

Cardiac Consensus Statement for People with Down Syndrome

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INTRODUCTION

Cardiovascular disease is a **leading cause of morbidity and mortality** in individuals with Down syndrome (DS).

Congenital heart disease (CHD) is the most common cardiovascular condition in this group, **present in ~50%**.

Disparities in the cardiovascular care of people with DS compared with the general population, varying across different geographic regions, further contribute to cardiovascular mortality.

The current **project aims to summarize the available evidence in 10 key areas** relating to DS and cardiac disease, from prenatal diagnosis to disparities in care in areas of differing resource availability.

METHODS



The **DSi membership** were **consulted for feedback** on the key areas relevant to low- and middle-income countries.

Two independent researchers performed a **scoping review** of the literature, identifying 460 relevant articles from 1662 papers.

How will the Cardiac Consensus paper help?

It **gathers all available evidence** on the diagnosis and management of heart conditions in people with DS and presents it all in one place.

It is designed to **inform future guidelines** on congenital and acquired heart conditions in DS.

RESULTS

Expert statements were produced in the following **10 key areas**:

1. Incidence and types of CHD in DS
2. Best practice for diagnosis and specific management needs
3. Optimal timing of repair in CHD and DS and the risk of developing pulmonary hypertension (PH)
4. Peri-operative risks, complications, and optimal care
5. Long-term complications and outcome of CHD in DS
6. Optimal follow-up and long-term care for adolescents and adults with DS, CHD and/or PH
7. The influence of acquired heart disease and non-cardiac comorbidities on the management and decision-making related to heart disease in DS
8. The influence of learning disabilities on the practical management of individuals with DS and CHD
9. Cardiac care for individuals with DS in low- and middle-income countries
10. Future needs and challenges in DS research

DISCUSSION

We highlight important aspects of the care of individuals with DS and CHD and/or PH, in developed and developing countries.

Emphasis is put on education and structured screening programs for the early identification and management of DS.

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