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## HeFSSA Annual Report AGM 2013

The HeFSSA Executive committee under the leadership of Dr Eric Klug (President) is: Martin Mpe (Vice-President), Darryl Smith (Treasurer) and Jens Hitzeroth (Secretary) with support from Karen Sliwa, Pro Obel, Christina Radulescu, Sandrine Lecour, Tony Lachman and Juan Vorster. They remain the driving force behind all the HeFSSA activities and we need to thank them once again for their resilience, hard work and commitment.

### **Report back on programs since previous AGM:**

In the process of achieving our educational goals, HeFSSA once again organised the Cardio Update for Non-Cardiologists at the SA Heart Congress 2012. As this program was once again sponsored by AstraZeneca, we offered this workshop at no charge to local medical practitioners. 140 General Practitioners registered for this workshop and all the sessions were well attended. Dr Martin Mpe was the convener of this meeting and together with other Exco members, including Prof Karen Sliwa, Drs Eric Klug and Jean Vorster, was part of the faculty for this program. HeFSSA would like to thank them for their time and commitment to this successful program.

**Research and Specialist education-** HeFSSA/SASCAR also held a very successful parallel session at the 2012 SA Heart Congress. The focus was on Acute Heart Failure – detection and management as well as from bench to bedside. HeFSSA and SASCAR will continue their collaboration in future as these 2 societies have been working well together. Prof Sandrine Lecour is the SASCAR representative on the HeFSSA Exco.

**General Practitioner Program:** The first program was well received by General Practitioners in 2010 (6 meetings), and was expanded to outlying areas in 2011(19 meetings) and 2012 (14 meetings). The relevance of the material, academic substance and discussions with case studies were described as excellent by delegates. Comments such as “thank you”, “very good” and “exceptional speakers” were frequently heard. In 2012, 373 delegates attended the meetings and HeFSSA has also expanded their activities into Namibia and held Workshops in Windhoek and Walvis Bay.

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The program has built up an excellent panel of suitable faculty members. Faculty includes the HeFSSA Exco and other leading Cardiologists in South-Africa: (Dr Abelson M, Dr Bennet M, Dr Badenhorst C, Dr Dean MPG, Dr Du Toit J, Dr Fourie S, Dr Hitzeroth J, Dr Jardine R, Dr Kettles D, Dr Klug E, Dr Lachman T, Dr Lochner JA, Dr Makotoko EM, Dr Mamdoo F, Dr Middlemost S, Dr Milela GM, Dr Mpe M, Dr Obel P, Dr Roscher I, Dr Smith D, Dr Snyders A, Dr Stanley APJ, Dr Thornton A S, Dr Vd Merwe N, Dr Venter T, Dr Vezi B, Dr Vorster J, Prof Mitha A, Prof Naidoo DP, Prof Sliwa K and Dr Gopal R.)

In 2013 HeFSSA will again offer, for the 4th consecutive year, an exciting CPD accredit course for General Practitioners and Physicians in HF. The course will consist of case based discussions with ample opportunities for the delegates to participate in an interactive discussion with the speaker and colleagues. Our Corporate supporters, AstraZeneca, Boston Scientific, Medtronic, Pharma Dynamics and Servier have made their commitments to the program and meetings are planned in the following areas: Bloemfontein, Cape Town, Durban, East-London, East- Rand, Hermanus, Johannesburg, Nelspruit, Polokwane, Port Elizabeth, Potchefstroom, Pretoria, Rustenburg, Vanderbijlpark and Windhoek with possibility of meetings in George and Walvis Bay as well. Possibility of extending these programs into Africa (Botswana and possibly Mozambique) is also being considered and will be discussed at the AGM.

To further expand on our vision of educating General Practitioners and Physicians, we want to continue to provide value to the SA Heart Association, our colleagues, the industry and most important to our patients. We plan to achieve this vision through the following programs in 2013:

**HeFSSA GP Program 2013** - This year's program will be a clinically based program with a case study based approach with no "specific theme". The risk factors for Heart Failure will also be included. A lecture template will again be developed to ensure the level and consistency throughout the country is the same. The 2013 program will run from August to November.

As part of a high visibility campaign, HeFSSA will also provide the following material to General Practitioners who attend these meetings:

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- A **Chronic HF: Diagnosis and treatment algorithm 2013** (adopted from the ESC Heart Failure guideline 2012). This algorithm has been finalised and submitted to SA Heart end 2012. HeFSSA will involve SAMA and other societies to inform market through Medical Advisors, journals, MIMS, CMS, and HPCSA etc.
- A major focus during the GP Program for 2013 is the launch of updated Heart Failure review in the form of a HeFSSA Statement based on the ESC 2012, Acute and Chronic Heart Failure Guidelines. The aim of this document is to provide evidence-based guidelines for the diagnosis and treatment of heart failure and to highlight changes from the 2008 ESC Guidelines and emphasize areas particularly relevant to South Africa. The hard copy document on **“What is new and what has changed: A South-African perspective on the 2012 ESC Heart Failure guidelines”** will be distributed by our Corporate supports. Dr Martin Mpe has prepared this document with the support of the guidelines committee: Karen Sliwa, Tony Lachman, Eric Klug and Darryl Smith.
- A **HeFSSA Business card** with the HeFSSA office contact details and the website details has been designed. The aim of the business cards is to direct General Practitioners and Physicians to the HeFSSA website and subsequent to the available educational material.

The **HeFSSA website** ([www.hefssa.org](http://www.hefssa.org)) is continuously updated to ensure that a visitor to this sight gets the latest news, publications and general information on upcoming events. The HeFSSA Exco contributes to ensure that the content stays relevant and interesting. The website is also updated with previous GP meeting's lecture material. We are also looking into the development of a website based invitation and registration program for our GP Program, to ensure that we maintain our professional status and also to assist us in our quest to drive more people to the website. The latest minutes of both the AGM as well as the Annual Report are also available on the website.

HeFSSA has developed a web-based **Questionnaire** functionality with the aim to drive the Medical Practitioner to the website with the incentive that through completion of questionnaire(s) online CPD points can be obtained. This tool has a professional look and feel and the Practitioner knows immediately if he qualified for the CPD points (automatically marked and the result made available). Multiple tries is also possible. A CPD accredited

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Ethics Questionnaire will be available on the website in quarter 2 of this year. Our corporate supporters have also agreed to distribute a hard copy leaflet with more information in this regard to General Practitioners, Physicians and Cardiologist.

**Patient Empowerment:** - HeFSSA would also like to expand our focus to include other care givers (in addition to General Practitioner also nurses and care giver at home i.e. the patient support system) to empower all concerned. These programs are still in planning and could include collaboration with funders such as Discovery Health. The subgroup members are Jean Vorster, Jens Hitzeroth, Karen Sliwa, Eric Klug and Darryl Smith.

**Physicians and General Practitioner update (“Cardio Congress”)** - The HeFSSA Cardio Update for Non Cardiologists has been a very successful program at previous SA Heart congresses. HeFSSA plans on doing the cardio update for the General Practitioners (as well as Physicians) in the last quarter of 2013 as a standalone program. This program will be a full day event with topics covering Heart Failure and a wider range of related cardiovascular topics. Tony Lachman and Jean Vorster will be the co-conveners and Martin Mpe and Cristina Radulescu will be part of the core programs organising committee.

**HeFSSA Heart Failure Travel Scholarship** - We are currently not training enough cardiologists in South-Africa and in addition need to expose fellows/registrars to Heart Failure specialty field and get them involved with HeFSSA. HeFSSA considers the support of this award to be part of its contribution towards optimizing patient health care and to enhance and further local expertise in Heart Failure in South Africa. This award is available to either public or private practitioners. The Exco has extended an invitation to the Head of Medical Schools and hope to receive nominations early in 2013. HeFSSA currently funds R 50,000 per annum as educational award(s) in heart failure. For more information on how to apply for this scholarship you can visit the HeFSSA website ([www.hefssa.org](http://www.hefssa.org)), under Education. You can also contact the HeFSSA office on [info@hefssa.org](mailto:info@hefssa.org) or 083 458 5954.

HeFSSA has been approached by McMaster University/PHRI to contribute in the **Inter-CHF study**. The impact of this study is of great importance to the following extent:

- This will be the largest systematic evaluation of heart failure (HF) in lower and middle income countries in Africa, Asia and South America

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- This registry will describe the causes, clinical risk factors and burden of disease, document the prevalent approaches to patient management, and identify gaps in the care of HF patients
- This registry will also examine patient and physician knowledge and perceptions towards HF, and identify barriers to prevention and treatment, thereby suggesting possible solutions, which may be evaluated in future studies

Such information will also be critical for the development of locally sensitive guidelines, research programs, and possible policies and interventions. Prof Karen Sliwa is heading this study in South-Africa.

The **GAPS-HF** study is being done by the World Heart Failure Society. There are wide variations in the management of HF both within and also between countries. This survey aims to describe the diagnosis, different forms of care and treatment of HF across a wide variety of countries by medical practitioners who manage HF patients. Please contact the HeFSSA office if you need more information or you can go to <http://gaps-hf.whfs.org> to be part of this important survey. Jens Hitzeroth is overseeing this project.

**HeFSSA Vision 2013** - We are a small and busy society. We have funding, contributions and enthusiasm. Our vision is to continue to provide value to the SA Heart Association, colleagues, and the industry and to our patients. We need to continue to manage our finance creatively with Darryl Smith as the treasurer and George Nel and Sanette Zietsman as part of the management team. We plan to execute this vision by supporting the SA Heart association and our colleagues with above mentioned programs. We also acknowledge our responsibility towards our sponsors and the communities in which we practise.

To achieve our mission we depend on the continued support and dedication of our corporate supporters, **AstraZeneca, Boston Scientific, Medtronic, Merck, Pharma Dynamics and Servier**. HeFSSA appreciates their loyal support.

Please contact the HeFSSA office if you want to learn more about these events or if you want to participate in any of the programs.

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Eric Klug  
HeFSSA President

**Addendum A:** Final Financials will be available at the AGM (tax yearend is December).  
**Addendum B:** Members list

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## Addendum B: Membership

Dr	K	AMPONSAH	Dr	MR	MATSHELA
Dr	S	ANANTH	Prof	BM	MAYOSI
Dr	AC	BECKER	Dr	S	MIDDLEMOST
Dr	GJB	BOTHA	Dr	M	MILELA
Prof	JG	BRINK	Prof	PS	MNTLA
Dr	LM	BUSHIDI	Dr	MT	MPE
Dr	C	CONRADIE	Dr	K	MWAZO
Dr	ANP	DA SILVA	Dr	A	NZIMELA
Mrs	J	DANIELS	Dr	IWP	OBEL
Dr	MPG	DEAN	Dr	DB	OJJI
Mr	S	DEEBLE-ROGERS	Dr	A	PECORARO
Prof	AF	DOUBELL	Mrs	SS	PRETORIUS
Dr	MEM	DREYER	Dr	CR	RADULESCU
Dr	DI	DUNCAN	Dr	I	RANCHOD
Dr	FA	FERRERA RORRIGUEZ	Dr	RJ	ROUTIER
Dr	O	FOERSTER	Dr	P	SARELI
Dr	A	FOURIE	Dr	A	SARKIN
Mr	LT	HAZELHURST	Prof	K	SLIWA-HÄHNLE
Dr	MT	HENRY	Dr	DA	SMITH
Dr	M	HERADIEN	Dr	FA	SNYDERS
Dr	P	HERBST	Dr	APJ	STANLEY
Dr	J	HITZEROTH	Mr	W	STRANIX
Dr	KA	INGHAM	Dr	MJ	SUSSMANN
Dr	E	JANSE VAN RENSBURG	Dr	JP	THERON
Dr	RM	JARDINE	Dr	K	TIBAZARWA
Dr	S	KHAN	Dr	S	VAN BLERK
Dr	E	KLUG	Dr	P	VAN DER BIJL
Dr	CK	KYRIAKAKIS	Dr	SM	VAN DER SPUY
Dr	A	LACHMAN	Dr	GJ	VAN ROOYEN
Dr	RDV	LAMPARELLI	Dr	J	VORSTER
Prof	S	LECOUR	Dr	H	WEICH
Dr	WW	LUBBE	Dr	H	WOERMAN
Dr	PJ	LUTTIG	Mr	L	ZAMPIERI
Dr	TA	MABIN	Dr	R	ZEELIE
Dr	EL	MAKOTOKO			

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