

P-274

Paediatric cardiomyopathies, integral approach and experience of a tertiary referral centre for paediatric cardiology in Bogotá, Colombia.

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Introduction:

Cardiomyopathies are a group of diseases of the cardiac muscle with diverse variety of structural and functional phenotypes, being a common cause of heart failure in childhood. Contrary to the adult population, there is a huge knowledge gap regarding the epidemiologic and clinical characteristics of cardiomyopathies in children. This lack of information is even bigger when the situation of medical research in Latin America is taken into account. Given the potential impact that this disorders could have to health-systems, a comprehensive epidemiologic study regarding the clinical profile and sociodemographic characteristics of this subjects, will impact the way we approach paediatric cardiomyopathies.

Methods:

An observational, retrospective study was performed over a 7 years period, at a tertiary referral centre for Colombian and Latin American paediatric cardiology. We analyzed all cases of primary cardiomyopathy in children who presented to our institution between 2010-2016 and who were younger than 18-years of age. Cases of cardiomyopathy were classified according to World Health Organization guidelines.

Results:

From 29,533 children with suspected heart diseases that attended our institution during the study period, a total of 89 new cases of primary cardiomyopathy were identified. The median age at diagnosis was 11 years. Dilated cardiomyopathy made up 57.3% (N=51) of cases, hypertrophic cardiomyopathy 12.3%(N=11), restrictive cardiomyopathy 8.9% (N=8), non-compacted cardiomyopathy 7.8% (N=7), arrhythmogenic right-ventricular cardiomyopathy 6.7% (N=6) and unspecified cardiomyopathy the remaining 6.7% (N=6). Heart failure was present in 53.93% of patients. The overall mortality was 12.36% (N=11) including 2 of a total of 8 patients who received a cardiac transplantation.

Conclusions:

The findings in our study are in agreement with the current scientific literature on the frequency and gender distribution of the different groups of cardiomyopathies in the pediatric age. Currently we do not have any research in Colombia or Latin America that characterizes these patients and it is fundamental to carry out studies like this to understand the magnitude of the problem we face. It is very important to create multidisciplinary groups for the diagnostic and therapeutic approach of these patients, as well as to carry out new studies with a wider population.