



SA HEART®

Newsletter of the South African Heart Association

2024
Volume 21 Number 2



Dr Anthony Dalby, Prof Eric Klug (outgoing President), Ms Amanda Fine and Dr Martin Mpe (new President).

INSIDE THIS ISSUE:

LETTER FROM THE PRESIDENT
WORLD HEART DAY
MEET THE SA HEART® BOARD
POPULAR CONGRESSES
MOTIVATION LETTER TOOLKIT
ANNUAL REPORTS
INTRODUCING SA HEART® BEAT
LAUNCH OF WHATSAPP CHANNEL
25TH ANNIVERSARY CELEBRATION

SA HEART® AT THE CONGRESS OF THE ESC
SA HEART® JOURNAL CLUB
SA HEART® TRAVEL GRANT FEEDBACK
THE SOUTH AFRICAN HEART ASSOCIATION RESEARCH SCHOLARSHIP
LOUIS VOGELPOEL TRAVELLING SCHOLARSHIP
TRAVEL SCHOLARSHIP OF THE SOUTH AFRICAN HEART ASSOCIATION

LETTER FROM THE PRESIDENT

A YEAR OF PROGRESS AND PROMISE: REFLECTING ON SA HEART®'S ACHIEVEMENTS IN 2023/2024

Dear Members,

As we conclude another year, I am pleased to reflect on the significant strides made by the South African Heart Association (SA Heart®). Our commitment to promoting cardiovascular health, advocating for our members, and making a tangible difference in the lives of South Africans remains unwavering.

Reinforcing SA Heart®'s position as an independent guardian

One of our primary achievements has been solidifying SA Heart®'s position as a fiercely independent guardian of cardiology's right to academic and clinical autonomy. We have successfully challenged ill-conceived and manipulated programmes that sought to undermine our profession's integrity. The Ethics and Guidelines Committee, under the exceptional leadership of Dr Pieter van der Bijl, has provided clear guidance on the importance of maintaining our independence and avoiding involvement in "policing" roles on behalf of funders.

Expanding our reach and impact

SA Heart® has made significant strides in increasing our visibility and influence within the public sphere. Led by the Media, Funder Relations, and Digital Committee, (MFD), under the very capable and remarkable guidance of Dr David Jankelow, we have successfully engaged with various stakeholders, including government, media, and the public. Our participation in World Heart Day, has been supported by organisations like Anglo American, Cipla, the University of the Witwatersrand School of Therapeutic Sciences, Jozi My Jozi, Nahana Foundation, and Brandmed's Syntro-P® app. Betway Cares provided major, pivotal financial backing, and together with all other sponsors, has been instrumental in raising awareness about cardiovascular health and showcasing SA Heart®'s dedication to improving the lives of South Africans. It is hoped that this World Heart Day, "Check My Beat" initiative will be a blueprint for a national



Prof Eric Klug.

programme, catapulting SA Heart® into the public arena, and establishing SA Heart® as "THE" organisation and mouthpiece of everything cardiovascular in South Africa. The MFD Committee, together with Ms Thobile Ziqubu, (SA Heart® Stakeholder Relations Manager), have established a programme for all SA Heart® members to help provide financial guidance. This Finance Academy, powered by Worth, and through an unrestricted grant from Discovery Health, and free to members, is meant to add significant value to our cardiovascular health professionals in their daily life and professional endeavours.

Establishing a patient support group

We are excited to announce the potential development of a patient support group within SA Heart®. This initiative, led by me and Thobile, aims to provide a platform for cardiovascular patients to share experiences, seek support, and advocate for their needs. By establishing this group, we are reinforcing our commitment to bi-directional support between SA Heart® and the community, and empowering patients to play a more active role in their healthcare.

Continued on page 144

LETTER FROM THE PRESIDENT continued

A successful SA Heart® Congress

The 24th Annual SA Heart® Congress in Sandton, Johannesburg, will be a success. Under the very able leadership of Dr Ahmed Vachiat and with the support of Shift Ideas, the Congress provides a valuable platform for our members to share knowledge, network, and stay updated on the latest advancements in cardiology. We are looking forward to the next Congress in Cape Town in 2025, which promises to be another exciting event whose overall theme is “Unifying Hearts and Minds,” providing new challenges, but also exciting opportunities.

Strengthening education and research

The SA Heart® Education Committee, now renamed to include Research, has continued to play a vital role in advancing the professional development of our members. We are very grateful for the leadership of Professor Blanche Cupido and her contributions to the establishment of the Fellows programme and the SA Heart® Journal Club. Under the new editorship of Professor Ruchika Meel, the SA Heart® Journal will hopefully prove to be an important portal of publication, showcasing the research of our members, including hopefully contributions from the SHARE registry, attentively and well run by Professor Nqoba Tsabedze and Ms Elizabeth Schaafsma.

The growth of Special Interest Groups

SA Heart®’s Special Interest Groups (SIGs) have continued to thrive and contribute significantly to the advancement of cardiology in South Africa. Through their independent activities and involvement in educational and policy matters, these SIGs have demonstrated their value as essential components of our organisation. We are working towards a unified corporate logo for all SIGs to enhance our overall image and promote a sense of unity and a recognisable brand.

Regional branch development

While some regional branches have faced challenges, others, such as Johannesburg, Pretoria, KwaZulu-Natal and the Western Cape, have continued to make valuable contributions. Some have supported the Congress educational fund that has enabled delegates to attend the event and expand their knowledge.

‘Theme is
“Unifying Hearts
and Minds”.’

Celebrating 25 years of excellence

As we approach SA Heart®’s 25th anniversary, we are taking this opportunity to recognise the contributions of our founding members, past Presidents, and Committee members. Their dedication and commitment have been instrumental in building the organisation we know today. Dr Tony Dalby, SA Heart® Chairman of the Board, epitomises that spirit, having been instrumental in the formation of SA Heart® all those years ago. He continues to enthusiastically lead the Board, supported by an excellent group of Board members. Ms Mandi Fine has contributed to SA Heart® far and beyond her responsibilities as a Board member and her impact on this organisation and its approach to special events (Check My Beat) is transformational. Twenty five years is also a timely reminder to think of the stalwarts, of Ms Erika Dau, present since inception and who continues to make crucial contributions in her position as General Manager of SA Heart®.

A year of progress and promise

I am immensely proud of the progress that SA Heart® has made during my 2-year term as President. While I am grateful for the opportunity to have served in this role, I am even more excited about the future of our organisation. SA Heart® is well-positioned to continue making a significant impact on cardiovascular health in South Africa.

Thank you for your continued support and dedication to SA Heart®. Together, we can create a healthier future for all South Africans.

Sincerely,

Eric Klug
SA Heart® President

WORLD HEART DAY

SA Heart® recently launched its World Heart Day campaign, titled “Check My Beat”, with the goal of enhancing cardiovascular health among South Africa’s taxi drivers, who are vital for transporting millions of commuters each day.

The initiative kicked off on 26 September 2024 at the Rosebank Taxi Rank, where 160 individuals underwent screenings for key health indicators such as blood pressure, cholesterol, blood glucose, and stress levels. This proactive effort not only provided immediate health evaluations but also aimed to raise awareness about the importance of heart health management.

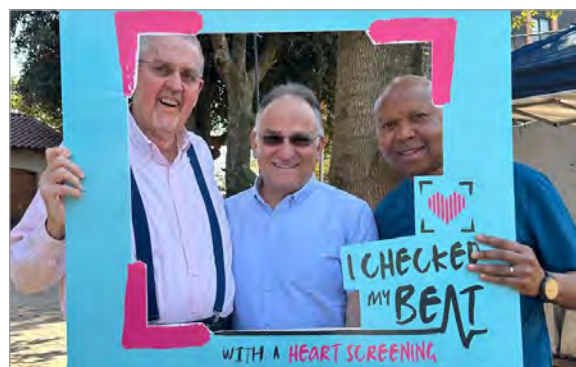
The campaign has received backing from several notable partners, including Anglo American, Jozi My Jozi, Cipla, University of the Witwatersrand, Betway Cares, Nahana Foundation, World Heart Federation, and Brandmed’s Syntro-P app. In addition to the screenings, a national media campaign is promoting the critical importance of heart health management and the advantages of early detection.

Special thanks go to the dedicated team behind this initiative, including Dr David Jankelow (Chairperson of the MFD Committee), Mandi Fine (SA Heart® Board Member), Katie Andrews (Nahana Foundation), Kate Gershuni (Project Manager), and internal staff members Thobile Ziqubu, Elizabeth Schaafsma, and Erika Dau for their hard work in making this project a reality.

To stay updated on the impact of this exciting initiative, follow us on our social media channels.



Charlize van Zyl (Brandmed) showing Dr Tony Dalby and Nolwazi (University of the Witwatersrand) how to navigate the Syntro-P app.



Dr Tony Dalby (SA Heart® Board Chair), Prof Eric Klug (SA Heart® President) and Dr Martin Mpe (SA Heart® incoming President) at the World Heart Day pilot.



A group photo with some of the Check My Beat Team.

MEET THE SA HEART® BOARD

The board that served from the Annual General Meeting - 2023



PROF ERIC KLUG
President



DR ANTHONY DALBY
Board Chair



MS AMANDA FINE
Independent Board Member



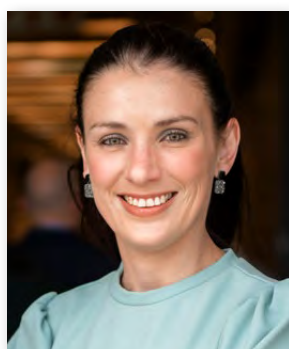
PROF TIMOTHY PENNEL
Board Member



PROF RUAN KRUGER
Board Member



PROF NQOBA TSABEDZE
Board Member



MRS MARYNA WIESNER
Independent Board Member



MRS ROANLEIGH THAMBIRAN
Independent Board Member

MEET THE NEW SA HEART® BOARD MEMBERS

RUAN KRUGER

Ruan Kruger is a distinguished full Professor of Physiology and sub-theme lead for epidemiology and preventive science at the North-West University, Faculty of Health Sciences and the Hypertension in Africa Research Team (HART), a Centre of Excellence. Prof Kruger is recognised for his national and international excellence in hypertension. He is affiliated with the South African Medical Research Council's Extramural Research Unit in hypertension and cardiovascular disease and holds Fellowship status within the International Society of Hypertension (ISHF), and is the current President of the Childhood Hypertension Consortium of South Africa (CHCSA). His research focuses on early onset hypertension and cardiovascular disease development in young populations, and has resulted in over 110 publications in accredited journals since 2011. His involvement in SA Heart® during the last year includes membership to the Executive Committee and the Stakeholders Committee of the Association. Prof Kruger's previous and current roles in other national and international societies is invested to stimulate volunteerism and the engagement of early career clinicians and scientists in SA Heart® and to bridge gaps between societies who share similar interests in addressing the growing cardiovascular disease burden in South Africa.

NQOBA TSABEDZE

Nqoba Tsabedze, an Associate Professor at the School of Clinical Medicine, Faculty of Health Sciences at the University of the Witwatersrand, is deeply committed to cardiology. He is the Academic and Clinical Head of the Division of Cardiology at the University of the Witwatersrand and the Charlotte Maxeke Johannesburg Academic Hospital, positions that reflect his dedication. He also serves as the Deputy Chairperson of the South African Heart Association Board and an Executive Board member of the South African Hypertension Society, demonstrating his active involvement in shaping the future of cardiology in South Africa. As the President of the Heart Failure Society of South Africa (HEFSSA), he promotes African heart failure research and treatment. His admission as a Fellow of the European Society of Cardiology in 2022 further validates his commitment. Nqoba's passion for teaching and training undergraduate and postgraduate students is a testament to his dedication to the field.

MARYNA WIESNER

Maryna completed her LLB degree in 2013 at the North-West University, Potchefstroom. She began her professional career in 2014 by practising as a candidate attorney and was formally admitted as an attorney of the High Court of South Africa in May 2016.

Following her admission, Maryna moved into the commercial legal environment as legal professional, specifically focused on the sectional title, financial, funding, and collection sectors. She was then promoted to legal specialist where she focused on providing legal advice and developing internal and external training programmes to benefit fellow staff members and industry role-players. The key highlights in her role as a legal specialist was the launch of the online "Introductory Guide for Sectional Title Owners" course by the Training Academy for Community Schemes (TRACS) and contributing to the TRACS Book, "Sectional Title Scheme Reference Guide".

Maryna also completed a Compliance Management course with the University of Cape Town. In May 2022, she kicked off her journey in the governance and compliance sector as Group Company Secretary of Bright Light Solar VCC, and STS Investment Holdings. During this time, she also completed the directorship programme presented by the Institute of Directors South Africa (IoDSA) and obtained her designation as Certified Director.

Maryna is currently serving as the Director and Chairlady of TRACS, and moved into her new role within the group as Governance, Risk and Compliance Manager. In her free time, she also serves as independent non-executive director at the SA Heart® Association.

ROANLEIGH THAMBIAN

Roanleigh Thambiran is the founder and managing director of Cherubim Capital, a management consulting company focusing on:

- Advisory services and due diligence reviews for mergers and acquisitions
- Advisory services and access to partners in the financial services and technology industry
- Providing access to international funding and intermediaries for major projects

A qualified chartered accountant, Roanleigh, with more than 20 years' experience in banking in South Africa, has held senior roles including Executive roles in retail and business banking: Head of Business Development, Head of Commercial Asset Finance, Head of Investments. She started her own management consulting company in 2021, and also has experience providing consulting services across borders including United States of America, United Kingdom, Australia, and other African countries.

POPULAR CONGRESSES FOR 2024 - 2025

CONGRESS	DATE	PLATFORM	HOST
AHA SCIENTIFIC SESSIONS https://professional.heart.org/en/meetings/scientific-sessions	16 - 18 November 2024	Chicago	United States of America
SASCI AFRICA PCR Please contact sasci@sasci.co.za	14 - 15 February 2025	Century City, Cape Town	South Africa
CASSA SYMPOSIUM Please contact elouise@shiftideas.co.za	22 February 2025	Cape Town	South Africa
ACC CONGRESS 2025 https://accscientificsession.acc.org	29 - 31 March 2025	Chicago	United States of America
29TH ASIAN PACIFIC SOCIETY OF CARDIOLOGY CONGRESS https://www.apsccongress.com	17 - 19 April 2025	Busan	Korea
THE 3RD INTERNATIONAL CONGRESS OF HYPERTENSION IN CHILDREN AND ADOLESCENTS https://ichca.net	08 - 11 May 2025	Warsaw	Poland
ESC HEART FAILURE CONGRESS https://www.escardio.org/Congresses-Events/Heart-Failure/About-the-congress/future-heart-failure-congresses	17 - 20 May 2025	Belgrade	Serbia
SUNECHO Please contact Hanri Lennox at hlennox@consultus.co.za	19 - 23 May	Tygerberg / Stellenbosch	South Africa
EUROPCR 2025 https://www.pcronline.com/Courses/EuroPCR	20 - 23 May 2025	Paris	France
HeFFSA HEART FAILURE SPECIALIST FORUM Please contact info@hefssa.org	06 - 07 June 2025	Cape Town	South Africa
SA HEART® FELLOWS EXAM PREPARATION COURSE 2025 By invitation	20 - 22 June 2025	Cape Town	South Africa
SASCI MM By invitation	25 - 26 July 2025	Pretoria	South Africa
SASCI FELLOWS WORKSHOP By invitation. Please contact sasci@sasci.co.za	22 - 23 August 2025	Cape Town	South Africa
ESC CONGRESS AND WORLD CONGRESS OF CARDIOLOGY https://www.escardio.org/Congresses-Events/ESC-Congress	29 August - 01 September 2025	Madrid	Spain

POPULAR CONGRESSES FOR 2024 - 2025 continued

CONGRESS	DATE	PLATFORM	HOST
25TH ANNUAL CONGRESS OF THE SOUTH AFRICAN HEART ASSOCIATION https://www.saheart.org	17 - 19 October 2025	Cape Town	South Africa
GLOBAL CARDIAC ONCOLOGY SUMMIT Please contact info@cocosa.org	30 October - 01 September 2025	Century City, Cape Town	South Africa
SA HEART® NATIONAL MONTHLY JOURNAL CLUB	Monthly, each first Wednesday of the month, February 2025 - November 2025	Virtual	South Africa

Check **SA Heart®** online calendar for updates and training events across the country.
<https://www.saheart.org/calendar>

IN MEMORY OF JAN ANDRIES SAIMAN

Andre (Jan Andries) Saaiman started the thriving cardiology practice which evolved into the SA Endovascular group practice at Netcare Kuils River Hospital, more than 3 decades ago. Since then, he wholeheartedly devoted himself to his patients, touching countless lives with his compassion. He was a highly experienced interventional cardiologist, cardiac electrophysiologist, and an expert at percutaneous abdominal aneurysm repair. His skill set also encompassed peripheral vascular and structural heart disease interventions. The success of the SA Endovascular practice stands as a testament to Andre's dedication, leadership and vision, which included not only clinical service delivery, but also extending to the training of cardiologists, physicians and cardiac technologists. Andre was also the principal investigator in multiple pharmaceutical trials. Andre Saaiman was a leading cardiologist, and his untimely death is a great loss to the South African cardiology community. He will be dearly missed. He is survived by his wife Woudie, children Arnau, Ami, Ruan, Jean-Marie, and grandchildren.



Pieter van der Bijl, Johan Augustyn and Marshall Heradien

DO YOU WANT TO GET MORE INVOLVED IN SA HEART®?

Reach out to the South African Heart Association, please contact Thobile Ziqubu at thobile@saheart.org or info@saheart.org.

There is something for everyone.

We would love to have you on board.



PRESIDENT'S REPORT

Introduction

At the heart of SA Heart®'s continued success is the dedication and expertise of our incredible team. I would like to extend my heartfelt gratitude to everyone for your hard work, commitment, and passion throughout this year.

In particular, I want to recognise Erika Dau, our General Manager, whose unwavering leadership and decades of vital contributions have been indispensable to the growth and success of SA Heart®. Erika's dedication to this organisation, and to me personally, has been a cornerstone of our achievements. Her strategic vision, deep industry knowledge, and tireless efforts have shaped SA Heart® into what it is today, and for that, we are all deeply grateful.

I also want to extend my thanks to Thobile Ziqubu, who joined us in 2024 as our Stakeholder Manager. In a short time, Thobile has developed important initiatives that are already having a profound impact on our engagement with key partners and stakeholders. Her fresh perspectives and innovative approaches have energised our relationships and brought new opportunities to the forefront.

Elizabeth Schaafsma, our SHARE Registry Manager, whose work in managing the incoming data and presenting data internationally continues to strengthen SA Heart®'s reputation across global forums. Elizabeth's meticulous management and dedication ensure that the valuable information we gather is shared accurately and effectively with our stakeholders.

Finally, a special mention to a Board member, Mandi Fine, who in addition to fulfilling her Board duties, has provided extraordinary leadership and immense contribution to helping SA Heart® establish itself as a professional organisation worth partnering with.

To each of you, and to our all our additional volunteers drawn from our membership, thank you for your extraordinary contributions. It is your passion and hard work that drive our organisation forward and allow us to make a lasting impact in the healthcare industry.

Major milestones or achievements

Over the past year, SA Heart® has made significant strides toward advancing our mission and enhancing value for our members. Among the key milestones we have achieved are:

Increasing paid membership

We successfully grew our paid membership, reflecting the value we continue to offer to cardiovascular professionals across the country.

Re-establishing clinical autonomy

A critical achievement this year was reasserting our clinical autonomy and independence from medical aids that have attempted to influence our decision-making and patient management. This was particularly evident in our firm stance against the perverse incentives presented by certain CAD (Coronary Artery Disease) programmes. We are proud to have reclaimed our authority in determining patient care, free from external interference.

Collaborative stakeholder engagement

We have built a broader and more inclusive consensus among specialist stakeholders beyond SA Heart® to effectively negotiate with medical aid funders. A notable success in this area was securing access to newer, effective therapies, such as SGLT2 inhibitors, for our patients. This achievement highlights the power of collective expertise and advocacy.

Enhanced member value

We've focused on providing greater value to our members through several new initiatives:

The SA Heart® Beat newsletter

Launched in July as a regular publication, this newsletter keeps members informed of the latest developments within SA Heart® and the broader cardiology field.

Financial education programme

A new initiative designed to empower our members with essential financial knowledge, helping them better manage their professional and personal finances.

‘Expertise of our incredible team.’

Ongoing educational meetings

Our Special Interest Groups (SIGs) have been instrumental in organising ongoing educational meetings, keeping members updated on the latest clinical practices and research.

Cardiology Fellows Workshop and Journal Club

We continue to support the next generation of cardiologists through our Annual Cardiology Fellows Workshop, a vital platform for training and development. Additionally, our monthly SA Heart® Journal Club provides a forum for robust clinical discussions and knowledge-sharing.

Advocating for members

We have consistently intervened on behalf of our members, addressing queries related to billing issues with funders. This ongoing advocacy is central to ensuring that our members' professional interests are safeguarded.

We continue to provide additional support to our members through an educational grant designed to assist with attendance at the Congress. This initiative has been generously supported not only by industry partners but also by various SA Heart® structures, including certain regional branches and Special Interest Groups. This collective commitment underscores our dedication to enhancing the professional development of our members and ensuring their active participation in key events.

These achievements mark an important chapter in SA Heart®'s continued growth and commitment to advancing cardiovascular care in South Africa.

Social responsibility

In line with our mission to make a meaningful social impact and contribute to the broader public, SA Heart® is taking significant steps to engage patients in their healthcare journey. We are in the process of establishing a Patient Advisory / Support Group, which we anticipate will be fully operational as a working group by the end of the year.

This initiative aims to provide patients with a platform where they can actively participate in the management of their cardiovascular health. By giving patients a voice, we hope to empower them in their treatment decisions and ensure they are not just recipients of care but also advocates for their own well-being. Additionally, the group will serve as an important channel for patients to express their concerns and ideas, enabling them to have an effective voice at both the funder and government levels.

This project represents our commitment to fostering greater patient engagement and ensuring that their perspectives are considered in the broader healthcare landscape.

SA Heart®
is taking
significant steps
to engage
patients in their
healthcare
journey.

Reflection on challenges and how they were addressed

As with any dynamic organisation, SA Heart® has encountered several challenges over the past year. A major ongoing hurdle has been the full unification of the SA Heart® logo and branding across our Special Interest Groups (SIGs). This issue has been unresolved for some time, but progress is now being made under the guidance of our leadership. The adoption of a monolithic logo is vital for furthering the professional image of the organisation and enhancing our appeal to external partners who seek a unified and cohesive brand identity. This effort is an essential step towards strengthening our external collaborations and increasing the visibility of SA Heart®.

Another challenge has been engaging with colleagues to develop a unified consensus that aligns with the long-term interests of SA Heart®. While we strive for transparent decision-making, different perceptions of the process have emerged among various stakeholders. Ensuring that our actions consistently reflect the question, "What is best in the long term for SA Heart®?" remains a key focus for us moving forward.

Continued on page 152

PRESIDENT'S REPORT *continued*

Involving the younger generation of members has also been an ongoing challenge. Recognising the importance of their engagement, we have taken steps to involve them more actively in the SA Heart® Journal Club, offer editorial opportunities within the SA Heart Beat® newsletter, and encourage increased membership participation at a regional level. These initiatives have made positive strides, but continued focus is required to fully engage the younger cohort.

One of the ongoing challenges we face is the unresolved issue of incorporating cardio-thoracic surgeons back into SA Heart®. This situation is a source of deep regret for me. I believe that resolving this matter requires a genuine desire from the surgeons to be part of SA Heart®, rather than merely attracting them through external efforts.

This issue remains a priority, and I hope future leadership will find a way to address it effectively, fostering a renewed sense of unity and collaboration within our community.

Lastly, the OFS regional branch remains a point of concern. Despite our best efforts, the establishment of this branch has not yet succeeded, threatening the region's relevance as a centre for training future specialists. This situation is one we are committed to addressing to ensure the long-term strength of our national network.

These challenges, though significant, have presented opportunities for growth, adaptation, and improvement as we work together to achieve our goals.

Outlook for the coming year

Looking ahead, SA Heart® recognises several critical areas of focus to further our mission and strengthen our impact on both the medical community and the public.

One of the primary objectives for the coming year is expanding our collaboration with other medical societies to form a broad consensus group that can effectively engage with funders. Historically, funders have adopted a "divide and conquer" approach, but by forming a united front, led by the MFD Committee, we can address this challenge head-on. This collaborative effort will empower us to negotiate more effectively on behalf of our members and patients, ensuring better healthcare outcomes.

Developing future leaders within SA Heart® remains a vital priority. It is essential to continue highlighting the contributions of our scientific community and fostering the work of our researchers, as their expertise will drive the organisation's future direction and success.

Another important goal is the establishment and long-term sustainability of the Patient Advisory / Support Group. Securing appropriate financing for this initiative will be key, as it is integral to our efforts to give patients a voice in their cardiovascular health management and advocacy at both the funder and government levels.

Finances

On the financial front, SA Heart® must seek diversified funding sources beyond the pharmaceutical and device industries. A successful example of this approach is the "Check my Beat" World Heart Day initiative, which received generous support from Anglo American, Betway, and DisChem, in addition to Cipla. We cannot rely solely on proceeds from the annual SA Heart® Congress, and expanding partnerships with such institutions will be crucial to ensuring our financial stability and growth.

Media

Additionally, we have recognised the need for a stronger media presence to broaden our reach and impact. While a media strategy has been developed, its success depends on securing the necessary funding to ensure widespread penetration and visibility. This need for funding further highlights our motivation to explore diverse sources of financial support.

A national voice, SA Heart® mission and vision

Finally, SA Heart® must take a more vocal stance on substantive issues affecting both our members and the public. While we are committed to supporting government efforts in healthcare, we cannot remain silent when ill-informed decisions are made regarding public health. Furthermore, we must actively speak out against the mismanagement of public health facilities, ensuring that the needs of patients and healthcare professionals are properly addressed.

These goals reflect our determination to strengthen SA Heart®'s role as a leader in cardiovascular healthcare, both in South Africa and beyond.

SA Heart® is committed to being the scientific leader in cardiovascular healthcare in South Africa. Our mission is to champion equitable and sustainable healthcare, lead and innovate in cardiovascular sciences, educate healthcare professionals and the public, and influence cardiovascular healthcare policy.

Conclusion

As I write my final President's report, I am filled with confidence that the incoming President, Dr Martin Mpe, will continue to build upon the remarkable achievements of SA Heart® over the past 25 years. Our 25th year, a Silver Jubilee, is not only a celebration but also a poignant reminder of the essential role the SA Heart® Association plays in supporting cardiovascular practitioners and serving the broader public in South Africa.

While this marks the end of my presidency, my dedication to SA Heart® remains steadfast, and I will continue to assist the association in any way that I am called upon. As we move forward, I am hopeful that new volunteers will step up, allowing my generation to take a step back as the future leaders of cardiovascular health take the reins.

Eric Klug
SA Heart® President

MOTIVATION LETTER TOOLKIT

We thank the members of **SA Heart® Ethics and Guidelines Committee** who have put together funder **motivation templates** for certain conditions and medications, providing you with another SA Heart® member benefit.

Please login to your member profile and navigate to the resource centre to find these helpful tools.



WEBSITE LINKS

SA HEART®	www.saheart.org
CASSA	www.cassa.co.za
HeFSSA	www.hefssa.org
PASCAR	www.pascar.org
PCSSA	www.saheart.org/pcssa
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



CHAIRPERSON'S REPORT

SA HEART® BOARD

Non-executive members

Prof Eric Klug (President SA Heart®, Chair ExCo & Stakeholder Committees), Dr Anthony Dalby (Chair), Prof Nqoba Tsabedze (Deputy Chair), Ms Mandi Fine (Chair, Nominations Committee), Prof Ruan Kruger, Prof Timothy Pennell, Ms Roanleigh Thambiran (Chair, Board Audit and Risk Committee) and Ms Maryna Wiesner (Chair, Social and Ethics).

Seconded

Dr Martin Mpe (President-elect) and Dr Philasande Mokoko.

SA Heart® staff

Ms Erika Dau (General Manager), Mrs Elizabeth Schaafsma (SHARE Registry Manager) and Mrs Thobile Ziqubu (Stakeholder Manager).

Board meetings

25 November 2023, 25 May 2024 and 3 August 2024.

Organisation of the Board

Members who left the Board following the 2023 AGM are duly thanked for their services:

- Dr Martin Mpe to become President-elect, Ms Robyn MacMhaoigh legal advisor & independent Board member, Prof Alfonso Pecoraro cardiologist & independent Board member and Mr Francois Mintoor accountant & independent Board member.
- The current Board members elected Dr AJ Dalby as Chair of the Board in November 2023.
- Chairs of the respective Board Committees accepted their appointments as listed above.
- Ms Maryna Wiesner has tendered her resignation as of this Annual General Meeting as she has been appointed to a senior position in her company. The Board thanks her for her services and wishes her every future success.

Strategic planning

Following a meeting held in Stellenbosch in 2023 a strategic plan for SA Heart® was drawn up and presented to the Board in January. The plan stresses several elements:

- strengthening ties between the various entities within the Association viz. its Branches, SIG's and individual members,

- promoting volunteerism especially among its younger members,
- establishing an online career development programme for members,
- supporting postgraduate education through the Annual Congress and other meetings,
- revitalising the SA Heart® Journal,
- committing to national policy development in collaboration with regulatory bodies,
- promoting patient activism to defend the right of public access to best medical practises,
- promoting SA Heart® through social media and
- strategising fund-raising to support the Association's activities.

Governance

This year saw SA Heart® registered as a Public Benefit Organisation. SA Heart® has been granted trademark registration of its logo. Members of the Board were active in updating the Terms of Reference governing interactions between SA Heart® Exco and the Association's component elements and external relations. A Code of Conduct and regulations for Disciplinary Procedures were approved. Staff policies and Human Resource matters were approved. A Risk Register is kept updated and financial budgets and reports are reviewed at each Board meeting.

SA Heart® Journal

Although the Journal was established 21 years ago, certain members stated that they were unaware of its existence when surveyed last year. Apart from the Congress issue, no original articles were published during 2023. Earlier this year the Journal reappeared under an interim editor. Subsequently a new Editor, Prof Ruchika Meel, has been appointed and is overseeing the publication of articles held back in 2023 as well as new submissions.

Funding

Funding of SA Heart®'s activities must be divided between the means to support its members, enable it to reach out to the influencers of healthcare policy and to support its public outreach programmes. A formal funding strategy is being devised. The Annual Congress provides the greatest contribution to the budget. However within the current restric-

tive funding environment consideration must be given to prioritising projects, containing costs, and developing a value proposition that will attract greater support from pharmaceutical and device companies and non-medical corporations. At present membership fees contribute only 13% of SA Heart®'s income and an upward revision of these fees is urgently required. It should be noted that as a Public Benefit Organisation any support given towards public outreach programmes cannot be accrued in any part to the Association's account.

Conclusion

I wish to thank all members of the Board, the Executive Committee, Ms Erika Dau, Mrs Thobile Ziqubu and Mrs Elizabeth Schaafsma, the Chairs of the Board Committees, Standing Committees and Projects, Special Interest Groups and Branches who dedicate generously of their time and effort to making SA Heart® a success.

Anthony Dalby
SA Heart® Chair of the Board

SNIPPETS

To find out more about the Check my Beat SA Heart® World Heart Day project and its impact, and to meet the winners of Heart Health Track, join us for the Networking evening of the SA Heart® Congress on Friday, 8 November 2024 in the Exhibition Hall of the Sandton Convention Centre.

To listen and vote for the songs, please visit CheckmyBeatSA.com.



**19-23
MAY
2025**

REGISTER NOW!

14th SUNECHO Course



19 MAY 2025

Hands-on 3D Echo Workshop

Venue: Division of Cardiology, Tygerberg Hospital

20 - 23 MAY 2025

SUNecho Course

Venue: Protea Hotel, Techno Park, Stellenbosch



<https://consultus.eventsair.com/sunecho-2025>

Endorsed by



Proudly organised by ConsultUS (Pty) Ltd

ANNUAL REPORTS 2024

Due to governance and publication deadlines, the reports are accurate at time of submission early September, and some matters might have changed by time of publication / Annual General Meeting.

BOARD COMMITTEE REPORTS

SA HEART® BOARD AUDIT AND RISK COMMITTEE (“BARC”)

Committee members

Mrs Roanleigh Thambiran (Chair), Mrs Maryna Wiesner, Prof Nqoba Tsabedze and Prof Eric Klug.

Executive summary

- The Board charter has been finalised and updated with relevant legal input.
- Salary increases for staff were approved by the Board on 10 February 2024 at 5.4%.
- PBO status was finalised with the issuing of S18A certificates to qualifying organisations.
- BARC implemented a new policy for approval of costs not in budget.
- BARC has begun deliberating on cyber risk matters and also addressed ongoing concerns regarding the membership site. This will be investigated further in 2025 together with relevant subject experts and rectified subject to budget approval.
- The excess funds were considered and how to earn a better return. Three asset managers were consulted and the matter will be presented at the next Board meeting for approval.
- Membership fee increases approved for 2025. Although all members are now ordinary members of SA Heart®, membership fees are still split in the old full and associate categories based on member specialty.
 - Full membership fee 7%, i.e. R1 500 + VAT.
 - Associate membership fee 27%, i.e. R350 + VAT.
- At the Board meeting, the BARC provided feedback on SA Heart®’s 2024 annual financial statements that were also tabled to the Board for approval.
- Annual financial statements (AFS) for the year ended February 2024, together with the solvency and liquidity ratios, were tabled and discussed at BARC.
- The Chair of the BARC invited external auditors to the last BARC on 28 October 2024 to share feedback.
- Materiality had been set at R80 000.00 and no material issues were identified.
- Annual reports 2023
 - No going concern issues (considering SA Heart®’s strong cash flow position).
 - The Auditor advised that no control weaknesses were identified.
 - No matters concerning fraud were identified.
 - No material events occurred after year end.
 - The Audit opinion is an unqualified report, meaning the AFS presented fairly in all material respects, the financial position of the SA Heart® NPC.
 - Annual returns are up-to-date.
- The Board approved SA Heart®’s AFS.

Roanleigh Thambiran

Chair, Board Audit and Risk Committee

SA HEART® EXECUTIVE COMMITTEE

Committee members

Prof Eric Klug (President & Chair), Dr Anthony Dalby, Prof Ruan Kruger, Prof Timothy Pennel, Mr Joseph Shaw, Prof Karen Sliwa and Ms Erika Dau.

Executive summary

The 2024 year has been a period of significant progress and challenges for SA Heart®'s Executive Committee (EXCO). This report outlines the achievements, ongoing initiatives, and areas of focus, providing a comprehensive overview of our work throughout the year.

Terms of Reference (TOR) for EXCO

The Terms of Reference (TOR) for EXCO define its role as the crucial interface between the Board and the Society. EXCO is responsible for translating strategic objectives into actionable plans and ensuring smooth execution. All members are encouraged to review these terms (available on the website) and raise any questions to clarify their roles and responsibilities.

Membership certificate

A new membership certificate has been designed and has been available for download from members' online profiles. This certificate includes details about subgroup membership and expiration dates, enhancing member engagement and providing clear documentation of their status. It is strongly recommended to download this certificate and display it proudly in your office / consulting room reception.

Financial statements

Concerns have been raised regarding the financial reporting of Special Interest Groups (SIGs) and their contracts with administrators. SA Heart®'s role is limited to oversight, but SA Heart® is ultimately responsible for due financial diligence of itself and its representative groups.

Principles of financial management

The Budget and Risk Committee (BARC) prepared the 2024 / 2025 budget amid reduced Congress surplus. Projects will thus need to be carefully costed and funded or approved through reserves. A balanced budget approach is being emphasised, avoiding projections of profit or loss.

Cardiac Oncology Society of South Africa (COSOSA)

Exploring the possibility of COSOSA becoming a SIG under SA Heart® is recommended. Collaboration in the future is encouraged, but only under a joint understanding of the way towards incorporating COSOSA into SA Heart®.

World Heart Day

The "Check My Beat" initiative, involving multiple partners such as the University of Witwatersrand, NEHANA, SyntropY, JoziMyJozi, Cipla, Betway Cares, and Anglo American. This is the largest public health project SA Heart® has undertaken. The project includes health monitoring and referral capabilities, with plans to expand nationally. Leadership includes David Jankelow, Thobile Ziqubu, and Mandi Fine.

Patient advocacy group

Processes are well under way, funds being sought, and a survey of the public need and perspective in process.

Co-option onto EXCO

The idea of co-opting a member under 40 years of age onto EXCO has been discussed. Possibly 1 allied health professional and 1 medical professional under 40. This would be very important from a mentoring process and grooming future leaders of SA Heart®.

Continued on page 158

ANNUAL REPORTS 2024

Congress convenor 2026 and 2027

Dr Charles Kyriakakis has been identified as the convenor for the 2026 and 2027 Congresses. His volunteering for this very serious task is very much appreciated. Cape Town will host the 2025 Congress.

Education and Ethics Committees

Blanche Cupido and Pieter van der Bijl's terms end in 2024. Their contributions have been immense, and these 2 Committees have been in the forefront of setting the example of being active, having regular meetings, producing guidelines, motivation templates, deciding on ethical issues and organising SA Heart® Journal Club, the Annual SA Heart® Fellows course and providing scientific and financial support to the Congress. It has been proposed and accepted to merge the Education Committee with research activities, changing its name to the Education and Research Committee.

Communication with SIGs and regional branches

Improving communication with SIGs and regional branches is a priority. Using a WhatsApp group and / or regular emails will be established with the WhatsApp group probably to be the most effective channel of communication. Thobile Ziqubu is exploring these options, including a pilot WhatsApp group, while ensuring compliance with data protection regulations.

Media and communications

Ms Ziqubu is working to enhance communication and collaboration between the MFD and the Education Committee. There have been budget constraints affecting social media, but efforts are being made to maximise impact within these limitations.

Broadening financial base

To broaden SA Heart®'s financial base, suggestions include targeting grants, increasing membership fees, and introducing publication fees for the SA Heart® Journal. Leveraging PBO status for tax benefits and pursuing targeted fundraising proposals have been highlighted as action items.

Association calendar and meeting coordination

There has been conflicts between different meeting organisers and so a communal calendar for scheduling meetings is essential. All SA Heart® meetings will be added to this calendar, and industry partners have been informed to avoid scheduling conflicts.

Other matters

Ms Thobile Ziqubu and Ms Erika Dau are open to receiving suggestions from members and encourage communication via email to address any concerns or ideas.

Acknowledgments

I extend my gratitude to all members, partners, and sponsors for their continued support and contributions. Special thanks to the leadership team and all those who have contributed to the success of our initiatives throughout the year.

Eric Klug

Chair, SA Heart® President

SA HEART® NOMINATIONS COMMITTEE

Committee members

Ms Mandi Fine (Chair), Dr Anthony Dalby, Mrs Roanleigh Thambiran and Mrs Robyn MacMhainigh (Co-opted).

Number of meetings held

- 16 November 2023 - Stakeholder Relationship Manager appointment meeting.
- 11 April 2024 - SA Heart® Journal Editor nomination meeting.

Matters addressed

- Appointment of Stakeholder Relationship Manager.
- Editor and Sub-editor for SA Heart® Journal.

Matter presented to Nominations Committee

- Proposal to appoint Thobile Ziqubu as the SA Heart® Stakeholder Relationship Manager.
- Nominations for Editor.

Board acceptance yes / no / follow up discussion

- It was agreed that Thobile was the preferred candidate, her salary was agreed and a formal offer was made.
- Professor Ruchika Meel was elected. It was decided that Sub-editors would be selected by the Editor on appointment.

Special achievements / progress

- The Nominations Committee spent a lot of defining the role and recruiting for the new Stakeholder Relationship Manager position. The Committee also spent time post the appointment of this candidate defining clearly roles and responsibilities of this candidate with clear prioritisation splits for the role.
- The advertisement was disseminated on all SA Heart® channels for the recruitment of the SA Heart® Journal Editor and Sub-editor positions.

Goals for next year

- The Nominations Committee will be responsible for appointing a new legal person to the Board post the resignation of Maryna Wiesner.
- New Board members will be appointed in November 2024 at the AGM.

Mandi Fine
Chairperson, Nominations Committee

SA HEART® SOCIAL AND ETHICS COMMITTEE

Committee members

Mrs Maryna Wiesner (Chair), Prof Ngoba Tsabedze and Dr Hanneke Dannheimer.

Meetings held

- Meeting was held 18 April 2024.
- The main topic was an update on the NCD Indaba of 2022 to obtain the statement of declaration to commit to a common agenda between the various stakeholders within the cardiovascular space with the National Department of

Continued on page 160

ANNUAL REPORTS 2024

Health. The said declaration was not agreed as all, but the Minister of Health didn't sign, as the matters discussed at the Indaba addressed items, like creation of safe spaces, food security, not falling into the ambit of the Department of Health, and those ministries whose responsibility they are, were not represented at the Indaba.

- As a next step, Drs Martin Mpe and Nqoba Tsabedze will be attending the Department of Health broad stakeholder meeting wherein Dr Mpe will be representing SA Heart®. Dr Mpe requested that a timeslot be allocated to him to provide background on SA Heart® and to see if they can find some common grounds. Prof Klug agreed and suggested that Dr Mpe includes in his talk that ultimately all organisations will be involved and that SA Heart® is not going to be the sole organisation, but it's starting and SA Heart® undertakes to commit to generalise to everybody that it has to start somewhere getting a sense of leadership, and SA Heart® can provide that leadership, but SA Heart® is not dictatorial in any way.
- Following feedback from the above-mentioned meeting, next steps will be identified, and other groups will then be approached.

Policies

Staff policies

Approvals due: Tim Pennel, Roanleigh Thambiran and Nqoba Tsabedze.

Disciplinary procedure

Dr Anthony Dalby made the attached amendments when same was circulated for approval and then signed off. His changes were minor and would not affect the approvals received to date.

Approvals received: Anthony Dalby, Ruan Kruger and Mandi Fine.

Approvals due: Tim Pennel, Roanleigh Thambiran, Nqoba Tsabedze and Eric Klug.

Code of conduct

Dr Anthony Dalby made the attached amendments when same was circulated for approval and then signed off. His changes were minor and would not affect the approvals received to date.

Approvals received: Anthony Dalby, Ruan Kruger, Mandi Fine and Eric Klug.

Approvals due: Tim Pennel, Roanleigh Thambiran and Nqoba Tsabedze.

Maryna Wiesner

Chairperson, Social and Ethics Committee

SA HEART® STAKEHOLDER RELATIONS COMMITTEE

Committee members

Prof Eric Klug (ex-officio, Chair), Prof Ruan Kruger, Prof Timothy Pennel, Chairs of Standing Committees, Chair of SHARE committee, Editor-in-Chief of SA Heart® Journal, Presidents of Special Interest Groups, Presidents of Regional Branches and Representatives of Device and Pharma industry.

Executive summary

In 2024, SA Heart® has continued its mission as a volunteer-driven, member organisation dedicated to advancing cardiovascular science, education, and policy development. This report summarises key activities, initiatives, and discussions from stakeholder meetings, highlighting progress and areas of focus for the year.

The expansion of our permanent staff pool, by introducing the new SA Heart® Stakeholder Manager in early 2024 has been a vital development for us. Thobile Ziqubu has hit the ground running, and is very active in engaging with industry, establishing a

patient advisory group, and being involved in the World Heart day activities, as well as driving new membership and reaching out to regional branches and SIGs.

Volunteers and their importance

We acknowledge the vital role of volunteers in SA Heart® and the Committee is well aware of the importance of good governance, financial discipline, and administrative rigour for SA Heart®'s success.

SA Heart® and stakeholder relations

Reviewing the purpose of the MoU

The importance of the Memorandum of Understanding (MoU) between SA Heart® and its regional branches / special interest groups (SIGs) has been re-interrogated, and the document is available for download from the SA Heart® website. The importance of the MoUs is in defining relationships, ensuring effective oversight, and fostering mutual trust, while upholding company law and King IV principles of governance. Additional applicable documents include: The SA Heart® Memorandum of Incorporation, and the code of conduct.

Administrative requirements

As per the MoU, it is important to recognise the need for aligned constitutions, annual general meetings, and timely reporting on activities and finances. A concerning feature has become people in leadership positions not always ensuring their SA Heart® membership status, and it is important for all to note that any leader / contributor must be a paid-up member of SA Heart®. The importance of succession planning and leadership involvement is always emphasised in the Stakeholder Committee.

A SA Heart® membership portal for event registration, clear communication regarding invitation lists for sponsored events, and a possible dual model for National Journal Clubs, offering both free access for members and a paid option for non-members have been discussed.

Marketing and unified logo

Aligning sub-group logos with the SA Heart® brand is a remaining ideal that is in the process of happening. Sajidah Khan (SASCI) and Suriah Salam (ISCAP) expressed interest in reconsidering the alignment of their respective logos after seeing the positive visual impact of unified branding, while the paediatric society still need to engage in the process.

Media, funder relations and Digital Committee

Only in existence for a year, this Committee led by David Jankelow has been active in organising sponsorship and structure to a very important and relevant initiative inspired by World Heart Day, that has gathered a variety of sponsors and involved organisations, hopefully serving as a template for future SA Heart® initiatives. The Committee has established a regular Heart Beat newsletter and trialling a new course providing education to our members. Funder relations have involved interacting with medical aids, discussing mutual issues, and resolving billing queries relating to our members.

SA Heart® Journal matters

Ruchika Meel has been appointed the new editor of the SA Heart® Journal and has established her editorial board, with a concrete plan to resurrect this important vehicle for SA Heart® and its members. The upcoming issues, starting with the Congress edition, will reflect these changes. The financial viability of the Journal is not assured.

SA Heart® at ESC

The ESC Congress in London was very well attended by a number of South Africans, with presentations and chairing sessions being part of their activities. The President represented SA Heart® at the meeting of Affiliated Cardiac Society Presidents, attended the official ESC dinner and organised an official SA Heart® / ESC session at the Global Stage where we presented on the genetic spectrum of cardiomyopathies and HIV and the heart. A SA Heart® stand was also manned by Erik Dau / Elizabeth Schaafsma in the Global Village of the Congress. There are 14 affiliated societies in the ESC, there were about 31 000 in-person

Continued on page 162

ANNUAL REPORTS 2024

Congress attendees, and about 5 000 online – reflecting the size and influence of the ESC. We need to continue contributing and strengthening our involvement with the ESC, with 52 other national cardiac societies participating in the Congress. We trialled this year the European examination in core cardiology, an examination that was taken by 868 participants this year.

Industry matters

The Committee remains aware of the challenges in engaging industry representatives effectively. A shift towards a more individualised, relationship-based approach has been proposed, involving one-on-one meetings and assigning different industry representatives to various sub-groups. The Stakeholder Manager will be leading this effort.

Acknowledgments

We extend our sincere thanks to all stakeholders, members, and partners for their ongoing support and contributions throughout the year. Special appreciation goes to those who have been actively involved in advancing SA Heart®'s mission. I want to express my gratitude for the dedication and commitment of all members, and it has been an honour to chair this Committee.

Eric Klug

Chair, Stakeholder Committee

STANDING COMMITTEE AND PROJECT REPORTS

SA HEART® EDUCATION COMMITTEE

Committee members

Prof Blanche Cupido (Chair), Dr Mamaila Lebea (PCSSA), Prof Ashley Chin (CASSA), Dr Charle Viljoen (CASSA), Dr Pieter van der Bijl, Dr George Comitis, Dr Sajidah Khan (Fellows Course Co-convenor), Prof John Lawrenson (PCSSA), Prof Lindy Mitchell (PCSSA), Prof Antoinette Cilliers (PCSSA), Dr Arthur Mutyaba (SASCI), Prof Nqoba Tsabedze (HeFFSA), Prof Ruchika Meel (CISSA), Prof Neil Davies (SASCAR) – co-opted, Sister Carmen November (ISCAP) – co-opted and Dr Marshall Heradien (Fellows Programme) – co-opted.

Activities

SA Heart® monthly Journal Club

Inception in 2021 with a **rotational basis** (monthly on the first Wednesday of every month) between **SIGs and Branches** providing a platform for sharing high quality journals articles with our members who may otherwise have not had access to such. Attendance numbers improved in 2024. Journal Club is now open to non-members at a minimal fee. Funding at present is sourced from industry – this needs to improve in 2025 (Thobile will drive this initiative). We have asked the **SIGs / Branches to create a short blurb for social media after their Journal Club** – this has regrettably not happened consistently, and we encourage this for 2025.

SA Heart® Fellows WhatsApp / Support group

This started as an initiative in 2019, and was been driven in 2021 / 2022 by Dr Marshall Heradien. The aim is to move back to having monthly meetings online aimed at topics the Fellows struggle with in particular. The driving force for this should hopefully be the Fellows going forward. Relevant articles and teaching material is posted on this group. **We would like to encourage the Fellows to use this platform to share educational material.** Apart from academic content and dissemination, the mentorship aspect of this programme has proven valuable. There is certainly more of a camaraderie and ease of discussion and collaboration between candidates from different units.

SA Heart® annual Fellows exam preparation course

This was the 4th annual course. It was held from 21 - 23 June 2023 in Johannesburg. Fellows from all academic units attended (25 - 30). Esteemed faculty from around South Africa gave a series of lectures. The Sunday morning was once again spent doing a mock exam. Candidates preparing to write the exam found this interaction with examiners extremely helpful. We thank the industry partners who made this possible. **The next course will be in Cape Town from 20 - 22 June 2025.** Please save the date.

Social media content vetting

We have previously been working with Marlize Stander in creating posts for our social media accounts on Twitter (X), Facebook, Instagram and LinkedIn. We have this year focused on local content creation. Marlize's time has come to an end and our new social media provider, DocLink, has taken over. Vetting of the posts now falls mostly to the new MFD (Media Digital Funder) Committee. The Education Committee has an ongoing collaboration with the MFD Committee for social media and newsletter posts / content creation. Thank you to the members who have contributed in terms of creating posts and making short videos / snippets. **We gladly welcome all contributions and do contact us if you want to get involved – we need new blood, the younger generation and new perspectives.**

Endorsement of teaching meetings

The Education Committee is frequently approached to endorse meetings – the criteria for endorsement is found on our website. **Please do contact us re queries for endorsement.**

Continued on page 164

ANNUAL REPORTS 2024

Education Committee Congress involvement

The Education Committee is involved with the scientific programme of the Congress. Further involvement is around the allocation of grants and sponsorships as per the SA Heart® Board-approved criteria. A subgroup of this committee has met and evaluated the applicants according to a pre-defined set of criteria, that is Board approved, for purposes of fairness, transparency, and consistency. The group works with Amy, who deals with the grant process from the PCO side.

SA Heart® Journal

Professor Ruchika Meel has been appointed the Editor of the Journal. The Education Committee assisted in vetting the proposed candidates for the Journal Board.

ESC Cardiology Exam

SA Heart®, as an affiliate member of the ESC, has partnered with them for the ESC Cardiology Exam, one which is currently being used as an exit exam in many European countries. **We are allowed to have 3 candidates (in their final year of training or soon thereafter) register for free per year.** For the 1st exam (18 June 2024), 2 candidates applied. One failed to take the exam and the other was regrettably not successful, speaking to the high calibre and standard of the examination. The Education Committee will come up with specific criteria for evaluation going forward for the 2025 cycle. A member from the Education Committee will be involved at the ESC Examination Board level on behalf of SA Heart® to gain a better understanding of their systems.

SA Heart® research and travel grants

- **Travel Grant:** R30 000 for international conferences or R10 000 for local quarterly.
- **Research grant:** R75 000 annually.

In 2024, only 1 travel grant was awarded – R30 000 to Dr Pieter-Paul Straus Robbertse who presented at the ESC meeting. There has been a lack of applicants. Thus far, there have been no applications for the research award – despite extensive advertisements. These grants are usually awarded after evaluation by the Education Committee.

Head of Department fora

- These have been created to provide a platform for discussion and collective action around issues pertaining to service delivery, training, and engagement with educational bodies. We have 3 separate groups at present: Adult cardiology, paediatric cardiology, and congenital cardiac surgery (reached an impasse on the surgery side at present). A number of national issues are currently under discussion and evaluation. This has been a tricky area – further clarify of the roles and boundaries of individual academic units and SA Heart®'s new roles need further and continued discussion and collaboration.
- We have not met this year – the aim is to meet late September. We will aim to discuss and clarify:
 - Collaboration with the Colleges of Medicine of SA (CMSA) to revisit the exam format and processes and make suggestions for improvement. The college engagement has improved in the last 3 months. To get exams arranged more timeously, we are negotiating in getting more autonomy as a discipline in leading this process.
 - Struggling to get consensus on a strategy for the surgeons on how to move forward around the issue of congenital surgery (much discussion, yet impasse reached, with no easy options going forward).

Radio and television interviews

Many radio / TV stations may approach SA Heart® for interviews directly. Regrettably, these are often last-minute, making it difficult to find available members. I'd like to encourage our members to participate in these if they can. **Please do let me or a member of the Committee know if you'd be willing to avail yourselves for interviews (and let us know which languages you are fluent in).** If we can have a broader base, to choose from, a variety of languages and a more diverse age group, this would be immensely helpful.

Future activities

Educational initiatives with allied professionals

Though there is a lot of online educational activity for cath lab staff from ISCAP, there is a request to have more in-person meetings, meetings aimed at covering the basics and a **request for modules / meetings aimed at upskilling CCU nurses, echo technologists, and radiographers**. Sister Carmen November has many ideas for a modular programme that we can explore (in conjunction with SASCI and ISCAP), after finding funding.

Research

The SA Heart® Board have made a motion to **include research into the Education Committee** portfolio and requesting to expand our mandate. We would need to consider and brainstorm exactly what this would entail. For now, we offer a **research grant (R75 000 annually)** but perhaps in future we can support research students more.

Material for patient education

We need to create a series of patient infographics and information sheet – I am making a plea of younger clinicians (within the first 5 - 10 years of completing training) to get involved with this – please note – this will be for content writing and vetting, rather than doing anything graphically more complex – we will use our graphic design group for that. Please do get hold of me if you would like to be involved.

Patient Advocacy Group

The Patient Advocacy Group (separate from the Education Committee) was introduced by Eric Klug. It will give patients a platform for interaction with one another as well as host and promote patient-directed education. The Education Committee involvement with this group will be **in the aiding to generate academically sound material in conjunction with the MFD**.

Ongoing Challenges

- The dwindling numbers at Journal Club attendance.
- Member involvement in ongoing organisational activities.
- Poor member uptake of advertised opportunities.
- Fellows-driven monthly programme.
- Translating the activities into more engaged long-term involvement by members (especially in the younger members of the organisation) – creating a community of “paying it forward”.
- The biggest issue remains apathy and greater involvement, not in idea creation but in the execution of those ideas – i.e. soldiers in the trenches. **We need you – please see what areas you want to get involved in and contact me!**
- Fundraising for the different initiatives. Thobile will take much of this on as part of her new role.

Our greatest wish and plea are for a concerted effort for our younger cardiologists to actively get in volve in leadership within SA Heart® – we need you to offer time and involvement – this is essential for the organisation to thrive and progress. Let's get stuck in. **WE NEED YOU!!**

Blanche Cupido

Chair, Education Committee

Continued on page 166

ANNUAL REPORTS 2024

SA HEART® ETHICS AND GUIDELINES COMMITTEE

Committee members

Dr Pieter van der Bijl (Chair), Prof John Lawrenson (PCSSA), Dr Pumeshen Bisetty, Dr Michael Kagiso Masilo, Dr Charle Viljoen (CASSA), Dr Jens Hitzeroth (SASCI), Dr Lloyd Joubert, Dr Dirk Blom (LASSA) and Dr Frederic Michel (SASCAR).

Committee meetings in year

There were 4 in total.

Involvement in educational events or media participation

There were none.

Special achievements, impact or progress made

- SA Heart® Position Statement on Valvular Heart Disease in progress; expected Journal submission before the end of 2024.
- Template toolbox for medical funder motivations in progress.
- CASSA Position Statement on Left Bundle Area Pacing – under consideration and awaiting feedback from CASSA after comments by the Ethics and Guidelines Committee.

Challenges experienced

- Discovery CAD programme discussed; position of SA Heart® has been published online, after input from the Ethics and Guidelines Committee.
- Medscheme CCTA programme discussed; position of Ethics and Guidelines Committee is that it is similar to Discovery CAD programme in nature, and can not be supported in its current format.
- SAMA coding for colour Doppler TOE code discussed; awaiting formal feedback from SAMA.

Goals for next year

- No specific goal(s) identified, other than what is described in the terms of reference.

Pieter van der Bijl

Chair, Ethics and Guidelines Committee

SA HEART® MEDIA, FUNDING & DIGITAL (MFD) COMMITTEE

I would firstly like to sincerely thank Ms Mandi Fine (SA Heart® Board Director) and Ms Thobile Nqubu (SA Heart® Board Stakeholder Manager) for their expert assistance and guidance. I am also grateful to the MFD Committee members, who are giving up their valuable time to contribute to our ongoing projects.

MFD committee has 3 domains and sub-committees:

Media Funder Relations Digital

Andre Dippenaar (Chair), David Jankelow (Chair), Pravin Manga (Chair), Mandi Fine, Farouk Mamdoo, David Jankelow, Thobile Nqubu, Pieter van der Bijl, Andre Dippenaar and Selvan Govindsamy.

Ahmad Tayob, Human Niewenhuis, Charle Viljoen, Thomas Aldersley, Darshan Reddy, Raeesa Bhorat, Mamaila Lebea, Andrew Thornton, Marek Gebka, Abubakr Essa, Dineo Mpanya and Ahmad Tayob.

Media portfolio

The first 2 issues of our new monthly “SA Heart® Beat” have been warmly received and the third edition will be published towards the end of September.

We have linked both the MFD and Education Committees together and created a monthly roster with teams of 3 - 4 members. See the roster below (July 2024 - February 2025) below. A captain of each team will coordinate between the members to generate content. The individual captain is highlighted in bold. The theme and academic content of the “Beat” is left to the discretion of each team. It includes CV news, achievements, important trials, what is topical in cardiology, as well as SA Heart® news flashes. We have also linked to important and interesting CV podcasts that would be of value to our members. “SA Heart® Beat” will continue to evolve.

With regard to social media, we are extremely grateful to Blanche Cupido, who has consistently overseen new and attractive social media posts. Andre Dippenaar and I will both free up Blanche from this role. Blanche has however expressed her willingness to assist us in the future.

The “SA Heart® Beat” roster and teams

July 2024

André Dippenaar and David Jankelow

August 2024

Mamaila Lebea, Abubakr Essa, Farouk Mamdoo and Marek Gebka

September 2024

Pieter van der Bijl, Selvan Govindsammy, Human Niewenhuis and Blanche Cupido

October 2024

Darshan Reddy, Andrew Thornton and **Pravin Manga**

November 2024

Dineo Mpanya, **Charle Viljoen** and Raeesa Borat

December 2024

Antoinette Cilliers, Ashley Chin and **George Comitis**

January 2025

John Lawrenson, Thomas Aldersley and **Ruchika Meel**

February 2025

Lindy Mitchell, Arthur Mutyaba, Nqoba Tsabedze and Ahmad Tayob

Funder Relations sub-committee

We continue to work in cooperation with the SASCI Private Practice Committee. I am also extremely grateful to Dr Andrew Thornton for his ongoing active participation and support, with respect to private practice issues and problems thereof.

We have been dealing with and trying to resolve sensitive issues with regards to several Discovery audits of our members. We have written consensus opinions for a number of these audits. We recently were involved in a large mediation meeting with Discovery – Mr Human Niewenhuis and Mr Selvan Govindsamy (both representing allied cardiac professionals) were extremely helpful for this matter, and we value their advice and input.

I recently attended a meeting with Discovery to express ongoing problems experienced by our members – the administrative burden imposed by funders is becoming intolerable (motivations, forms, repeated telephone calls). We are also receiving complaints from members because of the above and denial of funding for certain treatments and procedures.

Continued on page 168

ANNUAL REPORTS 2024

We agree with Discovery that we should work cooperatively together. We need to understand each other's position. I have also stated that we are prepared to approach industry with regard to the cost of expensive therapies.

We are in the initial phase of creating a multi-disciplinary lobbying forum with all the internal medicine societies and associations. We feel strongly that joining forces with other disciplines will bring collective muscle for the successful management of our patients. We also need to stand together to protect our clinical autonomy and reverse the onerous administrative burden that is forced upon us. We held an initial constructive meeting with the Faculty of Consulting Physicians, Society for Endocrinology, Metabolism and Diabetes of South Africa (SEMDSA), and the South African Nephrology Society. I have reached out to the South African Thoracic Society and Neurological Association of South Africa. Presently await feedback from the latter 2 groups.

Recently a number of funders have begun to deny reimbursement for the colour doppler code (3637) when performing transoesophageal echocardiography (TEE) – has also resulted in complaints from a number of cardiologists. Attended a meeting with SAMA coding to iron out misunderstanding in the MDC billing manual for TEE coding. We therefore have sent a letter to SAMA regarding these issues – signed by Prof Eric Klug, Dr Phillip Herbst, Dr Chevaan Hendrickse and myself. Awaiting feedback from SAMA thereof.

World Heart Day and taxi project

World Heart Day and taxi project was held on 26 September 2024 for cardiovascular health screening of taxi drivers and commuters. Once again we are extremely grateful to Mandi Fine, Thobile Nqubu and Kate Gershuni (Project Manager) for their strategic expertise and hard work for this project. This is a very large and exciting undertaking in partnership with Anglo American, CIPLA, the Betway Cares Foundation, the Nahana Foundation, SyntropyP, the University of the Witwatersrand and Jozi my Jozi. A pilot day was held at Anglo American. Pulse, blood pressure, BMI, glucose and cholesterol were measured. An AI technology was used to determine pulse and blood pressure. Cholesterol and glucose required point of care testing. Individuals with abnormal screening parameters were to be referred to the various local clinics for further management. SA Heart® would hope to eventually expand this project nationally on a quarterly basis. In addition to detecting disease and risk factors, and directing individuals for treatment, accurate data collection may well be important in the future.

Digital innovation

Prof Pravin Manga, Dr Pieter vd Bijl, Dr Charle Viljoen, Dr Raeesa Bhorat, Dr Ahmed Tayob, Dr Thomas Aldersley, Dr Max Rath, Dr David Jankelow and Dr Andries Dippenaar.

Our intention is to firstly bring an awareness as to the future role for disruptive technologies and particularly how artificial intelligence (AI) will influence cardiovascular medicine. The AI technology for the Taxi Project / World Heart Day is an initial project for such digital innovation.

We are establishing firm links with the ESC digital committee, as well as the ACC and WHF in this regard.

An exciting project is to partner with the Centre for Artificial Intelligence Research (CAIR), which comprises an ecosystem of universities in South Africa. I have had meetings with the CAIR chair, Prof Deshen Moodley, who is excited to link with SA Heart® in this regard. They are exploring as to how we as cardiovascular professional can be included in such AI projects. In addition, CAIR would be able to join SA Heart® in our research projects, when techniques such as machine learning is required for perhaps analysis of big data.

I am grateful for the opportunity to lead this important Committee. We look forward to progress in each of the above areas.

David Jankelow

Chair: Media, Funding & Digital

SA HEART® REGISTRY – SHARE COMMITTEE

Committee members

Nqoba Tsabedze (Chair), Elizabeth Schaafsma, Jacques Scherman, Hellmuth Weich, Ashley Chin, Martin Mpe, Eric Klug, Andrew Thornton and Jens Hitzeroth.

SHARE strives to improve patient care by collecting local data on various conditions and treatments, and sharing this information with stakeholder communities. Having local data is important as it can inform national healthcare policy development when reviewed in conjunction with SA Heart® - supported international guidelines such as those of our affiliate society, the ESC.

The SHARE TAVI registry collects data from all centres implanting TAVIs in SA, and has been pressing for greater access to this technology for appropriately selected patients with aortic stenosis in all provinces and across both the state and private sectors. Geographic access has improved with the establishment of TAVI sites in the Eastern Cape and in Rustenburg, but lack of funding for the devices remains as a barrier to access in both the private and public sectors. TAVI, as an effective and life-changing treatment for aortic stenosis, has proven to be successful in SA, with outcomes that benchmark comparably to international high-volume centres. Despite the positive quantifiable evidence of the local programme's successful outcomes from the SHARE TAVI registry, TAVI is under-utilised in South Africa as an effective aortic stenosis treatment, and there is still much that can be done to support access to TAVI through the registry project.

The TAVI registry now has a total of 4 455 aortic stenosis patients' baseline clinical data entered. Of these, we have procedural and outcomes data of over 3 400 patients who have proceeded to have a TAVI implant, and will continue to follow them up for 10 years, generating quality local data.

Patients who exit the TAVI programme without an implant, for a variety of reasons, mostly unsuccessful funding or expected prosthesis mismatch, are also followed up for at least 1 year. This allows us to provide comparative local data on the life expectancy and outcomes for patients who do not have TAVIs, compared to those who have had TAVIs. TAVI in SA shows high success rates, low complications, and greatly increased life expectancy for all implanted patients, benchmarked on a par with international best care standards. Developing relationships with a wider network of stakeholders to encourage them to support access to implants for South Africans is a priority for the project in the short term. As SHARE has collected data, oral, and poster presentations from the registry data have highlighted some of the findings, and now the analysis and write-up for manuscripts planned around each presentation topic is going ahead in consultation with the site investigators.

A new device registry for the MitraClip was proposed, to look at local outcomes and patient selection for this relatively new procedure, as it is rolled out in South Africa. Drs Jens Hitzeroth and Hellmuth Weich have played a major role in the development of the dataset, and will take on the roles of Principal Investigators for this registry together with Prof Nqoba Tsabedze. The dataset has been approved, ethics approval has been given, and development of the database has been started. The testing of the Beta version of the database will coincide with the SA Heart® Congress 2024, and all who are interested may make enquiries at the SA Heart® booth at the Congress.

The proposed CRT-D registry with Prof Eric Klug and Dr Andrew Thornton as the Principal Investigators, has been put on the backburner temporarily, and will be kicked off again in 2025, when Prof Klug has finished his term as the SA Heart® President.

The Atrial Flutter / Fibrillation registry, SHARE-SAFFR, led by Dr Martin Mpe and Prof Ashley Chin, has been developed and tested by the Investigators, and ethics approval has been obtained for the initial sites. Further sites have been identified and ethics approval is in progress for these sites too. There are plans to expand the registry to include patient-reported feedback, and to use the registry data together with this feedback to help improve awareness and access to care for this condition in South Africa.

Continued on page 170

ANNUAL REPORTS 2024

The registry projects continue to build on their solid and successful base, and we will continue to generate the type of local data and information that will influence and improve clinical practice, patient care, and public policy in the future.

We are grateful to all our registry project sponsors, Astra Zeneca, Baroque, Boston Scientific, Edwards Lifesciences, Medtronic, Meril, and Pfizer have all supported the registries through various research grants over the years, and we thank them for their continued support. We hope that as further industry members expand their product offerings and look for insights from local data, that they too will support the SHARE registries.

The SHARE registry committee remains thankful to individual members of SA Heart®, the SA Heart® Executive, industry partners, funders and hospital groups for their continued interest and support of SHARE, and of course most importantly our very grateful thanks to the Investigators and participants at all our registry sites.

Elizabeth Schaafsma

Nqoba Tsabedze

Chair, SHARE Committee

SPECIAL INTEREST GROUPS (SIG) REPORTS

CARDIAC ARRHYTHMIA SOCIETY OF SOUTHERN AFRICA (CASSA)

Committee members

Dr Adelle Greyling (President), Dr Kaveshree Govender (Treasurer), Dr Andrew Thornton (Private practice), Dr Jane Moses (Education, Public practice), Prof Ashley Chin (Public practice), Dr Charle Viljoen (Ethics and Guidelines), Prof Rob Scott Millar (Accreditation), Mr George van der Merwe (Social media, Industry), Mr M. van den Berg (Industry), Mr Human Nieuwenhuis (Allied professionals) and Mrs G. Nichols (Secretary).

Last AGM of group / or proposed date of next AGM

Last AGM was held on 30 October 2024.

Succession plan and process

This year is an Exco election year. Results to be announced at AGM.

Educational events held or involved with through year

- The Andrzej Okreglicki Memorial Advanced ECG and Arrhythmia Interpretation Course meeting was held again this year.
- Several other educational webinars were held:
 - ECG webinars.
 - Cardiac clinical technologist journal clubs and pacing course continued.
 - Annual CASSA symposium was held in February 2024. It was an in-person meeting with international faculty Prof McCleod from Florida, and Prof de Pooter from Belgium.
 - CASSA participated in the SA Heart® programme last year, including hosting the pre-congress workshop.
 - CASSA assisted with conduction system pacing workshop in August.

Special achievements

- Prof Chin, Dr Thornton and Dr Vezi are members of faculty for the upcoming AFHRA meeting.
- Dr Greyling was a member of the organising committee and faculty at the World Congress of Paediatric Cardiology and Cardiac Surgery held in Washington last year, as well as for the upcoming pediatric rhythm meeting.

Challenges experienced

- Industry support in the form of corporate membership.
- CASSA may experience financial difficulties soon. Our expenses increased mostly due to IT costs of the social media campaigns. Income from corporate memberships decreased.
- Third party sponsorship for academic meetings continue to be a challenge.

Grants, sponsorships and mentorship programmes

- Industry support and third-party sponsorship remain challenging.
- Limited funds are available for educational grants.
- Registrar teaching continued including case support at provincial hospitals.

Continued on page 172

ANNUAL REPORTS 2024

Goal for next year

Regular webinars are planned both for ECG teaching and pacing and device troubleshooting.

Financial report submitted?

Yes a financial report was submitted.

Adele Greyling
President, CASSA

HEART FAILURE SOCIETY OF SOUTH AFRICA (HeFSSA)

Executive committee

Nqoba Tsabedze (President), Martin Mpe (Ex-Officio President), Nash Ranjith (Vice-President), Mpiko Ntsekhe (Treasurer), Tony Lachman (Secretary), Eric Klug, Karen Sliwa and Ntobeko Ntusi.

Last AGM of group / or proposed date of next AGM

Last AGM was held on 17 January 2024.

Succession plan and process

We actively engage recently qualified cardiologists to join the Society and participate in specific programmes and projects to cultivate our future leaders. We plan to co-opt 3 members to the Exco to bring on aspiring heart failure leaders.

Educational events

Third annual HeFSSA Specialist HF F2F Symposium (7 - 8 June 2024)

- The HeFSSA Specialist Treatment and Device Therapy Symposium took place on 7 - 8 June 2024, at the Capital on Park Hotel in Sandton, Gauteng.
- The symposium saw participation from over 120 healthcare professionals, mostly cardiologists, senior cardiology Fellows, and physicians with a special interest in heart failure.
- The programme focused on the efficacy and outcomes of heart failure treatment and device therapies, covering topics such as the latest advances in heart failure diagnosis, special investigations, AI, imaging, medical treatment, and device therapies from the cardiologist's perspective.
- The international faculty included Dr Bernard Samaia (Kenya) and Dr Lambert Appiah (Ghana) with able local support from Dr Brian Vezi, Dr Dineo Mpanya, Dr Freek Bester, Dr Jens Hitzeroth, Dr John Benjamin, Prof Karen Sliwa-Hahnle, Dr Martin Mpe, Prof Mpiko Ntsekhe, Prof Nqoba Tsabedze, Dr Sarah Kraus, Prof Eric Klug, Prof Andrew Sarkin, Dr Tony Lachman, and Dr Vinod Thomas.

HeFSSA Heart Failure Academy

- Prof Nash Ranjith successfully led the development of the HeFSSA Heart Failure Academy for GPs, pharmacists, nurses and other allied. The official launch was held on 11 March in Sandton during the HeFSSA regional GP workshop. This online free self-study course consists of 5 CPD accredited modules with automated MCQ assessment with a HeFSSA Certificate of Completion after 5 modules have been completed (total of 25 CPD points). All 5 modules are available for delegates to access and complete. There were more than 350 enrolments with 203 completions of module 1, 144 completions of module 2, 102 completions of module 3, 85 completions of module 4 and 79 completions of module 5. Therefore 79 HCPs received the 1st HeFSSA HF Course - Certificate of Completion.
- **Module 1:** Introduction, epidemiology, definition and causes of heart failure (Prof Nash Ranjith)
- **Module 2:** Diagnosis of heart failure (Dr Martin Mpe)

- **Module 3:** Treatment of heart failure and its complications (Prof Nqoba Tsabedze)
- **Module 4:** Prevention of heart failure both at a primary and secondary level (Dr Tony Lachman)
- **Module 5:** Patient centeredness - addressing patient priorities for heart failure, quality of life and their engagement in heart failure management (Prof Mpiko Ntsekhe).

Twenty one Regional GP F2F meetings planned for 2024 (case-based discussion focusing on HF Academy content)

- **13 April - Cape Town:** The HeFSSA Heart Failure GP Meeting gathered 70 attendees at the Century City Convention Centre, spanning regions such as Cape Town's northern and southern suburbs. Faculty members Jens Hitzeroth and Tony Lachman led the session, sponsored by Zydus.
- **4 May - West Rand:** The HeFSSA Heart Failure GP Meeting attracted 19 participants at the Vivari Hotel, focusing on the West Rand of Gauteng. Presenters Nqoba Tsabedze and Tony Dalby were supported by Zydus.
- **4 May - Potchefstroom:** Simultaneously, another meeting took place at the Willows Garden Hotel, drawing 13 attendees. This session targeted the North-West and outskirts of Gauteng, featuring presenters Don Zachariah and Thabo Pilane, sponsored by Zydus.
- **11 May - Gqeberha:** More than 60 attendees, the HeFSSA Heart Failure GP Meeting took place at the Dolphin's Leap Conference Centre, Garden Court Kings Beach, focusing on the Kouga and Nelson Mandela Bay Metropolitan Municipality regions. Faculty members Nico vd Merwe and Jacques du Toit led the session, sponsored by Pharma Dynamics.
- **1 June - Sasolburg:** The HeFSSA Heart Failure GP Meeting targets the Vaal Triangle region and was attended by 15 delegates, featuring presenters Lifa Dhlamini and Mpho Sebesho. This session is sponsored by Zydus.
- **1 June - George:** Also on 1 June, the HeFSSA Heart Failure GP Meeting in George focused on the Garden Route region and saw 32 delegates attend. Presenters HW Snyman and HR du Toit led the session, sponsored by Pharma Dynamics.
- **20 June - Mthatha:** Presenter Khulile Moeketsi at Mayfair Hotel, sponsored by Zydus. Forty delegates were in attendance.
- **29 June - Richards Bay:** The meeting took place at the Richards Hotel. Faculty members were Sizwe Mthiyane and Nash Ranjith, with the event being sponsored by Zydus. Twenty delegates were in attendance.
- **13 July- Pretoria:** Presenters were Themba Maluleke and Jean Vorster. The meeting took place at the Capital Hotel Menlyn Maine and was sponsored by Zydus. Seventy HCPs were in attendance.
- **27 July - Polokwane:** At the Fusion Boutique Hotel with Martin Mpe and Nompumelelo Gogo as presenters, sponsored by Pharma Dynamics. A record 70 HCPs were in attendance from public and private.
- **3 August - Mossel Bay:** The meeting took place at Pinnacle Point Golf Estate with speakers Karim Hassan and H.R. du Toit as faculty, sponsored by Zydus. Twelve HCPs were in attendance.
- **7 September - Pietermaritzburg:** Anew Hilton Hotel, with Nash Ranjith as the presenter, sponsored by Zydus.
- **5 October - Hermanus:** Marine Hotel with Le Roux van der Merwe and Carl de Clercq as presenters, sponsored by Zydus.
- **5 October- Somerset West:** Hoogeind Manor with Mahmoud Al-Naili and Ntobeko Ntusi as presenters, sponsored by Zydus.
- **Tzaneen:** TBC with Martin Mpe and another presenter, sponsored by Zydus.
- **5 October - Windhoek:** Venue TBC, Keir McCutcheon and Mike Alison as presenters, sponsored by Pharma Dynamics.
- **12 October - East Rand:** Venue TBC, Nompumelelo Gogo, Farouk Mamdoo and Eric Klug suggested presenters, sponsored by Zydus.
- **12 October - Witbank:** Tsogo Sun Ridge Hotel, with Ndikundisani Tshiovhe and Michael Ramaboea as presenters, sponsored by Zydus.

Continued on page 174

ANNUAL REPORTS 2024

- **12 October - Bloemfontein:** Protea Hotel Willow Lake with Thabiso Litelu and Freek Bester as presenters, sponsored by Zydus.
- **12 October - Mafikeng:** Protea Hotel Mahikeng with Nqoba Tsabedze and Dr Mmuso Mogwera as presenters, sponsored by Zydus.
- **19 October - Nelspruit:** Capital Hotel Mbombela with Nash Ranjith and James Fortein as presenters, sponsored by Pharma Dynamics.
- **26 October - East London:** Selbourne Guest House with Dave Kettles and Wayne Lubbe as presenters, sponsored by Pharma Dynamics.

HeFSSA at the SA Heart® Congress 2024, 8 -10 November 2024, Sandton Convention Centre

- Heart Failure Track is convened by Martin Mpe and Nqoba Tsabedze.
- Cardio update for Non-Cardiologists Workshop at the SA Heart® Congress will be offered as part of the Friday at the Congress and should see 200 GPs from Gauteng in attendance. Convenors Prof Pindile Mntla, Dr Hanneke Dannheimer and Dr Darryl Smith.

Challenges experienced

- To get more colleagues involved in the leadership structure.
- To optimise private and public HCP attendance of face-to-face meetings.

Grants, sponsorships and mentorship programmes

- All programmes are offered free of charged (no registration) to HCP delegates (including travel and accomodation for out-of-town delegates to HeFSSA Specialist HF Symposium).
- Three travel scholarships to ESC awarded - Dr Umar Adamu (Cardiologist, CMJAH, University of the Witwatersrand), Shaune Rajoo (Cardiac Technologist, Life Vincent Pallotti Hospital) and Dr Kishal Lukhna (Cardiology Fellow, Groote Schuur, University of Cape Town).
- **Mentorship:** Rising Stars programme mentioned above.

Goal for next year

- Expand the reach and impact (clinical implementation) of various educational programmes.
- Update HeFSSA HF Guidelines.
- Enroll 500+ HCPs in HF Academy Course.
- Continue to actively support community initiatives and engage NDOH.

Financial report submitted?

Yes a financial report was submitted.

Nqoba Tsabedze
President, HeFSSA

INTERVENTIONAL SOCIETY FOR CATHLAB ALLIED PROFESSIONALS (ISCAP)

Executive Committee

Selvan Govindsamy (Chair), Waheeda Howell (Past Chair), Sr Suriah Salam (Vice Chair), Shauné Rajoo (Vice Chair), Isabel Bender (Vice Chair Nurses), Human Nieuwenhuis (Vice Chair Technologists) and Sabira Khatieb (Vice Chair Radiographers).

Membership

We are continuously looking at ways to increase membership. We have had an increase after the introduction of the poster we created together with corporate support.

Online modules

All 4 Modules and the CPD questionnaires are now updated. We will look at adding to these modules towards the end of 2025.

Webinars / meetings

Sadly, we had no webinars nor meetings. This was due to a lack of funding and corporate support.

ISCAP poster

We have successfully finished the poster and the rollout to all the labs. This was achieved together with corporate support.

Journal Club

We have successfully hosted another Journal Club on behalf of SA Heart® on 7 August 2024. Topics varied from: CSP vs. conventional pacing, AF assessment and PVI intro, LAAO, PFO, and interventional cardiology.

SA Heart® Congress 8 - 11 November 2024

We have finalised a rather interesting ISCAP programme, finalised the speakers, and have forwarded them to the Congress convenors.

Virtual Cath Lab training

Sadly again, we were unable to continue this VCL training which we introduced in 2023, due to the lack of industry support.

Conclusion

We are working toward a greater presence for ISCAP and creating a bigger footprint. The SA Heart® programme is finalised. Current projects are to increase membership and secure more funding for our ongoing training.

Selvan Govindsamy
Chair, ISCAP

LIPID AND ATHEROSCLEROSIS SOCIETY OF SOUTHERN AFRICA (LASSA)

Executive Committee

Prof David Marais (President), Prof Derick Raal (Secretary), Dr Dee Blackhurst and Prof Dirk Blom.

Last AGM of group / or proposed date of next AGM

- Before COVID.
- Cancelled at strike at SA Heart® Congress. No quorum at RSVP.
- To be considered at SA Heart® Congress.

Continued on page 176

ANNUAL REPORTS 2024

Succession plan and process

Difficulties communicated to teaching hospital system staff, SAMJ and SA Heart® for years. No response to approaches to committee of deans and ministers of health over >2 years.

Educational events held or involved with through year

- **Lipidology course:** Nederlands Vereniging Interniste Vasculaire Geneeskunde, Utrecht, 11 June 2023.
- **Lipidology course:** Addis Ababa, Ethiopia, 5 - 7 July 2024.
- **Novartis:** ASCVD Symposium, 13 July 2024, Johannesburg.

Challenges experienced

- Lack of posts dedicated to lipidology; clinicians, scientists and technologists.
- Lack of funding to perform specialised clinical and laboratory investigation in South Africa.
- Lack of support at teaching institutions to render above as well as training.
- Increasing administrative demands.

Grants, sponsorships and mentorship programmes

- Participation in drug trials.
- University of Zimbabwe communication to establish lipid clinic.
- Contribution to postgraduate student at University of Zimbabwe.

Goal for next year

Sustain expertise as best possible.

Financial report submitted?

Report to be delivered ahead of meeting.

David Marais
President, LASSA

PAEDIATRIC CARDIAC SOCIETY OF SOUTH AFRICA (PCSSA)

It gives me great pleasure in providing this report back on the Society's activities and status for the year 2024 and the planned programme for 2025.

Executive committee

Prof Jayneel Joshi (Chair), Dr Vijay Mammen (General Secretary), Dr Mamaela Lebea (PR and Social Media Liaison), Dr Darshan Reddy (Cardiothoracic Representative), Dr Adele Greyling (Treasurer General), Dr Samkelo Jiyana (Private Practice Representative) and Prof Lindy Mitchell (Ex-officio).

Vision and mission for 2024

Congenital Heart Disease (CHD) remains the number 1 cause of congenital abnormality in children. The current Executive Committee and Chair have been focusing on creating awareness around the early diagnosis and treatment of CHD. We have engaged various stakeholders including the Paediatric Society of South Africa and our primary goals are as follows:

- Improving the skills of general paediatricians in order to have echocardiography screening available at more district and regional hospitals;

- Role out of the Pulse Oximetry Screening (POS) programme in all districts of South Africa to promote neonatal pulse oximetry screening as a tool to screening for CHD.
- We also aim to make our website a base for all information concerning CHD and services available in South Africa in all official languages.

Events for 2024

Congenital Heart Awareness World Heart Week, 7 - 14 February 2024

The Society facilitated and encouraged all units in both private and public units to host celebrations for CHD Awareness Week. This included focusing on the POS program and creating awareness around CHD. Events were hosted at Steve Biko Academic Hospital, Charlotte Maxeke General Academic Hospital, Chris Hani Baragwanath Hospital, Polokwane Provincial Hospital, Dr George Mukhari Hospital, Red Cross War Memorial Children's Hospital, Inkosi Albert Luthuli Hospital, Universitas Hospital, Sunninghill Hospital, Christian Barnard Hospital, Ethikweni Heart Hospital.

In addition there was an extensive media campaign on radio and television in all languages and to all communities including on Talk Radio 702, Kofifi FM, PhalaPhala FM, Thobela FM, etc. Our social media and website was abuzz with activity from all the awareness generated around this week.

Social media and website

The social media portfolio has been handled inhouse by Dr Lebea and has been an outstanding success story with a major 3-fold increase in engagement with our social media posts. This includes a massive increase in the website visits for the year. Collaboration with organisations such as the Paediatric Cardiac Society of South Africa has widened our audience base tremendously.

Outreach and teaching and training - SAPA / PCSSA workshop

The Society embarked on a very ambitious project to provide basic echocardiography screening skills for paediatricians and registrars with the aim of improving CHD screening across South Africa.

In order to achieve this we have 130 candidates attend various units around the country including Nelson Mandela Children's Hospital, Steve Biko Academic Hospital, Nelson Mandela Academic Hospital, Dora Ngiza Hospital, Witbank Provincial Hospital, Charlotte Maxeke Johannesburg Academic Hospital, Polokwane Provincial Hospital, Nkosinathi Albert Luthuli Hospital, Dr George Mukhari Hospital and Tembisa Hospital.

The course was very well received with amazing feedback from the candidates. There was a standardised pre-workshop online training link as well as extensive electronic PDF material that was supplied to candidates. The aim was to engage paediatricians about the echocardiography machines that they may have in their various hospitals and to have a basic approach to a screening echo. This was performed in small groups and entirely hand-on in format. We are already receiving patients from Mphumalanga and Limpopo with excellent echo diagnosis.

SCAI (Society for Cardiovascular Angiography and Intervention) Fellowship Award 2024

The SCAI society has had an on-going collaborative travelling Fellowship award that is focused on recently qualified, junior interventional cardiologists. They offer an annual training workshop in Las Vegas that is nothing short of life changing. There is an opportunity to meet legends in the interventional cardiology space from both America and Europe and spend a significant amount of time being taught about basic principles of intervention. Discussions cover basics like catheters, devices, dealing with complications and of course also provide an amazing opportunity for networking.

The Fellowship was awarded to Dr Ahmad Alharm and Dr Shenaaz Ghulam Hoosain in 2023. This year 2 more candidates, Dr Christiana Adu-Takyi and Dr Nazneen Allie. We look forward to many positive experiences for them at the workshop to be held in December 2024 in Las Vegas.

Continued on page 178

ANNUAL REPORTS 2024

SA Heart® 2024

The organising committee of Dr Vijay Mammen and Prof Antoinette Cilliers has managed to compose a fantastic lineup of speakers and presenters for the paediatric track of SA Heart® for 2024.

Dr Krishna Kumar: Hands-on catheter lab intervention road show

Dr Krishna Kumar, better known as KK, is a world renowned leader in paediatric cardiology and interventions. He will be our central speaker for the Congress. This will be supported by our many acclaimed paediatric cardiology colleagues from South Africa and Africa.

He has been kind enough to agree to a hands-on cath lab road show to be conducted at Steve Biko Academic Hospital and Red Cross War Memorial Children's Hospital from 4 - 7 November 2024. This will be sponsored by Vertice Medical and entail complex cath lab interventions in children.

College examinations

There were no candidates in the first half of 2024. There is 1 candidate who is currently writing the second semester examination for the Certificate of Paediatric Cardiology.

Fellow activities

With the aim of improving teaching across the country, the Society has implemented a monthly lecture series directed primarily at paediatric cardiology Fellows. The programme covers a variety of topics relevant to the examinations and are conducted by senior paediatrics cardiologists from private and state across the country on an online platform. The recent lectures were very well received. This effort should go a long way to improving Fellow training across the country.

Journal Club - SA Heart® 2024

The Society hosted a very successful Journal Club meeting in conjunction with SA Heart®. The attendance was very good and the topics very well received.

2025 and beyond

Plans for 2025 include an imaging road show to be featured across all units across the country sponsored by the Society and run by Prof Norman Silverman. Prof Silverman is a world renowned echocardiographer and foetal echocardiography specialist. He is a true South African at heart and completed his undergraduate training at University of the Witwatersrand. He has a real passion for teaching and his previous workshops that we have hosted have been fantastic.

We look forward to hosting paediatric echocardiography and foetal echocardiography workshops and training across the country in March 2025.

Financial report

The current economic climate has been challenging for the Society to say the least. Despite this, through our fund raising activities as well as various sponsorships from industry, we have managed to keep a very good looking balance on our balance sheet and have increased our available capital substantially. Overall the Society is in a very good financial state.

The Society looks forward to making the management, diagnosis and advocacy for patients and families with CHD a priority for SA Heart® and the country at large.

Jayneel Joshi
Chair, PCSSA

SOUTH AFRICAN SOCIETY FOR CARDIOVASCULAR RESEARCH (SASCAR)

Executive Committee

Dr Rabia Johnson (President), Prof Sandrine Lecour (SASCAR accounts), Prof Neil Davies (Educational representative), Dr Gerald Maarman (PR), Dr Dirk Bester (Outreach), Dr Marguerite Blignaut (PR), Dr Angélique Lewies (Secretary) and Dr Frederick Michel (Ethics).

Last AGM of group / or proposed date of next AGM

The AGM was held on 30 January 2024.

Succession plan and process

Re-election of members to include PR and outreach portfolios to increase visibility:

- Outgoing: Prof Barbara Huisamen and Dr Balindiwe Sishi.
- Newly appointed: Dr Dirk Bester, Dr Marguerite Blignaut and Dr Angélique Lewies.

Educational events held or involved with through year

Conferences

- None for 2023. SASCAR conference planned for 2024.

Workshops

- **Lasec speckle imaging workshop:** 18 June in Cape Town and 27 June 2024 in Bloemfontein. Attendees: 20.
- **Western blot workshop:** 3 June - 7 June 2024. Attendees: Workshop 12, industry exhibition and presentations: 32.
- **Planning of retinal scan workshop** co-hosted by Stellenbosch University and North-West University (late 2024 / early 2025).

PR event

- Introduction of SA Heart® and SASCAR at the 2nd quarter Centre for Cardio-metabolic Research in Africa (CARMA) - 5 minute presentation slot.

Quarterly update meetings 2024

- **SASCAR AGM:** 30 January 2024.
- **Exco meetings:** 20 February 2024, 6 May 2024, 8 July 2024 and 7 October 2024.
- **SA Heart® stakeholder meeting:** 23 July 2024.

SA Heart® Conference 2024

Sessions:

- Updates on cardiomyopathies.
- **Translation from bench to bedside:** Successes and challenges.
- **Connecting dyslipidaemia to cardiometabolic alterations:** Translational aspects.
- **SASCAR session - CVD imbizo:** Early career research.
- Abstract session.

Continued on page 180

ANNUAL REPORTS 2024

Special achievements

Increase membership from n=30 (as at October 2023) to n=53 (as at August 2024) members.

Challenges experienced

- Visibility of SASCAR outside of Western Cape. Initial contact was made with Prof Ruan Kruger. Strategic meeting to discuss way forward must still be initiated.
- Lack of social media platform (currently under discussion with Thobile).

Grants, sponsorships and mentorship programmes

- Sponsorship: Lasec.
- Speckle track imaging and western blot workshop.

Goals for next year

- Improve outreach to increase visibility.
- Planned Conference 2025
- Increase membership.
- Event for World Heart Day 2025: Big walk.
- Planned mentorship programmes across universities.

Financial report submitted?

Yes a financial report was submitted.

Rabia Johnson

President, SASCAR

SOUTH AFRICAN SOCIETY OF CARDIOVASCULAR INTERVENTION (SASCI)

Executive committee

Sajidah Khan (President, SASCI), Jean Vorster (Vice President), Dave Kettles (Secretary), Farai Dube (Treasurer), Hellmuth Weich (Ex-officio President), Chevaan Hendrickse (SASCI PPC), Ahmed Vachiat (STEMI SA), Chris Zambakides, JP Theron, Shaheen Pandie, Jens Hitzeroth and Arthur Mutyaba.

Co-opted: Jess John, B. Griffith and Keir McCutcheon.

ISCAP leadership: Selvan Govindsamy (President, ISCAP), Sr Suriah Salam (Nurse) and Shauné Rajoo (Clinical Technician).

Last AGM of group / or proposed date of next AGM

1 March 2024 at the Vineyard Hotel, Cape Town - The **SASCI AGM** held during the SASCI-AfricaPCR Course was well attended and bid farewell to Graham Cassel and Cobus Badenhorst after many years of contribution and leadership within the Executive. Hellmuth Weich concluded a stellar 4 years as President and was thanked for his dedication and tireless leadership. He remains as the ex-officio President and will continue to support Sajidah Khan who now leads SASCI as President for the next term.

Succession plan and process

In addition to the constitutional process, SASCI is engaging pro-actively with early career cardiologists and allied professionals to involve them in the Society's educational programmes.

Educational events held or involved with through year

Education remains at the forefront of our activities.

- **SASCI-AfricaPCR Course 2024**, held on 3 - 4 March 2024, saw the successful hosting of the 1st combined SASCI-AfricaPCR Course as a face-to-face meeting, post-COVID. The course accommodated 164 attendees, including 73 cardiologists, 13 Fellows, 46 allied professionals and 32 industry members from 11 companies. The academic content was developed by the SASCI Executive under the convenorship of Drs Hellmuth Weich, Sajidah Khan and Jean Vorster with Jens Hitzeroth and Adie Horak contributing as well as input from AfricaPCR directors, Profs William Wijns, Farrel Hellig and Mpiko Ntsekhe. This is a collaborative effort between SASCI and AfricaPCR, with a focus on Live Case demonstrations and Toolbox sessions, in addition to case presentations and didactic lectures. The esteemed international faculty included in-person attendance by Simon Walsh, Colm Hanratty, Andrew Ladwiniec and virtual participation by Tiffany Patterson, Simon Redwood and Thierry Lefèvre. Local faculty included Mark Abelson, Andrew Asherson, Brad Griffiths, Farrel Hellig, Philip Herbst, Jens Hitzeroth, Adie Horak, René Jansen van Rensburg, Dave Kettles, Sajidah Khan, Charles Kyriakakis, Basil Levetan, Arthur Mutyaba, Alfonso Pecoraro, Siyo Sibeko, Lynne Tudhope, Ahmed Vachiat, Pieter van Wyk, Jean Vorster, Hellmuth Weich and Elsabe Klinck.
- **SASCI-Mayo Clinic Cardio Fellows Summit Webinar** took place on 22 April 2024 (as part of a regular, ongoing collaboration) with international convenors being Gregory Barsness and David Holmes and local convenors Sajidah Khan and Hellmuth Weich. The invited international guest faculty for the webinar were Arashk Motiei and Robert Frantz, also from the Mayo Clinic. This teaching session focused on the invasive assessment and management of pulmonary embolism. The webinar included a case presentation by Siyo Sibeko with local Fellows acting as panellists in the discussion forum. The panel of Fellows included Raeesa Bhorat, Wanda Tshabalala, Edson Jasse and Zama Ramagaga. The webinar accommodated a group of 30 faculty and Fellows (the webinar is restricted to Fellows only).
- **SASCI - SA Heart® Journal Club Webinar** was held on 8 May 2024. Convenor Sajidah Khan with presenters Wayne Lubbe, Chevaan Hendrickse and Jess John held discussions on recent seminal publications in interventional cardiology. The webinar was well attended by 50 participants.
- **SASCI** was invited to host a joint session at **EuroPCR** on 16 May 2024 with the Bangladesh Society of Cardiovascular Intervention and the Indonesian Society of Interventional Cardiology. Hellmuth Weich, Keir McCutcheon and Shaheen Pandie, all SASCI Exco members, participated in the "How Should I Treat – Left Main" session.
- **ISCAP**: SA Medical Services has committed to rolling out an ISCAP poster promoting the Society, membership benefits and educational programmes. They will assist with printing and distributing posters to cath labs.
- **ISCAP** are engaging with industry to offer a Virtual Cath Lab (VCL) courses, with a similar format to last year. The course will simulate a cath lab team environment and will consist of 3 academic sessions: One focused on nursing, 1 on radiography and 1 on clinical technologists.
- **SA Heart® Journal Club** was hosted by ISCAP (7 August) and sponsored by Zydus, was convened by Shauné Rajoo (Cardiac Technologist) and well attended. The interesting topics were well presented by the diverse group of faculty:
Finding the Rhythm - Mr Zander Vorster; **Finding Chemo - What's strain got to do with it?** Mr Mlondi Shandu, **Sound of Silence: PVI Ablation** - Mr Thabo Ngaka, **Put a plug in it** - Dr Bradley Griffiths, **Follow the Bubbles** - Dr Charles Kyriakakis and **Solid as a rock** - Dr Adie Horak.
- **The 20th Annual SASCI Fellows Workshop** took place on 23 - 24 August 2024 at the Vineyard Hotel, Cape Town and again included a SASCI Fellows Summit Webinar session hosted with the Mayo Clinic, Rochester. The meeting was well attended by 45 HCPs mostly Fellows and recently qualified cardiologists with senior cardiologists from both academia and private sector as faculty. Mayo Clinic International Virtual Faculty was Greg Barsness, Jacob Jentzer and Ben Hibbert. Local in-room Faculty: Jean Vorster, Sajidah Khan, Hellmuth Weich, Dave Kettles, Arthur Mutyaba, Adie Horak, Jens Hitzeroth, Thadathilankal-Jess John, Keir McCutcheon (Namibia), Chevaan Hendrickse, Farouk Mamdoo (pre-recorded), Lloyd Joubert, Andrew Asherson and Tobias Kotze (Medical Physicist, Radiation Specialist). The 6 Fellows Cases as professionally presented and actively debated: Bradley Naidoo (Tygerberg), Ewald Nel (Tygerberg), Caroline De Musemwa (Groote Schuur), Lindokuhle Qwabe (Charlotte Maxeke) and Tweedy Keokgale (Chris Hani Baragwanath) with Kabo Mojela (Charlotte

Continued on page 182

ANNUAL REPORTS 2024

Maxeke) been awarded Best Case Presentation (and receiving paid for registration to attend SA Heart® Congress 2024). The Workshop was well supported by 12 companies and saw staff attend the academic sessions and use the opportunity to network. The attendance was free of charge and included travel and accommodation if needed for all HCPs.

- **SASCI Visiting Professor 2024:** The eminent Prof Thierry Lefèvre originally from the Interventional Cardiology Department of the Institute Cardiovasculaire Paris Sud, Institute Hospitalier Jacques Cartier, France, will be travelling to South Africa and spending 20 October and 17 November at various local academic units. His stay will include participation at the Annual SA Heart® Congress.
- **SA Heart® Congress 2024 (8 - 10 November 2024):** Ahmed Vachiat (SASCI-STEMI SA Chair) is the congress convenor. Contribution to the SASCI track was received from Sajidah Khan, Farrel Hellig, Chris Zambakides, Keir McCutcheon and Arthur Mutyaba. ISCAP Allied Programmed has been convened by Shauné Rajoo.

Special achievements

- **ISCAP Cathlab Manual and Course for Allied Professionals** "Certificate of Completion" now issued on completion (online).
- SASCI facilitated the attendance (waived registration and travel support) of more than **200 cardiologists, Fellows, and allied professionals through educational grants** to attend SASCI-AfricaPCR 2024 and Annual Fellows Workshop.

Challenges experienced

To optimise human resources as Executive committee members are all volunteers with severe time constraints.

Grants, sponsorships and mentorship programmes

- **SCAI Fall Fellows Course:** Miami, Florida, United States of America from 1 - 5 December 2023 - SCAI supported 3 Fellows from South Africa to attend this premier fellows-only course in the USA. The recipients for 2023 were Sumanth Karamchand (Stellenbosch University), Reese Boosi (University of the Witwatersrand) and Msimelelo Mgidlana (University of Cape Town).
- **SASCI-AfricaPCR 2024:** SASCI facilitated the attendance (waived registration and travel support) for more than **125 cardiologists, Fellows, and allied professionals through educational grants**.
- **SCAI Fall Fellows Course,** Miami, Florida, United States of America from 11 - 15 December 2024. SCAI once again offered to support 2 Fellows from South Africa to attend this premier Fellows-only course in the United States of America. The recipients for 2024 are Kgomotso Baliki (Groote Schuur Hospital) and Arlene Mazaza (Tygerberg Hospital).

Noteworthy such as regulatory, private practice, etc.

- SASCI, with support from Klinck & Samuel, remains abreast of developments in the **statutory and regulatory environment** (NHI, etc.) and when deemed relevant to cardiology, formal submissions are made.
- SASCI encourages its leadership and members to pro-actively focus on identifying opportunities to enhance **private-public partnerships** wherever possible, to support capacity building within our discipline.
- SASCI continues to address ongoing queries from **funders on a day-to-day basis, provide input** on new devices and procedures and offer guidance for correct billing practices for interventional procedures.
- Members approach SASCI for assistance on various matters related to coding. The **SASCI Coding Manual** remains the principal document via which SASCI maintains standards of practice as it relates to coding in a system that has not kept abreast with developments in our field.
- The **CPT Cardiology Coding** remains an ongoing project of SASCI with SAMA taking the lead, and SASCI's input channelled through Karen van der Westhuizen. SAMA recently hosted a coding workshop prior to their Annual Congress (February 2024) and re-iterated their commitment to the process. Expert contributions were made by the American Medical Association which is the custodian of CPT in the USA. The workshop saw presentations on various coding systems been considered by our National Department of Health (NDOH).

- The NDOH favours the WHO **International Classification of Health Interventions** (ICHI) coding system and SASCI will map some common interventional procedures to evaluate the workability of ICHI in South African context. Karen van der Westhuizen is preparing this SASCI statement that will be based on mapping 10 common cardiology procedures with CPT and as comparison ICHI.
- Funding for procedures such as **TAVI** remains a concern and SASCI continues to engage with the Council of Medical Schemes. SASCI urges the Council of Medical Schemes (CMS) to re-consider the stance it has taken in many TAVI matters that had been before it, in the form of a **Benefit Definition or a CMScript** – tools that are available to protect patient's rights.
- Several **SASCI opinions** are being prepared reviewing some new and recently introduced technologies. This will also extend to addressing with **SAMA RVUs** for certain procedures such as TAVI.
- SASCI can report that in 2024 Discovery approved reimbursement of **IVL** following a year-long pilot programme (implementing SASCI Clinical Guidance), monitored utilisation and outcomes (including cost-effectiveness). This programme is a manifestation of SASCI's role as **clinical steward**.
- SASCI confirms that maintaining the **clinical autonomy of its members** is a primary factor when engaging with all funders. SASCI's mission is to ensure that treatment algorithms reflect best evidence-based / guideline-mandated practices and monitor implementation. Recent review of **CAD** programme data for 2023 reflects that since 2019 the programme saw increased utilisation of CTCA for low and medium risk patients and a reduction in number of invasive angiograms not leading to intervention, but the relative high number of angiograms not needing intervention remains a concern. The Discovery CAD programme is currently under active review; the funder has been engaged to ensure that the 2025 programme addresses the shortcomings noted by our community. This includes review of the contractual relationship.
- SASCI continues to offer **peer-support** to its members, when requested.

Goals for next year

- **ISCAP** will engage with industry to offer Virtual Cath Lab (VCL) courses at their training academies. The course will simulate a cath lab team environment and will consist of 3 areas: Nursing, radiography and clinical technology.
- **ISCAP** plans to relaunch the annual regional in-person workshop series and will engage with industry regarding sponsorship for 2025. The series will cover topics such as imaging, calcium management, pacing and ablations, closure procedures for LAA and PFO, structural heart interventions, AI in cardiology, NHI, etc.
- Expand the reach and impact of various educational programmes.

Financial report submitted?

Yes a financial report was submitted.

Sajidah Khan
President, SASCI

Continued on page 184

ANNUAL REPORTS 2024

BRANCH REPORTS

JOHANNESBURG BRANCH

Branch members

Farouk Mamdoo (President), Ahmed Vachiat (Immediate Past President), Riaz Dawood (Secretary) and David Jankelow (Treasurer).

Last AGM of group / or proposed date of next AGM

The AGM was held on 7 March 2024.

The Executive wishes to thank all members for their contributions and congratulates the new members to their positions.

The Branch has planned a cardiology Fellows course for the Johannesburg Branch Fellows and is planned for March 2025.

A faculty will be selected to deliver the course material and Dr Don Zakaria has agreed to be the Programme Director.

The Johannesburg Branch also hosted the SA Heart® National Journal Club on 5 June 2024 with interesting presentations made by Branch members Dr Riaz Dawood, Dr Vinod Vaishak and Dr David Jankelow.

Another meeting was held on 11 September 2024 and the Branch unanimously agreed to donate R60 000.00 to the grant pool for the 2024 SA Heart® Congress for delegate attendance.

The Johannesburg Branch is actively engaging its membership as interest in forming a provincial Social Media Group to share and discuss challenging clinical cases has been expressed.

The Branch wishes to thank all members and SA Heart® for the contributions and support, and invites all interested parties to continue to forward suggestions to grow membership and activities.

Farouk Mamdoo

President, Johannesburg Branch

KWAZULU-NATAL BRANCH

Branch members

Rohan Lutchman (President), Pumeschin Bisetty (Secretary), Rob Dyer (Ex Officio President), Darshan Reddy, Spa Zulu, Andiswa Mzimela and Himal Dama.

Activities

The momentum and cohesiveness gained in the previous year has seemed to have waned. The reason for this, I am uncertain of.

We have held only 2 face-to-face CME meetings.

The first was radiology-based, discussing cardiac CT and MRI. The presenters were 2 radiologists with a Fellowship in cardiac imaging. The meeting was well received, however, the attendance suboptimal.

The second CME included a combination of 3 short talks:

- Calcium modification in PCI by Dr Mozid (a visiting CHIP / CTO proctor from the United Kingdom).
- PCSK9 Inhibitors by the Amgen medical science liaison (MSL).
- Ethics by Elsabe Klink.

Despite the offer of CPD points and content of varying interests, the attendance was poor: Perhaps the week of the ESC Congress is not the best for a meeting?

We further hosted an online meeting - the September SA Heart® national Journal Club. Four articles were covered between Dr Rob Dyer, Pumeshe Bisetty and myself. Feedback from colleagues regarding the presentation / content was positive.

Changes within the Committee

The Executive Committee has met once, that being earlier in the year. Lots of vigour and enthusiasm was expressed at the time; however, this has not translated to actual eSort / commitment when required. We have had the resignation of our treasurer - Dr Andrew Asherson. His reasons were personal / private. This post will need to be filled and I have called for the Executive Committee to convene for a new treasurer to be appointed.

AGM

The Branch is overdue for an AGM. I am in discussion with Erika regarding the requirements and specifics. I hope to have this coincide with an upcoming CME (likely at the beginning of November).

Challenges experienced

- Lack of support / commitment from members.
- Poor attendance of meetings.
- 32-day notice bank account is still at large.

Positives

- Located the current account and placed it under the administration of the parent body.
- Sponsorship of Congress registration for 4 allied members utilising the Branch funds.

Finances

As per treasurer report.

Rohan Lutchman

President, KwaZulu-Natal Branch

PRETORIA BRANCH

Branch members

Dr Iftikhar Ebrahim (Chair), Dr Jameel Moosa (Vice Chair), Prof Rhena Delport (Academic Head) and Dr Musa Mayayise.

Last AGM of group / or proposed date of next AGM

The AGM was held on 15 July 2024.

Succession plan and process

Expanded Branch committee to include cardiologists and allied professional (15 July 2024).

Educational events held or involved with through year

15 July hosted in-person evening lecture at Menlyn Boutique Hotel with Elsabe Klinck as speaker on subject of NHI and possible impact on HCP in cardiology. This talk was accredited for 2 Ethics CPD points and the evening was attended by 11 HCPs. This meeting was supported by Pharma Dynamics.

Continued on page 186

ANNUAL REPORTS 2024

Challenges experienced

- To get colleagues involved in the Branch leadership structure.
- To ensure colleagues attendance of face-to-face meetings.

Grants, sponsorships and mentorship programmes

- No grants.
- All Branch educational events are offered free of charged to delegates.

Goals for next year

- Expand Branch committee.
- Host 3 face-to-face meetings.
- Scope of meetings to include General Practitioners.

Financial report submitted?

Yes a financial report was submitted.

Iftikhar Ebrahim

Chairperson, Pretoria Branch

WESTERN CAPE BRANCH

Branch members

Dr Chevaan Hendrickse (President and member of the SASCI Exco), Dr George Comitis (Vice President and SASCI PPC Chair), Dr Lloyd Joubert (Treasurer), Dr John Lawrenson (Secretary), Dr Blanche Cupido, Prof Anton Doubell, Prof Mpiko Ntsekhe, Dr Barend Fourie and Natercia da Silva.

Annual general meetings

- No annual general meetings have been conducted thus far in 2024.
- A meeting is planned for November 2024. The logistics of this meeting will be coordinated with the assistance of SA Heart® administrators, and the proposed date is set for 8 - 10 November 2024. Specific details will be confirmed and communicated in due course.

Succession planning

As I plan to retire from my position as President in 2025, the succession planning process will be a key focus this year. Potential candidates for the role will be identified, and a call for nominations will be issued later in 2024. This transition is essential to ensure continuity and sustained leadership within the Branch.

Educational grants and sponsorships

This year, we continued to offer educational grants, notably to support participation in the SA Heart® Congress. Historically, we have sponsored both technologists and cardiologists. Unfortunately, 1 grant recipient was unable to utilise the grant due to contracting COVID-19. Consequently, the grant was pooled for future sponsorship opportunities.

Challenges and academic activities

The year 2024 has been challenging, with significant demands on time and resources, particularly in balancing the needs of clinical practice, coordination of activities, and academic responsibilities. Despite these challenges, we successfully organised 2 major academic sessions.

May 2024

A session was planned in collaboration with Vertice. However, due to a scheduling conflict with another Journal Club event, the session proceeded as a Vertice-sponsored event, independent of SA Heart®.

19 August 2024

An academic meeting held at the Crystal Towers venue. The attendance was slightly below expectations, with 35 attendees out of an anticipated 45. IT challenges and suboptimal advertising were noted as areas for improvement. Another meeting is planned for mid-to-late October (date proposal has been 21 October 2024), with a similar case-based discussion format that proved successful in August. We hope to achieve 50% of the sponsorship by industry.

Additionally, I represented the Western Cape Branch at the SA Heart® Journal Club in July 2024. This event was well-attended and included presentations by Dr Jess John and Dr Wayne Lubbe, co-ordinated by Dr Sajida Khan.

Goals for 2025

- Looking ahead, our primary objectives include the election of a new President at the upcoming annual general meeting and the continuation of our academic meetings.
- We also plan to organise a Journal Club early in the year, with specific dates to be confirmed.

Financial report

The financial report for 2024 will be submitted by Dr Lloyd Joubert. I can confirm that the Branch has remained financially stable throughout the year.

In conclusion

2024 has been a productive year for the Western Cape Branch. We have maintained our financial health and continued to engage in meaningful academic activities. I extend my gratitude to the Committee members and look forward to a successful 2025.

Chevaan Hendrickse

President, Western Cape Branch

INTRODUCING SA HEART® BEAT



Your monthly cardiovascular update

We're excited to announce the launch of SA Heart® Beat, our official monthly newsletter! Debuting in July, this dynamic new initiative is a collaboration between our MFD and Education and Research Committees. Each month, a dedicated team of 4 members curates the latest in cardiology - featuring top journals, engaging podcasts, and insightful interviews on cutting-edge topics.

In addition to expert content, SA Heart® Beat keeps you updated with the latest news and initiatives from within our community. Expect regular editions in your inbox until the end of the year, with the option to opt out afterward if you choose.

We'd love to hear from you! Share your news, photos, and updates from your workplace to be featured in future editions.

Stay tuned and stay informed with SA Heart® Beat!

EXCITING NEWS - LAUNCH OF THE NEW SA HEART® WHATSAPP CHANNEL

We are pleased to announce that we will be launching our new WhatsApp broadcast channel, designed to enhance communication and engagement within our Membership. This initiative aims to keep you informed and connected, ensuring that you never miss important updates, events, and resources related to cardiovascular health.

What to expect:

- **Real-time updates:** Receive timely notifications about SA Heart® and SIG educational events, resources, and important business news.

How to Join:

Joining our WhatsApp channel is simple!

Kindly ensure you save the SA Heart® broadcast number 078 0592196 on your phone and that your membership is paid up to continue receiving future communications and updates. Failing to do so may result in you missing out on important information delivered via WhatsApp.

We believe that this new channel will foster stronger connections within our Members and keep you informed on the run.

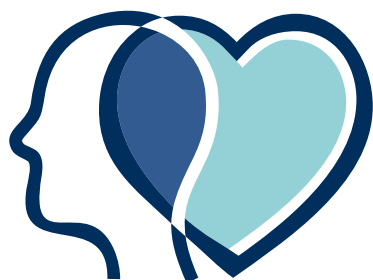


SNIPPETS

CARDIOLOGY PRACTICE IN PORT ELIZABETH / GQEBERHA

Dr Nico van der Merwe is looking for a cardiologist to take over his busy cardiology practice in Port Elizabeth / Gqeberha.

For more information, please contact Dr Nico van der Merwe on 082 557 1915 or email nilanie@icloud.com.



Unifying Hearts and Minds

25th Annual SA Heart® Congress 2025
Cape Town International Convention Centre
17 – 19 October 2025

Invitation to the **CASSA Symposium 2025** IN PERSON EVENT

Join us for Clinical Updates in Cardiac
Arrhythmias

22 February 2025

Venue: The Vineyard Hotel, Cape Town

With International Faculty

Prof Gábor Széplaki & Prof Carsten Israel

Scan QR Code
to Register



CASSA
CARDIAC ARRHYTHMIA SOCIETY
OF SOUTHERN AFRICA
A SPECIAL INTEREST GROUP OF SA HEART®

Symposium Organisers:
Shift Ideas – Louise Cloete
elouise@shiftideas.co.za

Why Attend?



Distinguished Faculty:
Connect with local and
international experts.



Learn and Grow:
Insightful programme,
fostering professional
development.



Global Insights:
Gain knowledge from
experts on arrhythmia
updates.

Early Bird Registration:

Doctors
R1 762 incl. VAT
Allied Professionals
R800 incl. VAT

General Admission:

Doctors
R2 642 incl. VAT
Allied Professionals
R1 056 incl. VAT

Free registration ONLY for Cardiology Registrars and interns from the Public Sector. T & C's Apply.
Please note: All fees are inclusive of 15% VAT. The Symposium is aimed at Cardiologists and Specialist Physicians,
as well as anyone with a special interest in Cardiac Arrhythmias and will be CPD Accredited.

25TH ANNIVERSARY CELEBRATION

The 25th anniversary celebration of SA Heart® marks a significant milestone in our journey toward advancing cardiovascular health and improving patient outcomes. This momentous occasion honours our rich history of dedication, collaboration, and innovation in the field of cardiology. Over the past quarter-century, we have made substantial strides in our mission, and it is time to reflect on our achievements, recognise the contributions of our members and partners, and celebrate the lives transformed through our initiatives.

It has been incredible to witness the growth of SA Heart® over the years, driven by the dedication of its various Presidents and committed members. The Association has focused on deepening its impact through 4 strategic pillars: Science, Education, Membership, and Policy. These pillars have guided our efforts to enhance cardiovascular care and advocate for patients across South Africa. Incorporating our Special Interest Groups, driving activity in our internal committees and regional branches, has been pivotal in the allowing the Society to grow from strength to strength.

In closing, the incoming President, Dr Martin Mpe, expressed his sentiments: "It is with great excitement and gratitude that we celebrate 25 years of SA Heart®. Thank you to the generosity of our leadership and members for giving of your time and passion to advancing cardiovascular healthcare for all living in South Africa. As we look to the next 25 years,



we hope you will continue to support us, contribute, and step up as leaders in shaping the future of SA Heart®."

We invite you to join us as we look forward to the next 25 years of excellence in cardiovascular care and advocacy.



Incoming President, Dr Martin Mpe.



South African members of the SA Heart Association and the southern representative of PASCAR attended the meeting. From left to right: Dr Naomi Rapeport, Prof Brian Rayner, Johan van der Merwe (Boehringer-Ingelheim) and Dr Colin Schamroth.



Prof Liesl Zülke (2016 - 2018) and Dr Bongani Manyosi (2007 - 2009).

SA HEART® AT THE CONGRESS OF THE ESC

The European Society of Cardiology (ESC) Congress took place in the Excel London Centre in the United Kingdom, this year from 29 August - 1 September. As an official Affiliated National Cardiac Society of the ESC, SA Heart® again was invited to exhibit in the Global Village of the Congress, and to host an official Joint Session with the ESC. The session was titled “The spectrum of cardiomyopathies: Genetics to HIV”, and included Prof Blanche Cupido and Prof Iacopo Olivetto (Italy) as chairs. Prof Nqoba Tsabedze (“Genetic polymorphisms and dilated cardiomyopathy”) and Dr Pieter-Paul Robbertse (“HIV and the heart: Detection of subclinical disease by cardiac MRI”) presented on behalf of SA Heart®, while Prof Silvia G Priori (Italy) spoke on “Genetics of arrhythmogenic cardiomyopathies” and Dr Christine Seidman (USA) concluded with “Contemporary treatment of hypertrophic cardiomyopathy”.

Our President, Prof Eric Klug, represented SA Heart® at the official business meeting the ESC holds with Presidents of the Affiliated National Cardiac Societies to discuss future collaboration.

Apart from this formal SA Heart® involvement, many members of SA Heart® expertly presented or chaired a variety of sessions during the Congress. These ranged from presenting abstracts on their research, to specialised topics, input on guideline sessions, and hot topic trial results.



Prof Nqoba Tsabedze presenting in the SA Heart® - ESC Joint Session on the Global Stage.



Dr Pieter-Paul Robbertse presenting his talk on “HIV and the heart: Detection of subclinical disease by cardiac MRI”.



Interaction at the SA Heart® booth in the Global Village of the ESC.



Some members of SA Heart® coming together at the SA Heart® booth. We spotted many more in the corridors and sessions who couldn't make this photo session.



South Africa's Dr Kishal Likhna, a proud SA Heart® member, projected throughout the ESC Congress.

SA HEART® JOURNAL CLUB – April - September 2024

The SA Heart® monthly National Journal Club is going from strength to strength, with the number of delegates attending rising. This CPD-accredited series, which originally was created as a member benefit and remains free to attend for paid-up members, has now been expanded to non-members who can purchase the registration link via our resource centre on the website for a nominal fee. If you have missed an issue, you will also find the recording in our resource centre, although CPD points can only be allocated if you attended the live webinar.

In April CISSA, the Cardiac Imaging Society of South Africa hosted the National Journal Club with a focus on **“Segmental approach to the complex adult congenital echo”**.

Speaker: Prof Blanche Cupido

Overview: This session provided a comprehensive framework for imaging strategies in patients with Grown-Up Congenital Heart (GUCH) conditions. Prof Cupido discussed the importance of tailored imaging approaches, addressing the unique anatomical and physiological challenges presented by GUCH patients. Topics included the selection of appropriate imaging modalities (e.g. echocardiography, MRI, CT) based on clinical scenarios, as well as guidelines for follow-up imaging and monitoring.

Demonstrating echo example of GUCH case (15 minutes)

Speaker: Dr Arlene Mazara

Overview: Dr Mazara presented a real-world case study illustrating the use of echocardiography in diagnosing and managing a GUCH patient. This session included a detailed demonstration of echocardiographic findings, highlighting key features and potential pitfalls. The discussion also covered the implications of these findings for clinical decision-making and patient management.

Panel discussion on “CMR case”

Moderator: Dr Herbst

Panellists: Dr Sibeko, Dr Karamchand, Dr Mazara and Dr Bhorat

Overview: This interactive panel discussion focused on a specific case involving Cardiac Magnetic Resonance (CMR) imaging in a GUCH patient. The panellists shared their insights on the diagnostic challenges and advantages of CMR in this context. Topics included the interpretation of

CMR findings, the role of CMR in guiding treatment decisions, and the integration of CMR data with other imaging modalities. Audience participation was encouraged to foster a dynamic discussion and address relevant questions.

SASCI continued the series in May with presenting interventional trial outcomes. Dr Wayne Lubbe reported on the Prevent Trial exploring preventive percutaneous coronary intervention versus optimal medical therapy alone for the treatment of vulnerable atherosclerotic coronary plaques (PREVENT): A multicentre, open-label, randomised controlled trial.

In conclusion, Dr Lubbe underscored the Prevent Trial's contribution to the ongoing discussion regarding the management of vulnerable atherosclerotic plaques. He encouraged clinicians to integrate the findings into their practice while remaining open to future research that could further clarify the optimal treatment strategies for these high-risk patients.

Dr Chevaan Hendrickse followed presenting “A placebo-controlled trial of percutaneous coronary intervention for stable angina” published in the New England Journal of Medicine. Dr Hendrickse emphasised the need for further research to explore the underlying mechanisms of stable angina and the role of PCI. He suggested that future studies should investigate alternative approaches, such as lifestyle modifications and medical therapy, in managing symptoms and improving patient outcomes.

In conclusion, Dr Hendrickse underscored the importance of the trial in reshaping the understanding of PCI's role in stable angina management. He encouraged the audience to reflect on these findings in their clinical practice and to prioritise patient-centred approaches in treatment decision-making.

Dr Thadathilankal-Jess John concluded with insights of the Notion Trial – Transcatheter or surgical aortic valve implantation: 10-year outcomes of the Notion Trial. In conclusion, Dr Thadathilankal-Jess John underscored the importance of the Notion Trial in shaping the future of aortic valve interventions. He encouraged clinicians to remain engaged with the evolving landscape of cardiac care and to consider the evidence when discussing treatment options with patients.

June saw the Johannesburg branch with its new President Dr Farouk Mamdoo in the chair hosting the Journal Club with Novartis sponsoring this event. Dr Riaz Dawood started with presenting on the Select Trial. Dr Dawood presented the key findings from the trial, highlighting significant differences between the treatment and control groups. He reported on the efficacy of the novel intervention in achieving the primary endpoints, as well as any observed benefits in secondary outcomes. The results indicated that the new therapy offered notable advantages, which could lead to changes in clinical practice.

This was followed by a case study from Dr Vaishak Vinod called "It cracked, it popped! Did it tear...?" Dr David Jankelow continued with a Journal review of papers on "Aortic valve calcification".

- Prevalence of aortic valve calcium and the long-term risk of incident severe aortic stenosis. SP Whelton, et al. JACC cardiovascular imaging, vol 17, no 1, 2024.
- Association of inflammation and lipoprotein(a) with aortic valve calcification. N Marrero, et al. JACC cardiovascular imaging, vol 16, no 9, 2023.
- Aortic valve calcifications as a harbinger of future aortic stenosis. R Blankstein and PT O'Gara. JACC cardiovascular imaging, vol 17, no 1, 2024.
- The Paediatric Cardiac Society kindly hosted the National Journal Club in July, an event sponsored by Zydus and chaired by the PCSSA President Prof Jayneel Joshi. Dr Delina Manzini reviewed 2 papers on the topic of "Tetralogy of Fallot - South African landscape, management and outcomes", published in our very own SA Heart® Journal. Dr Manzini began with a brief overview of Tetralogy of Fallot, which is characterised by 4 key anatomical features: Ventricular septal defect, pulmonary stenosis, right ventricular hypertrophy, and an overriding aorta. She highlighted how these defects lead to reduced oxygenation of blood and can result in cyanosis.

Significance of the South African context

The papers reviewed provided insights into the specific challenges faced in the South African healthcare system regarding the management of ToF. Dr Manzini pointed out



Prof Kars Neven, speaker at the SA Heart® October Journal Club.

that factors such as resource availability, access to specialised care, and socioeconomic disparities significantly influence patient outcomes.

Dr Andile Nxele followed, presenting 2 papers on the topic of "Mechanisms to improve the outcome of single ventricle repair". In summary, Dr Nxele's presentation provided a comprehensive overview of the mechanisms to improve outcomes in single ventricle repair, based on the findings from the 2 papers. He underscored the importance of a multifaceted approach that includes preoperative optimisation, surgical innovation, and robust post-operative care to enhance the long-term prognosis for patients with single ventricle physiology.

In August, ISCAP took to the stage hosting a very successful Zydus-sponsored Journal Club chaired by Ms Shaune' Rajoo and a big line up of allied professionals and cardiologists presenting. Mr Zander Vorster presented on "Finding the rhythm", taking the participants on a journey through CSP vs. conventional pacing. Mr Vorster gave a very in-depth look at pacing and where it's headed; his excitement as an EP cardiac technologist could be seen. This was followed by Mr Mlondi Shandu with a talk titled "Finding Chemo –

SA HEART® JOURNAL CLUB continued

What's strain got to do with it?" This talk looked at the role of transthoracic echocardiography in chemotherapy-related cardiac dysfunction and an enthusiastic Mr Shandu didn't hold back his passion on strain and picking up the collateral damage that chemotherapy causes at an early stage so a treatment strategy can be started for CTRCD. Dr Bradley Griffiths followed with a presentation on Left Atrial Appendage closure, a presentation he called "Put a plug in it". Dr Griffiths gave a glimpse into how he currently performs LAA closures and spoke about the Achilles heel of this procedure being patients requiring post-implant antithrombotic therapy in the first 3 - 6 months post implantation (one of the main limitations of this procedure). He stressed how selecting patients who are contraindicated to long-term anticoagulation therapy but who can tolerate short-term anticoagulation are reasonable candidates for closure of the LAA, especially if they are high stroke risk patients. Dr Charles Kyriakakis thereafter discussed cryptogenic stroke, how potential causes of cardioembolic stroke are diagnosed and how these patients are managed in his talk titled "Follow the bubbles". He noted the importance of having a strong neuro-cardio team when tackling and identifying such patients who would benefit ultimately from PFO closure. He took participants through a proper PFO assessment and the importance of a good quality bubble study and added the merit of utilising a femoral access bubble study to better assess for a PFO, as bubbles are then directed toward the septum by the eustachian valve during a TOE which reduces the risk of a false negative bubble study. Dr Adie Horak followed with a presentation titled "Solid as a rock", where he outlined coronary calcium classification and how cases that were originally contraindicated for PCI such as bifurcation lesions and multivessel disease have now become as he put it our "bread and butter" as the landscape of cardiology has changed. He also went through all the treatment options currently at our disposal for tackling calcified lesions and stressed the significance of planning before PCI. He added on the importance of paying attention to your balloon behavior during PCI and wire bias as well as how mandatory imaging is during complex PCI to assist in calcium characteristic assessment within a lesion to offer patients the best outcomes stating the success of PCI is often dependent on our ability to assess and modify calcium. Mr Thabo Ngaka then concluded the evening with his brilliant presentation on Pulmonary Vein Isolation ablation titled "Sound of silence",

where he used a step-by-step approach through all the stages of PVI ablation from diagnosis of clinical atrial fibrillation, the set up for the procedure, the mapping and the ablation procedure to finally achieving the "sound of silence". Thus ending a very informative and successful evening of cardiology fun.

‘Crypto-genic stroke, how potential causes of cardioembolic stroke are diagnosed and how these patients are the managed.’

Finally, the KwaZulu-Natal Branch hosted the Journal Club evening in September with Dr Rohan Lutchman chairing and presenting a case study antithrombotic therapy post structural heart intervention. Results from the MI Trial showed that patients with STEMI, pre-hospital pulse dose glucocorticoid had higher acute LVEF, reduced acute infarct size, and less microvascular obstruction compared with the patients treated with placebo. These findings in the acute phase did not translate into beneficial effects on infarct size or left ventricular function with longer follow up. Dr Pumesan Bisetty followed and the evening was con-

cluded with Dr Dyer presenting 2 trials on beta blocker usage post-myocardial infarction which found that there was no significant difference in the outcome with respect to mortality, heart failure, and rehospitalisation whether the patients were on beta blocker or not. He stressed that more trials are needed and are underway to support this finding, and that patient management needs to remain individually considered.

October saw CASSA conclude the series for this year with a grand invitation and delivery from Prof Kars Neven, Head of Electrophysiology at Alfried Krupp von Bohlen und Halbach Krankenhaus (Essen, Germany), who touched an important clinical topic "AF ablation without the fire or the ice." Professor Neven began his presentation by outlining the prevalence and impact of atrial fibrillation, a common arrhythmia associated with significant morbidity and increased risk of stroke. He emphasised the importance of effective management strategies to improve patient outcomes. Prof Neven shared data on clinical outcomes associated with these innovative techniques, emphasising their potential to improve safety and efficacy. He presented case

studies and statistical analyses that illustrated the benefits of these approaches in achieving successful rhythm control for patients with AF. The presentation concluded with a forward-looking perspective on the future of AF ablation. Prof Neven highlighted on-going research and clinical trials aimed at further refining these techniques and expanding their applicability to a broader range of patients. Thank you to CASSA President Adele Greyling for inviting our speaker and hosting the evening's talk.

There will be a summer break with the monthly National Journal Club taken up in February 2025 again.

A heartfelt thank you to all the hosting groups and all chairs and presenters for committing time and expertise to this project for the benefit of fellow members. Thank you to the tech team at Event Options who prepare advertising banners and give technical support and guidance on the evening of the Journal Club. And last but not least, thank you to our industry partners who have supported this educational initiative in this term.



SA HEART® ANNUAL GENERAL MEETING

All members are invited to the
SA HEART® AGM



Starting at 17h00
On Saturday, 9 November 2024
Bill Gallagher Room, Sandton Convention Centre, Johannesburg.

ALL members are urged to attend this important meeting of the Association.

Members that cannot join in person are invited to join the AGM via Zoom.
The registration link has been emailed.

SA HEART® TRAVEL GRANT FEEDBACK

My journey "to the heart of cardiology" did not disappoint! It was an honour and privilege to attend ESC London 2024 as 1 of almost 32 000 cardiovascular professionals, exploring the latest research and forging future partnerships.

This year's Congress placed the spotlight on personalising cardiovascular care, moving away from the "one-size-fits-all" approach. It was, therefore, an opportune moment to showcase the body of work on HIV-associated cardiovascular disease that formed the core of my PhD research. It is clear that heart disease (especially HIV-associated pathologies) requires a nuanced approach. Two-thirds of people living with HIV reside in sub-Saharan Africa, yet disproportionately little research is conducted in these regions. I had the pleasure of presenting 2 academic posters and delivering an invited talk on the use of cardiovascular magnetic resonance imaging in HIV-associated cardiovascular disease during the official SA Heart® / ESC Joint Session.

As a cardiac imager, personal highlights of the conference included sessions and tutorials by Dr João Cavalcante, Dr James Moon, Professor Mark Westwood, and Professor



Pieter-Paul S. Robbertse giving his SA Heart® and ESC joint session.



Pieter-Paul S. Robbertse getting his health check.

Vanessa Ferreira. These sessions ranged from hands-on cardiovascular magnetic resonance imaging to novel insights on myocarditis and cardiomyopathies. Meeting and building networks with these giants in the field of cardiovascular imaging was incredible. I also had the opportunity to rub shoulders with rising stars during the research sessions and in the speakers' lounge. I look forward to collaborating with these talented individuals in the future!

Despite the packed Congress schedule, I managed to explore London as well — a city that oozes history. Highlights included the Tower of London, the Royal Botanic Gardens at Kew, the British Museum, St. Paul's Cathedral, the West End, the massive Lego store in Leicester Square, and simply meandering through the historic streets.

I am deeply grateful to all my funders who made this research and trip possible: SUNHEART, NIH / Fogarty, the Harry Crossley Foundation, and especially SA Heart® for their generous travel grant. These memories will be cherished for a lifetime. ESC Madrid 2025 – watch out, I've got you in my sights!

Pieter-Paul S. Robbertse

‘I am deeply grateful.’



Pieter-Paul S. Robbertse and Prof Vanessa Ferreira.



Pieter-Paul S. Robbertse and Prof Ntobeko Ntusi.

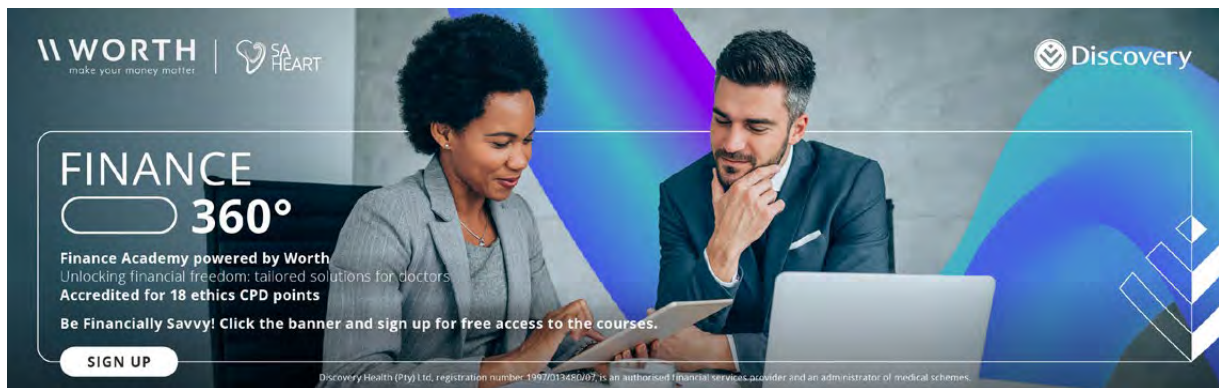


Visit to Kew Gardens.



Thank you London!

DOCTOR 360 FINANCE ACADEMY



We are excited to announce the launch of our **Doctor 360 Finance Academy**, in collaboration with Discovery Company for Doctors! This initiative builds on our ongoing commitment to enhance and protect the well-being of our members.

In today's rapidly evolving socioeconomic landscape, it's crucial for healthcare professionals to prioritise their personal wellness and ensure their practices are positioned to thrive. The Doctor 360 Finance Academy is here to support you in this journey.

Our financial wellness training platform **offers 18 CPD ethics points-accredited** online short courses designed to educate and **empower you in managing your personal and professional finances** effectively. These courses are developed in partnership with independent financial behavioural change experts, Worth, allowing you to complete them at your own pace and convenience.

This is currently available on the Member Resource for ALL SA Heart® members.

THE SOUTH AFRICAN HEART ASSOCIATION RESEARCH SCHOLARSHIP

This scholarship is available to all members of the SA Heart® Association. 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 in good standing for at least 1 year.
- Applications must include:
 - The applicant's abbreviated CV
 - A breakdown of the anticipated expenses
 - Ethics approval
 - Full details of the research
 - The completed application form - please request a fillable MS Word document from erika@saheart.org
 - Contact details of Head of Department or supervisor / mentor
- The research for which funding support is sought has to have direct relevance to South Africa.

RECOMMENDATIONS

- Preference will be given to early and mid-career applicants (<5 years post-qualification as specialist and / or <5 years post-PhD qualification).

CONDITIONS

- Applicants may only submit 1 application every second year. Preference is given to those who have not had previous scholarships awarded.
- Awards are granted for one specific research project. Should that specific project be cancelled or the full amount allocated not be utilised for any reason, then the funds must revert to SA Heart®.

APPLICATIONS MUST BE EMAILED TO:

erika@saheart.org

THE SELECTION PANEL WILL REVIEW APPLICATIONS ANNUALLY AND THE CLOSING DATE IS 30 SEPTEMBER 2025.

One scholarship to a maximum amount of R70 000 will be awarded annually.

SA Heart® commits to inclusive excellence by advancing equity and diversity. We particularly encourage applications from members of historically under represented racial / ethnic groups, women and individuals with disabilities.

LOUIS VOGELPOEL TRAVELLING SCHOLARSHIP

Applications are invited for the annual Louis Vogelpoel Travelling Scholarship for 2025. An amount of up to R20 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 was a pioneer of cardiology in South Africa who died in April 2005. He was one of the founding members of the Cardiac Clinic at Groote Schuur Hospital and the University of Cape Town. He had an exceptional career of 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 undergraduates by regular bedside tutorials. He served as an outstanding role model for postgraduates 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: (i) A brief synopsis of the work the applicant wishes to present at the congress; and (ii) 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 Dr Alfonso Pecoraro, President of the Western Cape Branch of the South African Heart Association, Division of Cardiology, Tygerberg Hospital, Francie van Zijl Drive, Tygerberg 7505; or alternatively email: pecoraro@sun.ac.za.

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

Applications close on 31 January 2025.

TRAVEL SCHOLARSHIPS OF THE SOUTH AFRICAN HEART ASSOCIATION

Applications for the SA Heart® Travel Scholarship for the fourth term in 2024 are invited to reach the SA Heart® Office by 30 November 2024.

The scholarship is for the value of up to R30 000.00 for international meetings and R9 500.00 for local meetings.

This scholarship is available to all members of the SA Heart® Association. It is primarily intended to assist junior colleagues to ensure continued participation in local or international scientific meetings or workshops.

REQUIREMENTS

- Applicants must be fully paid-up members for at least 1 year.
- The research presented at the congress for which funding is sought, needs to be relevant to South Africa.

RECOMMENDATIONS

- Early and mid-career applicants (<5 years post-qualification as specialist and/or <5 years post-PhD qualification).
- Acceptance of an abstract / poster presentation at the scientific meeting to be attended.

CONDITIONS

- Awards will not be made for conferences or workshops retrospective to the application submission deadline. If the conference is taking place within 6 weeks following the submission deadline, please indicate this in the appropriate place on the application form.
- It is not a requirement for the abstract to be accepted by the conference travel application closing date. Should the acceptance of the paper, including proof of registration not be available at the time of submission of the application, then a provisional award may be made pending receipt of the acceptance of the paper.
- Please ensure that applications are made as well in advance as possible (**preferably at least 6 months prior to the conference date**).
- Applicants may only submit 1 application every second year. The scholarship is for the value of up to R30 000.00 for international meetings and R9 500.00 for local meetings.
- Awards are only made in the event that a paper or a poster is being presented or in the event of a workshop attendance, if the reviewers deem the workshop attendance to be of high impact and consequently of benefit to the SA Heart® community.
- The applicant must ensure that the application is fully completed including the requirements as detailed in the checklist section. Applicants are asked to be concise and to only include applicable and relevant information.
- Awards are granted for 1 specific conference. Should that specific conference be cancelled or the full amount allocated not utilised for any reason, then the funds must revert to SA Heart®; and
- 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.

SUBMISSION REQUIREMENTS

- For more information and application forms, please visit <https://www.saheart.org/cms-home/category/39>.