

BACKGROUND

- Over the last few decades, exercise recommendations for patients with Fontan circulation have dramatically changed.
- Regular physical activity has been shown to improve cardiac output, exercise capacity, and quality of life.
- The optimal type and intensity of activity to achieve maximal benefit remains unclear.

PURPOSE

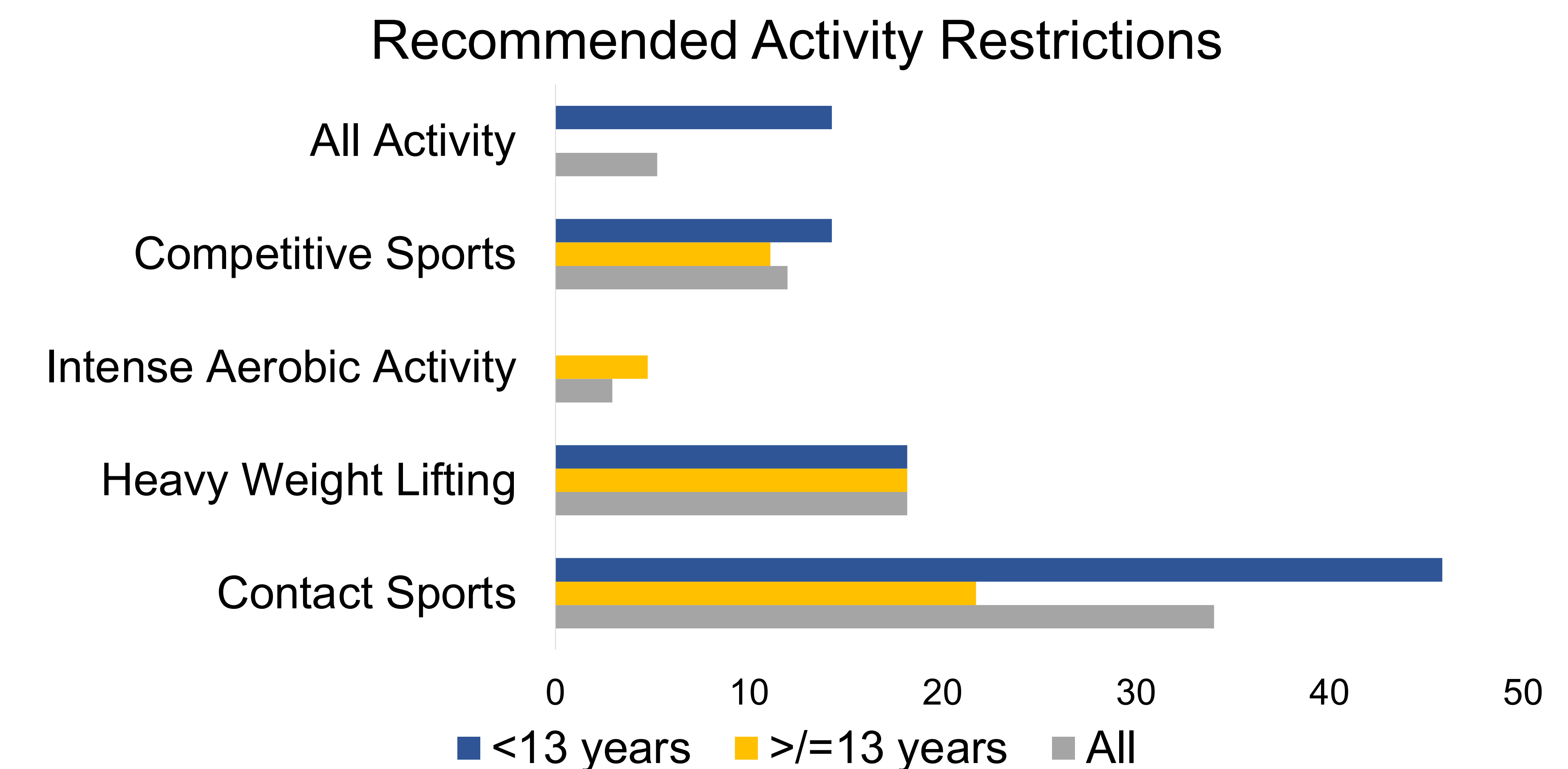
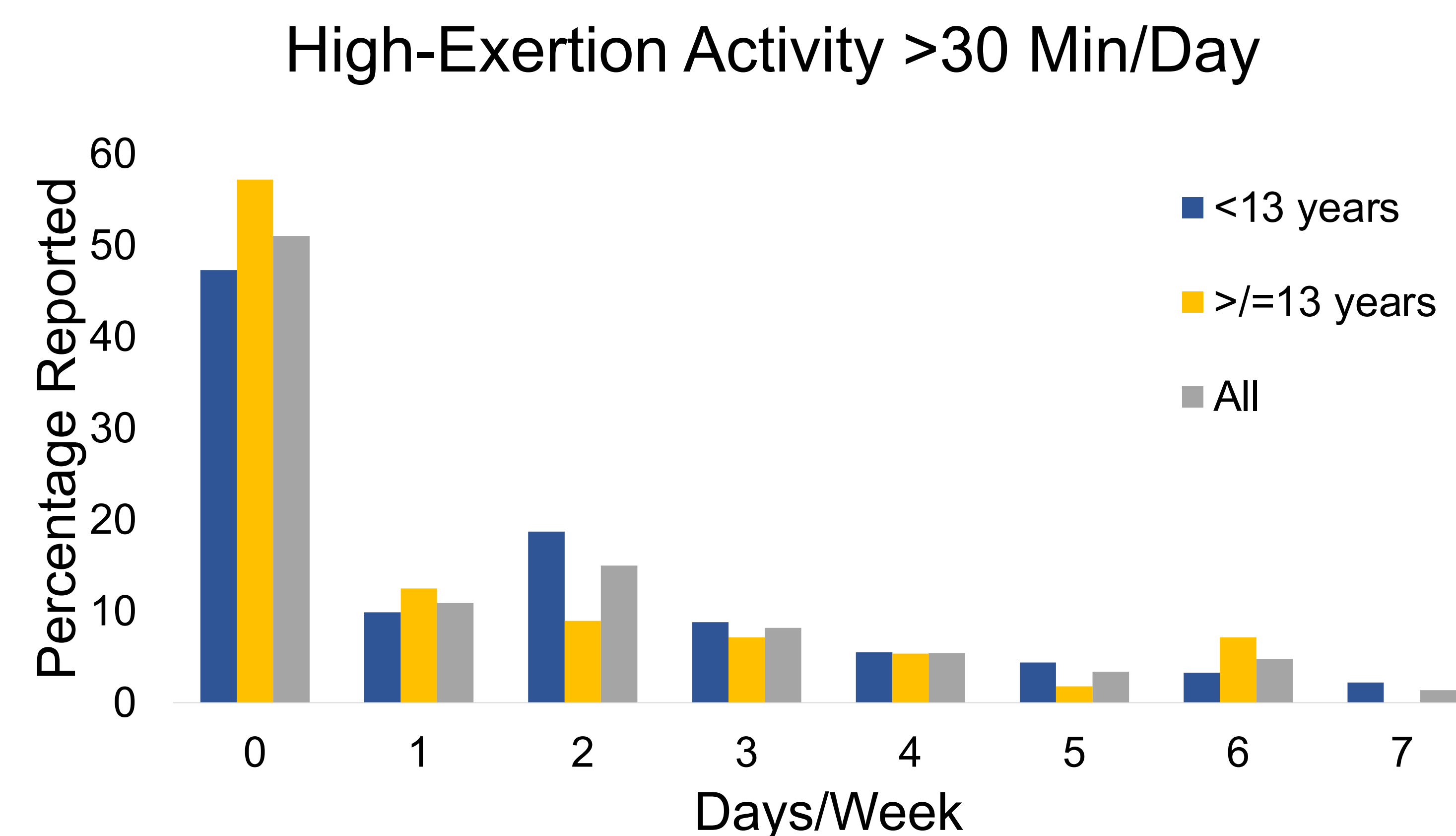
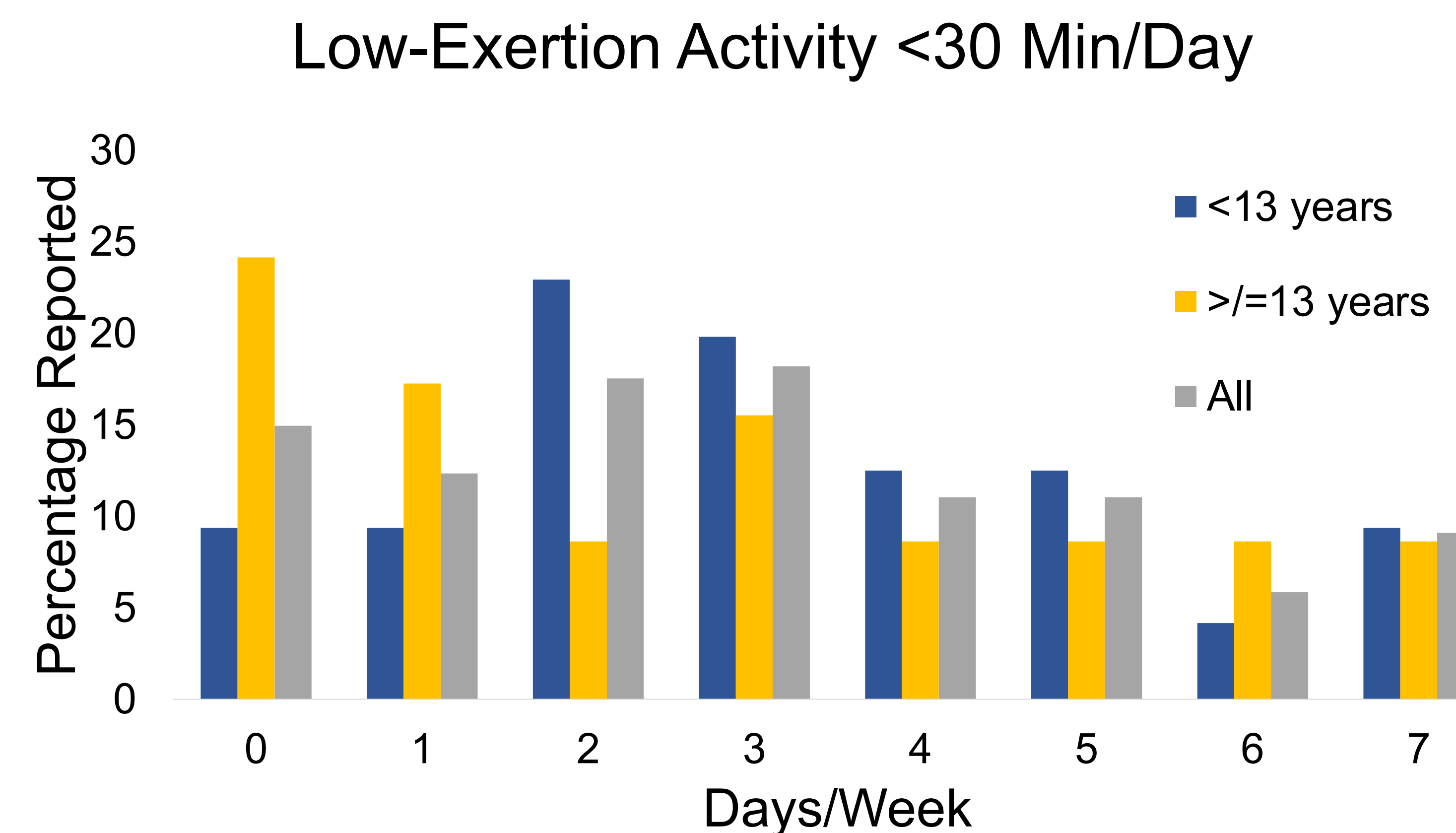
- Determine self-reported exercise frequency and type in individuals with Fontan circulation.
- Investigate pediatric cardiologist exercise recommendations for individuals with Fontan circulation, as reported by patients/parents.

METHODS

- Electronic survey was designed to assess physical activity habits of individuals with Fontan circulation and recommendations about physical activity from their cardiologist.
- A Qualtrics survey was disseminated via a social media campaign to a minimum of 11 major centers.
- The survey was administered 11/13/2020 – 3/4/2021.
- Included individuals with Fontan circulation aged 3-55 years old, completed by the individual or a parent.

RESULTS

- 168 individuals were included in the study
 - 129 parents of participants with Fontan circulation
- Median age of the participant was 10 years (IQR 7-18)
- 62% saw their cardiologist more than annually
- 33% were also evaluated in a separate Fontan clinic
- 20% of participants reported musculoskeletal co-morbidity and 1/5 reported respiratory co-morbidities limiting their activity level



- 57% reported receiving activity recommendations from their cardiologist
- Participants report that over the past 5 years, recommendations from their cardiologist have changed:
 - Discussing benefits of physical activity (22%) and recommending more specific activities (44%)
 - Typically report the reason to be the benefit of exercise in individuals with Fontan circulation
- 56% of participants have increased their low-exertion activities but there has been no change in high-exertion activity over the last 5 years

CONCLUSIONS

- Even with the known benefits of exercise, few individuals with Fontan circulation engage in routine exercise.
- Almost half of cardiologists do not discuss the importance of physical activity in this single ventricle cohort