

# ACUTE RHEUMATIC FEVER & RHEUMATIC HEART DISEASE ARE PREVENTABLE & NOTIFIABLE

## Streptococcal infection

Everyone at high risk must be treated with antibiotics



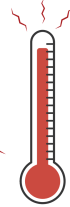
Sore throat  
(pharyngitis)

Skin sores  
(pyoderma/impetigo)



## Acute rheumatic fever

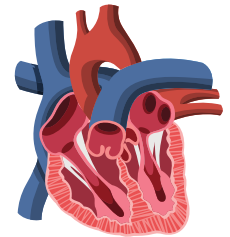
Treat with penicillin. Symptoms may be subtle and can include:



Fever  
Joint pain  
Heart murmur  
Chorea

## Rheumatic heart disease

Damage to heart valves following ARF  
Often without symptoms until severe  
Requires long term care



### INVESTIGATIONS FOR ARF

**Admit to hospital within 72 hours**

BLOODS (blood cultures if febrile) FBC, CRP, ESR  
STREPTOCOCCAL SEROLOGY - ASO / anti-DNase B titres  
ECG / Echocardiogram  
Throat/skin sore swab - culture for *strep A*

#### PRIORITY 1

- Severe RHD
- High risk post valve surgical patients
- $\geq 3$  episodes of ARF within the last 5 years
- Children  $\leq 5$  years of age with ARF or RHD
- Pregnant women with RHD (of any severity) may be considered priority 1 for duration of pregnancy

#### PRIORITY 2

- Moderate RHD
- Moderate risk post-valve surgery patients

#### PRIORITY 3

- Mild RHD
- ARF (probable or definite) without RHD, currently prescribed secondary prophylaxis
- Borderline RHD currently prescribed secondary prophylaxis
- Low risk post-valve surgery patients

#### PRIORITY 4

- History of ARF (possible, probable or definite) & completed secondary prophylaxis
- Borderline RHD not on secondary prophylaxis
- Resolved RHD & completed secondary prophylaxis

#### Every 6 Months

- Specialist review
- Echocardiogram
- Medical review
- Dental review ( within 3 months of diagnosis, then 6 monthly)

If pregnant, see care pathway

#### Every 6 Months

- Medical review
- #### Every 12 Months
- Specialist review
  - Echocardiogram
  - Dental review ( within 3 months of diagnosis, then 6 monthly)

- Medical review yearly
- Dental review yearly

#### 1-3 yearly specialist review Echocardiogram

$\leq 21$  years age: 1-2 yearly,  
 $\geq 21$  years age: 2-3 yearly

#### Every 12 Months

- Medical review
- Dental review

#### Specialist review & echocardiogram

at 1, 3 & 5 years post cessation of secondary prophylaxis (or following diagnosis of borderline RHD not on secondary prophylaxis)

## Penicillin injections

EVERY 21 - 28 DAYS  
AFTER DIAGNOSIS



## RHD Control programs

NT	Top End	08 8922 8454
	Central	08 8951 6909
QLD	Cairns	1300 135 854
WA	Perth	1300 622 745
SA	Adelaide	08 7425 7146
NSW	Sydney	1300 066 055 (within NSW)

## RHDAustralia



WEBSITE  
DIAGNOSIS APP  
GUIDELINE