

# Hypoplastic Left Heart

**Information for Care Providers**





# General Information

- Condition present at birth, which prevents oxygenated blood from being carried around the body.
- Fixed either by a heart transplant or the three step Norwood Procedure
- Both procedures are very taxing on the baby.



# Babysitter Information

Picking up the baby

- Do not lift from under the arms.
- Cradle from under the bottom, and under the head like a newborn.



# Placement of the Baby

Baby needs to be:

- In a swing
- In a bouncy seat
- Held
- Always at an angle

Do **NOT** put the baby:

- In a walker
- In a jumper
- In an exer-saucer



# Things to Watch for:

- Discoloration of the face and hands.
- Gray-blue color of the nose and possibly the mouth.
- Labored breathing.
- Rapid movement of the chest.



# What to do then:

- Check Oxygen levels, they should be between 70-90.
- Change the position of the baby to promote blood flow with the head placed higher than the baby's feet.
- Call Parents if levels do not rise!!



# Laying the baby down:

If the child has had surgery recently then you are **not** to lay the baby flat on the floor for more than five minutes at a time.

Placing flat causes the blood to pool at the back of the neck, causing a severe headache.



# If baby gets a headache:

- Child will *scream* if laid flat for too long a period
- Pick up child
- Give the baby Tylenol
- Headache should begin to disappear within a few minutes.



# Possible Limitations:

- Do not pull baby to sitting, or holding by the arms.
- No bouncing
- Baby needs support while in the sitting position.
- Rolling?



# Baby is self-regulating!

Take signs from the baby. If child acts uncomfortable, or cries while performing an activity...STOP !!

They will try activities when their body does not hurt.



# Daycare Concerns:

Group daycare is **NOT** recommended because of the exposure of germs.

Person coming into the home protects the child from some illnesses.

Home already set up in favor of the child.



# Feeding Issues

- Baby may have sucking or swallowing issues.
- Feeding may leave the child breathless.
- May take several attempts for the child to finish eating, with rest in between.
- Special high calorie formula.



# Medication

- Be ready to administer medication !!
- Parents will need to train.
- Medications may diminish as the child grows.



# Sleeping Arrangements

- Elevate head higher than feet.
- Check on baby frequently.
- Color and breathing rate monitored.
- Parent to set up, or may already be set up if daycare is in the home.



## **Main Component**

Communication is the key for the baby sitter, daycare provider, and the parent to feel comfortable.

If all people involved are comfortable, then the child will also feel comfortable and safe.