SA Heart® Regional Branch reports 2017

Bloemfontein Branch
The Bloemfontein Branch of SA Heart® had an uneventful year. We managed to have our monthly academic meetings, but it was rather poorly attended. We tried to alternate the academic discussions with clinical cases, but this did not make any difference in the attendance. We did host other international speakers and the meetings were well supported by especially the allied professionals.

Our STEMI project almost died a “sudden death” as we run into a problem with the supply of Metalase. The batches that we received from the company were almost at the expiration date, which led to financial losses. This was taken up with Boehringer, and fortunately a solution was found.

The branch also financially supported a number of post-graduate students with their research projects. Dr Nico van der Merwe, President, SA Heart® Bloemfontein branch.

Johannesburg Branch
The Johannesburg branch committee remains as:
Dr David Jankelow (President & Treasurer)
Prof Antoinette Cilliers (Secretary)
Dr Hopewell Ntsinjana
Dr Eric Klug
Dr Andrew Thornton
Dr Darryl Smith
Prof Pravin Manga
Dr Ahmed Vachiat
Dr George Dragne
Dr Gavin Angel.

Dr Don Zachariah was co-opted onto the committee and the congress program organising group.

- It is with great sadness that our friend and colleague, Dr Gcina Dumani, passed away this year. Gcina was a softly spoken and important member of the branch and SA Heart 2017 scientific program committee. We wish his family our deepest condolences. He will be missed by all of us.

- In view of the SA Heart® Congress 2017, we have only held one branch meeting this year. On 25 July, we co-hosted, Dr Dr Jacques Koolen (Catherina Hospital, Eindhoven, Netherlands) as the SASCI visiting professor. Dr Koolen delivered a very interesting lecture, “selecting an optimal revascularization strategy for my patient with left main-stem stenosis; making sense of the evidence”.

- I am extremely grateful and indebted to the SA Heart® 2017 Congress (Sandton Convention Centre, 09-12 November 2017), Scientific Organising Committee for their input, advice and support. I am humbled to have been appointed to lead and chair this congress. We are planning an extremely engaging meeting. The date is drawing near and we are all really excited!

   Our theme is “Fundamentals to Innovation”, which will showcase innovations in cardiovascular medicine. Developments from Africa and South Africa will be highlighted. We aim to challenge the horizons of cardiovascular disease and stimulate a creative exchange of ideas. Our exciting program and illustrious faculty, will explore developments that will shape the future and beyond.

   Our faculty includes many eminent local and twenty-two international opinion leaders.

   An outline of our program includes:

   - Pre-congress African Cardiovascular Summit with the press, media, funders, deans of faculties, hospital groups and health department- to discuss the challenges of treating heart disease in Africa and South Africa.
   - Pre congress echocardiography symposium – CISSA and Mayo Clinic.
   - Pre-congress symposium, Cardiology for non-Cardiologists.
   - Pre-congress and parallel cardiac surgical program.
   - Opening plenary session to celebrate the 50th Anniversary of the first heart transplant. Professor John
McMurray will present, “innovations in the management of heart failure”. Author, Donald McRae will offer an international perspective on the transplant race. Kelly Perkins, who underwent a heart transplant in 1995 and is a mountain climber and motivational speaker, will present, “My Story, My Mountain, My transplant”. We are honoured that the keynote speaker, Prof John McMurray from Glasgow will deliver his lecture – “Innovations in the management of heart failure”.

- Full parallel paediatric cardiology program.
- SASCI (focus on STEMI), CASSA, Allied, SASCAR parallel programs.
- Innovations in cardiovascular medicine; innovations for the prevention of heart disease; multi-modality cardiac imaging; coronary revascularization, structural intervention and arrhythmias, digital health; Sandton Sunday Soapbox / How do you do it?
- ESC to hold two interactive based learning session for their latest guidelines.
- SA Heart® 2017 congress will encompass four days of innovative education, ground breaking science, interactive debates and discussions.

I am also extremely grateful to Sue McGuiness and team from Europa Organisation Africa, our PCO for SA Heart® Congress 2017. I have been blown away by their professionalism and detail in this regard.

- Our financial position remains very good.
  Pharmadynamics are the sponsor of our meetings. We are extremely appreciative for this financial support, without which it would be difficult to hold our symposia.

Once again I am honoured to have once again served in the positions of President and Treasurer of the Branch. I do however feel that now it is time for some of the younger members to take over the branch activities. I will be in discussions with some of the younger academics in this regard. I will be happy to remain as branch Treasurer. We will be holding a branch AGM at the SA Heart® 2017 Congress.

Dr David Jankelow, President, SA Heart® Johannesburg Branch

KZN Branch
The KZN branch is active and holds regular meetings. Support for these meetings is limited to a few hard core members and these are predominantly the older members; the younger members of SA Heart are either too busy or don’t see the need to support the organisation. Despite this, we continue to encourage participation. The final meeting and AGM for this year will be on the 25th October 2017 when a new management committee will be elected. Best wishes to the new committee.

Dr Rajendren K Naidu, president SA Heart® KZN branch

Pretoria Branch
It brings me great pleasure to report back on our SA Heart Pretoria Branch Activities in 2017.

Our focus is to serve the educational needs of our branch members (cardiologist, Fellows, Allied, EP and Surgeons). Our approach is very much to focus on the MDT (multi-disciplinary team).

Our 1st meeting took place on 24 February at the regular venue, Kream. 11 Dr and 29 Technologists attended the meeting comprising of a lecture given by Dr Priya Soma-Pillay (UP) on the topic of “Hypertension and Pregnancy”. The attendees found the topic very informative.

For our 2nd meeting we asked Dr Razeen Gopal, a cardiologist and Electrophysiologist to talk about “Atrial fibrillation management: Is the old rate vs. rhythm debate still applicable with recent advances in therapy? The difficult patient: which anticoagulant and is there any benefit in appendage closure?”

Our 3rd meeting was held at the Protea Hotel Fire & Ice Menlyn in collaboration with SASCI. We hosted the legendary interventional cardiologist at The Catharina Hospital in Eindhoven, The Netherlands, Dr Jacques Koolen. The topic of his talk was “Selecting an optimal revascularization strategy for my patients with left mainstem stenosis in 2017: making sense of the evidence” with the aim to interactively share knowledge and
experience while focusing on their clinical situation, particularities, local experience and constraints as well as best available evidence. To find consensus with South African colleagues on a method of reasoning that may help the group to develop answers to the fundamental questions that impact them daily. The 2017 VPP evening lecture series was definitely a huge success according to the feedback we received from the 49 delegates who attended the meeting. It was a great presentation which led to lively interactive discussions.

For our 4th meeting we have asked Elsabé Klinck, she specializes in health law, policy and ethics. Elsabé has worked in the health sector since 2001. The topic of her talk will be “Current Statutory Environment: NHI is coming - What now?”. At the Pretoria Branch AGM held on 14 September nominations for Treasurer and Secretary was requested without success. I was unanimously re-elected as Chairperson. The major focus for 2018 will be the SA Heart Congress 2018 that will be organized by our branch. Branch members must please support planning of this initiative.

The 5th meeting and final meeting will be held on the 29th of November. We are inviting all our members to attend including the Allied Professionals working in the Cath lab environment. Members must please note that all our meetings are CPD accredited.

Please contact George at george@medsoc.co.za or me (drioebrahim@gmail.com) if you wish to contribute at future meetings or to suggest appropriate programs for Pretoria.

The CPD meetings are offered on a break-even basis to the sponsor and I would like to thank Pharma Dynamics for their continued support and for making this multi-evening lecture planning possible.

Iftikhar Ebrahim, Chairperson, SA Heart® Pretoria Branch

Western Cape Branch

The current executive committee took office on the 14th March 2016. The executive committee members are:
President: Anton Doubell
Vice-president: Fonnie Pecararo
Secretary: André Brooks
Treasurer: Blanche Cupido
Additional members: Philip Herbst, John Lawrenson, Johan Brink and Jane Moses.

Five educational meetings were held since the previous branch annual general meeting:

- The first meeting, held on the 4th May 2016, was co-hosted with SASCI, featuring the annual lecture by the SASCI visiting professor. The lecture entitled “Revascularization in 2016: Indications, strategies and techniques in the laboratory” was delivered by Augguto Pichard from Annapolis, USA. Prof Pichard impressed with his in depth knowledge and practical approach to intervention.

- The second meeting was held on the 20th June 2016 at the Crystal Towers hotel. A very enjoyable and popular fellows evening was hosted with excellent abstracts received. Six were selected to present from all the local academic units, including one medical student. The six presentations selected were:
  - IVUS Guided Treatment of LAD CTO with POBA – Bradley Griffiths
  - Lessons learnt from stenting children with Takayasu arteritis at Red Cross Children’s Hospital: a series of 3 cases – Lenise Swanson
  - Mixed congenital and acquired valvular heart disease: A case of quadricuspid aortic and rheumatic mitral valve disease – Lorrita Kabwe
  - Online ECG training improves ECG interpretation skills of junior doctors – Charlé Viljoen
  - Optical coherence tomography (OCT) establishes the diagnosis in a recurrent anterior ST-elevation acute coronary syndrome (STE-ACS) – Hendrik Snyman
  - Outcomes of systemic-to-pulmonary artery shunts in a low income country – Matthew Amoni.
The choice of winners proved to be a very difficult task but in the end two outstanding presentation were awarded the prizes. The winners of the Fellows evening were Charle Viljoe and Bradly Griffiths.

- The third meeting was held on the 10th September 2016 during the SA Heart Annual Congress as a lunch-time symposium. The venue was the CTICC and the speaker was Catherine Otto, the Editor of Heart. The topic was “How to get your manuscript published”. The meeting was well attended and appreciated by the audience.

- The fourth meeting was held on the 13th March 2017 at the Crystal Towers Hotel. The academic program included three talks followed by three case reports. The talks were on STEMI in South Africa (Shaheen Pandie), left cardiac sympathetic denervation for cardiomyopathy (Timothy Pennel) and imaging of the right ventricle (Philip Herbst). The meeting was well attended and of a high standard.

- The fifth meeting was held on the 5th June 2017 at the Crystal Towers Hotel. Three interesting talks of a very high standard were presented. The first talk by Rik de Decker was entitled “Echoes of brilliance: The history and development of echocardiography”. The second talk was also gave a historical perspective, namely the story of the first heart transplant by Christiaan Barnard, presented by Susan Vosloo. Alfonso Pecoraro then gave a very contemporary talk on the many faces of cardiac tuberculosis. The meeting concluded with two interesting case presentations and discussion.

We are in a sound financial position. This allowed the branch to continue awarding the Louis Vogelpoel Scholarship. The 2017 recipient was Patrick Diaba-Nuhoho.

The major challenge for exco during its first year in office was taking responsibility for the 2016 edition of the Annual Congress of the SA Heart Association. The chairman of the organizing committee was Alfonso Pecoraro. I’m happy to report that the Western Cape branch honoured its responsibility of arranging a quality scientific program for the 2016 Congress held jointly with the World Society of Cardio Thoracic Surgeons Congress at the CTICC. I’m also thankful to the committee and in particular to Alfonso Pecoraro for dealing with all the challenges that go with arranging a major congress, particularly the financial challenge. The Western Cape branch of SA Heart was invited on board the organizing committee for the 2016 Congress by the Executive committees of the SA Heart Association and the Society of Cardiothoracic Surgeons of South Africa (SOCTS). At the time the PCO had already been appointed and a contract has already been entered into with that PCO. Were it not for Alfonso’s hard work and our insistence that the contract with the PCO be amended, the congress would possibly have ended in a substantial loss. The result was a modest profit of R182 802 shared between the SA Heart Association and SOCTS. The organizing committee were informed of the profit by the President of SA Heart but have not had insight into the congress report or financial audit. In light of the financial pressure experienced by the SA Heart Association the exco agreed to waive the share of profit normally paid over to the branch or SIG organizing the annual congress. The organizing committee also decided not to accept the customary honorarium for organizing the congress. The exco have recommended that future contracts with a PCO for our annual congress be based on a share of profit model and not based on a share of turnover.

Prof Anton Doubell, SA Heart® Western Cape Branch