



Africa's First Heart Failure Society



THE HEFSSA TEAM: Fellows Workshop 2007 – delegates and presenters.

THE PAST year has seen the inaugural HeFSSA Executive fulfil its mandate to establish a viable independent Special Interest Group (SIG) within the SA Heart Association, attending to the many needs of the community of medical practitioners with an interest in heart failure in South Africa and Africa.

We were able to provide the following educational opportunities in 2007:

□ The Fellows Workshop focussed on echocardiography, specifically the methods used for assessing and managing patients with heart failure. Ten fellows, currently in training, attended the workshop with Dr Shirley Middlemost and Dr Darryl Smith as lecturers. This workshop will be an

annual event. We appreciate the support received from Medtronic and GE Healthcare.

□ From 12-16 May 2007, the Pan African Society of Cardiology (PASCAR), the Kenyan Cardiac Society and HeFSSA had a very successful congress in Nairobi, Kenya. HeFSSA played an important organisational and academic role in planning, conducting and presenting at the congress. Prof Karen Sliwa and Dr Eric Klug, besides chairing sessions, organised the poster sessions and presented on "The burden of heart failure in Soweto" and "Inotropes in heart failure" respectively. Dr Vinesh Vaghela, a member of HeFSSA, presented on "Beta-blocker treatment in Africa" and another member of our

HeFSSA Exco

The Executive Committee elected to a two-year term of office ending in 2008 is:

Chair: Prof Karen Sliwa

Secretary: Dr Eric Klug

Treasurer: Dr Olaf Forster

Members: Dr K O'Connell, Dr M Mpe & Dr S Middlemost, Prof J Brink, Prof J Moolman

Industry: Mr W Stranix, Mr R Moul

Executive Officer: Mr George Nel

society, Dr Kemi Tibazarwa, spoke on "Heart Awareness Day in Soweto". A lunchtime meeting held jointly by HeFSSA and the World Heart Failure Society (WHFS) was well attended and both chairs Prof Sliwa and Prof Pim Remme (President of WHFS) pre-

REMEMBER: HeFSSA Congress Day & AGM
AGM, 23 November 12:30 - 13:15 Ballroom South
HeFSSA Satellite meeting Saturday 24 November 08h00 - 15h30



THE MEDTRONIC TEAM: Medtronic Foundation USA kindly sponsored upgrading of the Medtronic Cardiovascular Institute for Research and Education at Chris Hani Baragwanath Hospital, Soweto. The 'Heart of Soweto team' will start with a heart failure management programme in March 2008.

sented information on their respective societies.

❑ As an SIG, HeFSSA has been an active member of the Heart 2 Heart Congress 2007 (SA Heart Annual Congress) Steering Committee and has substantially contributed to content and programme design to ensure that this congress will live up to delegates' expectations. A concerted effort was made to ensure that basic science and academia are accommodated in such a way that all participants share in the opportunity. The SA Heart Journal Congress Edition has been prepared with Prof Sliwa as editor.

❑ The HeFSSA Executive (specifically Dr Olaf Forster, Dr Klug and Dr Martin Mpe) has been contributing towards furthering academia through grading of abstracts submitted for both PASCAR and the SA Heart Congress.

❑ The important Heart of Soweto Registry (under the guidance of Prof Sliwa) has collected data on 4602 consecutive patients attending the Baragwanath Hospital Cardiac Clinic between January and December 2006. Fifty-two percent of patients presented with heart failure, underlining the importance of this syndrome and

hence the ongoing efforts to create a vital, useful Heart Failure Society in South Africa with an African network.

❑ The HeFSSA website www.hefssa.org is updated regularly and is a reference point for our members and others interested in heart failure. Of specific interest is the new section "Life with Chronic Heart Failure". During the year we introduced Pilates as an important step in re-conditioning a chronic heart failure patient.

Subsequent lifestyle issues to be included in this exciting new feature will be dietary and psychological advice for patients coping with a debilitating chronic condition. We hope to promote a holistic approach in dealing with a heart failure patient and to equip the patient with knowledge to contribute positively to managing the disease.

❑ HeFSSA has a close relationship with industry, facilitated by George Nel. We continue to pursue collaboration on issues of common interest, which includes facilitation of educational resources expenditure, advice on applications, and guidelines. We remain very grateful to the industry for the financial and strategic support received.

Our principal corporate supporters are Medtronic, Pharmadynamic, E Merck, Roche Diagnostic and Pharma as well as Abbott.

We believe the survival of a strong Special Interest Group in heart failure is in the best interests of all stakeholders (physicians, industry vendors, health funders, hospital groups, government) and especially patients. For this reason, we appeal to all to get involved in HeFSSA and contribute towards achieving our objectives.

We aim to continue developing our areas of influence and offer a helpline through our executive officer, George Nel, whereby any party can access us with enquiries, requests for assistance, lobbying, etc.

His direct line is 083-458-5954. These requests will be dealt with in a professional and efficient manner to provide a vital service to all.

