillation and ventricular fibrillation.

Heart Word	Description
foramen ovale	A hole in the atrial septum. It is present at birth and normally closes shortly after birth.
heart block	A condition in which the electrical signal for the chambers of the heart to contract does not pass normally from the atrium to the ventricles. This is a form of abnormal heart rhythm (dysrhythmia).
heart disease	A term used for ailments of the heart and blood vessels.
heart failure (congestive heart failure)	The heart is not able to pump out all the blood that returns to it. This causes blood to back up in the veins that lead to the heart and sometimes fluid to build up in the lungs and other parts of the body.
heart murmur	See "murmur".
heart-lung machine	A machine that adds oxygen to the blood, removes carbon dioxide, and pumps blood around the body while a person's heart is opened for open-heart surgery. Also called a cardiopulmonary bypass machine.
haemoglobin	An substance (containing iron) found in red blood cells. It carries oxygen throughout the body where it releases the oxygen as needed. Haemoglobin is the pigment that gives the red colour to oxygen-rich blood.
heredity	The passing on of a particular quality or trait from parent to child.
hypercyanotic spell ("tet" spell")	A short episode of severe cyanosis. It usually happens in children with a CHD called Tetralogy of Fallot, but may happen to other children as well.
hypertension	High blood pressure.
hypoplastic	Too small or poorly developed. In the most severe heart flow defects, either the right or the left ventricle may be hypoplastic and not capable of working normally.
hypotension	Low blood pressure.
hypothermia	Very low body temperature.
hypoxia	Low level of oxygen in the blood and tissues of the body.
interventricular septum	The muscular wall dividing the left and right lower chambers of the heart.
ischemia	A lack of blood supply to some part of the body. It happens when a blood vessel supplying that part is too narrow or is blocked.
mitral valve	The heart valve between the left atrium and left ventricle. It normally has two leaflets, or cusps. It stops blood from flowing back into the left atrium after it has been pumped into the left ventricle.

Heart Word	Description
murmur (heart murmur)	An extra sound between the two normal heart sounds "lub" and "dub" heard with a stethoscope. Most murmurs heard in children do not cause a problem, but some indicate a heart condition needing treatment.
myocardium	The muscular wall of the heart that contracts to pump blood out of the heart and relaxes when the heart refills with returning blood.
open-heart surgery	Surgery done on the opened heart while blood is diverted through a heart-lung machine. Also called cardiopulmonary bypass surgery.
oxygen saturation	The percentage of oxygen in the blood, normally greater than 95%.
pacemaker	A small mass of specialized cells in the right atrium of the heart that produces the electrical impulses that cause contractions of the heart. An "artificial pacemaker" is an electrical device that can substitute for a defective natural pacemaker and control the beating of the heart by sending a series of rhythmical electrical signals.
palpitations	A fluttering sensation of the heart or abnormal rate or rhythm of the heart.
pericarditis	Inflammation of the pericardium. See below.
pericardium	A closed tissue sac surrounding the heart and vessels close to the heart. The space inside the sac normally contains a fluid that provides for smooth movements as the heart beats.
pneumonia	Pneumonia is an infection of the lungs in which the sacs of the lungs (the alveoli) fill with pus and other liquid. It can be caused by bacteria, viruses, or chemical irritants.
polycythemia	Too many red blood cells in the bloodstream, which thickens the blood and allows it to clot more easily. This can increase the risk of stroke and other conditions caused by blood clots.
PPS	Post Pericardiotomy Syndrome; an inflammation of the sac that surrounds the heart
prophylactic antibiotics	Antibiotics given to prevent an infection.
prophylaxis	Treatment to prevent a disease.
pulmonary	Related to the lungs.
pulmonary artery	The artery carrying blood from the heart to the lungs to supply it with oxygen.
pulmonary hypertension	High blood pressure (hypertension) in the blood vessels of the lungs. It may be caused by constant excess flow of blood to the lungs, and usually takes months or years to develop.

Heart Word	Description
oulmonary valve	The valve between the right ventricle and the pulmonary artery. The pulmonary valve normally has three leaflets, or cusps. It prevents blood from flowing back into the right ventricle after it has been pumped into the pulmonary artery.
pulmonary veins	Four veins (two from each side of the lungs) that carry oxygen-rich blood from the lungs into the left atrium.
pulse	The beat of the heart as felt through the artery walls. It is usually felt with the index finger over the artery on the thumb side of the wrist or listened to with a stethoscope at the apex (or tip) of the heart on the chest.
regurgitation	The abnormal backward flowing of blood through a valve of the heart.
rheumatic heart disease	Damage done to the heart, particularly to the heart valves, by one or more attacks of rheumatic fever.
self-esteem	How you see yourself and value yourself.
septum	The wall dividing the heart chambers into right and left sides. The atrial septum separates the right from the left atrium; the ventricular septum separates the two ventricles.
shunt	A passage between two blood vessels or between the left and right side of the heart. In surgery, the operation forming a passage between blood vessels to divert blood or the flow of blood or body fluid between blood vessels or organs. An intracardiac shunt is an abnormal opening connecting two sides of the heart. Blood flows (shunts) through the opening from the area of greater pressure to the area of lower pressure.
sinoatrial node (SA node)	The heart's natural pacemaker. It is located in the right atrium. It causes the atria to contract and pump out blood.
squatting	An involuntary action of cyanotic children which shows that they are tired or breathless.
stenosis	Narrowing in the vessel or valves.
stent	Small flexible tube placed in a blood vessel to widen it.
symptomatic	Having signs or symptoms of an illness.
syndrome	A collection of abnormalities that together produce a recognizable pattern.

Heart Word	Description
tachycardia	Abnormally fast heart rate.
Tetralogy of Fallot	A combination of four heart defects that often happen at the same time. The defects include a hole between the ventricles (a ventricular septal defect), which allows oxygen-poor blood to mix with oxygen-rich blood; narrowing of the outlet to the pulmonary artery (and sometimes an abnormal pulmonary valve) which partially blocks blood flow from the right ventricle to the lungs; an aorta that straddles the wall between the ventricles, allowing oxygen-poor blood to flow through the ventricular septal defect and into the aorta; and thickened and enlarged heart muscle tissue in the right ventricle.
thrombus	A clot of blood that forms within a blood vessel and remains attached to its place of origin.
transplantation, heart (heart transplant)	An unhealthy heart is replaced with a healthy one.
tricuspid valve	Heart valve between the right atrium and the right ventricle. It has three leaflets, or cusps. Once blood has been pumped from the right atrium into the right ventricle, the tricuspid valve prevents the blood from flowing back into the atrium.
ultrasound (echocardiography)	High frequency sound vibrations which humans cannot hear. A diagnostic test in which pulses of sound (ultrasound) are sent into the body, and the echoes returning from the heart and other structures are electronically plotted and recorded.
urinary tract	The parts of the body that make, store, and release urine. It includes the kidneys, bladder, ureters (tubes that connect the kidneys to the bladder) and urethra (the tube that carries urine from the bladder to the outside of the body).
valve	An opening, covered by thin leaflets, between two chambers of the heart and a blood vessel. Normally when a valve is closed, blood cannot pass through it.
valvular insufficiency	A valve that does not close properly and permits a backward flow of blood. It may result from either a congenital heart defect or acquired heart disease.
vein	Blood vessels that carry oxygen-poor blood away from the body tissues back to the heart.
vena cava	Large blood vessels leading to the heart. The superior vena cava is a large vein that carries blood from the upper part of the body (head, neck, chest) to the right atrium. The inferior vena cava carries blood from the lower part of the body, also, to the right atrium.

Heart Word	Description
venous blood	Oxygen-poor blood carried by the veins from the body tissues back to the heart.
ventricles	The lower pumping chambers of the heart. The left ventricle pumps blood to the body, while the right ventricle pumps blood to the lungs.
ventricular fibrillation	Rapid irregular contractions of the lower chambers of the heart. Because there is no effective heartbeat, cardiac arrest happens. The only treatment for VF is defibrillation.
ventricular septum	The wall separating the right ventricle from the left ventricle. If the wall is incomplete, a ventricular septal defect is present; the defect may lie in the upper part of the wall or down the lower part of the wall.

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GLOSSARY **NOTES**