

Abstract

Clinical Profile of Children with Congenital Heart Disease at Benguela General Hospital

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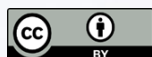
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Introduction: Congenital heart diseases are structural abnormalities of the heart and/or great vessels that are present at birth and represent an important cause of pediatric morbidity and mortality. This study aimed to describe the frequency and clinical profile of congenital heart diseases among children treated at Benguela General Hospital, Angola. **Methods:** An observational, descriptive, cross-sectional study was conducted based on a retrospective review of medical records of children aged 0 to 17 years diagnosed with congenital heart disease at Benguela General Hospital between February 2024 and July 2025. The sample consisted of 44 children. Data were analyzed using IBM SPSS version 30 through descriptive statistics, with presentation of absolute frequencies and percentages. **Results:** There was a predominance of females, with 25 cases (56.8%), and of children aged ≤5 years, with 36 cases (81.8%). Most patients came from suburban areas, accounting for 39 cases (88.6%). The most frequent clinical manifestations were cardiac murmur, observed in 36 cases (81.8%), and respiratory difficulty, observed in 34 cases (77.3%). Ventricular septal defect was the most frequent congenital heart disease, with 18 cases (40.9%), followed by Tetralogy of Fallot, with 5 cases (11.4%). Most patients received antibiotics, 40 cases (90.9%); ACE inhibitors/beta-blockers/digitalis, 31 cases (70.5%); and oxygen therapy, 28 cases (63.6%). **Conclusion:** The congenital heart diseases observed were predominantly acyanotic, particularly ventricular septal defects, with cardiac murmurs and respiratory difficulty being the most frequent clinical manifestations.