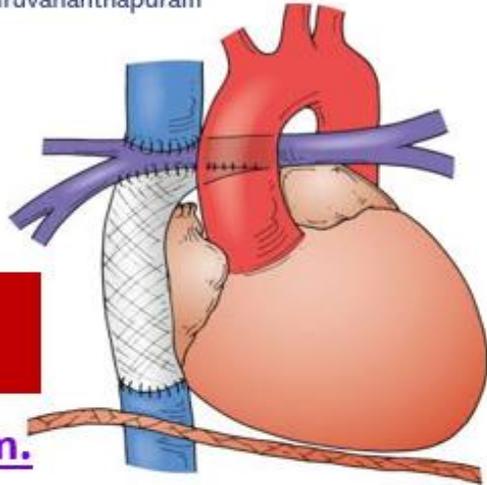


## Fontan Clinic

# FONTAN CLINIC

Department of Cardiology, SCTIMST, Thiruvananthapuram



## Inauguration

26<sup>th</sup> September 2022 at 08:00 a.m.

Cardiology Specialty Clinics Block

Distinguished Presence



**Prof (Dr) Ajit Kumar VK**  
Dean, SCTIMST



**Prof (Dr) Sanjay Behari**  
Hon. Director, SCTIMST

Distinguished Presence



**Prof (Dr) Rupa Sreedhar**  
Medical Supt, SCTIMST

The Fontan Clinic of Sree Chitra Tirunal Institute for Medical Sciences and Technology was inaugurated on Monday, 26<sup>th</sup> September 2022 at 08:00 a.m. by **Dr Sanjay Behari, Director SCTIMST**, at the Cardiology Specialty Clinics Block. This is the first dedicated clinic in the country dedicated to the care of patients with complex congenital heart diseases who are managed with multiple staged surgeries along the univentricular pathway, the final surgery of which is referred to as the Fontan repair. This clinic will be conducted on Mondays from 9am to 11am by the Division of Pediatric Cardiology, Department of Cardiology in collaboration with other divisions of Cardiology, Division of Congenital Heart Surgery, Department of Cardiovascular and Thoracic Surgery, Department of Cardiovascular Anesthesiology, Department of Imaging Sciences and Interventional Radiology and the Department of Physical Medicine and Rehabilitation.

**Dr KM Krishnamoorthy, Professor and Head, Department of Cardiology** welcomed the gathering. Dr Pooja Prasad, Senior Resident, Department of Cardiology performed an invocation. This was followed by the formal lighting of the lamp by the dignitaries. Dr Krishnamoorthy attended to the first patient at the Fontan Clinic. The Director, Dr Sanjay Behari addressed the gathering and highlighted the importance of offering continued holistic care to children with complex congenital heart diseases. The Director signed in to the official email of the Fontan clinic thereby flagging off the secondary mandate of the clinic to serve as a portal for second opinion and consultations to other care providers across the globe. **Dr Ajit Kumar VK, Professor of Cardiology and Dean, SCTIMST** noted that the development of the Fontan pathway was a landmark event in the care of congenital heart diseases. Increasing longevity of these patients is associated with several issues that necessitate multidisciplinary collaboration. **Dr Rupa Sreedhar, Professor of Cardiac Anesthesiology and Medical Superintendent, SCTIMST** described the stages of Fontan palliation and its intricacies to the attendees. The Medical Superintendent released the version 1 of the Fontan protocol of SCTIMST developed by the Joint Cardiac team for congenital heart services. **Dr Harikrishna Varma PR, Head BMT wing** graced the occasion with his presence.

**Dr Baiju S Dharan, Professor and Head, Department of Cardiovascular and Thoracic Surgery** recollected the services offered by the Congenital Heart Services Division of the institute over the years including over 250 Fontan completions, 2000 Tetralogy of Fallot repairs among a host of other surgeries. He joined the entire team in thanking the patients whose faith in the system of care at SCTIMST was instrumental in the progress of care for congenital heart diseases in the state. **Dr Shrinivas VG, Professor and Head, Department of Cardiac Anesthesiology** offered the continued support of the services of the Anesthesiology team in taking the Fontan clinic forward. **Dr Bejoy Thomas, Professor and Head, Imaging Sciences and Interventional Radiology** spoke on the emerging role of advanced imaging in the follow up of children with complex congenital heart diseases and extended the support of the Radiology team in collaborated treatment and research in the field. **Dr Jijo Varghese, Assistant Professor (Adhoc)** congratulated the team for the joint venture and promised the services of the Department of **Physical Medicine and Rehabilitation (PMR)** for continued care of patients attending the clinic. **Ms. Nirmala MO, Nursing Superintendent** led the Nursing team at the inauguration.

The team led by the Medical Superintendent thereafter attended the live video teleconsultation with a post Fontan patient conducted by **Dr Deepa S Kumar, Additional Professor, Cardiology** and **Dr Anoop A, Associate Professor of Imaging Sciences and Interventional Radiology**. The team in liaison with the Computer Division and Medical Records Division and the Medical Records Division successfully demonstrated the ability of the Fontan Clinic to offer telemedicine consultation services to both patients and other care providers.

The patients who attended the Fontan clinic underwent cardiac evaluation and investigations as per protocol. The patients and caregivers were then offered an introduction to Yoga at the Wellness Center, Swasthi Block by **Ms. Radhika S, Yoga Trainer at Wellness Centre, SCTIMST**. They eagerly participated in the first session on Yoga including Pranayama. Thereafter, **Ms. Deepa G, Chief Physiotherapist** explained and demonstrated the importance of exercise – aerobic training and resistance training for patients palliated along the Fontan pathway in the preoperative period and postoperative period and follow up. **Dr Arun Gopalakrishnan, Associate Professor, Cardiology** offered the Vote of Thanks.







