




Infective endocarditis in paediatric population

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Abstract

Infective endocarditis is very uncommon in children; however, when it does arise, it can lead to severe consequences. The biggest risk factor for paediatric infective endocarditis today is underlying congenital heart defects. The most common causative organisms are *Staphylococcus aureus* and the viridans group of streptococci. The spectrum of symptoms varies widely in children and this produces difficulty in the diagnosis of infective endocarditis. Infective endocarditis in children is reliant on the modified Duke criteria. The use of blood cultures remains the most effective microbiological test for pathogen identification. However, in blood culture–negative infective endocarditis, serology testing and IgG titres are more effective for diagnosis. Imaging techniques used include echocardiograms, computed tomography and positron emission tomography. Biomarkers utilised in diagnosis are C-reactive protein, with recent literature reviewing the use of interleukin-15 and C-C motif chemokine ligand for reliable risk prediction. The American Heart Association (AHA) and European Society of Cardiology (ESC) guidelines have been compared to describe the differences in the approach to infective endocarditis in children. Medical intervention involves the use of antimicrobial treatment and surgical interventions include the repair and replacement of cardiac valves. Quality of life is highly likely to improve from surgical intervention.

Conclusion: Over the past decades, there have been great advancements in clinical practice to improve outcomes in patients with infective endocarditis. Nonetheless, further work is required to better investigate and manage such high risk cohort.

What is Known:

- The current diagnostic techniques including 'Duke's criteria' for paediatric infective endocarditis diagnosis
- The current management guidelines utilised for paediatric infective endocarditis

What is New:

- The long-term outcomes of patients that underwent medical and surgical intervention
- The quality of life of paediatric patients that underwent medical and surgical intervention

Keywords Cardiac valves · Duke's criteria · Empirical antibiotic therapy · Valve replacement · Valve repair

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Introduction

Paediatric infective endocarditis (IE) remains a complex disease even though there have been strides in the diagnostic techniques and management approaches over the past few decades [1]. IE is linked with a significant degree of morbidity and mortality [2]. The number of cases of IE in children, although rare, has been increasing in recent years [2]. IE, also known as bacterial endocarditis, is caused by bacteria that enter the bloodstream and settle in the endocardium of the heart [3]. It has been established as a pathological infectious process since the nineteenth century [3]. Previously, rheumatic heart disease was the most common aetiology for paediatric IE [4]. However, in recent years, an increase in the survival rate of congenital heart disease (CHD) patients has caused it to become the most common aetiology of paediatric IE [2, 5]. Nevertheless, IE has also been shown to affect children with normal cardiac structures [6]. This is often due to another immunocompromised condition the child may have or a central venous catheter that has been placed in surgery [6]. Infective endocarditis remains challenging in terms of diagnosis and management [7]. Due to the difficulty of performing a randomized control trial for paediatric IE patients, the management of IE has been based on expert opinion [6]. In this review, we aim to provide an overview of paediatric infective endocarditis. We examine the epidemiology, clinical findings, recent updates in diagnostic techniques and more established management approaches to IE in recent years.

Epidemiology and pathophysiology

IE in the paediatric population is a relatively uncommon pathology. However, when it does arise, it has the potential for serious consequences. The crude mortality rate associated with IE has been shown to be as high as up to 25% in cases of native valve endocarditis [8]. Recent estimates predict an incidence between 0.34 and 0.64 cases per 100,000 per year [8]. This epidemiological shift has pointed towards a trend in cases occurring more frequently in those with pre-existing heart disease [9]. Studies have shown that this increase in incidence can be attributed to the increase in survival rate of patients who have had corrective procedures for their CHD [9, 10].

The presence of CHD has been shown to be the biggest identifiable risk factor for IE, resulting in a hundredfold increased risk of IE developing in children (Table 1) [11–18]. Children born with CHDs have an estimated 15–140 times higher risk of developing IE compared to the general population [18]. Mortality and other associated complications are also higher in IE for the CHD population [18]. In the twentieth century, rheumatic heart disease was a major risk factor for IE in the paediatric population [18]. In the 1970s, up to 50% of children with IE had underlying rheumatic disease [1]. In

recent times, a shift in aetiology of paediatric IE has been seen with a decreasing incidence of rheumatic disease and an increase in cases without any underlying heart disease [9, 10, 18]. Male gender has also been shown to be at least twice as likely to develop IE in comparison with females [19]. The increased use of indwelling catheters, central lines and other invasive procedures such as surgically implanted shunts, VSD occluders and pacemaker leads has been shown to increase the risk of IE in children (Table 1) [1, 18, 20]. A collection of recent studies found that 12–26% of paediatric IE cases occurred in patients without pre-existing heart disease; however, most of this cohort had been chronically ill, thus likely acquiring their IE from invasive devices such as catheter lines [9].

Being immunocompromised is also a risk factor for the development of paediatric IE. This includes pre-term infants [11] and chronically ill patients that require a long hospital stay (Table 1) [12]. Furthermore, patients undergoing cancer therapy, particularly those requiring bone marrow transplants [13], are at an increased risk of developing IE compared to the general population, both due to immunocompromised and indwelling catheter use during treatment (Table 1) [14]. Associations between patients with DiGeorge syndrome microdeletion 22q11 and IE have been observed, though, due to the wide spectrum of immune status within DiGeorge syndrome, increased study is required to concur an absolute risk (Table 1) [15].

The most common causative organisms that have been reported are *Streptococcus viridans* and *Staphylococcus aureus*, with one study showing 38% and 26% incidence rates respectively across a 30-year period (Table 1) [1, 8–10, 18–21]. In one study, these were found to account for over 60% of the blood culture isolates from paediatric IE patients. Other organisms that have been identified include *Klebsiella* species, *Pseudomonas aeruginosa* and *Enterococcus* species (Table 1). The incidence of *Staphylococcus aureus* as the causative pathogen for IE has increased in recent times, especially in the developed world [9].

The non-specific symptoms that form the presentation of paediatric IE create a diagnostic challenge for clinicians. One of the reasons why paediatric IE is associated with high mortality is due to the failure to effectively recognise the presenting symptoms in children [18]. The spectrum of symptoms varies in different age groups of children. Suspicion of IE can be raised in a previously healthy child who develops fever and anaemia and presents with a heart murmur on auscultation [9, 18, 19].

Right-sided IE implies the involvement of either the tricuspid and/or pulmonary valves (Table 1). Children with CHD and those with indwelling catheters have been shown to present more frequently with right-sided IE [9, 19]. CHDs that affect the right side of the heart, especially tetralogy of Fallot (TOF) and pulmonary atresia (PA), can lead to RVOT (right ventricular outflow tract)

Table 1 Risk factors and aetiology of paediatric infective endocarditis in the cardiac valves [1, 11–17]

Risk factors	Aetiology
Congenital heart defects	<i>Staphylococcus aureus</i>
Previous corrective or palliative surgery for cyanotic CHD	<i>Enterococcus</i> species
IV alimentation	Viridans group streptococci
Longer durations in ICU	
Transcatheter placement of devices	<i>Klebsiella</i> species
Indwelling catheter	
Normally structured heart without identifiable risk factors	<i>Pseudomonas aeruginosa</i>
Prosthetic valves	
Immunocompromised	HACEK organisms
Cancer therapy (specifically bone marrow transplantation)	Fungi (<i>Candida</i>)
DiGeorge syndrome	

HACEK, *Haemophilus*, *Aggregatibacter*, *Cardiobacterium*, *Eikenella* and *Kingella*

obstructions which can be potentially fatal [9]. Data collected from a study analysing the characteristics of children with IE showed that inpatient mortality approached 50% in children with CHD such as TOF or PA combined with their IE [9, 10]. Premature infants display higher mortality rates compared to older children [9]. This could be hypothesised to be due to the increased number of invasive procedures the premature infants have to endure to prolong their lives. Paediatric IE has been shown to have an increased risk of thromboembolic complications. This may occur in up to 30% of cases [6, 8]. Pulmonary embolism (PE) has been shown to be a serious complication of right-sided IE and may cause sudden death in patients [6, 8]. Whilst rare, pulmonary valve involvement is not unheard of in paediatric IE, especially in patients with pre-existing CHD [6, 8].

Left-sided IE implies the involvement of the mitral and/or aortic valves (Table 1) with a predilection to the mitral valve over the aortic valve [19]. Left-sided IE has been shown to increase the risk of stroke and subsequent death [22]. Aortic valve IE has shown to have a strong link to heart failure [20]. Heart failure due to aortic valve dysfunction is a known indication for cardiac surgery [20]. Those patients with concurrent IE and HF demonstrate a high risk of mortality [20].

The use of prosthetic valves in cardiac surgery has also been shown to increase the risk of IE development. This is particularly true in children who are aged less than 3 years or those who have had cardiac surgery early in life [18]. The risk of IE when prosthetic valves are used is high in both the immediate postoperative and later periods [1]. A study found that more than a quarter of patients who developed native valve IE had previously undergone surgery to repair the valve [20]. Patients with prosthetic valves that had their infections caused by *Staphylococcus aureus* had poor survival rates indicating an increased severity of illness in this population [1, 9]. The formation of abscesses is also found to be very common in prosthetic valve IE [20].

Diagnostic approaches

Clinical diagnosis

The diagnosis of IE in children is reliant on a holistic strategy for early identification of complications and organisms. The Duke criteria and its later modifications form the basis of IE diagnosis [23, 24]. Two major criteria (positive blood cultures and a positive echocardiogram) and six minor criteria (fever, predisposition, immunological or vascular phenomenon, suggestive echocardiogram and suggestive microbiological findings) allow for stratification into definite, possible and rejected categories [24]. In children, the modified Duke criteria demonstrate a significantly higher accuracy and sensitivity of diagnosis compared to other criteria including the Beth Israel and the Duke criteria [23–25]. Clinical presentations of IE differ between children of different ages, with signs and symptoms seen in adult presentations (such as Janeway lesions and Osler's nodes) being uncommon [16]. It is important to consider IE in children presenting with an antibiotic-resistant fever of unexplained origin, a new cardiac murmur and risk factors such as CHD [16].

Blood cultures

Positive blood cultures remain the most important microbiological test in the diagnosis of IE and its treatment [26]. Aseptic culture techniques are required to avoid cross-contamination of samples [27]. Guidelines recommend 3 cultures are acquired from different venepuncture sites ≥ 1 h apart [28]. This supports rapid diagnosis of acute IE to avoid delays in commencing therapy but is difficult in practice [29]. Culturing requires at least one aerobic and one anaerobic sample collection, with smaller blood samples taken in children compared to adults [1, 30]. Growth of bacteria then requires pathogen identification. Over the past decade, developments in matrix-assisted laser desorption ionisation time-of-flight

mass spectrometry (MALDI-TOF) offered shorter bacterial identification times by up to 1 day [31]. This has since been improved with the potential of bacteraemia microorganism identification within 1 h [32, 33], allowing for significant improvement in the tailoring of initial antibiotic administration. Developments of microbiological practice have additionally led to an increased sensitivity which reduces the incidence of blood culture–negative endocarditis (BCNE) [34]. A 5-day incubation period for collected cultures has been shown to be sufficient to grow the most common causative organisms (such as *Staphylococcus aureus* and viridans streptococci groups), as well as other causative organisms including fungi (*Candida*) and difficult to grow bacteria (i.e. HACEK organisms; *Haemophilus*, *Aggregatibacter*, *Cardiobacterium*, *Eikenella* and *Kingella* organisms) [16, 17]. These less-common organisms previously required longer incubation periods [30]. If these pathogens are suspected, laboratory staff should be made aware to help improve chances of identification [1].

BCNE, often due to antimicrobials in the bloodstream during blood collection, represents up to 40% of all IE cases [35]. In patients undergoing antibiotic therapy, cessation for a sample collection is recommended, although this must be discussed in advance with a senior clinician [1, 30]. Other common etiologies of BCNE include *C. burnetti* and *Bartonella* species for which serology testing and IgG titres prove more useful in diagnosis as well as real-time polymerase chain reaction assays which target various causative organisms such as *Mycoplasma* [28, 30, 35–37].

Imaging techniques

The use of echocardiography is crucial in the diagnosis of IE. It provides an insight through identification of valvular vegetations, chamber dysfunction and perivalvular disease. Transthoracic echocardiogram (TTE) is the least invasive and yields the most efficient visualisation of vegetations, lending itself to being the first-line investigative imaging technique [28]. TTE harbours a relatively low sensitivity and thus cannot rule out IE, so transoesophageal echocardiogram (TOE) is recommended for picking up missed vegetations and local complications [28, 38]. In children, the diagnostic yield of TOE is seen as minimal in cases of incomplete Duke's criteria and should only be used in classifications of possible IE in native hearts [39]. 2D TOE shows a higher sensitivity when directly compared with 3D TOE, though 2D TOE is less able to distinguish between vegetation morphologies [40, 41]. Distinguishing between vegetations would allow for further quantification of IE risk and future management options [41, 42]. In addition, utilisation of 3D TOE in conjunction with 2D TOE has been shown to provide an additional value to diagnostic techniques in up to 33% of cases [43]. 3D TOE is of particular importance in highly specialised centres, primarily

when increased visualisation accuracy is required such as in surgical planning [44].

Computed tomography (CT) improves the yield of IE diagnosis significantly [45]. CT functions at a higher specificity compared to TOE, particularly in prosthetic valve and device IE [46]. The importance of CT lies in the identification of extra-cardiac features of disease such as embolic infection and can lend itself to increased specific management whilst being minimally invasive [47].

18-F-Fluorodeoxyglucose-positron emission tomography/CT (FDG-PET/CT) has shown particular promise in investigating prosthetic valve IE. FDG-PET/CT identifies higher metabolic activity within the body that echocardiography is liable to misinterpret as device artefact instead of disease [48]. FDG-PET/CT improves the diagnostic specificity of the modified Duke criteria in prosthetic valves through distinguishing definite IEs from possible IEs [49]. FDG-PET/CT can also be utilised to identify extra-cardiac complications such as septic emboli [48]. However, identification of intra-cardiac complications through this modality has shown to be unsatisfactory, especially in patients with suspected native valve IE [50]. The use of this modality is also limited by a large dependency on adequate patient preparation prior to scan [51].

Biomarkers

Although biomarkers are not sought when diagnosing IE, they are valuable in the prognostication process. Recent literature supports the use of interleukin-15, C-C motif chemokine ligand (CCF4) and C-reactive protein (CRP) to improve the accuracy of risk prediction [52]. Whilst CRP is a non-specific marker of infection, its significance in predicting morbidity and mortality in IE appears regularly in literature [53, 54]. CRP can be used as an independent predictor of infection through positive associations with FDG-PET/CT findings (outlined as identification of causes of fever of unexplained origin in children) [55]. Additionally, baseline CRP (collected within the first 3 days of admission) has shown to be a strong predictor of major short-term complications in endocarditis, particularly if a reading over > 40mg/L is found [53].

Management

When a definitive diagnosis of IE has been made, the decision to carry out medical management or surgical intervention is decided following a multidisciplinary team discussion [28]. Regardless of the management option selected, the shared objective of microbial eradication is maintained in order to minimise complications such as heart failure, abscess formation and systemic embolisation [1, 28].

Medical intervention

Once the diagnosis has been established, appropriate therapy should be commenced as early as possible using local antibiotic guidance on early empirical therapy and targeted treatment based on culture and sensitivities [1]. A prolonged course of intravenous empirical antibiotics for a minimum of 4 weeks (often 6–8 weeks) is recommended to cover the period of vegetation formation [1]. Bactericidal agents are favoured over bacteriostatic drugs as previous data has reported relapses and treatment failure with the therapeutic use of bacteriostatic antibiotics alone [1]. A full course of antimicrobial treatment should commence following positive blood cultures and the selection of antibiotics is based on the antibiogram (susceptibility of the bacterial isolate) [1]. If patients have negative blood cultures, antibiotics can be withheld for ≥ 48 h until further blood cultures are obtained under the circumstances that these patients are not severely ill and are clinically stable with no signs of altered mental status or haemodynamic/respiratory compromise [1]. The antibiotic treatment for paediatric IE according to the European Society of Cardiology guidelines is outlined in Table 2 [28].

Surgical intervention (repair vs replacement)

Surgical intervention can be lifesaving in children at a higher risk of developing life-threatening complications where a cure by antimicrobial therapy alone is deemed to be insufficient [1]. Irrespective of whether surgical management is necessary, patients are commenced on IV antibiotics as per guidelines [1]. Some of the risk factors requiring surgery include prosthetic cardiac valves, prolonged clinical symptoms lasting more than 3 months, previous IE, *Staphylococcus aureus* IE, fungal IE, left-sided IE, presence of systemic-to-pulmonary shunts, cyanotic congenital heart disease and persistent bacteraemia despite antimicrobial treatments [1]. Heart failure is the commonest and most severe complication of IE. Hence, the manifestation of HF \pm cardiogenic shock indicates the need for early surgical intervention in both native and prosthetic valve IE, unless the patient has an existing severe comorbidity [28]. Other important indications for surgical therapy include progressive valvular dysfunction and threatened or proven systemic embolization of vegetations [1, 56, 57].

The decision to perform a valve repair versus valve replacement depends on the degree of valvular or great vessel root damage [1]. The principal objectives of surgical intervention include the total excision of infected tissues and reconstructing cardiac morphology by valvular repair or replacement [6]. If the infection is confined to the valve, either technique is appropriate though valvular replacement should be avoided where possible [28]. Preservation of the native tissue by valve debridement/repair is desirable in younger children as it is associated with freedom from re-operation,

improved survival and late functional status outcomes [58, 59]. Valve repair is the favourable option in mitral/tricuspid valve endocarditis without extensive damage and is also carried out in single valve cusp/leaflet or leaflet perforations and ruptured chordae. The presence of an abscess or extensive damage of a single leaflet does not exclude valve repair. Instead, intraoperative valvular assessment following debridement can be used to evaluate whether the residual valve tissue is sufficient for repair alone [28]. Preoperative features associated with valvular replacement consist of increased leaflet thickening and incidence of embolisation [58]. Valve replacement is also indicated in the presence of locally uncontrolled infection and difficult cases which may require intraoperative repair of associated congenital defects to avoid paravalvular leaks and secure the valve [28]. Whilst many patients may need additional surgical procedures in the future, the long-term survival is satisfactory [28].

Children with congenital heart disease often require a pulmonary valve implant [60]. Transcatheter pulmonary valve (TPV) replacement is increasingly being used in right ventricular outflow tract conduit dysfunction. Whilst this therapeutic option has good functional results, device-related IE is an important complication due to an increasing occurrence [61]. Prosthetic valve endocarditis is a life-threatening condition which can be fatal [60]. Multiple studies have evaluated surgically implanted (Contegra conduit) and transcatheter (Melody valve stent) options for right ventricular outflow tract reconstruction. All of these studies have reported an increased incidence of IE in bovine jugular vein (BJV) pulmonary conduits (Contegra and Melody) compared with cryopreserved homografts [62–67]. A more recent study reported Melody valves having a higher frequency of infection in bovine pulmonary conduits [66]. Though there is no comprehensive explanation as to why BJV valves are associated with higher frequency of IE, Sharma et al. suggested that the substrate for infectivity is associated with the type of tissue instead of implantation method [67]. Whilst the exact causative mechanism remains unknown, Gierlinger et al. have reported safe and effective surgical treatment of percutaneous pulmonary valve prosthesis IE if patients are referred early enough [60].

Current guidelines (American and European guidelines)

In 2015, the AHA and ESC updated their guidelines for the diagnosis and treatment of paediatric IE [6, 68]. ESC highlighted the importance of an endocarditis team comprising a cardiologist, cardiac surgeon, microbiologist and infectious disease specialist with the addition of new imaging modalities to approve the safety of early surgical intervention [68]. The ESC indications for surgical intervention are similar to the guidelines published by the AHA which include heart failure, preventing embolic phenomena and uncontrolled

Table 2 ESC antibiotic treatment for paediatric infective endocarditis [28]

Strains	Antibiotic	Dosage	Duration (weeks)	Patients	
Streptococci and <i>Streptococcus bovis</i>	IV Penicillin G or	200,000 U/kg/day	4 (NVE),	Age > 65 Impaired renal or cranial nerve VIII functions	
	IV Amoxicillin or	300 mg/kg/day	6		
	IV Ceftriaxone	100 mg/kg/day	(PVE)		
	IV Penicillin G or	200,000 U/kg/day	2	Non complicated NVE and normal renal function	
	IV Amoxicillin or	300 mg/kg/day			
	IV Ceftriaxone +	100 mg/kg/day			
Streptococci (relatively resistant to penicillin)	IV Gentamicin	3 mg/kg/day	4	Beta lactam allergic patients	
	IV Vancomycin	40/mg/mg/day			
	IV Penicillin G or	200,000 U/kg/day	4 (NVE),	Beta lactam allergic patients	
	IV Amoxicillin or	300 mg/kg/day	6		
	IV Ceftriaxone +	100 mg/kg/day	(PVE)		
	IV Gentamicin	3 mg/kg/day	2		
IV Vancomycin +	40/mg/mg/day	4 (NVE),			
IV Gentamicin	3 mg/kg/day	6 (PVE)			
Methicillin-susceptible <i>Staphylococci</i> (NVE)	IV Flucloxacillin or	200–300 mg/kg/day	4–6		
	IV Oxacillin	Sulfamethoxazole 60 mg/kg/day and IV	1 IV + 5 oral		
	Alternative Cotrimoxazole +	Trimethoprim 12 mg/kg/day	1		
	IV Clindamycin	40 mg/kg/day			
Methicillin-susceptible <i>Staphylococci</i> (PVE)	IV Flucloxacillin or Oraxillin	200–300 mg/kg/day	≥ 6	Experts have suggested starting Rifampin 3–5 days after Gentamicin Single daily dose to reduce renal toxicity	
	+	20 g/kg/day	≥ 6		
	IV Rifampin +	3 mg/kg/day	2		
Methicillin-resistant <i>Staphylococci</i> (NVE)	IV Vancomycin or	40/mg/mg/day	4–6		
	IV Daptomycin or	10 mg/kg/day	4–6		
	Cotrimoxazole +	Sulfamethoxazole 60 mg/kg/day and IV	1 IV + 5 oral		
	IV Clindamycin	Trimethoprim 12 mg/kg/day	1		
		40 mg/kg/day			
		40/mg/mg/day	≥ 6		
Methicillin-resistant <i>Staphylococci</i> (PVE) and penicillin-allergic patients <i>Enterococcus</i>	IV Rifampin +	20 g/kg/day	≥ 6	6-week therapy in PVE and symptoms persisting > 3 months	
	IV Gentamicin	3 mg/kg/day	2		
	IV Amoxicillin +	300 mg/kg/day	4–6		
	IV Gentamicin	3 mg/kg/day	2–6		
	IV Ampicillin +	300 mg/kg/day	6		Effective against HLAR <i>E. faecalis</i> endocarditis Not effective against <i>E. faecium</i>
	IV Ceftriaxone	100 mg/kg/12h	6		
HACEK gram-negative bacilli	IV Vancomycin +	40 mg/kg/day	6	Penicillin allergic	
	IV Gentamicin	3 mg/kg/day	6		
	IV ceftriaxone or	100mg/kg/12h	4 (NVE),		HACEK-group bacilli producing beta-lactamases
	IV cefotaxime or	Or 80mg/kg/day	6		
	IV Gentamicin (cefotaxime alternative)	200mg/kg/6h	(PVE)		HACEK group bacilli not producing beta-lactamases
	IV Ampicillin	3–6mg/kg/8h	4–6		
Fungal	IV Amikacin (Ampicillin alternative)	200–300mg/kg/4–6h			
		15mg/kg/8–12h			
	IV Amphotericin B (with or without flucytosine) + surgical resection or oral flucytosine	1mg/kg/3–4h 150mg/kg/6h			

infection [1, 28]. These keep in line with the 2016 American Association for Thoracic Surgery guidelines [6]. Even though a consensus has been obtained for the majority of medical

management with antibiotics, there are still debates about the empirical treatment and optimal management of staphylococcal IE. The AHA guidelines suggest the addition of

gentamicin in the first 3–5 days of treatment to oxacillin in methicillin-sensitive strains on NVE, whilst the ESC guidelines do not recommend the addition of gentamicin due to concerns of toxicity and insufficient evidence of efficacy [68].

Prophylaxis

The risk factors for developing IE include dental procedures, CHD, history of previous IE, repaired CHD with residual defects and any CHD repaired within the last 6 months involving insertion of prosthetic material [69]. Although prophylaxis has been recommended in the past, NICE guidelines now call for cessation of any antibiotic prophylaxis for IE prevention [70]. Additionally, the AHA also relaxed antibiotic prophylaxis use in 2007 [69, 70]. Despite the reduction of prophylaxis use in the recent decade, large increases in IE incidence have not been found [71]. This may, however, be due to continued antibiotic prophylaxis prescriptions despite recommendations, with literature concluding only 44% of clinicians exclusively follow these guidelines [72]. Yet reports and reviews have concluded an overuse of antibiotic medication prior to 2007 [73]. These findings bring into question whether cessation of antibiotic prophylaxis use is more desirable for paediatric IE in non-high-risk groups [69, 73]. However, the importance of good dental hygiene and prompt treatment in suspected infections remains important in IE prevention [70, 74].

Length of treatment and monitoring

A prolonged duration of intravenous antibiotics—for a minimum of 4 weeks and often for between 6 and 8 weeks—is indicated to treat bacterial endocarditis. The duration may be further prolonged (for at least 6 weeks) in recurrent endocarditis, prosthetic valve endocarditis, fungal endocarditis and endocarditis caused by uncommon species [1, 6]. A prolonged antibiotic duration is indicated as the infection is established in a biofilm matrix which occurs by the deposition of fibrin and platelets on injured vascular endothelium [57]. The organisms are contained and exist in high concentrations within the fibrin-platelet matrix which isolates the bacteria from antibiotics or neutrophils in the bloodstream, making them tolerant to bactericidal killing [1, 57].

It is important to monitor patients over the course of their treatment for complications of the infection, adherence to drug therapy and presence of drug toxicity [1]. In order to monitor the adequacy of drug treatment, daily blood cultures need to be repeated until they come back sterile as this marks the elimination of bacteraemia [1]. In order to further ensure cure, additional blood cultures can be performed within 8 weeks of completing antibiotic treatment; however, this risks the isolation of a contaminant [1, 2].

Timing of surgery

The three main indications for early surgical intervention are heart failure, prevention of embolic events and uncontrolled infection [28]. Early surgical intervention is important in order to prevent progression to acute heart failure, systemic thromboembolic phenomena and irreversible structural damage [28]. The ESC guidelines suggest that, depending on the severity of the case, a decision to carry out emergency surgery (within 24 h) or urgent surgery (within 7 days) needs to be made regardless of antibiotic treatment [68]. Cases requiring emergency surgery include persistent pulmonary oedema and cardiogenic shock [28]. Urgent surgeries are carried out in cases of severe mitral and aortic valve insufficiency alongside large vegetations, even in the absence of heart failure [56]. On the other hand, when heart failure is less severe, such cases can undergo an elective surgical procedure following 1–2 weeks of medical management with antibiotics. These patients require close clinical and echocardiographic monitoring prior to surgery. A 15-year review of paediatric IE carried out by Shamszad et al. reported that most patients underwent surgical intervention within 7 days of diagnosis, with half of the cohort undergoing surgery within 3 days due to *Staphylococcus aureus* infection or ventricular dysfunction [21]. They reported successful early surgery with low rates of recurrence/mortality and high rates of native valve repair [21]. Various studies have demonstrated favourable outcomes following early surgical intervention in children as it is associated with low morbidity and mortality [28, 56, 75].

Long-term outcomes

There is limited data regarding the long-term outcomes of paediatric IE patients [20]. However, a study evaluating the outcomes of surgical management in children with endocarditis over a 30-year period between 1987 and 2017 found operative mortality to be 5.8% and long-term survival at 5 and 25 years to be 91.5% and 79.1% respectively. Freedom from recurrent endocarditis was reported to be 94.7%, eluding to a good long-term survival and low risk of IE recurrence [20]. This reflects on a good overall prognosis for surgical management of endocarditis.

Similarly, a 15-year retrospective review found that, compared to those undergoing non-surgical management, patients who had their endocarditis surgically managed had a lower rate of repeat valve replacements. It was also found that early surgery on children can be performed with low postoperative mortality and acceptable outcomes [21]. This highlights surgery provides a better definitive cure in comparison to medical management using antibiotics. However, in more complicated paediatric IE cases, antibiotic therapy as well as surgical intervention may be also be required.

Although there have not been many studies comparing the outcomes of paediatric patients undergoing medical versus surgical therapy, a long-term follow-up by the Cleveland Clinic found there to be no overall difference in long-term prognosis based on the mode of therapy (medical vs medical and surgical) in the group of paediatric patients treated [76]. Regardless of whether surgical management is used or not, antibiotic therapy is critical in reducing the risk of new embolic events with a risk of only 9–21% after starting therapy compared to 20–40% in those not treated with antibiotics [77]. This demonstrates a conflict of results between the studies mentioned [20, 21, 76].

Outcomes following treatment are dependent on several factors rather than the form of management alone; this includes the severity of the episode of endocarditis, the prior long-term health and medical history of the patient and most importantly the causative organism. This was reflected in a Tunisian study which found mortality at a 6-month follow-up to be significantly associated with the presence of heart failure, acute renal failure and neurological complications on admission [78]. This study also found coagulase-negative staphylococci and increased duration of preoperative antibiotic therapy to be significant risk factors associated with an overall worse outcome.

Quality of life

Quality of life has a positive outlook in the majority of paediatric IE patients; however, there are variations depending on the particular individuals' prior health/well-being and severity of the infective episode, which subsequently dictates the invasiveness of their required management. Patients after valve replacement surgery may require long-term anticoagulation with warfarin to prevent any thromboembolic events and would need to be regularly followed up and monitored to maintain therapeutic levels [79]. This is especially necessary in patients who have undergone a mitral valve replacement, after which the chronic anticoagulation required in these patients can be poorly tolerated and difficult to manage [80].

Since surgical management is required in patients with more severe and complicated cases of IE, the outcomes are consequently poorer compared to cases managed medically (i.e. with antibiotics) which are more likely to be without complications. Khoo B et al. conducted a 30-year follow-up which showed that heart failure was the most common indication for surgery in the active group of patients surgically managed from their sample of patients. Risk factors found to be independently associated with reoperation were prior cardiac surgery and perivalvular abscess [20]. Freedom of recurrence of IE was 95% at 25 years of follow-up as only 2 patients required reoperation for recurrent endocarditis [79]. It could be concluded that surgery was highly effective in curing

IE in children and has a very good overall prognosis for the patient's well-being [79].

One of the more frequent complications of IE includes heart failure which can occur acutely or insidiously. The management of progressive valvular damage and the resulting complication of heart failure with medical therapy alone is often unsuccessful, leading to issues postoperatively and possible repeat hospital admissions leading to poorer health and thus a detrimental effect on the patient's quality of life [2].

Limitations

Due to the low prevalence of IE in children, the literature surrounding the topic is limited with the majority being compiled of either case reports with commentaries or retrospective cohort studies with small-moderate sample sizes [8–10, 18, 20–22]. This leads to a number of potential issues including the risk of potential biases such as selection and reporting bias [81]. The lack of large samples also risks negative endpoints being observed due to a lack of statistical power and makes it difficult to exclude type II errors for this reason. The retrospective nature of a number of the studies can also lead to information bias due to misdiagnosis, improper coding and poor registration quality as variables were not being considered in advance [81]. Although it would be ideal for large-scale interventional studies to be carried out in this population, it is implausible to find randomised controlled trials for the treatment of IE in children.

Antimicrobial therapy recommendations for IE in paediatrics generally come from review of experience, as opposed to experimental study; therefore, it is difficult to compare therapies with each other. The recommendations are often based on adult guidelines, expert opinion and qualitative interpretation of paediatric reviews [82]. In addition to this, the recommendation of surgical intervention for IE in children is also derived from their adult equivalents with expert opinion [1].

Future studies with larger numbers of patients and a greater focus on the paediatric population are required in order to establish clearer guidelines for the investigation, diagnosis and treatment (both antimicrobial and surgical) management of IE in children [1].

Conclusion

Modern-day improvements in paediatric cardiac surgery have led to an increased number of children and young adults living with repaired or palliated congenital heart disease who are at increased risk of IE, in addition to children who develop IE with structurally normal hearts. There is mixed opinion on the necessity of antibiotic prophylaxis against IE in high-risk patients undergoing dental procedures and further work is

necessary in order to reach a consensus. Overall, IE in the paediatric population has a good long-term survival and low risk of recurrence following surgical management. However, early detection, treatment and prevention of complications in this population needs deeper understanding and strategy.

Abbreviations *AHA*, The American Heart Association; *BCNE*, Blood culture–negative endocarditis; *CCF4*, C-C motif chemokine ligand; *CHD*, Congenital heart disease; *CRP*, C-reactive protein; *CT*, Computed tomography; *ESC*, European Society of Cardiology; *FDG-PET/CT*, F-Fluorodeoxyglucose-positron emission tomography; *HF*, Heart failure; *IE*, Infective endocarditis; *PA*, Pulmonary atresia; *PE*, Pulmonary embolism; *RVOT*, Right ventricular outflow tract; *TOE*, Transoesophageal echocardiogram; *TOF*, Tetralogy of Fallot; *TTE*, Transthoracic echocardiogram; *VSD*, Ventricular septal defect

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Declarations

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