

INCLUSIVE SPORTS PARTICIPATION OF CHILDREN WITH CONGENITAL HEART DEFECTS

A communication tool to create and share personalized sports advice

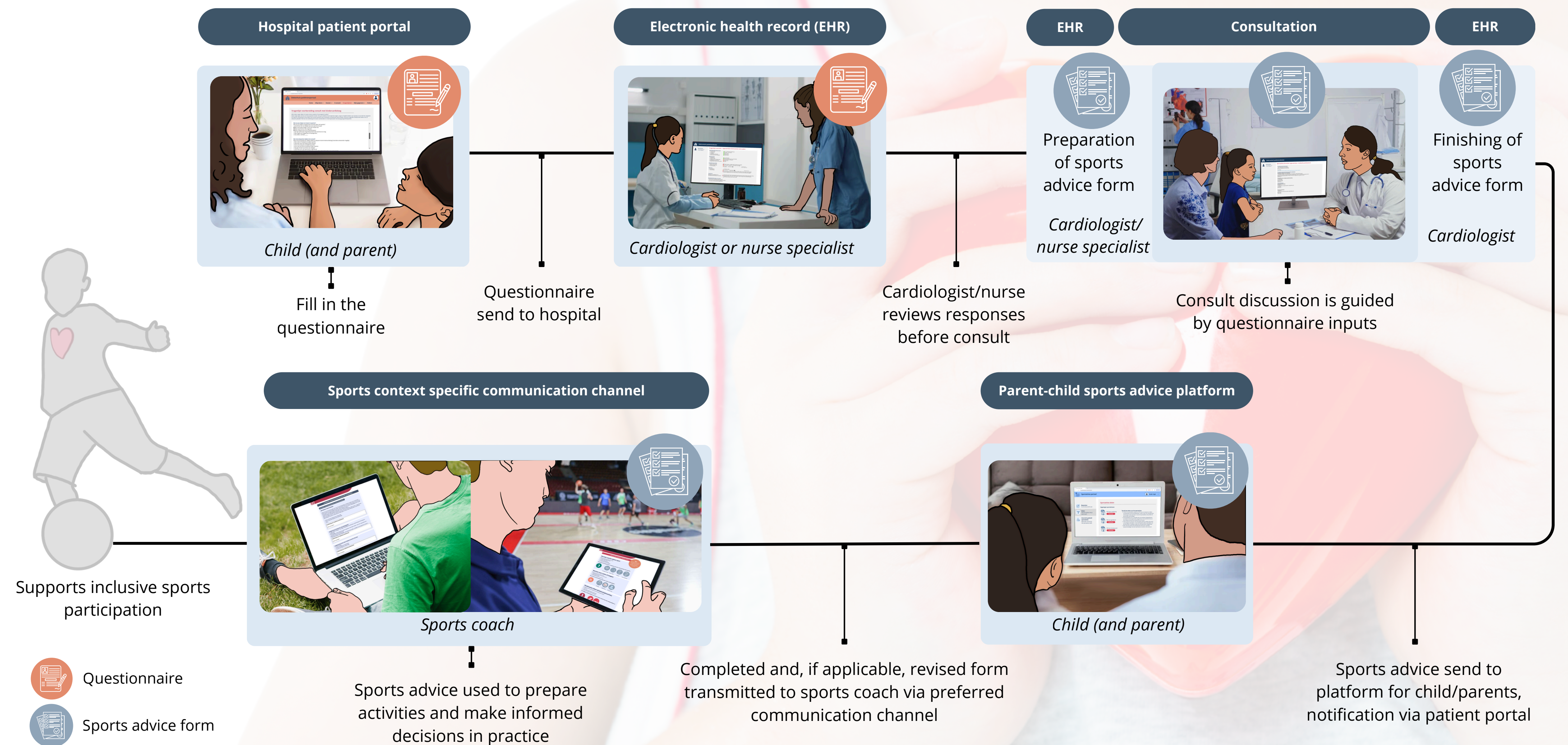
Physical activity and sports participation are important for children's physical and social development, including children with **congenital heart defects** (CHDs). While many children with CHDs are able to participate in sports, participation in practice can be hindered by uncertainty about what is safe and appropriate in their specific situation. This uncertainty is partly related to how information about sports participation is communicated and interpreted between healthcare professionals, parents, sports coaches and children.

Communication about sports participation is often fragmented, unclear and inconsistent across healthcare and sports contexts. Sports participation is typically addressed only briefly during consultations, after which parents are expected to communicate medical advice to the sports environment. This can lead to differences in interpretation or incomplete information transfer, which may leave sports coaches with uncertainty or limited practical guidance.

To address this, this concept supports a shared and structured communication approach that connects healthcare and sports contexts and fits within the stakeholders' existing roles and workflows. It brings together relevant information from multiple stakeholders and supports personalized, more consistent and clearer interpretation of sports advice to sports coaches.

The tool consists of a pre-consultation questionnaire to make children's needs and concerns explicit for the cardiologist and a structured sports advice form to support sports coaches in applying sports advice in practice.

Together, these elements improve communication and understanding around sports participation, to support accessible and inclusive participation in organized sports activities for children with CHD.



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