



HOW TO SUPPORT MOB WITH RHEUMATIC HEART DISEASE

There are plenty of ways you can support your mob if they are living with rheumatic heart disease (RHD). Encourage them to make sure they have their monthly antibiotic injections on time, get a regular heart check and see the dentist often. This will protect them from infections that can cause more heart damage.



How can we support young people with rheumatic heart disease?

- 1** Explain to them why the monthly antibiotic injection is important and how it works to keep them well
- 2** Ask your doctor or nurse how they can reduce the pain of the antibiotic injection
- 3** Install the RHD Treatment Tracker app to act as a reminder tool for appointments



What can the community do to support mob with rheumatic heart disease?

- 1** Encourage people with skin sores or a sore throat to see a doctor
- 2** Know the early signs of acute rheumatic fever and rheumatic heart disease
- 3** Organise a community yarning group to support parents and individuals living with rheumatic heart disease and acute rheumatic fever





What can schools do to support students with rheumatic heart disease?

- 1 Be aware of students who require a monthly antibiotic injection and support them to attend these appointments
- 2 Understand the student might be anxious about their upcoming antibiotic injection
- 3 Understand that the pain from the needle may affect students for up to 24 hours post-injection



What can healthcare workers do to support people with rheumatic heart disease?

- 1 Know the early signs of acute rheumatic fever and rheumatic heart disease
- 2 Promptly diagnose skin sores and sore throats and treat with antibiotics
- 3 Use the Queensland Health Suspected ARF Pathway and notify your local Public Health Unit of any suspected cases
- 4 Discuss early about planning pregnancy and pregnancy care with patients
- 5 Have access to 'Buzzy Bees', numbing creams, ice packs and an iPad with games for kids
- 6 Have personal management plans to hand out to patients
- 7 Make sure staff are trained to give antibiotic injections
- 8 Check in with patients to make sure they are getting to their appointments or if they need support from a health worker



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