

# INTO the HEARTLAND CAMPAIGN

**SITE: ROSTOV-ON-DON  
DISTRICT: SOUTHERN  
COLLABORATION LAUNCHED: 2009**

**SEPT 29-OCT 16, 2010  
SURGICAL-EDUCATIONAL  
MISSION 2**



## PATIENT PROFILE

Child	Anastasia K.
Age	6 months old
DOB	March 26, 2010
Weight	At birth: 5 lbs 15 oz Current: 15 lbs
Home	Gigant Rostov Oblast 100 mi from Rostov-on-Don
Parents	Svetlana, 31; Andrei, 33
Diagnosis	Pulmonary atresia, VSD, ASD, accessory valve tissue obstructing LVOT
Open heart surgery	Right modified BT shunt, transannular outflow tract patch, excision of accessory tricuspid valve tissue October 12, 2010
Discharged from PCICU	October 17, 2010

## THE HOUSEHOLD AND THE FAMILY

Anastasia's family lives in the village of Gigant, almost 100 miles from the Rostov-on-Don Cardiac Center. Andrei, her father, works as a welder; Svetlana, her mother, works as a cashier. Andrei is taking care of Anastasia's nine-year-old sibling while Svetlana stays with baby Anastasia at the hospital.

## CHILD'S DEVELOPMENT AND MEDICAL HISTORY

Anastasia's heart defect was detected shortly after birth, while Svetlana was still at the maternity hospital. Doctors there gave Svetlana several frightening prognoses about Anastasia's chances for survival. The shocking news led Svetlana to seriously contemplate what she would do if Anastasia did not live.

At the Rostov-on-Don Cardiac Center, when Anastasia was two weeks old, she was examined by pediatric cardiologist Dr. Larisa Zhivova, who was able to accurately diagnose the baby's serious heart condition. Dr. Zhivova offered Anastasia's parents hope not only for their baby's survival, but also for a healthy and normal life. However, congenital heart defects are not widely understood or treated in many parts of Russia; for this reason, some mothers living in underserved areas fear sending their infants for open heart surgery. Svetlana was confused and afraid. She was not confident about handing her newborn baby over for surgery.

## CURRENT CONDITION

Anastasia's skin is a bluish tint due to low levels of oxygen in her blood. Svetlana no longer notices anymore how sick her baby looks — she has become completely accustomed to caring for a "blue baby". Svetlana was incredulous when Heart to Heart's Dr. Mark Cocalis confirmed Dr. Zhivova's diagnosis and provided Svetlana with the team's assessment of her baby. He explained that the team recommended open heart surgery to remove extra tissue that was growing around one of Anastasia's heart's valves and constricting the flow of oxygen. Then, Dr. Cocalis informed Svetlana that Anastasia would be able to lead a normal life like any healthy girl, and would even be able to have children of her own someday.

Svetlana hesitantly agreed to the open heart operation, and her palpable sense of fear and doubt lingered throughout the baby's pre-operative period.

Anastasia fared well during surgery and Heart to Heart's highly-experienced PCICU team led their Russian colleagues in managing her successful post-operative care. One week after surgery, the newly pink Anastasia slept in her relieved mother's arms. After one more week in the hospital, Anastasia and her mother were able to head home to a brighter future.

*Based on an interview conducted in Rostov-on-Don, in Russian, by Albina Popov, Heart to Heart staff.*