

Management of Congenital Diaphragmatic Hernia (CDH) in Infants



CDH Management in Infants Congenital Diaphragmatic Hernia (CDH) is a birth abnormality that occurs because of inadequate development of the diaphragm while in the mother's womb. The diaphragm is a muscle that separates the chest cavity from the abdomen, and it helps to perform respiratory activities. CDH happens due to diaphragm abnormality, leading to the formation of an opening through which the abdominal organs move to the chest area.

CDH Signs and Diagnosis

The diagnosis of CDH is often made during routine prenatal ultrasound tests. In certain cases, further diagnostic procedures, including fetal MRI tests, may be suggested to evaluate the degree of CDH and treatment prior to birth.

In babies born with CDH, the following symptoms may be seen:

- Difficulty in breathing
- Fast breathing
- Skin blue in color due to lack of oxygen in the body
- Sunken or flat-looking stomach
- Fewer sounds of breath heard from one side of the chest

Approach in Treating Newborns

CDH treatment needs teamwork among neonatologists, pediatric surgeons, anesthesiologists, and intensivists. The first step is stabilizing breathing and circulation. Ventilation is needed in most infants, while in some cases, there is a need for advanced life support before conducting surgery.

When the infant is stabilized, the next step is conducting a procedure to relocate the displaced abdominal organs to the correct location and to fix the hole in the diaphragm. Depending on the size of the defect, this can be done by either repairing it with the baby's tissues or using a surgical patch.

After surgery, the infant stays in the NICU for observation. Treatment concentrates on developing healthy lungs, nutrition, and complication management.

Long-Term Care and Follow-Up

Children who are born with CDH might still need to undergo routine check-ups after a successful operation due to the fact that the lungs can continue developing after birth.

Certain children may also need to undergo breathing exercises, nutritional support, or developmental assessments in order for them to have the best quality of life that they can possibly have.

Early Expert Care Makes a Difference

Congenital Diaphragmatic Hernia is a complicated disease, but early diagnosis and good surgical skills will help your child survive. If you think your kid needs professional medical consultation and treatment, visit the [Trusted Pediatric Surgeon in Hyderabad](#). Read more about pediatric diseases in our blog about [Hernia in children](#).