

STEMI REPERFUSION

STEMI India

Dr Len Steingo (Johannesburg and Morningside STEMI Champion) and myself, together with George Nel (STEMI Administrator) and Rhena Delpont (National STEMI Registry Coordinator) attended STEMI India 2015 in Hyderabad. This was an excellent opportunity to discuss with STEMI India, Dr Thomas Alexander and others their Systems of Care of STEMI. We are amazed at what they have been able to achieve in a short period – admittedly they have many doctors but also many patients and impressively they work with what they have and improve on it. This should be motivation for us to not give up on our aim of improved patient care, not only for the core STEMI patients but for all ACS problems. Their developed software includes all Chest Pains patients, focusing on STEMI. We are in discussion with them to make use of their software. We thank STEMI India for the very special effort they made to assist us in developing our own system of care. STEMI India 2016 will be held in Bangalore and we will again send a delegation to “learn and share”.



The group attending STEMI India included: Adriaan Snyders, Jaco Joubert (Biotronik), Len Steingo (Morningside), George Nel (SASCI Executive Officer) and Rhena Delpont (Registry).

Website

We will post information on our STEMI Reperfusion Project on the SASCI Website.

STEMI Workbook

STEMI India made their STEMI Workbook available to us and this will be adapted and made available to all project participants.



Adriaan Snyders addressing STEMI India regarding our Project



SA Heart/SASCI STEMI reperfusion meeting with STEMI India



Discussing collaboration with STEMI India

Continued on page 176

STEMI REPERFUSION continued



Len Steingo attending STEMI India

Patient awareness

We will participate in the STEMI and Stroke Patient Awareness Campaign during Heart month in September and Stroke month in October. Our Messages are clear: "Recognise the symptoms of Infarction" and "Act as Every Minute Counts and Time is Muscle". This will be preceded by a STEMI Introduction that will be sent to the media and members of the group and Society may be called upon should interviews be required.

EMS

Integration of education and networking with Emergency Medical Services will be further explored during the coming months.

Department of Health (DoH)

We will not, at this stage, engage in discussion with the DoH until we have better structure proposals and defined data to validate the need and benefit for them to intervene.

Specialist Physicians

We plan to include a STEMI session in the Specialist Physician Annual Congress in 2016.

SFL - Stent for Life

We are again considering an application for affiliation to SFL as it widens our Learning and Sharing Experience, giving access to clinical cases.

Registry

The STEMI registry is present in 3 Pretoria Hospitals and is in the process of starting at Morningside and East London, with more interest from other hospitals. We again look

forward to have more of our cath labs participating. We continue with a paper based minimum information registry but will develop our online registry on the SHARE platform. This does not exclude us making use of the STEMI India Software as much consultation is still needed to put it in place.

‘ We thank STEMI India for the very special effort they made to assist us in developing our own system of care. ’

Posters

Our STEMI Posters, highlighting the referral algorithms, will be updated with other appropriate ambulance numbers and a blank space will be left for Regional telephone numbers to be added. The associated Medication guideline, with indications, contra-indications and dosages, will be a separate A4 laminated supplement to avoid cluttering the poster. Once we have edited and added our logo to the STEMI India Workbook, it will also be made available – indeed very useful reference guide.

STEMI Indaba 2016

This project has not been finalised. We may participate in the Stroke Indaba to be held shortly after SA Heart 2015.

Adriaan Snyders

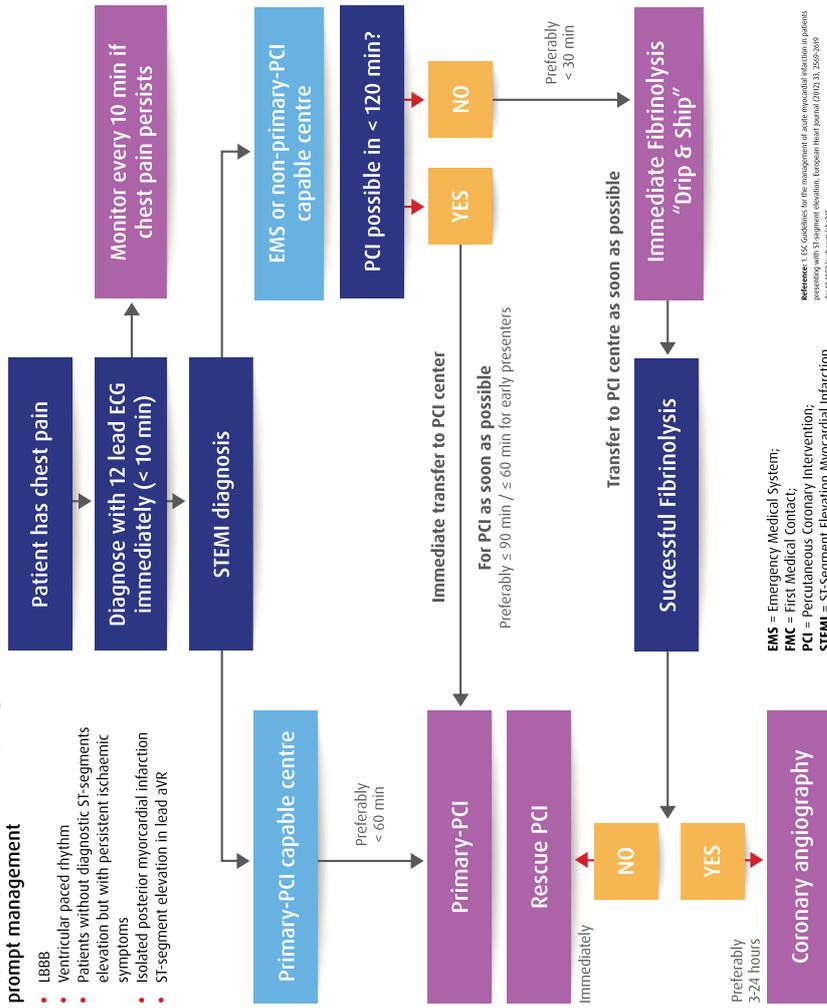
National Champion, SA STEMI Reperfusion

Time to reperfusion is critical



Atypical ECG presentations requiring prompt management

- LBBB
- Ventricular paced rhythm
- Patients without diagnostic ST-segments elevation but with persistent ischaemic symptoms
- Isolated posterior myocardial infarction
- ST-segment elevation in lead aVR



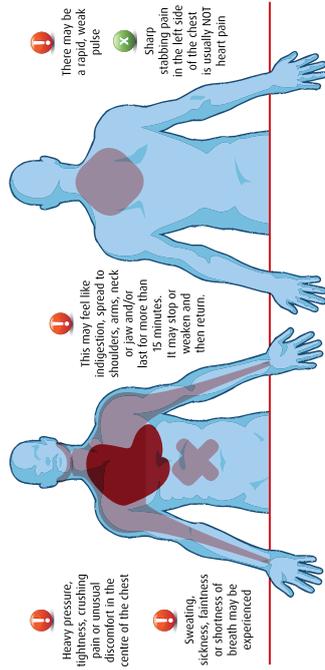
EMS = Emergency Medical System;
 FMC = First Medical Contact;
 PCI = Percutaneous Coronary Intervention;
 STEMI = ST-Segment Elevation Myocardial Infarction

References: 1. ESC Guidelines for the management of acute myocardial infarction in patients with ST-segment elevation, European Heart Journal (2017) 38, 2969-3035

SYMPTOMS OF A HEART ATTACK

<http://www.heartfoundation.co.za/how-your-heart-works/symptoms/heart-attack> (accessed on 7 Feb 2019)

Symptoms in women are often different than in men. Women are more likely to experience nausea, dizziness, and anxiety.



Heavy pressure, tightness, burning pain or unusual discomfort in the centre of the chest

Sweating, sickness, faintness or shortness of breath may be experienced

This may feel like indigestion, spread to shoulders, neck or jaw, and last for more than 15 minutes. It may stop or weaken and then return.

There may be a rapid weak pulse

Sharp stabbing pain in the left side of the chest is usually NOT heart pain

Important Telephone Numbers

082 911 / 10111

Ambulance

This project was made possible by an educational grant from the following companies



HEART MONTH 2015: WHY WE HAVEHEART FOR OUR PHYSICIANS

Celebrated annually in September, Heart Month is dedicated to encouraging an awareness of heart health in our population and culminates with World Heart Day on 29 September. It has long been a platform for highlighting the importance of a healthy lifestyle and appropriate treatment - our investment towards a long and healthy life. This year, the theme for Heart Month is HaveHeart - because you care!

With this theme in mind, the Heart and Stroke Foundation South Africa (HSFSA) asks our nation's healthcare practitioners to HaveHeart - to know their risk for cardiovascular disease (CVD) and to take appropriate action for the sake of their own hearts. Why? Because physicians are well known for neglecting their own health.

HaveHeart - Heal thyself

Research shows that doctors are not very good at taking care of their own health.

- Professional and personal challenges often result in stress, fatigue, burnout, depression or general psychological distress, all of which can negatively impact on patient care.
- Doctors are bad patients! They avoid physical examinations and procrastinate on seeking medical attention, sometimes even when they know they need it. Many do not have family doctors or personal physicians and they tend to self-prescribe drugs. In addition, not all doctors take their own advice and neglect to go for regular health checks, including screening tests like blood pressure, mammography and pap smears.
- Despite having the knowledge, doctors could still improve on their diets, drinking and smoking habits, and their level of physical activity. Their high workloads and long work hours often result in the skipping of meals and this makes healthy eating and regular exercise a challenge. In such cases doctors become less effective in counselling patients on healthy behaviours.
- Lastly, time constraints are a major barrier to doctors seeking care and adopting healthy lifestyles.

So this Heart Awareness Month we ask our doctors to HaveHeart for their own heart health. Even doctors should know their risk of CVD, not only to better manage their health, but to also be more effective as healthcare practitioners. Be screened to determine your blood pressure as well as your blood glucose and cholesterol levels.

HaveHeart - for your patients and loved ones

Healthcare professionals are seen as a credible source of health information. It is therefore extremely important to gain the support and involvement of healthcare professionals in South Africa in our fight against CVD. There are a number of ways in which you can get involved and the HSFSA would like to invite you to join hands with us this Heart Month. Here are some ways in which you can support the HaveHeart campaign:

- Become a role model, be screened and encourage your patients to have their blood pressure, glucose and cholesterol levels tested. To make this easier, the HSFSA has partnered with national retailer Dis-chem to provide free screenings across the country during the whole month of September.
- Share information about Heart Month and free screenings with your patients and partners through newsletters or other communication platforms.
- Display the Heart Month poster (which we can supply) in your practice rooms to help raise awareness amongst your patients.
- If you are active on social media, create awareness of Heart Month. We can provide you with content that can be used for Facebook and Twitter posts.
- "Like" our Facebook page, follow us on Twitter and share our posts with your followers.

Please contact us at heart@heartfoundation.co.za if you wish to HaveHeart and we will provide you with any resources required!

For more information, contact the Heart and Stroke Health Line at 0860 1 HEART (43278) or visit www.heartfoundation.co.za. You can also find us on www.facebook.com/HeartStrokeSA and www.twitter.com/SAHeartStroke

References

1. George S, Hanson J, Jackson JL. Physician, heal thyself: A qualitative study of physician health behaviors. *Acad Psychiatry*. 2014 Feb;38(1):19-25. doi: 10.1007/s40596-013-0014-6. Epub 2014 Jan 24.
2. Wiskar Katie. Physician health: A review of lifestyle behaviours and preventive health care among physicians. *BCM J* Vol. 54, No. 8, October 2012, page(s) 419-423.

POPULAR CONGRESSES FOR 2015

CONGRESS	DATE	CITY	COUNTRY
ESC 2015 http://www.escardio.org	29 August - 2 September 2015	London	UK
WSA 2015 (WORLD CONGRESS ON CARDIOLOGY, ARRHYTHMIA, PACING AND EP) http://www.wsa2015.org	17 - 20 September 2015	Beijing	China
WSCTS 2015 (WORLD CONGRESS OF WORLD SOCIETY OF CARDIOTHORACIC SURGEONS) http://www.wscts2015.org	19 - 22 September 2015	Edinburgh	Scotland, UK
PASCAR http://www.pascar-cvsm2015.org	3 - 7 October 2015	Balaclava Fort	Mauritius
29TH EACTS http://www.eacts.org/annual-meeting	3 - 7 October 2015	Amsterdam	Netherlands
PHASA (PUBLIC HEALTH ASSOCIATION OF SOUTH AFRICA) http://www.phasaconference.org.za	7 - 9 October 2015	Durban	South Africa
TCT 2015 http://www.crf.org/tct	12 - 16 October 2015	San Francisco California	USA
VENICE ARRHYTHMIA http://www.venicearrhythmia.org	16 - 18 October 2015	Venice	Italy
16TH ANNUAL SA HEART CONGRESS http://www.saheart.org/congress2015	25 - 28 October 2015	Sun City	South Africa
AHA http://my.americanheart.org	7 - 11 November 2015	Orlando Florida	USA
4TH ANNUAL PERIOPERATIVE CARDIOTHORACIC CONGRESS http://www.jpc2015.co.za	11 - 14 November 2015	Cape Town	South Africa
LAA - LEFT ATRIAL APPENDAGE http://www.csi-congress.org/laa-workshop	20 - 21 November 2015	Frankfurt	Germany
CSI AFRICA - CATHETER INTERVENTIONS IN CON-GENITAL, STRUCTURAL AND VALVAR HEART DISEASE http://www.csi-congress.org/csi-africa	27 - 28 November 2015	Addis Ababa	Ethiopia
EURO ECHO-IMAGING http://www.escardio.org/Congresses-&-Events/Upcoming-congresses/EuroEcho%E2%80%93Imaging/EuroEcho-Imaging-2015	2 - 5 December 2015	Seville	Spain
ICI MEETING 2015, INTERNATIONAL CONFERENCE FOR INNOVATIONS IN CARDIOVASCULAR SYSTEMS http://2015.icimeeting.com	13 - 15 December 2015	Tel Aviv	Israel

Please also consult the SA Heart website at www.saheart.org for constant updates to this list as well as local training opportunities offered by SA Heart, SIGs and other role players.

HEFSSA NEWS

The Heart Failure Society of South Africa (HeFSSA) has a number of programmes planned to ensure that we successfully achieve the goals that we set for the society for 2015.

The HeFSSA Executive is the driving force behind these programmes:

Eric Klug	President
Martin Mpe	Vice-President
Darryl Smith	Treasurer
Jens Hitzeroth	Secretary

Representatives Karen Sliwa, Tony Lachman and Kemi Tibazarwa.

Drs Andrew Asherson, Makoali Makotoko, Len Steingo and Blanche Cupido were co-opted to serve on the Exco during an Exco meeting held in March this year.

Loyal corporate members

HeFSSA is supported by loyal corporate members committed to programmes related to heart failure (through generous unconditional educational grants). Our sincere appreciation goes to AstraZeneca, Boston Scientific, Medtronic, Merck, Pharma Dynamics and Servier for their longstanding support as well as Amayeza, Biotronik, Meda Pharma and Novartis which joined the ranks in 2015!

Educational focus

In addition to our continued educational focus, HeFSSA is also working on impacting on medicine supply at clinic level in the public sector ("down referral"), working with private managed care organisation(s) to ensure adequate training for frontline staff, nurses and pharmacists, as well as enhancing their systems when dealing with patients. Eric Klug will be the key note speaker at the quarterly Medical Advisors Group breakfast lecture meeting to be held in Johannesburg (6 August). This presents a clear opportunity to further understanding regarding the complexities facing the practitioner dealing with HF. Topic "Heart Failure – Information shedding and sharing".

Patient Empowerment

HeFSSA is also impacting on Patient Empowerment through a smart phone application that has been developed by Servier and is offered with HeFSSA endorsement (after extensive due diligence). Eric Klug, Lenny Steingo, Jens Hitzeroth and Karen Sliwa, in addition to other Exco members, were instrumental in this process.

We hope to introduce this application before the SA Heart Congress 2015.

HeFSSA Travel Award

HeFSSA has established the annual "HeFSSA Travel Award" to help enhance local expertise and interest in heart failure in South Africa. We hope that knowledge gained will be shared through appropriate channels with colleagues. This award is available to cardiologists, cardiology fellows or physicians with a special interest in heart failure. The applicant must be a paid-up member of SA Heart and HeFSSA and the accredited congress/educational programme must have a focus on Heart Failure. Two grants to a maximum value of R 25 000 are available and can be utilised towards airfare (economy class), congress registration and accommodation. Please contact the HeFSSA office or go to www.hefssa.org/static/education-at-hefssa/ to apply online for the 2015 award which is still available (at the time of writing). This award will only be available in alternate years to a prior recipient.

HeFSSA Medical Practitioners Programme

The HeFSSA Medical Practitioners Programme continues to be of great value to the medical community, as well as the pharmaceutical and device industry and it is also the main vehicle used to achieve our educational goals. The programme started in 2010, with approximately 200 GPs who attended the first year's course. Since then we have offered the course annually and it has been established in both metropolitan and rural areas. This programme is in its 6th consecutive year and continues to be generously supported by industry; Servier, Pharma Dynamics, Medtronic and Boston Scientific.

Women and Heart Failure

The theme for 2015 is Women and Heart Failure and the topics that will be discussed are: Implantable devices, Women and heart failure; Peri-partum cardiomyopathy; Hypertension in pregnancy and Elderly women with Heart Failure. The case based talks for this year's programme has been compiled by HeFSSA Exco, i.e. Eric Klug, Andrew Asherson, Len Steingo and Karen Sliwa. Practitioners will also have the opportunity to earn extra CPD points by completing an online CME questionnaire. On successful completion of the questionnaire a PDF certificate is electronically issued. The faculty members for 2015 will include HeFSSA Exco members as well as other distinguished South African cardiologists with an interest in Heart Failure: Drs Eric Klug, Len Steingo, Simon Beshir, Jens Hitzeroth, Ronnie Jardine, Darryl Smith, Eamon Maree, Fanie Fourie, Dave Kettles, Wayne Lubbe, Jean Vorster, Adekunle



Adeyemo, Derick Aucamp, Danie Marx, Martin Mpe, Mongezi Milela, James Potts, Jacques Du Toit, Charles Kyriakakis, Jens Hitzeroth, Sydney Blake, André Lochner and Cobus Badenhorst. This year's meetings will be held in Johannesburg, Windhoek, East Rand, Nelspruit, East-London, Rustenburg, Bloemfontein, Polokwane, Port Elizabeth, Cape Town, Durban, Potchefstroom, George and Pretoria. If you are interested in becoming involved in this programme, please make yourself available through contacting the HeFSSA office.

African Outreach

In addition an "African Outreach" is planned which could include Kenya, Cameroon, Nigeria, Mozambique, Botswana, Malawi and Zimbabwe. Karen Sliwa represented Hefssa at the first outreach that took place in Maputo, Mozambique on 30 March with approximately 100 attendees. Faculty included Profs Ana Mocumbi, Albertino Damasceno, Simon Stewart and Me Sandra Pretorius. This was a HeFSSA/PASCAR collaboration together with the local Mozambique Cardiac Society.

SA Heart Congress

HeFSSA will be involved in the SA Heart Congress, 25 - 28 October 2015, at Sun City. All HeFSSA members are requested to attend the HeFSSA sessions. The HeFSSA AGM for 2015 will be held during the SA Heart Congress on Sunday 25 October at 17h00 - 18h00.

Annual Cardio Update

HeFSSA further invests in education by hosting the annual Cardio Update for Non-Cardiologists. This year the update will take place on Sunday, 25 October 2015 at Sun City from 12h00 - 17h00. Servier is the sponsor with Martin Mpe and Nico van der Merwe acting as convenors. Almost 160 medical practitioners attended last year's event in Durban and we are hoping for a similar number this year. Faculty will consist of local Bloemfontein Cardiologists as well as younger colleagues and HeFSSA exco members.

HeFSSA website

The HeFSSA website is continually updated to remain relevant. Please visit the website at www.hefssa.org and contact the HeFSSA office should you wish to contribute to so ensure that the items stay updated and relevant.

HeFSSA encourages all parties who want to be involved in heart failure to contact George Nel, HeFSSA Executive Officer at info@hefssa.org to facilitate the process.

Eric Klug
HeFSSA President

WEBSITE LINKS

SA Heart	www.saheart.org
CASSA	www.cassa.co.za
HeFSSA	www.hefssa.org
PASCAR	www.pascar.org
PCSSA	www.pcssa.org
SASCAR (Research)	www.sascar.org.za
SASCI	www.sasci.co.za
ACC	www.acc.org
ESC	www.escardio.org
World Heart	www.world-heart-federation.org

All members of SA Heart are invited to attend the

SA HEART AGM

**ON MONDAY
26 OCTOBER 2015
AT SUN CITY,
STARTING AT 17H30**



DEDICATED PROGRAMME FOR PAEDIATRIC CARDIOLOGISTS THROUGHOUT SA HEART CONGRESS 2015

Paediatric cardiology will feature prominently at SA Heart Congress 2015, with a dedicated track running daily from Sunday, 25 October - Wednesday, 28 October, at Sun City in North West Province.

A wide spread of important interventional and surgical aspects will be covered during the congress, with delegates benefiting from the input of international experts, Dr Naser Ammash (Mayo Clinic, USA), Associate Professor Christian Brizard (Australia) and Dr Elchanan Bruckheimer (Israel). Local faculty will include heads of cardiology at the Red Cross Children's Hospital, Chris Hani Baragwanath, the University of KwaZuluNatal, Walter Sisulu University and the University of the Free State.

Post-graduate course on paediatric heart failure

The paediatric programme commences on Sunday afternoon, October 25, with a pre-congress post-graduate course focusing on paediatric heart failure. A workshop format will be used to generate open discussion with prominent local paediatric cardiologists who will review important new approaches and therapies becoming available for children with cardiac failure.

Dr Ammash will highlight advances in echocardiography that are being used to evaluate and monitor heart failure in adults, and may also be of benefit to children. Modern treatment with biventricular pacing will be discussed, with Associate Professor Brizard ending the session by giving a perspective on the surgical advances available for treatment – from left ventricular assist devices to cardiac transplant.

The AGM for the Paediatric Cardiac Society of South Africa (PCSSA) will be held immediately after the course from 17h00 - 18h00, with the Congress being officially opened at 18h00, followed by a "Night Food Market Theme " and trade preview in the Superbowl from 19h00 - 21h00.

The African perspective

On Monday, 26 October, the opening plenary Ethics Session of the Congress will focus on service delivery, training and research perspectives pertinent to paediatric cardiology in South Africa.

Children's Hearts inSight

In the combined paediatric cardiology-cardiothoracic sessions of the congress, modern interventions and surgical methods will be reviewed and the latest data explored.



International experts, Dr Naser Ammash (Mayo Clinic, USA), Associate Professor Christian Brizard (Australia) and Dr Elchanan Bruckheimer (Israel).

In the GE-imaging session on Monday afternoon, practical applications of modern 3-dimensional echocardiography will be addressed and Dr Bruckheimer, a leader in rotational and 3-dimensional angiography will share his experience with delegates. A step-by-step demonstration on how to do foetal cardiac ultrasound will be given by Dr Jeff Harrisberg and Dr Ammash will highlight aspects in the echocardiographic evaluation of an athlete's heart.

On Tuesday, October 27, the paediatric session from 08h30 - 10h25 will focus on the best treatment for aortic coarctation in all age groups and look at world registries. Associate Professor Brizard will also shed light on the surgical components of these difficult to treat conditions.

The session from 11h00 - 12h30 will feature a potpourri of topics, with the focus on Tuesday afternoon being on double outlet right ventricles (14h00 - 15h30).

A number of local researchers will share their findings in between talks. There will be an interesting provisional report on eye abnormalities found in paediatric cardiologists due to radiation exposure, as well as an excellent presentation on the outcome of radiofrequency ablation in a group of South African children.

The congress ends on Wednesday, October 28 at midday with a focus on the vexing and difficult to treat problem of pulmonary hypertension in children as well as practical "How do I perform..." sessions presented by prominent local interventionists.

For full programme details, and to register for SA Heart Congress and the pre-congress post-graduate course, visit <http://saheartcongress2015.co.za>.

For queries, contact Europa Organisation Africa at 011 325 0020 or email enquiries@eo.co.za.

THE CATHCHAT PAEDIATRIC CARDIAC INTERVENTIONAL WORKSHOP

CATHCHAT, an interactive paediatric interventional cardiac catheterisation workshop, was held at Red Cross War Memorial Children's Hospital in the last week of July. The aims of CATHCHAT were:

- to reduce the number of patients on our catheterisation waiting list.
- to teach paediatric cardiac catheterisation to "those with more enthusiasm than experience."
- to broadcast all proceedings live from the cath lab to an audience in an on-campus auditorium as well as those logged on online.

Approximately 40 delegates, including a strong faculty representing all the paediatric cardiology centres in South Africa, as well as cardiologists from 6 other African countries attended the workshop. The overall theme was to present cases from simple to complex, with background lectures ranging from step-by-step descriptions of procedures to information and advice around the practice and art of interventional cardiac catheterisation.

In total 17 live cases were performed in 4 days. Broadcasts to the auditorium at Red Cross Hospital allowed for lively interaction with the cathing team; many very instructive cases were observed (read: one learns much from others' mistakes). Unfortunately, that week a nationwide problem with Internet connectivity curtailed our Internet interaction and during the week, only 12 sites could log in.

Feedback has been very positive, with all requesting repeat workshops. Already we are planning another CATHCHAT for March 2016, when we will be hosting Dr Oliver Stumper from Birmingham Children's Hospital, UK. **Watch this space!**

Dr Rik De Decker
Director: Cardiac Catheterisation Laboratory



Our registrar, Lenise Swanson, working with Drs Gcina Dumani (from Chris Hani Baragwanath Hospital) and Jeff Harrisberg (from Sunninghill Hospital), and our cathlab sister Charnette Elliott.

SA HEART - ON THE GO SURVEY 2015

During the National Council meeting in February the delegates – Prof Karen Sliwa and other members of the SA Heart Executive as well as the heads of the Special Interest Groups and Regional branches – decided it would be good to poll our membership as to their perception of SA Heart and what their professional society did for them – and also where they would like SA Heart to invest its energy and money.

Elizabeth Schaafsma and Erika Dau from the SHARE and SA Heart offices, as well Prof Karen Sliwa (president, SA Heart), Prof Sandrine Lecour (SASCAR) and Dr Liesl Zühlke (PCSSA) designed a few questions and Elizabeth formatted these on Survey Monkey. Thank you to all members who participated in this survey. We received 157 responses, which means more than 22% of members participated. There was a good representation from all member types, practice types, ages and genders.

Here follows a brief summary of the survey results

SA Heart's broader activities beyond organising the annual Congress, lectures for CPD points and publishing research are not well known amongst the members.

Benefits perceived to be available only to members correctly included the online Newsletter and Journal, discounted Congress registration, eBulletin snippets and educational material and opportunities. Interactions on behalf of the profession with Funders and other bodies are poorly understood, as is the role of the Association in review of best practice.

While more than half of members access the internet and email from Smartphones and portable devices, our members are failing to receive, absorb or register the contents of our communiques, especially channels such as email, which we now rely on since the postal strike last year. Reliance on social media within practices is lower than expected but will show growth in time.

There is a strong preference for using online journals and Pubmed and Science Direct rather than hard copies and web browsers (specifically Google) to access or gather information. Print media, including newspapers, have generally fallen out of favour, however the SA Heart website is visited rarely, by 44% of respondents and only 23% visit it more than once a month.

Over 16% of members have never attended a SA Heart Congress, another 16% attend with gaps of more than 3 years, and while 22% attend annually, 45% attend only every 2 - 3 years. There is an uneven distribution of sponsorship, especially among the allied professionals, and a perception that cardiologists prefer overseas meetings, thus reducing opportunities for theatre staff to attend more affordable local meetings due to busy theatre schedules. General perception, especially among industry, is that there are now too many congress initiatives to all be supported and sponsored. Basic science and Paediatric Cardiology programmes need to be further developed within our Congress or the risk is that further separate congress initiatives might develop.

‘Thank you to all members who participated in this survey.’

In person attendance at a Congress is preferred for CPD purposes, but substantial numbers (25% and 29%) would prefer online lectures or questionnaires. This would be particularly beneficial for less central or smaller centres.

Three quarters of members would welcome opportunities to be involved in SA Heart tasks or duties related to their field of expertise, but members are unclear how they can be involved. Only 11% expect reimbursement and 14% would decline outright.

SA Heart should be more involved in the public's education – 77% Yes.

85% believed the Association needs to be more visible in the media and should provide guideline information to patients.

SA Heart should spend money on...

- **Education:** 66% responses in this category related to either member education (Doctors and especially

Allied professionals) or public awareness initiatives (preventative and management)

- **Research:** close to 11% of responders felt putting more money into research is important
- **Others:** Support/sponsorship for congress attendance, journal availability, coding issues, advocacy, training and accreditation of Fellows and Allied Health, outreach to underprivileged.

To promote the profession...

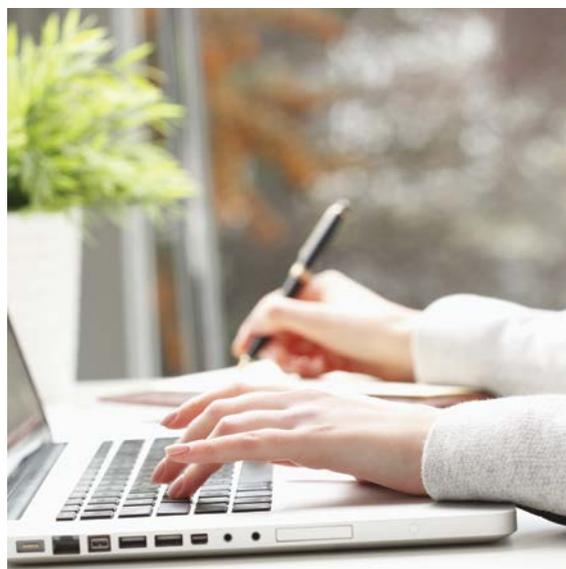
- **42% of the responses** in this category suggest educational initiatives for our members to upskill, especially when new techniques launched, and accreditation for cathlab staff
- **20% of the respondents** want more media exposure on topical issues and general education of cardiac care and roles for the public, and public education
- **Others:** more ethical practice, research, strong organisational representation.

To make life easier for professionals...

- Interact more assertively with Funders as a united group for chronic meds and treatment protocols, and coding and rates, and defining policies in general, especially related to new technologies
- Access to free online journals
- Publication of novel findings as brief communications
- Online studies and ethics courses for CPD
- Better remuneration for services
- Provide guidelines and protocols
- Enable teaching at smaller centres
- Regular updates in cardiovascular research
- SA Heart Journal in Pubmed
- Interact with HPCSA
- Online help, information related to work, access to platform for members to approach others for mentoring.

Requested added benefits available specifically to members...

- Access to online Journals
- Opportunity for overseas training



- Reduced conference registration costs locally and internationally (with affiliates)
- Research funds
- Travel grants for education opportunities
- Access to expert opinions online/by email.

Special Interest Groups (SIGs)

Special Interest Groups (SIGs) of SA Heart are only capturing 27% of members actively, but members are aware of SIGs' roles and activities.

Regional branches

Regional branches actively involve 32% of members.

Member age profile

Members' age profile is of concern – 14% post retirement age, 21% within decade of retirement age.

The National Council met again at the end of July and discussed the outcome of this survey. While it is impossible to address all the concerns and suggestions voiced at once, some issues have been identified as action points and will be reported on in future Newsletters and AGM. The National Council will refer back to this survey from time to time to possibly follow up with more targeted opinion polls.

Elizabeth Schaafsma, SHARE office and Erika Dau, SA Heart office

SECOND NATIONAL COUNCIL MEETING

The survey results were presented and discussed at the second National Council Meeting of the year in Johannesburg on 31 July 2015.



From left to right: Dr Paul Adams (Vice president: PCSSA), Prof Andrew Sarkin (Chair: Fulltime Salaried Practice, SA Heart), Prof Mpiko Ntsekhe (Chair: SHARE registry, SA Heart), Dr Andrew Thornton (President: CASSA), Dr Les Osrin (Chair: Ethics and Guidelines Committee, SA Heart), Dr Dave Kettles (President: SASCI), Prof Karen Sliwa (President: SA Heart), Prof Sandrine Lecour (President: SASCAR), Dr Robbie Kleinloog (Secretary: SA Heart and President Surgical Interest Group), Dr Adriaan Snyders (Immediate past president: SA Heart), Prof Francis Smit (Treasurer: SA Heart), Dr Sajidah Khan (President: KwaZulu-Natal branch), Dr Martin Mpe (Chair: Education Committee, SA Heart) and Dr Jean Paul Theron (Chair: Private Practice Committee, SA Heart).

Not in picture: Dr David Jankelow (Vice President: SA Heart and President: Johannesburg branch) and Dr Eric Klug (President: HeFSSA).

Prof Anton Doubell (President, Western Cape branch and editor, SA Heart Journal), Dr Iftikhar Ebrahim (Pretoria branch), Dr Nico van der Merwe (Bloemfontein branch), Prof Rafique Essop (President, CISSA) and Prof David Marais (LASSA) could unfortunately not attend.

Under guidance from Prof Karen Sliwa, the president of SA Heart, the National Council delegates decided that in future the National Council would have a representative from the Allied Professions sit on this council and will invite ISCAP to nominate such a representative.

TRAVEL SCHOLARSHIPS OF THE SOUTH AFRICAN HEART ASSOCIATION

You are cordially invited to submit your application for the SA Heart Travel Scholarship of the third term 2015 to reach the SA Heart Office by 30 September 2015.

This scholarship is available to all members and associate members residing in South Africa. Its primary goal is to assist junior colleagues, thereby ensuring their continued participation in local or international scientific meetings or workshops.

REQUIREMENTS

- Applicants must be fully paid-up members/associate members for at least one year.
- Applications must include the following:
 - Full details of the meeting/workshop;
 - An abbreviated CV of the applicant; and
 - A breakdown of the expected expenses.
- Applications must reach the Association **a minimum of 3 months ahead** of the scheduled event.

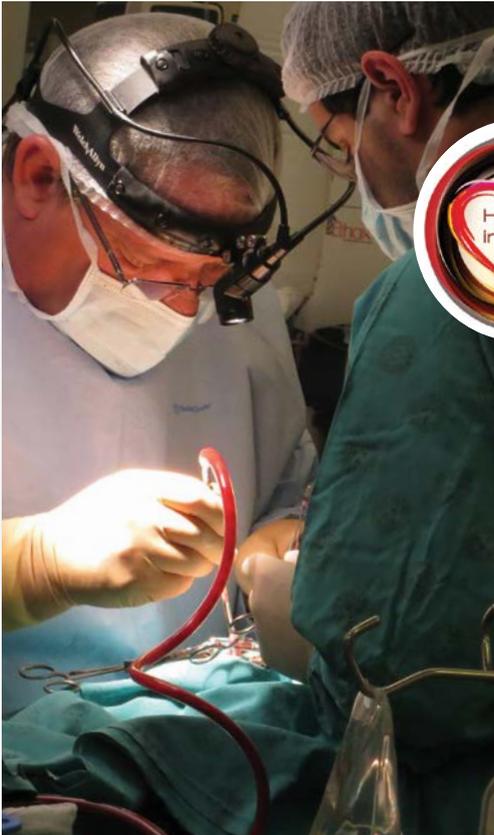
RECOMMENDATIONS

- Acceptance of an **abstract at the scientific meeting** to be attended. (If acceptance of the abstract is pending, the application must still be submitted 3 months prior to the event with a note stating when the approval is to be expected. In such a case the scholarship might be granted conditionally – and proof needs to be submitted once the abstract has been accepted.);
- Invitation to participate at the meeting as an invited speaker;
- Publications in a peer-reviewed journal in the preceding year;
- Applicants from a previously disadvantaged community; and
- Applicants younger than 35 years of age.

APPLICATIONS MUST BE ADDRESS TO:

The President of the South African Heart Association
PO Box 19062
Tygerberg
7505
And submitted electronically to erika@saheart.org

Applicants that have benefited from a SA Heart Travel Scholarship in the past 3 years need not apply. Preference is further given to members who have never benefited from a SA Heart Scholarship.



REGISTER TODAY

16th Annual SA Heart Congress

25-28 October 2015 • Sun City
North West Province • South Africa

CALL FOR WEIRD & WONDERFUL CLINICAL CASES

A session is allocated to vexing or unusual clinical cases titled "Hearts In Sight: the Weird and Wonderful" – an opportunity for Clinicians and Fellows in Cardiology to present interesting or unusual clinical cases, ECGs and images (Radiographs/Echo/CT/CMR/Nuclear studies). This session will be combined with an abstract/original research forum.

DEADLINES

Submission for Weird & Wonderful Clinical Cases	31 August
Accommodation	4 October
Registration	12 October

Contact the SA Heart Congress Team
Europa Organisation Africa
Tel: 011 325 0020
Fax: 011 325 0028
Email kerrie@eoafrika.co.za



www.saheart.org/congress2015

SNIPPETS

SA Heart AGM, SA Heart nominations for office bearers and SA Heart as NPC

Under leadership of Prof Karen Sliwa, the SA Heart president, the SA Heart Executive felt it was high time to formalise the SA Heart as entity and is busy establishing an SA Heart Non Profit Company. You will hear more about this during the **AGM on Monday, 26 October 2015, 17h30 at Sun City** and Ordinary Members will get an opportunity to be involved in the decision by casting your vote beforehand. With the new online membership system and website upgrade, as well as the cost and unreliability of the postal services, SA Heart will move to an electronic nomination and voting system for the AGM and related matters 2015. To ensure good governance and objectiveness, Medical Practice Consulting will run the nomination and ballot process on our behalf. This process will start on 18 August on <http://www.mpconsulting.co.za/client/voting/view/42>.

Please submit any motion you would want to table for the agenda of the AGM to the SA Heart office at erika@saheart.org by latest 21 September.

SA Heart Office closed

The SA Heart and SHARE Offices will be closed from 12h00 noon on Thursday 27 August until Monday 14 September 2015 during which time the staff will first be at the ESC congress and then on leave. The SHARE office will open for urgent matters from 10 September.

SA Heart Congress – sponsorship opportunities

SA Heart is thankful for an unlimited educational grant it received which allows SA Heart to support a limited number of members to attend our congress in Sun City this year. Applications to access this support are awaited from all member categories and will be handled on a 'first come first served' basis until the earmarked grant money is depleted. Please contact the SA Heart office erika@saheart.org with your application should you want to be in line for this privilege.

LOUIS VOGELPOEL TRAVELLING SCHOLARSHIP

Applications are invited for the annual Louis Vogelpoel Travelling Scholarship for 2016. An amount of up to R15 000 towards the travel and accommodation costs of a local or international congress will be offered annually by the Western Cape branch of the South African Heart Association in memory of one of South Africa's outstanding cardiologists, Dr Louis Vogelpoel.

Louis Vogelpoel, a pioneer of cardiology in South Africa, died in April 2005. He was one of the founding members of the Cardiac Clinic at Groote Schuur Hospital and University of Cape Town. He had an exceptional career of over more than 5 decades as a distinguished general physician, cardiologist and horticultural scientist. Dr Vogelpoel's commitment to patient care, teaching and personal education is remembered by his many students, colleagues and patients. Medical students, house officers, registrars and consultants benefited from exposure to his unique blend of clinical expertise, extensive knowledge, enthusiasm and gracious style.

A gifted and enthusiastic teacher he was instrumental in the training of generations of under-graduates by regular bedside tutorials. He served as an outstanding role model for post-graduates and many who have achieved prominence nationally and internationally acknowledged his contribution to the development of their careers.

All applications for the scholarship will be reviewed by the executive committee of the Western Cape branch of the South African Heart Association. Preference will be given to practitioners or researchers in the field of cardiovascular medicine who are members of the South African Heart Association and are resident in the Western Cape.

Applications should include: (1) A brief synopsis of the work the applicant wishes to present at the congress and (2) A brief letter of what the applicant hopes to gain by attending the relevant congress. The applicant should submit an abstract for presentation at the relevant national or international meeting. Should such an abstract not be

accepted by the relevant congress organising committee, the applicant will forfeit his or her sponsorship towards the congress. (Application can however be made well in advance of the relevant congress but will only be awarded on acceptance of the abstract.) A written report on the relevant congress attended will need to be submitted by the successful applicant within 6 weeks of attending the congress. The congress report will be published in the South African Heart Association Newsletter.

‘A gifted and enthusiastic teacher, he was instrumental in the training of generations of undergraduates.’

Applications should be sent to Prof Johan Brink, President of the Western Cape branch of the South African Heart Association, Chris Barnard Division of Cardiothoracic Surgery, Cape Heart Centre, Faculty of Health Sciences, University of Cape Town, Anzio Road, Observatory 7925 or alternatively email: johan.brink@uct.ac.za.

Previous recipients of this prestigious award include Sandrine Lecour, Roisin Kelle and Liesl Zühlke.

Applications close on 31 January 2016.

THE SOUTH AFRICAN HEART ASSOCIATION RESEARCH SCHOLARSHIP

The research scholarship is available to all full and associate members of SA Heart Association living in South Africa. It is primarily intended to assist colleagues involved in much-needed research to enhance their research programmes.

REQUIREMENTS

- Applicants need to be fully paid-up members/associate members in good standing for at least one year.
- Applications must include
 - The applicant's abbreviated CV;
 - A breakdown of the anticipated expenses;
 - Ethics approval; and
 - Full details of the research.

RECOMMENDATIONS

- Publications of related work in a peer-reviewed journal in the preceding year;
- Applicants from a previously disadvantaged community; and
- Applicants younger than 35 years of age.

APPLICATIONS MUST BE ADDRESS TO:

Education Standing Committee
South African Heart Association
PO Box 19062
Tygerberg
7505

And submitted to the SA Heart Office electronically: erika@saheart.org

THE SELECTION PANEL WILL REVIEW APPLICATIONS ANNUALLY AND THE CLOSING DATE IS 30 SEPTEMBER 2015.

One scholarship to a maximum amount of R50 000 will be awarded annually.

APPLICATIONS WILL BE ASSESSED ACCORDING TO THE ACCOMPANYING RESEARCH PROTOCOL WHICH SHOULD INCLUDE:

- An abstract (maximum 200 words);
- A brief review of the literature (maximum 200 words);
- A brief description of the hypothesis to be investigated (maximum 100 words);
- A detailed methodology (maximum 500 words); and
- References.

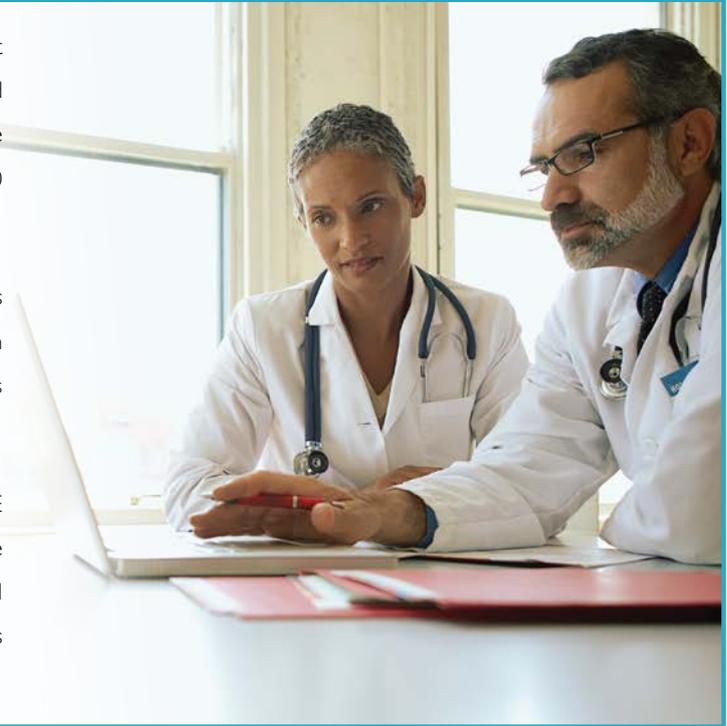
Members who have received this scholarship in the past 3 years need not apply.

NEWS FROM SHARE

The new SHARE II registries presented at SA Heart Congress in Durban in 2014 are up and running and cases are being entered actively. To date 8 out of the 12 TAVI sites are entering data and have captured 80 patients already since Congress last year.

The CDM Cardiac Disease in Maternity database has over 35 cases entered, with 3 sites participating in South Africa, and 2 other African sites set to join as soon as their local Ethics approvals are finalised.

Two exciting new projects are on the cards for SHARE in the next 6 months, and all SA Heart members are invited to approach SHARE and submit additional project proposals according to the SHARE guidelines which are available on www.saheart.org.



■ africa PCR

A course by and for the African
cardiovascular community

SAVE THE DATE

10–12 March
2016

Sandton Convention Centre
Johannesburg, South Africa



#AfricaPCR • www.africapcr.com
info@eoafrika.co.za • Tel: +27(0)11 325 0020



