

ARTICLE

Therapeutics for rheumatic fever and rheumatic heart disease

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rheumatic fever, rheumatic heart disease

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<https://doi.org/10.18373/austprescr.2022.034>**SUMMARY**

The goals of acute rheumatic fever therapy are to relieve symptoms, mitigate cardiac valve damage and eradicate streptococcal infection. Preventing future recurrences requires long-term secondary antibiotic prophylaxis and ongoing prevention of *Streptococcus pyogenes* (group A streptococcus) infections.

The recommended regimen for secondary prophylaxis comprises benzathine benzylpenicillin G intramuscular injections every four weeks. For patients with non-severe or immediate penicillin hypersensitivity, use erythromycin orally twice daily.

The goals of therapy for rheumatic heart disease are to prevent progression and optimise cardiac function. Secondary antibiotic prophylaxis can reduce the long-term severity of rheumatic heart disease.

Patients with rheumatic heart disease, including those receiving benzathine benzylpenicillin G prophylaxis, should receive amoxicillin prophylaxis before undergoing high-risk dental or surgical procedures. If they have recently been treated with a course of penicillin or amoxicillin, or have immediate penicillin hypersensitivity, clindamycin is recommended.

Introduction

At least 8000 people in Australia currently have acute rheumatic fever or rheumatic heart disease. The conditions are notifiable in the Northern Territory, Western Australia, Queensland, South Australia and New South Wales. The Rheumatic Heart Disease Control Programs in these jurisdictions are important sources of support for healthcare providers.¹ Nationally, Rheumatic Heart Disease Australia provides educational resources for providers, patients and families.

Important changes were made to the therapeutic recommendations in the 2020 Australian Guideline for Prevention, Diagnosis and Management of Acute Rheumatic Fever and Rheumatic Heart Disease.^{1,2} The duration of secondary prophylaxis after a diagnosis of acute rheumatic fever or rheumatic heart disease is now shorter for some people without cardiac involvement. Non-steroidal anti-inflammatory drugs (NSAIDs) such as naproxen or ibuprofen are now the recommended first-line drugs for arthritis instead of aspirin. Lidocaine (lignocaine) is no longer contraindicated with intramuscular injections of benzathine benzylpenicillin G. Endocarditis prophylaxis is now recommended for all patients with rheumatic heart disease, not just for Aboriginal and Torres Strait Islander people.

What is rheumatic fever and who gets it?

In less than 10% of the population, infection with *Streptococcus pyogenes* (group A streptococcus) can trigger autoimmune conditions including acute rheumatic fever or acute post-streptococcal glomerulonephritis days to months after the initial infection.⁴ Acute rheumatic fever is not a homogenous condition and shows high immunological⁵ and clinical⁶ diversity. It can also be subtle and mimic other conditions. There is no dedicated diagnostic test, and instead it is diagnosed using the Jones criteria.⁸ These factors make the diagnosis highly challenging. In up to 75% of people with rheumatic heart disease, previous acute rheumatic fever was unrecognised.⁷

The abnormal immune responses characterising acute rheumatic fever chiefly occur in immature immune systems, with the peak incidence occurring at 5–14 years of age. The risk increases with repeated exposure to streptococci.⁸ Most cases occur when the exposure risk is high, such as in crowded living conditions or when there is inadequate access to sanitation facilities and health care.^{9,10}

Acute rheumatic fever also affects adults. Approximately 7% of notifications in Australia are in 35–44 year olds.¹¹ In Australia, nearly 50% of acute rheumatic fever cases and 70% of rheumatic heart disease diagnoses

Rheumatic Therapeutics

Casey Albert Wood



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