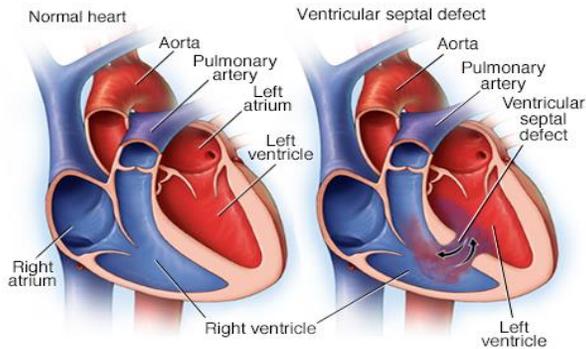


## What Is Ventricular Septal Defect (VSD)

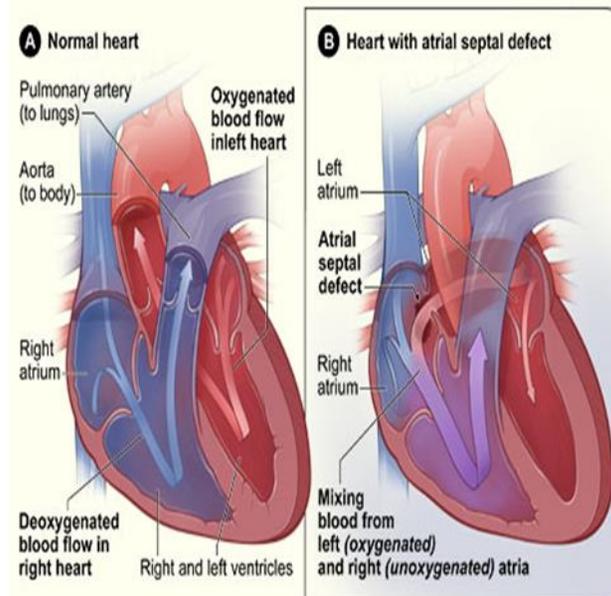


© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

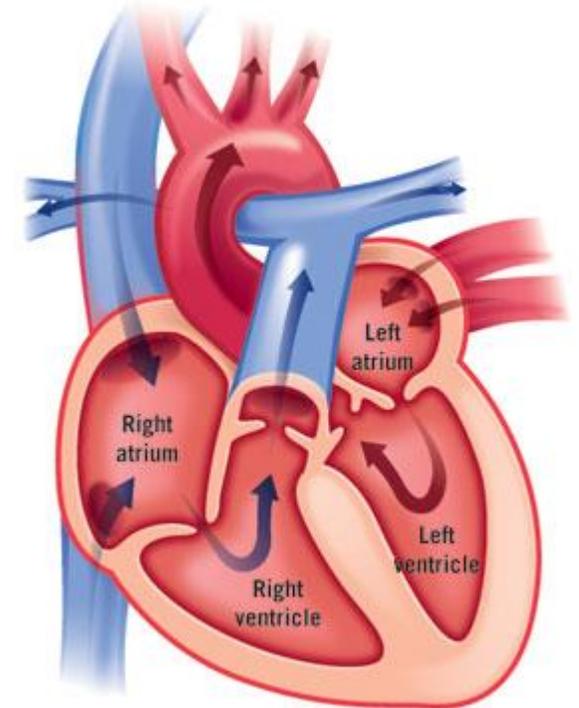
- **VSD** is a hole in the wall separating the two lower chambers of the heart.
- Blood can travel across the hole from the left pumping chamber (left ventricle) to the right pumping chamber (right ventricle) and out into the lung arteries.
- The extra blood being pumped into the lung arteries makes the heart and lungs work harder and the lungs can become congested

## What Is Atrial Septal Defect (ASD)

- **ASD** is a congenital heart defect in which blood flows between the atria (upper chambers) of the heart.
- Normally, the atria are separated by a dividing wall, the interatrial septum.
- If this septum is defective or absent, then oxygen-rich blood can flow directly from the left side of the heart to mix with the oxygen-poor blood in the right side of the heart, or vice versa



**UNIVERSITY  
OF MALAYA  
MEDICAL CENTRE**



**ATRIAL SEPTAL  
DEFECT &  
VENTRICULAR  
SEPTAL DEFECT – by  
CARDIAC OT STAFF**

## HEALTH EDUCATION AFTER ASD OR VSD REPAIR

### 1. REST

- Get adequate rest.
- Limit heavy activities.



### 2. CARE OF HYGIENE

#### i. GUM AND TEETH

- See dentist regularly to keep the teeth and gums healthy

#### ii. BODY & HAND

- Practice 7 step handwashing properly.
- Take bath at least 3 times per day



#### 3. ENVIRONMENT

- Prevent crowded area e.g: night market.
- Prevent child from smoker.



#### 4. SEEK TREATMENT IMMEDIATELY

- If children has sudden trouble breathing.
- If children has weakness or numbness in leg, hand or face.
- Child's lip or fingernails are blue or pale.
- Child coughs up blood.

