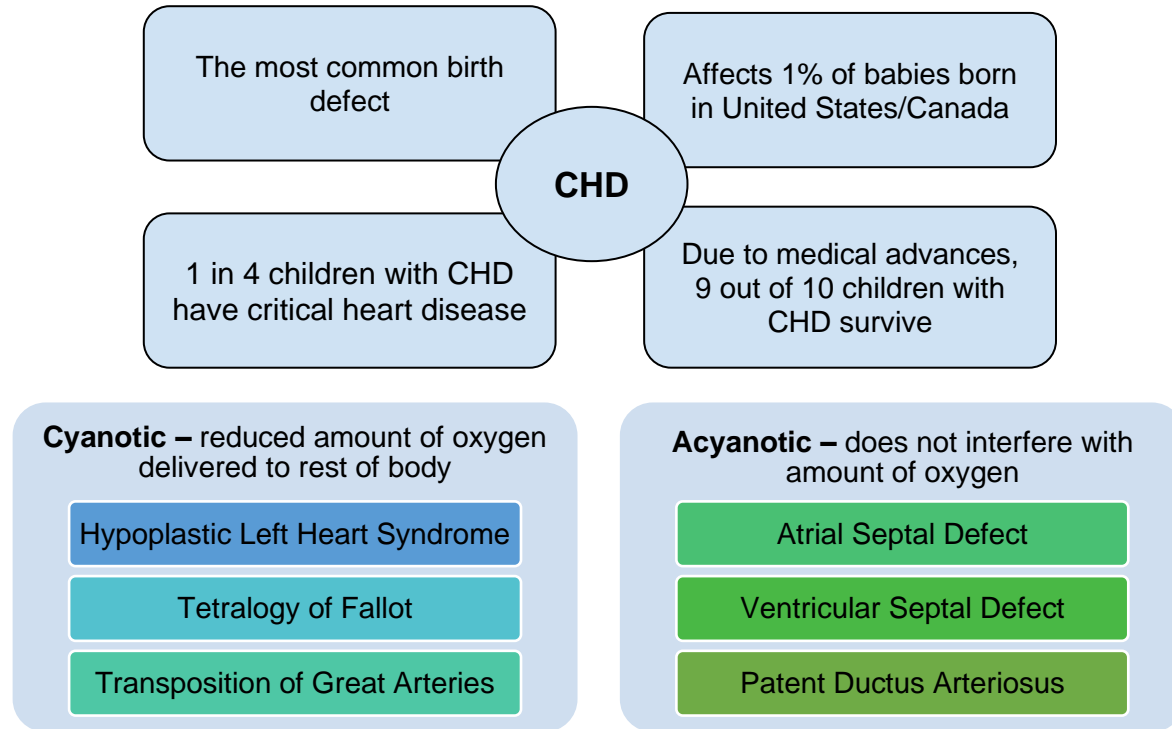
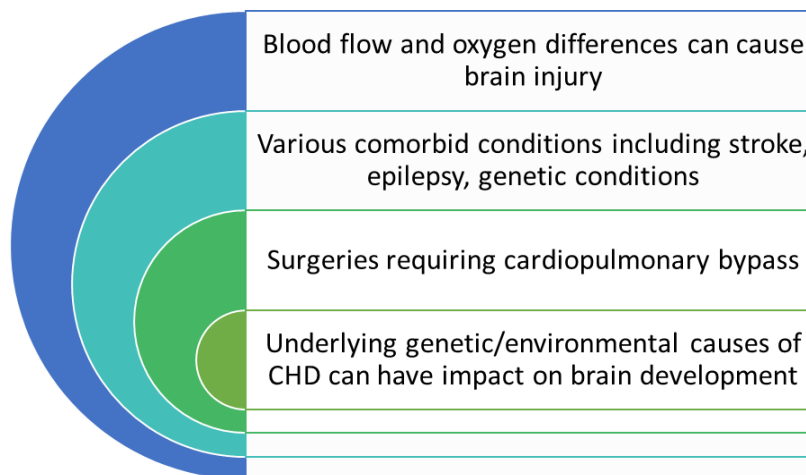


# Congenital Heart Disease

## What is congenital heart disease (CHD)?



## How does CHD affect the brain and development



## Neurodevelopment in CHD

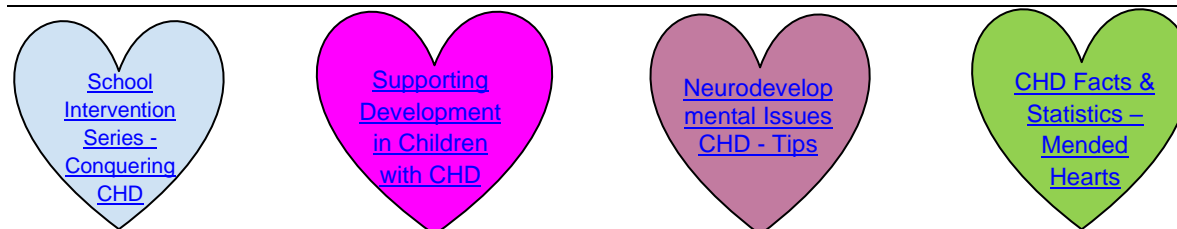
- Are more likely to have **early developmental delays**, learning disabilities, and **intellectual disability/intellectual developmental disorder**
- Have higher rates of attention disorders including **attention deficit/hyperactivity disorder**
- Are more likely to have **mood** and **anxiety** disorders

- Have greater levels of social difficulties which can include **autism spectrum disorder**
- Parents of children with CHD also struggle with **coping** and mental health

## What if my child is struggling?

For learning or cognitive concerns:	For social or emotional concerns:
<ul style="list-style-type: none"> <li>• Contact your hospital as many cardiac clinics have neurodevelopmental follow-up/screening programs for children with CHD.</li> <li>• A pediatric neuropsychological evaluation may be particularly helpful as such an assessment can evaluate a wide range of cognitive domains that are often impacted in CHD.</li> <li>• Can request evaluation through the school as per The Individuals with Disabilities Education Act (IDEA) which requires schools to provide an evaluation for children with suspected learning disorders.</li> </ul>	<ul style="list-style-type: none"> <li>• Speak to your child's cardiologist to find out whether a social worker or psychologist is associated with the cardiac clinic</li> <li>• Cognitive behavioral therapy (CBT) has been used in treatment of children with CHD. Some online CBT based resources can be helpful tools <ul style="list-style-type: none"> <li>◦ <a href="http://www.copingcatparents.com">www.copingcatparents.com</a></li> </ul> </li> <li>• Parent focused interventions to support parents of children with CHD have been helpful in reducing parental anxiety and improving child and family functioning, as well as parental coping.</li> </ul>

## Resources



## Additional Information

### What is pediatric neuropsychology?

- ❖ Pediatric neuropsychology is a subspecialty of neuropsychology focusing on brain and behavior relationships in children.
- ❖ Visit (<https://scn40.org/>) for more information.

### What is a board-certified clinical neuropsychologist?

- ❖ Board certification requires a clinician to have specialized training in neuropsychology. Each has also passed a rigorous written and oral examination demonstrating knowledge and skills in neuropsychology.
- ❖ Board-certified neuropsychologists have attained formal certification by the American Board of Professional Psychology (ABPP) and the American Board of Clinical Neuropsychology (ABCN).
- ❖ A board-certified pediatric subspecialist has attained a formal certification in the subspecialty of pediatric neuropsychology by ABPP and ABCN.

### How do I find a board-certified clinical neuropsychologist?

- ❖ You can search for a board-certified neuropsychologist or a pediatric subspecialist on the AACN website ([theaacn.org/](http://theaacn.org/)).
- ❖ Once you find a neuropsychologist near you, click on the clinician's name for more information and how to contact the clinician.