



on the pulse

Towards a More Inclusive Cardiac Society

Editorial by Professor Stephen Duffy

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Members will recall that a number of motions were put to the Society's Annual General Meeting in August, 2019 to change CSANZ membership classes and membership application procedures, all of which were passed unanimously. From now, there will be simply two categories of membership open for application: Fellow (FCSANZ) and Member.

This change is in response to feedback to make membership of CSANZ more inclusive and accessible. Thus, all current Affiliates and Associates will now be referred to as Members. Additionally, we have reduced or frozen the membership fees for former Affiliates, advanced trainees and new Fellows (FRACP <3 years) for the coming year.

The Life Membership and Honorary Membership classes remain unchanged and will continue to be awarded by the Board following a nomination process by Voting Members, though are not open for application.

The criteria and application procedure for FCSANZ has not changed although there is a new provision enabling non-academic nursing and allied health clinical leaders to be eligible for consideration for FCSANZ. As before, Fellows continue to have voting rights and have the post nominal of FCSANZ, though Members do not have these additional benefits.

The admission procedure for Member has been streamlined and the layers of review and approval through various committees have been replaced by a verification process. Member applicants will be verified through either AHPRA or NZMC registration, the RACP for advanced trainees, or through current employment and qualifications.

These changes have provided the opportunity for the Board to review membership fees for 2020, particularly for advanced trainees and new FRACP/FRACS (less than three years post qualification, who are often completing fellowships or PhDs). The annual fee for these Member groups for 2020 has been reduced to half that of Member consultant cardiologists, surgeons and physicians.

As less than a third of advanced trainees in cardiology are currently CSANZ Members, cardiology advanced trainees commencing in 2020 will be offered complimentary membership of CSANZ in their first year. We hope they will then appreciate the benefits of membership and will continue to be a Member throughout their career.

The Board's strategy is to encourage all those working in cardiovascular health to join CSANZ, to develop lifelong connections with the Society, and to build a strong cardiology community across Australia and New Zealand.



*To all our members and their families,
the Editor and staff wish you
a safe and happy festive season
and a very happy and healthy 2020.*

CSANZ OFFICE CLOSURES

*The CSANZ Sydney office will be closed from
Friday 20 December, 2019 and will
re-open on Thursday 2 January, 2020.*

*The CSANZ Wellington office will be closed
from Friday 20 December, 2019 and will
re-open on xxx January, 2020.*



Travelling Fellowships to the ACC.20

Applications are called for the CSANZ **Travelling Fellowships** for travel grants to enable investigators to attend the 69th Annual Scientific Session of the American College of Cardiology to be held in Chicago, Illinois from 28 – 30 March, 2020. The Fellowships are intended to provide an opportunity for investigators in the early stage of their research career, to present at a major international conference.

The conditions are:

1. The Fellowships are valued at up to AU\$3,000 each.
2. **At the time of application, applicants must be current financial members of the Cardiac Society**, with preference given to those attending their first meeting.
3. The work must have emanated from Australia or New Zealand.
4. Applicants **must** have an abstract accepted for presentation at the ACC meeting **and must be the first or senior author of the accepted abstract**. In some circumstances, consideration **may** be given to a co-first author or someone who has made a substantial contribution to the work (see item 5).
5. Applications must be accompanied by a letter from the Supervisor or Director of the laboratory or service from which the work

has emanated, **clearly detailing the specific contribution made by the applicant towards the work being presented.**

6. Preference will be given to those who have not previously been awarded CSANZ travelling scholarships.
7. Conditions apply to successful applicants **not domiciled in Australia or New Zealand.***
8. Late applications will NOT be considered.

Applications should be emailed to the Honorary Secretary at info@csanz.edu.au and **must** include:

- a) copy of submitted abstract(s) and ACC notification of acceptance
- b) brief curriculum vitae (maximum 1 page)
- c) supporting letter from the Supervisor or Director

Closing Date

24 January 2020

Please note: *if applicants have not received email confirmation of receipt of their application within 1 week of submission, they should contact the Secretariat at info@csanz.edu.au immediately*

New Members and Membership Changes

The following changes and new admissions to Membership occurred at the November 2019 Board meeting. The Society extends a warm welcome to all.

FCSANZ

Dr Peter Barr (NZ)
 Prof Fadi Charchar (VIC)
 Dr Ben Costello (VIC)
 Dr John Edmond (NZ)
 Dr Gary Gan (NSW)
 Dr Mohsen Habibian Naeini (QLD)
 Dr Remi Kowalski (VIC)
 Dr Karina Laohachai (SA)
 Dr Kevin Liou (NSW)
 Dr Han Lim (VIC)
 Dr Michael O'Keefe (VIC)
 Dr Calvin Phang (QLD)
 Dr Isuru Ranasinghe (SA)
 Dr Rinku Rayoo (VIC)
 Dr Kathryn Rice (NZ)
 Dr Michael Yeong (QLD)

Members

Ms Charis Brown (VIC)
 Mrs Kate Casey (VIC)
 Mrs Heather Cutter (VIC)
 Mrs Lainie Dinse (VIC)
 Dr Giuseppe Femia (NSW)
 Dr Thomas Ford (NSW)
 Ms Leanne Gati (QLD)
 Mr Allington Gono (VIC)
 Mrs Fiona Groen (VIC)
 Dr Youlin Koh (VIC)
 Ms Linda Macaulay (VIC)
 Mrs Janna Mayall (VIC)
 Ms Lesley Mirandilla (VIC)
 Dr Issam Muteir (VIC)
 Dr Sameer Tatavarty-Bharatam (QLD)
 Mr Feby Thomas (NZ)
 Miss Rebecca Tingate (VIC)
 Miss Leah Tune (NZ)
 Dr Christopher Yu (NSW)



CSANZ20

CSANZ New Zealand
 Annual Scientific Meeting

Dunedin Centre | 25-27 June 2020

www.csanzasm.nz

Key dates

Call for Abstracts Open

4 November 2019

Registration Opens

25 November 2019

Call for Abstracts Close

2 March 2020

Early Bird Registration Close

27 April 2020

CSANZ NZ ASM 2020

25 - 27 June 2020



Key dates

Tuesday 26 November 2019

Monday 16 March 2020

Tuesday 17 March 2020

Thursday 11 June 2020

13-16 August 2020

Abstracts Open

Abstracts Close (8pm AEDT)

Registration Opens

Early Bird Registrations Close

CSANZ 2020 ASM - Gold Coast

Named Lecturers

RT Hall Lecturer

Kempson Maddox Lecturer

Basic Science Lecturer

Gaston Bauer Lecturer

Cardiovascular Nursing Lecturer

Victor Chang Memorial Lecturer

Paul Ridker, Brigham and Women's Hospital, USA

Karlheinz Peter, Baker Heart and Diabetes Institute, VIC

Lea Delbridge, University of Melbourne, VIC

Vlado Perkovic, George Institute for Global Health, NSW

Robyn Clark, Flinders University, SA

Julie Mundy, Princess Alexandra Hospital, QLD

www.csanzasm.com



Criteria for CSANZ Heart Failure Council travel grant for the International Society for Heart & Lung Transplantation 22-25 April, 2020, Montréal, Canada

1. Applicants must be current financial members of the Cardiac Society, with preference given to early career applicants attending their first meeting.
 2. The work must have emanated from Australia or New Zealand.
 3. Applicants **must** have an abstract on a topic relevant to Heart Failure, accepted for presentation.
 4. Applications must be accompanied by a letter from the Supervisor or Director of the laboratory or service from which the work has emanated, clearly detailing the specific contribution made by the applicant towards the work being presented.
 5. Preference will be given to those who have not previously been awarded a CSANZ Travelling Scholarship.
 6. Conditions apply to successful applicants not domiciled in Australia or New Zealand.
 7. Late applications will **NOT** be considered.
 8. The Scholarship is valued at up to AUD\$3,000
 9. Successful recipient must agree to present in the next CSANZ Heart Failure Council Program during the CSANZ Annual Scientific Meeting:
 - i. A summary of the highlights of the meeting and an overview of the top 5 Heart Failure papers they attended at the ISHLT Conference.
 - ii. An oral presentation of their abstract.
 10. Successful recipient to email the Heart Failure Council Secretary at info@csanz.edu.au confirming availability to present in the next CSANZ Heart Failure Council Program (See item 9).
- Applications should be accompanied by:
- a) copy of submitted abstract(s) and official notification of acceptance;
 - b) brief curriculum vitae;
 - c) supporting letter from the Supervisor or Director;
- Applications should be emailed to info@csanz.edu.au
- Closing Date**
10 February, 2020
- Please note:** *If applicants have not received email confirmation of receipt of their application within 1 week of submission, they should contact the*



CSANZ Travelling Fellowship to EuroHeartCare 4-6 June, 2020 Seville, Spain

EuroHeartCare is the annual meeting of the ESC Council on Cardiovascular Nursing and Allied Professions (CCNAP) aimed at helping support cardiovascular nurses and allied health professionals deliver the best care possible to patients with cardiovascular disease.

Application Criteria

1. **At the time of application**, applicants must be current financial Nurse or Allied Health **Member** of the Cardiac Society of Australia and New Zealand, with preference given to early career applicants or clinicians attending EuroHeartCare for the first time.
2. Applicants **must** have an abstract accepted for presentation at the EuroHeartCare 2020 Congress **and must be the first or senior author of the accepted abstract**. In some circumstances, consideration may be given to a co-first author or someone who has made a substantial contribution to the work (see item 4). Alternatively, the applicant has been invited to speak in a session at the Congress.
3. The work must have emanated from Australia or New Zealand.
4. Applications must be accompanied by a letter from the Supervisor or Director of the laboratory or service from which the work has emanated, **clearly detailing the specific contribution made by the applicant towards the work being presented**.
5. Preference will be given to those who have not previously been awarded a CSANZ Travelling Scholarship.
6. Late applications will **NOT** be considered.
7. The Scholarship is valued at up to AUD\$3,000.

Applications should be emailed to the Honorary Secretary at info@csanz.edu.au and **must include:**

- copy of submitted abstract(s) and official notification of acceptance which includes the abstract title and the accepted presentation type;
- brief curriculum vitae;
- supporting letter from the Supervisor or Director.

Closing Date

24 February, 2020

Please note: *if applicants have not received email confirmation of receipt of their application within one week of submission, they should contact the Secretariat at info@csanz.edu.au immediately*



Criteria for CSANZ Heart Failure Council

Henry Krum Memorial

Travel Grant for the

European Society of Cardiology

–Heart Failure Meeting

25-28 May, 2019

Athens, Greece

1. Applicants must be current financial member of the Cardiac Society, with preference given to early career applicants attending their first meeting.
2. The work must have emanated from Australia or New Zealand.
3. Applicants **must** have an abstract on a topic relevant to Heart Failure, accepted for presentation.
4. Applications must be accompanied by a letter from the Supervisor or Director of the laboratory or service from which the work has emanated, clearly detailing the specific contribution made by the applicant towards the work being presented.
5. Preference will be given to those who have not previously been awarded a CSANZ Travelling Scholarship.
6. Conditions apply to successful applicants not domiciled in Australia or New Zealand.
7. Late applications will **NOT** be considered.
8. The Scholarship is valued at up to \$3,000
9. Successful recipient must agree to present in the next CSANZ Heart Failure Council Program during the CSANZ Annual Scientific Meeting:
 - i. A summary of the highlights of the meeting and an overview of the top 5 Heart Failure papers they attended at the ESC Heart Failure Conference.
 - ii. An oral presentation of their abstract.
10. Successful recipient to email the Heart Failure Council Secretary at info@csanz.edu.au confirming availability to present in the next CSANZ Heart Failure Council Program (See item 9).

Applications should be accompanied by:

- a) copy of submitted abstract(s) and official notification of acceptance;
- b) brief curriculum vitae;
- c) supporting letter from the Supervisor or Director;

Applications should be emailed to info@csanz.edu.au

Closing Date

30 March, 2020

Please note: *If applicants have not received email confirmation of receipt of their application within 1 week of submission, they should contact the Secretariat at info@csanz.edu.au*



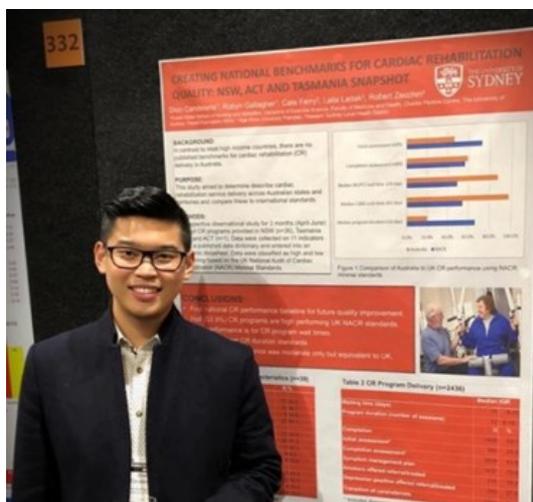
Key dates

Tuesday 5 November 2019	Registration and abstract submissions open
Tuesday 25 February 2020	Abstract submissions close
Thursday 12 March 2020	Early bird registration closes
20 - 22 May 2020	ICCG 2020 Conference

Invited International Speakers

Perry M. Elliott	Bart's Heart Centre and University College London (UCL), UK
Bruce D. Gelb	Mindich Child Health and Development Institute, Mount Sinai Hospital, USA

Affiliate Clinical Development Award Report



I was fortunate to be one of the recipients of the Affiliate Clinical Development Award provided by CSANZ, which enabled me to attend this year's Annual Scientific Meeting in Adelaide. It was my first time to attend the CSANZ ASM and the conference provided me with many opportunities not just to learn about the latest in cardiovascular care but also to meet and network with researchers, clinicians, and experts in the field.

I had the pleasure of showcasing in the poster session our group's cross-state and territory snapshot study on the quality of cardiac rehabilitation (CR) in Australia. This study provides baseline data for developing national-level benchmarks for CR delivery and outcomes. Our poster gained much interest and attention from the conference delegates and generated interesting discussions.

As a novice researcher, I learned valuable insights and benefitted greatly from Professor Philip Moons's top tips and tricks for writing scientific papers and presenting data for conferences. His excellent talk truly raised the standards of conference presentations. The panel discussion with Cardiovascular Professors of Nursing including Robyn Gallagher, Lis Neubeck, Robyn Clark, and Philip Moons was also inspiring and motivating.

It was interesting to attend the Cardiovascular Nursing Lecture delivered this year by Kimberly Bardsley, a Heart Failure Nurse Practitioner from Queensland and the Nursing Prize session, where the top nursing research are presented.

The CSANZ ASM is a meeting place of great minds and a stage to display contemporary and robust cardiovascular science. Attending CSANZ2019 invigorated my passion and aspiration to contribute to this community. Thanks to CSANZ for providing support to engage in these activities and I encourage affiliate members to take advantage of this wonderful opportunity.

Dion Candelaria

PhD Candidate
Susan Wakil School of Nursing and Midwifery
The University of Sydney, NSW

Affiliate Clinical Development Award Report



(From left to right – Dr Quan Huynh, Miss Kristel Janssens, and Prof Robyn Gallagher)

I would like to thank CSANZ for their generous clinical development award which allowed me to attend the CSANZ conference held in a stormy and windy Adelaide this year.

My team, the Sports Cardiology lab from the Baker Heart and Diabetes Institute, was well represented with multiple presentations in different Prize awards.

Dr Elizabeth Paratz went up on the big stage as a Ralph Reader finalist presenting her work on coronary artery calcium score in a post-mortem population: feasibility and clinical utility.

Another highlight was Erin Howden and Stephen Foulkes contending in the Allied Health Science and Technology prize session with Steve winning over his PhD supervisor after an excellent presentation on exercise MRI unmasks cardiac dysfunction in childhood and adolescent cancer survivors with reduced cardiopulmonary fitness.

I was fortunate to talk about my own research on exercise blood pressure in athletes at the Cardiovascular Nursing prize session. A/Prof Sally Inglis and Dr Susie Cartledge were wonderful in chairing this session and this experience opened many new opportunities.

Valuable advice and inspiration from Prof Leonard Kritharides, Prof Robyn Gallagher and Prof Clara Chow was given to be during the early career researchers mentoring dinner.

Sports Cardiology topics were well represented with a sports and exercise discussion presented by Andre La Gerche, David Dunstan, David Prior and Erin Howden. Adrian Elliott shared his knowledge on exercise and AF and Dominique Hansen on exercise prescription and training in CVD.

CSANZ is the conference you don't want to miss if you are passionate about cardiovascular medicine and research. It attracts international experts and is an excellent platform for meeting other researchers and colleagues to discuss and exchange ideas. Attending the meeting provided me with knowledge, inspiration to continue and expand my current research and new contacts to advance my career.

Kristel Janssens
Associate Nurse Unit Manager
Interventional Cardiology
St Vincent's Hospital Melbourne, VIC

Affiliate Clinical Development Award Report



I had the pleasure of receiving one of the Cardiac Society of Australia and New Zealand (CSANZ) Affiliate Clinical Development Award's for 2019, which supported me to attend CSANZ Annual Scientific Meeting in Adelaide.

I am a PhD candidate at the University of Sydney. In addition, I also practice as a registered nurse in a rehabilitation hospital receiving large number of patients with various cardiovascular diseases. My research focus is health literacy as a social determinant of health among Chinese immigrants living in Australia including those with heart disease.

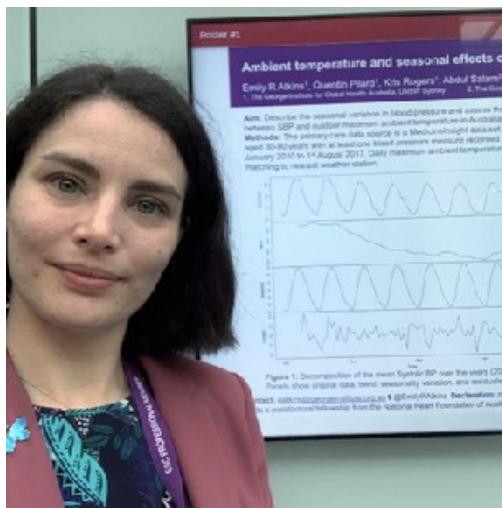
It was of great interest in listening about the current and future development in the management of patient with heart conditions, especially of those vulnerable groups such as people with social-economic disadvantage, indigenous people and immigrants.

I was fortunate enough to be given the opportunity to present my research 'Decision support for better emergency department utilization in Chinese immigrants: is technology a solution?' as part of the program for the CSANZ Digital eHealth Strategy Symposium. The symposium was very educational and beneficial for networking with clinicians and researchers who have the same interests in digital interventions. The content delivered during the symposium reinforce my research interests of digital interventions in caring disadvantaged and 'hard to reach' populations such as immigrants.

I would like to thank CSANZ for their generosity and ongoing support for member's professional development especially the support for the early career researchers like myself. The participation in the conference updated and expanded my clinical and research knowledge in cardiology related to Australian context, but also gave me the opportunity to network with a diverse range of people working in the same field.

Ling Zhang
PhD candidate
University of Sydney, NSW

Travelling Fellowship Report



This year I was extremely fortunate to receive a CSANZ Travelling Fellowship to attend the European Society of Cardiology meeting in Paris Aug 2019 and present my research of seasonal effects on blood pressure in 2.6 million Australians. I had not attended ESC previously, and was surprised by the magnitude of the meeting.

I presented in the moderated poster session 'Hypertension around the world' during the lunch break on the 1st September. Following my presentation, I received questions about the clinical implications of seasonal variation in blood pressure, and discussed collaborations on this theme with an international colleague. I am excited to explore these avenues in the next stage of this research program.

During my time in Paris, I was able to further strengthen my relationship with the World Heart Federation, attending the 4th Global Summit on Circulatory Health in the days before ESC, and a meeting of the WHF Emerging Leaders in a lunch break. Reconnecting with other Emerging Leaders

has fostered discussions of protocol development for a trial following successful completion of our pilot study of medication adherence clubs in low-resource settings.

At Congress, I enjoyed the sessions on hypertension hot papers of 2018/2019, the new WHO cardiovascular risk charts, and seeing late-breaking presentations of key cardiovascular pharmacology studies. The health economics session provided some thoughts on future directions for better value healthcare.

I connected with other researchers in cardiovascular medicine use from the UK, Sweden, New Zealand and USA. I received an invitation to attend the 3rd Annual University of Utah Translational Hypertension Symposium following discussion of my research interests with a US colleague. This meeting occurred on the 10th of October and I have expanded my US network, and begun a collaboration with a US pharmacist and researcher looking at air quality and heart failure hospital admissions. This is an exciting extension of my interest in climate and CV disease and I am keen to see how this collaboration progresses.

I am extremely grateful to CSANZ for the support to attend ESC 2019 and the opportunities that have subsequently arisen.

Emily Atkins

Research Fellow, Cardiovascular Division
Conjoint Senior Lecturer, Faculty of Medicine
Honorary Research Fellow, Westmead Clinical School | University of Sydney | UNSW

Travelling Fellowship Report



This year, I was privileged to receive a CSANZ Travelling Fellowship, enabling me to travel to Paris to present some data on outcomes of non-English speaking patients presenting to Victorian hospitals with STEMI. This was research work undertaken as part of my PhD utilising data linkage between the Victorian Cardiac Outcomes Registry (VCOR) and multiple other administrative datasets including the Ambulance Victoria database.

ESC Congress 2019 was full of many highlights particularly in the late-breaking trial sessions. It was quite magical to be part of the audience that spontaneously applauded as the primary results slide of the DAPA-HF trial appeared on the screen.

As suggested by the trial discussant, it really felt like we were there to see off a new era in heart failure treatment. Equally inspiring and humbling was it to see a legend like Professor Eugene Braunwald be part of a session on promoting the presence of women in cardiology or to hear Professor Roxana Mehran give the prestigious ESC

Andreas Gruntzig lecture – we truly stand on the shoulders of giants.

Visiting Paris is always special and seeing the Eiffel Tower sparkle at night never seems to get old. The congress centre was also near the Montparnasse area and it was lovely to try out different creperies for lunch with my Australian colleagues whom I often don't get the opportunity or time to meet up with back home.

I am very grateful to CSANZ for giving me this opportunity to attend such a memorable ESC Congress in the "City of Lights". It has certainly inspired me in my ongoing research efforts.

Sinjini Biswas

Interventional Fellow and PhD Candidate
The Alfred Hospital and Monash University
Melbourne, VIC

Travelling Fellowship Report



It was an honour to have received the esteemed CSANZ Travelling Fellowship to the ESC Congress in Paris, Saturday 31 August – Wednesday 04 September 2019.

I had two abstracts accepted for moderated and traditional poster presentations. My main abstract focused on the perils of weight fluctuation, wherein we showed that periodic cycling of body weight results in residual atrial arrhythmogenic substrate that does not recede despite final weight loss in a chronic sheep model. My second presentation was an analysis of cardiac fibrosis detected by late-gadolinium enhanced MRI and risk of atrial fibrillation. Both presentations were well received and discussed by the conference attendees. They stemmed from the final phase of my PhD, which I recently completed at the Centre for Heart Rhythm Disorders, The University of Adelaide and Royal Adelaide Hospital. My PhD research was principally supervised by Professor Prashanthan Sanders, a leader in cardiac pacing and electrophysiology, and co-supervised by Dr Rajiv Mahajan and A/Prof Dennis H. Lau, to whom I am very fortunate to have trained under.

This was my first time attending the ESC Congress, and I was very impressed by the rich contents. The

conference featured important topics in cardiovascular research, ranging from basic mechanism and translational science through clinical science. For example, I was able to attend the late-breaking sessions featuring the Australian researchers Professor Prashanthan Sanders, on the HELP-AF study in atrial fibrillation, and Prof David Brieger, on the Australian GRACE Score in acute coronary syndromes. As a researcher in basic and translational research, it was exciting to see how ideas emerging from preclinical studies are incorporated into clinical trials, potentially impacting patient outcomes.

Additionally, presentations on nuanced topics, such as using artificial intelligence to deal with Big Data, ranging from Omics, ECG Wearables through Cardio-linguistics, are particularly noteworthy. The sessions on career and professional development were very helpful. In some of these sessions, we were taken through exercises on CV building, with tips on successful job interviews. Others provided support on tackling journal publication and engaging social media for research dissemination, which are very useful for me as an early-career researcher. Finally, the individual interactions and networking were very good, as they allowed me to meet potential collaborators.

I am extremely grateful to CSANZ for the opportunity to attend this great meeting. This unique experience has inspired me in a lot of ways and will undoubtedly drive me to explore novel niches in cardiovascular research.

Dr Thomas A Agbaedeng

BSc (Hons), PhD
Centre for Heart Rhythm Disorders,
The University of Adelaide and
Royal Adelaide Hospital,
Adelaide, SA

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Stephen Duffy
Editor

On the pulse

For information regarding submissions for *On the pulse* please email info@csanz.edu.au. Views expressed in *On the pulse* are not necessarily the views of the Cardiac Society or its Board.

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on the *pulse*

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Forthcoming Meetings

AUSTRALIA & NEW ZEALAND

4 Corners of Cardiology Meeting

7–8 February, 2020

Melbourne, Victoria

4ccardiology.com

International Clinical Cardiovascular Genetics Conference

20–22 May, 2020

Brisbane, Queensland

<http://www.iccgconference.com>

CSANZ New Zealand ASM

25–27 June, 2020

Dunedin, New Zealand

<http://www.csanzasm.nz/>

ANZET20

13–16 August, 2020

Gold Coast, Queensland

www.anzet.com.au

CSANZ Annual Scientific Meeting

13-16 August, 2020

Gold Coast, Queensland

<http://www.csanzasm.com/>

EUROPE

EuroHeartCare

4–6 June, 2020

Seville, Spain

www.escardio.org/Congresses-&-Events/EuroHeartCare

ESC20 Congress

29 August–2 September, 2020

Amsterdam, Netherlands

www.escardio.org

NORTH AMERICA

ACC.20 & World Congress of Cardiology

28–30 March, 2020

Chicago, Illinois

accscientificsession.acc.org

ISHLT Scientific Sessions

22–25 April, 2020

Montréal, Canada

ishlt.org

ASIA

Asian Pacific Society of Cardiology Congress

12–14 March, 2020

Kyoto, Japan

www.congre.co.jp/apsc2020

A comprehensive list of meetings and events can be viewed on the Society's website www.csanz.edu.au