

# On the **PULSE**

The official newsletter of the Cardiac Society of Australia and New Zealand

## WELCOME TO OUR NEW LOOK CSANZ NEWSLETTER

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SINCE  
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ON**

**PETER KISTLER  
2020  
R T HALL PRIZE  
WINNER**

# 70 YEARS SINCE CONCEPTION

It was on the 14th April 1951 that informal discussions were had between six Fellows of The Royal Australasian College of Physicians.

The first 6 attendees were S A Smith, A J H Stobo, J H Halliday, T E Lowe, E F Gartrell and J. K Maddox.

The provisional committee was chosen on State basis with a Chairman and Secretary. The first Chairman of the provisional Society in 1951 was S A Smith, a senior physician of Sydney and the first Secretary was J K Maddox.

At this first meeting it was decided that there would be Ordinary or Associate Members (the latter being surgeons, lay members or medical graduates who weren't Members or Fellows of Royal Australasian College of Physicians).

Each member of this provisional meeting were set to the task of inviting 'founding members' whose primary interest were in the practice of cardiology, research in cardiology or allied subjects.

The inaugural Meeting was held at the Royal Adelaide Hospital just over a year later.

(We will celebrate the birthday next year!)



The Royal Australasian College of Physicians

14 APRIL 1951

MINUTES OF MEETING HELD AT COLLEGE OF PHYSICIANS ON 14. 4. 51

PRESENT. Drs. S. A. Smith, J. H. Halliday, A. Stobo, J. K. Maddox, T. Lowe, E. Gartrell.

- DECIDED.
1. To form an Aust. Cardiac Society.
  2. To meet at the time of Annual Meeting of College but not to clash. *with Collg meetings*
  3. Ordinary and Associate members. The latter may be surgeons, laymembers or? non Members or Fellows of the College.
  4. To embody in Constitution resolution to provide speakers on subjects of general interest to the College.
  5. To affiliate with the International Body.
  6. Election of provisional Committee.

Chairman. S. A. Smith, Sydney.  
Secretary. J. K. Maddox, Sydney.  
N.S.W. J. Halliday, Sydney.  
Victoria T. Lowe, Melbourne.  
Sth. Aust. E. Gartrell, Adelaide.  
Wstn. Aust. C. Fortune, Perth.  
Tasmania. R. Whishaw, Hobart.  
Queensland. A. Murphy, Brisbane.

7. First Meeting 1952. *before Annual Meeting of Collg (Adelaide)*

Minutes from the meeting to establish a Cardiac Society 1951

It was agreed for the Inaugural Meeting that the Society embody a rule that Speakers would address the College of Physicians on subjects of general interest and that the society should have an International Society of Cardiology affiliation.

The Committee invited 6 international members as Honorary Members. 47 physicians including 8 surgeons accepted ordinary membership as foundation members, representing all states and NZ. There was only one woman founding member, Kate Mackay.

From Hickie, John B. Hickie; Kathleen P. A History of the Cardiac Society of Australia and New Zealand, 1990 CSANZ, Sydney

## NEW FELLOWS AND MEMBERS

The Society extends a warm welcome to all new Fellows and Members admitted from Jan to April 2021

**FELLOWS** Dr Emily Granger (NSW), Dr Danielle Harrop (VIC), Dr Sara Hungerford (NSW), Dr Mangesh Jadhav (NZ), Dr Jorge Moragues (NSW), Dr Dale Murdoch (QLD)

## MEMBERS

Dr Jacquita Affandi (WA), Dr Daniel Akrawi (NSW), Dr Ammar Alsamarrai (NZ), Mr Michael Baldini (QLD), Dr Angus Baumann (SA), Ms Leticia Bezerra Giordan (NSW), Dr Saiuj Bhat (WA), Dr Nazar Bilgrami (VIC), Dr Adam Bland (NSW), Dr Tomasz Block (VIC), Dr Daniel Brieger (NSW), Ms Nicole Bryce (QLD), Dr Benjamin Cailles (VIC), Mr Jason Chami (NSW), Dr Jason Chiang (NSW), Dr Brian Chiang (NT), Miss Eun Sun Choi (NSW), Dr Craig Coorey (NSW), Mrs Aimee Croad (NZ), Ms Natasa Damjanic (SA), Ms Fiona Dee (NSW), Mrs Jennifer Donald (NZ), Mrs Cindy Earl (NSW), Mrs Jeica Espanol (NZ), Miss Rebekah Finnigan (NZ), Dr Matthew French (NSW), Dr Emma Gard (VIC), Dr Daniel Gayed (VIC), Dr Danielle Gelbart (NZ), Dr Lucy Geraghty (NSW), Mr Khashayar Ghafouri (NZ), Dr Vishal Goel (VIC), Dr Ian Goh (ACT), Mrs Emily Gray (NZ), Dr Mehmet Harapoz (NSW), Dr Rajinder Singh Harjit Singh (SA), Mrs Renay Harris-Brocklesby (NZ), Dr Michael Hay (VIC), Dr Cha Ho (WA) Miss Jou-Jung Huang (NSW), Dr Kaimin Huang (NSW), Mrs Catherine Hulbert (NZ), Dr Frazer Kirk (QLD), Mrs Erina Korohina (NZ), Mrs Jo-Anne Kovacs (NZ), Mr Luke Krause (ACT), Dr Rukmini Kulkarni (NSW), Miss Sarah Leech (NZ), Dr Geoffrey Lester (NSW), Dr Yi-Wen (Becky) Liao (NZ), Dr Zhen Qi Lu (QLD), Dr Kedar Madan (NSW), Ms Christine Madronio (NSW), Dr Shehane Mahendran (NSW), Dr Ehsan Mahmoodi (QLD), Mrs Kiruthika Manoharan (NZ), Miss Stacey Matthews (VIC), Mrs Jennifer Mephram (NZ), Dr Thomas Mew (QLD), Dr Sirisha Mitnala (NZ), Miss Katherine Mora (NZ), Dr Jorge Moragues (NSW), Dr Thomas Moran (VIC), Ms Jocelyne Mulangala (NSW),  
Dr Pieter Neef (VIC), Mr Calum Nicholson (NSW), Mrs Adenike Odion (NSW), Miss Jane Oorschot (NZ), Mrs Shelley Paine (QLD), Mr Will Paton (QLD), Dr Cassia Pereira Kessler Iglesias (NSW), Mrs Grace Prescott-Whitaker (NZ), Dr Edward Quine (VIC), Dr Kevin Rajakariar (VIC), Dr Dylan Rajaratnam (NSW), Dr Rohanti Ravikulan (SA), Dr Meredith Redd (QLD), Dr Imants Rubenis (NSW), Dr Christian Said (NSW), Dr Sonia Sawant (NSW), Ms Ellen Schier (SA), Dr Neelabh Sharma (QLD), Miss Wendan Shi (NSW), Miss Gursharan Singh (QLD), Harish Sonigra (NZ), Dr Katey Snaith (SA), Ms Ingrid Stacey (WA), Mrs Renee Stubbs (NSW), Ms Elizabeth Suo (VIC), Dr Sophia Tan (SA), Dr Udit Thakur (VIC), Miss Fiona Thoi (SA), Mrs Lynda Tivendale (VIC), Mr Simon Townsend (QLD), Dr Adam Trytell (VIC), Dr Stephen Vernon (NSW), Dr Dominic Vickers (NSW), Dr Vijayatubini Vijayarajan (NSW), Mrs Tonia Wilson (NSW), Ms Fiona Wollaston (SA), Dr Jessica Yao (VIC)

### On the Pulse Magazine

For information regarding submissions for  
On the Pulse please email us: [info@csanz.edu.au](mailto:info@csanz.edu.au)

Views expressed in On the Pulse are not necessarily  
the views of the Cardiac Society or its Board.



Stephen Duffy  
Editor

# VALE

## JOHN HUGH NICHOLAS ('NICK') BETT

### 1937 - 2021

MB BS, (MELB) 1960, MRACP 1965, FRACP 1972, DDU 1977  
CSANZ MEMBER 1971 (FCSANZ 2005)



Nick was born in London. His parents were living in India at the time where his father was employed as a British 'civil servant'. Because of a cholera outbreak it was felt his mother's pregnancy would be more safely handled in England. After an early childhood in India, Nick's family moved to Sydney after Indian independence. Nick completed his primary and secondary education as a boarder at Scots College. He excelled scholastically and as a rower. He was dux of the school in 1955.

He won a scholarship to the University of Melbourne Medical School and graduated with first class honours in 1960 winning the Ryan Prize in surgery! Nick spent his resident years at the Alfred Hospital and was a medical registrar there from 1963-65 gaining his MRACP in 1965 (FRACP 1972).

In 1971 Nick had a three-month tour of duty with the R.A.A.M.C. in the First Australian

Field Hospital in Vung Tao during the Vietnam War, a time in his life he rarely spoke about.

In 1973 Nick was appointed as Staff Cardiologist and in 1975 the first Director of Cardiology at the Royal Brisbane Hospital with an associated appointment as a staff specialist at the then Chermiside Chest Hospital (soon to be the Prince Charles Hospital). These were heady days in cardiology and Nick ensured that the Royal Brisbane department stayed abreast of all developing trends in treatments and investigative techniques. He introduced exercise stress testing, Holter monitor recording, and the first services in echocardiography and nuclear cardiology in Queensland.

### **He was an enthusiastic and early adopter of computers in medicine.**

With Dr. Allan Murphy, Nick was the first to perform percutaneous coronary intervention in Queensland in the early 1980's.

During 1985-86 he planned and directed the first Mobile Coronary Care Unit in Queensland, a joint venture with the National Heart Foundation, The Royal Brisbane Hospital and the Queensland Ambulance Service – a forerunner of today's emergency paramedic services.

**"IT IS ONLY WITH THE HEART THAT ONE CAN SEE RIGHTLY;  
WHAT IS ESSENTIAL IS INVISIBLE TO THE EYE."**

**(ANTOINE DE SAINT-EXUPERY)**

With the retirement of Graeme Neilson, Nick moved to the Prince Charles Hospital as Director of Cardiology in 1990 - a position he held until 2003 retiring to become the Senior Staff Cardiologist.

During his tenure at Prince Charles he helped the hospital cement its role as a world-class cardiac institution. Always an internationalist, Nick was always keen to foster relationships with other countries and helped train a number of cardiologists from India, Thailand, Japan and China.

In addition to his busy clinical work, Nick was always involved in research, including a leading role in several large multicentre studies. He published widely and was a strong mentor for many young investigators. Nick married Mern (née Warner) in 1962. They had four children - twin girls, another girl and a son. Their days in Italy laid down a love of that country, and of a lifetime of travel. Nick became fluent in Italian, a connoisseur of red wine and a very competent pizza and pasta maker. He and Mern entertained many of us during their years in Brisbane with food and stories of their travels. Nick was a great photographer to boot and pictures of travel and family could be found in his various offices (sometimes through a haze of pipe smoke before the late 90's!).

Mern and the family were his rock and his great love outside Medicine. Mern and Nick were inseparable over nearly 60 years of marriage, and Nick suffered greatly when Mern died suddenly some six months before his own death. Nick was a quiet, reserved, almost shy man. He spoke with great clarity and economy, never using a paragraph where a sentence would suffice. He had a deep interest in the lives and careers of the many young doctors, nurses and technical staff that he mentored. A gentle and courteous man, he was always happy to give help and advice but never forced his opinions on others. He quietly helped many of us, these writers in particular, to become consultants themselves and to enjoy Cardiology as he did. He contributed greatly to patient care and to Queensland and Australian Cardiology.

*Roger Wilkinson AM*

*David Cross*

*Con Aroney AM*



Friday 6 August - Sunday 8 August 2021  
Adelaide Convention Centre

## Register Now

[www.anzet.com.au](http://www.anzet.com.au)

**Named Lecturers:** William O'Neill MD, Henry Ford Health System USA  
**Louis Bernstein Lecturer**

Prof David Kaye, Baker Heart and Diabetes Institute VIC  
**Innovations in Interventional Cardiology Lecturer**

**International Faculty:** Dipti Itchhaporia, MD, Jeffrey M. Carlton Heart & Vascular Institute USA  
Patricia Keegan, Director Strategic and Programmatic Initiatives,  
Emory Heart and Vascular USA

**Live Case Sites:** Flinders Medical Centre, Adelaide SA  
Royal North Shore Hospital, Sydney NSW  
University of Washington, Seattle USA

**4 July 2021:** Abstract submissions close for the Geoff Mews Prize



### ANZET21

15th Annual  
Australia & New Zealand  
Endovascular Therapies Meeting

Friday 6 August – Sunday 8 August 2021  
Adelaide Convention Centre

[www.anzet.com.au](http://www.anzet.com.au)



# CSANZ 2021

69TH ANNUAL SCIENTIFIC MEETING  
OF THE CARDIAC SOCIETY OF  
AUSTRALIA AND NEW ZEALAND  
HOSTED BY CSANZ NSW

5 – 8 AUGUST 2021 | ADELAIDE CONVENTION CENTRE

[WWW.CSANZASM.COM](http://WWW.CSANZASM.COM)

## Register Now

We are excited to watch this year's CSANZ ASM Program evolve.  
Visit [www.csanz.com](http://www.csanz.com) to see all our presenters  
who have confirmed their spot at the podium for #CSANZ2021.



R T Hall Lecturer

Helen Hobbs

University of Texas  
Southwestern Medical Center



Basic Science Lecturer

Sally Dunwoodie

Victor Chang Cardiac  
Research Institute, NSW



Kempson Maddox Lecturer

Diane Fatkin

Victor Chang Cardiac  
Research Institute, NSW



Victor Chang Memorial Lecturer

Peter Macdonald

St Vincent's Hospital, NSW



Gaston Bauer Lecturer

Markus Schlaich

University of Western  
Australia, WA



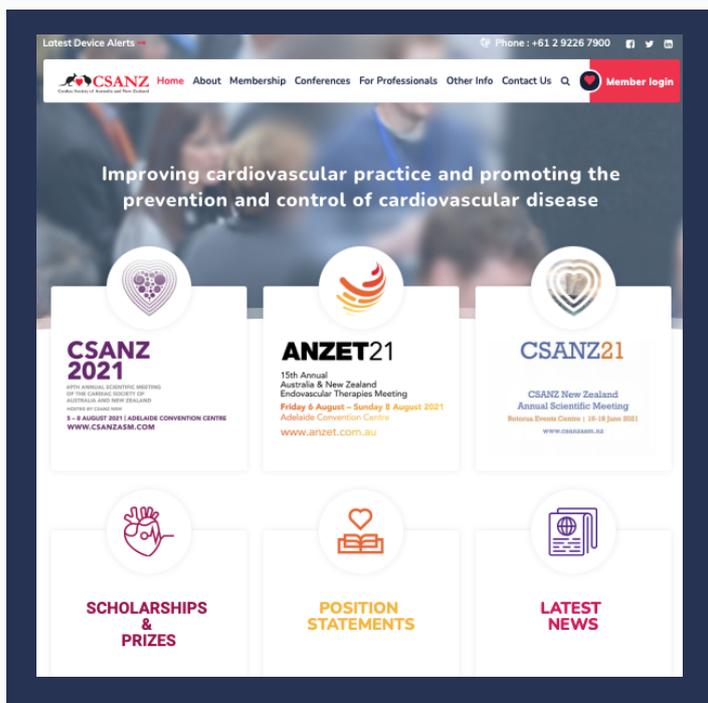
Cardiovascular Nursing Lecturer

Janet Bray

Monash University, VIC

# LAUNCH OF THE NEW CSANZ WEBSITE

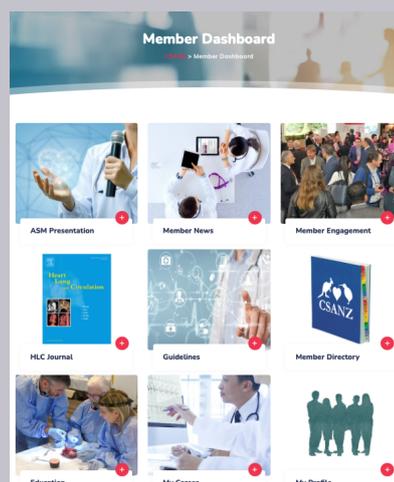
It is with great pleasure that we launch our new website [csanz.edu.au](http://csanz.edu.au) to our esteemed members of the Society. As a member of CSANZ you will be aware that our mission is to promote the highest standards of education, training, research and practice in cardiovascular medicine and surgery.



Along with our continuing professional development program, HeartOne, there is access to a wide range of training modules and resources, current position statements and certifications, and access to CSANZ ASM and other meeting presentations, videos and podcasts and news and what's on within the cardiology community.

Our member forums provide a great opportunity to go online and collaborate with other members in our community. Start a conversation, like and comment on posts, upload images or run a poll.

Login to Access the  
CSANZ MEMBER  
COMMUNITY  
[CSANZ.EDU.AU](http://CSANZ.EDU.AU)



We offer our members a variety of opportunities to work with each other within their particular stream of practice, as well as encourage collaboration across disciplines that will enhance learning, encourage mentoring, collegiality and a build a vast knowledge amongst our members and their profession.

**The CSANZ APP is coming soon!**

# THE NEW MEMBERS WEBSITE UNVEILED!

Dive in and get to know the new website with easy navigation to all your favourite tools, education, news, scholarships and prizes on offer and career updates.

Try out the new members only engagement forums, we can't wait to see you all in action, post, comment, like and upload!

The new CSANZ Member's only platform is accessed by your CSANZ member login. Please contact us if you have trouble logging in and we can easily reset your password.

There are 9 tiles to access including: highlighted links to ASM presentations, videos to watch, and podcasts to listen to. Access to the latest e-news and the On the Pulse magazine, the HLC Journal, CSANZ member directory, access to update your own member profile details, see billing information and join new communities.

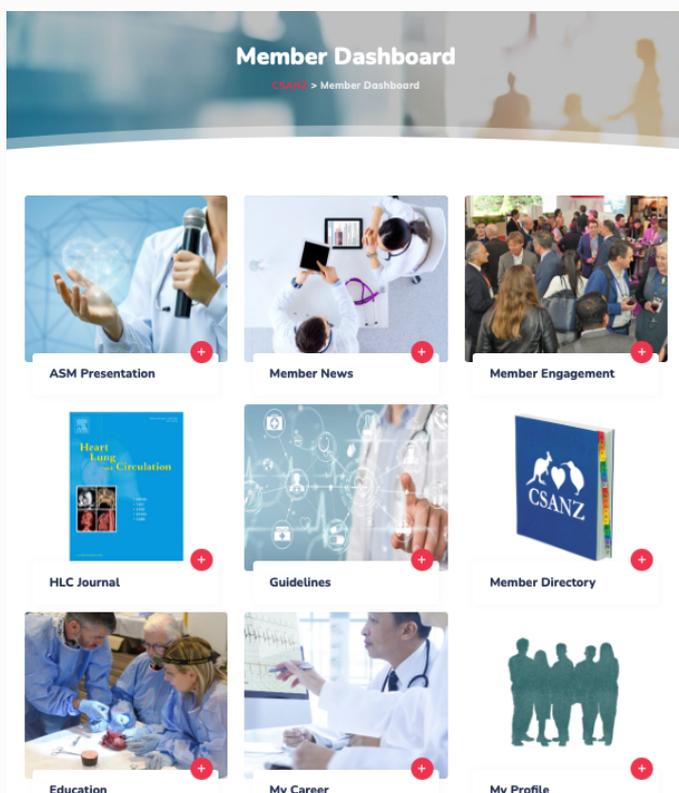
There's also an evolving educational platform and career opportunities at your fingertips.

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**"Our new CSANZ Members Dashboard is an exciting place to collaborate and engage with others"**

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[Explore the new csanz member dashboard now](#)



## BEHIND THE MEMBER DASHBOARD TILES

- ASM Presentation
- Member News
- Member Engagement
- HLC Journal
- Guidelines
- Directory
- Education
- My Career
- My Profile

- Videos, Podcasts and Presentations to watch and learn
- See the latest CSANZ and cardiology news plus what's on
- Start a Conversation in our Member Forums, network and collaborate
- Direct Access to the online Journal
- Up to date Position Statements, Guidelines, Training and Certification
- Look up and contact other Members of the CSANZ family
- Access to HeartOne, education tools and information
- Read stories from mentors, find important tips and tools to assist your career
- Update your membership contact details and check billing



ANZACT - the Australian and New Zealand Alliance for Cardiovascular Trials - was formally launched in February 2018, developed from a concept by members of the CSANZ Clinical Trials Council. We are a facilitating clinical trial network, and our core business is to support the development of concepts into successful funding applications through peer review.

## WHAT IS ANZACT?

ANZACT provides a framework for collaboration between researchers and between institutions to avoid duplication of effort. Over 200 researchers joined ANZACT within six months, and our first call for committee roles received over 40 applications. We have an inclusive approach to membership with no fees, and have evolved our governance to reflect our core business with four standing committees - the Executive Team, Scientific and Advisory Committees and Community Advisory Group. Our core business is investigator-initiated trials but we are open to business with industry.

We have developed and implemented processes to provide effective peer review, and have formally reviewed 16 projects, of which four are now endorsed by ANZACT and funded through a variety of NHMRC or MRFF clinical trial support schemes. ANZACT recognises the importance of building capacity and interest in future cardiovascular trialists, and have a special interest in supporting the development of early-career researchers.

Our aim is to contribute to better health outcomes and quality of life for the community and people with cardiovascular disease, and improve equity in cardiovascular outcomes.

*To find out more about our workshops call our friendly Executive Officer, **Julia Fallon-Ferguson** on 08 9266 3067*

## Our next Peer Review Workshop will be held in August 2021

[Visit our website www.anzact.org](http://www.anzact.org)

*Our Peer Review Workshops are a great opportunity to present your application to the NHMRC Clinical Trials & Cohort Studies for refinement by expert peer review. Early Career Researchers are encouraged to apply because it's a great opportunity to network with Australia's senior cardiologists and researchers.*

## Thinking about starting a clinical trial?

### HERE'S SOME TIPS FROM THE EXPERTS:

- **Do your homework – find out what's already being done and what is really needed. Consumers and health service providers likely have very different needs and priorities to what you think**
- **Always include a health economic component and quality of life perspective**
- **Make sure you have a robust statistical analysis plan (and budget! Grant funders will reduce it no matter how lean it is)**
- **Engage with consumers early and repeatedly, their lived experiences provide unique and extremely valuable insights – and the funders will love it**
- **Close the research loop with a plan for dissemination of your research findings and make sure you include your clinical trial participants.**

# WHAT IS MEMBER ENGAGEMENT ?



**Member Engagement**

As you click on the Member Engagement tile on the CSANZ website - a whole new Community will appear. Inside this Community you will find forums with a variety of topics to discuss. Post, like and share a comment, ask a question, create a poll, and upload images and pdfs for discussion.

## [THIS IS YOUR TIME - START THE CONVERSATION!](#)

Forums have been created by stream of practice plus additional cross discipline forums e.g. Education, Grants, Training, Clinical and Research. You have already been "subscribed" to your initial community forums via your Councils of interest stated on your CSANZ membership form, when joined. However, you are able to subscribe or unsubscribe from any forum in the community and subscribe or unsubscribe from any particular topic of conversation within a forum.

### My Communities

#### Start a conversation

Start a discussion, like, post a comment, upload images and share information (pdf) with your community and other members.

#### Advanced Trainees

This is the Community for Advanced Trainees

Newest member:

DISCUSSIONS 5

UNSUBSCRIBE

MEMBERS 0

#### Allied Health

This is the Community for Allied Health members

Newest member:

DISCUSSIONS 3

UNSUBSCRIBE

MEMBERS 0

### Fresh Topics

#### Simple diagrams for congenital he ...

by Nicole Marie Lovell

<https://congenital-heart-disease.ch/heart-disease> Website creat ...

 Read More

2 weeks ago

#### Quiz time!

by Nicole Marie Lovell

need to enter text here first

 Read More

2 weeks ago

#### What is this image?

by Nicole Marie Lovell

Have a look at this image and tell me what you think it shows?

 Read More

**"It is a great honour to receive the RT Hall Prize from the CSANZ and humbling to join the ranks of previous winners who have made outstanding contributions to cardiology."**

*By Prof. Peter Kistler*

My academic career began as a cardiology registrar at the Royal Melbourne Hospital in 2000 where the electrophysiology and pacing programs were under the leadership of Prof Jitu Vohra, A/Prof Harry Mond and a young exciting Jonathan Kalman who had just returned from San Francisco. I was offered a pacing fellowship under Harry Mond, a wonderful, caring teacher who introduced me to academic work.

From 2002 to 2005 I completed my PhD under Prof Kalman at a time when much of electrophysiology was novel and Jon's publications would regularly appear in Circulation and JACC. The highlights of the PhD period were developing a real passion for the ECG and electrophysiology as not only an academic challenge but one that has a major impact in patients' lives. We defined Focal Atrial Tachycardia and the signature P waves which could localize the anatomic locations of responsible sites from the ECG.

This was recognized with publications in JACC and the Heart Rhythm Fellows Clinical Research award in 2006 and the Pwave algorithm was developed into an App. I was fortunate to compete for the Ralph Reader Basic Science award and the Heart Rhythm Society Young investigator in 2005.

With the support of my wife and our 6 week old son, Bruno, I went to London to work under Prof Richard Schilling at a time when CT image integration into 3D mapping systems had just arrived.

**PETER KISTLER**  
**2020**  
**R T HALL**  
**PRIZE WINNER**

I gained immense clinical and academic experience in complex arrhythmias and established international collaborations which have been imperative in clinical research.

On return to Australia in 2006, I was appointed by Prof Tony Dart and Dr Archer Broughton to head electrophysiology at the Alfred Hospital and an equivalent position at the Baker Heart Research Institute with the support of the inaugural CSANZ/14th World Congress of Cardiology research investigatorship.

Over the next 15 years a strong collaborative program with Prof Kalman at RMH has developed with supervision of 17 PhD, many international EP research fellows and more than 200 publications. The dedication, sacrifice, and hard work each PhD student has shown is remarkable and particularly given this is often a time when families are beginning and financial support during a PhD is minimal.

The Cardiology Department at the Alfred Hospital under Prof David Kaye is a cohesive, collegial work environment and provides a strong foundation for research with internationally renowned academics across all subspecialties.



Recent highlights include the CAMERA MRI multicenter randomised study published in JACC in 2017 which demonstrated significant recovery of ventricular function in patients with AF and heart failure who underwent catheter ablation. This has changed national and international guidelines with a frameshift to a goal of sinus rhythm rather than rate control in patients with AF and heart failure. More recently we have defined the relationship between alcohol and atrial fibrillation culminating in the first randomised study to determine the impact of alcohol abstinence on atrial fibrillation.

This non funded multicentre study was published in the New England Journal of Medicine on January 2nd 2020. This was presented at the late breaking clinical trials at the American College of Cardiology meeting in 2019 and the winner of the Ralph Reader Award at CSANZ in 2019.

The research attracted world-wide media attention with a “sobering” review on alcohol and AF featured on the front page of the Age and National News networks. Lifestyle risk factor modification is now at the forefront of AF management.

I have been most fortunate to be supported by colleagues at The Alfred Hospital, Baker Research Institute, The Royal Melbourne Hospital and the Universities of Melbourne and Monash together with research funding from the NHMRC and National Heart Foundation. I would particularly like to acknowledge the support of my mother, Carol and my wife, A/Prof Laura Scardamaglia, without whom my academic career would not have been possible.

## A Personal Reflection

# CURRENT GRANT WRITING...

*By Prof. Julie Redfern*



Grant writing season in Q1 of 2021 has been hectic.... As a research-focussed academic I am looking forward to returning to some sort of normality. In a 'fellowship year' it is has been a tough gig. I could not count the number of times I have checked word and character counts and looked up publication metrics. I have been crafting and revising (over and over again) written pieces about impact, consumer engagement, how things will impact policy etc etc etc. Then there is of course scientific quality, collaborations and team skills to perfect. Then there are the amazing people who have helped me with reviewing and refining and managing taking on the amazing feedback from colleagues. From my perspective it is getting more complex and time-consuming. I don't think I am alone.

Recent overhauls by NHMRC and Heart Foundation funding schemes has seen a shift in the required content, skills and approaches. I am 100% supportive of a shift impactful research that involves end-users.

However, this has created new challenges for researchers. I have spent countless weekends, nights and early mornings creating written pieces, analysing metrics, deciding what to include (what not to include), trying to make a complex program of research and detailed methodology meet tiny word counts. There is also support and mentoring of early career researchers (some for the first time) to help them to navigate the complex grant system and writing requirements. Job security is at an all time low in academia and the pressure does at times feel intense. I have asked myself "why" and I have considered giving up many times....

**I don't think I am alone....**

## **ARE THERE POSITIVES?**

## ... I DON'T THINK I AM ALONE

There definitely will be positives for those who succeed but the vast majority will not. Many great ideas will not be supported and that's a shame. I have tried to reflect on what skills make a successful contemporary researcher. I am sure many will disagree, but I propose they are creativity, resilience and a deep desire to make a difference to health. Creativity is vital to coming up with new ideas, being open to 'shaking things up', creating new ways of to solve problems and overcome hurdles as we deliver ground-breaking research. For example, creativity is needed if we are to discover new biological mechanisms, test effectiveness of new medicines/interventions and to navigate the complex ethical requirements for data linkage and implementation. Resilience is vital because it enables researchers to keep 'pushing on' and overcoming barriers while facing defeat (and rejection). Most importantly, for me, it is a deep desire to make a difference and improve health. After all, that's why I became a health professional in the first place. It is the one thing that keeps me going and also keeps me grounded.

There are many great researchers among us, there are institutional supports, librarians, online services and many more. Each will have a different focus and a different view and that adds to the complexity. Ultimately, my advice is to strive to make a difference, believe yourself, believe in what you are doing and be your own best critic. Be proactive about getting feedback and share stories of success and failure. As for the applications, we should also share feedback and suggestions for improvement with funding agencies.

Now it's time for me to get outside and enjoy what is left of Autumn. These are just my personal thoughts and reflections but

**... I don't think I am alone.**

**"Most importantly, for me,  
it is a deep desire  
to make a difference and  
improve health.**

**After all, that's why I became  
a health professional..."**

Julie Redfern is a Professor of Public Health in the Faculty of Medicine and Health at the University of Sydney. A practicing physiotherapist, Julie holds a NHMRC Career Development Fellowship, is Co-Chair of the CSANZ Clinical and Preventative Cardiology Council, a Member of Education Trust and ACOR Board. From 2009-2016 she was the Chair of the Allied Health Council and represented that group on the Board for those 6 years. She has been awarded over \$30 million in peer reviewed grants and published over 180 peer reviewed manuscripts in high-ranking journals.

In 2020 Julie was Chief Investigator of the team who was awarded an inaugural \$5 million NHMRC Synergy Grant for a project that will reform cardiac rehabilitation and care for people with heart disease.

The project: Solving the long-standing evidence-practice gap associated with cardiac rehabilitation and secondary prevention of coronary heart disease (SOLVE-CHD). The goal of the project is to modernise after-hospital care, provide the best quality support to more patients and reduce the number of people who die or have to be readmitted to hospital.



# AMERICAN COLLEGE of CARDIOLOGY

When you become a member of the American College of Cardiology, you join a global network of cardiovascular professionals driven to transform cardiovascular care and improve heart health. The ACC is here for you to provide you with the support you need from training through retirement.

**As a Fellow in Training, Medical Student or Resident, you can join the ACC for FREE to access the tools and benefits that you need to help you navigate your career, manage wellbeing, and minimize burnout.**



**CONNECT AND COLLABORATE**  
with over  
**52,000 MEMBERS**  
representing the entire  
cardiovascular care team.



**GET ANSWERS AND CONNECT**  
with those that share your interest  
and specialty with our networking  
apps and online platforms, like  
Member Hub.

Our **8 JACC JOURNALS** are  
available to you  
digitally online  
and on the app.



**ACC'S WEBINARS AND TOOLS** help you  
navigate change and  
efficiently optimize  
your practice.



**NEWS ALERTS and 20+ GUIDELINE HUBS** help you stay  
up-to-date with the  
latest science.

**YOUR CHAPTER** offers  
leadership opportunities  
and education at the  
local level.



**SAVE HUNDREDS**  
on the Annual  
Scientific Session



**Visit [ACC.org/MyACC](https://www.acc.org/MyACC) to learn more!**



## Australia and New Zealand Chapter

# Did you know CSANZ is an official International Chapter of the American College of Cardiology (ACC)?

CSANZ has been an International Chapter of the ACC since 2012. As an International Chapter CSANZ works collaboratively with the ACC on a number of initiatives and recommends members for ACC workgroups, councils and committees; hosts the ACC in-training exam and holds joint sessions at ACC scientific sessions. Some of the current ACC initiatives are:

- [Non-Communicable Diseases \(NCD\) Academy](#)
- [Global Heart Attack Treatment Initiative](#)
- Value-Based Healthcare

In addition, CSANZ is able to pass on a number of ACC benefits to our members including:

- Discounted membership of ACC
- Networking opportunities amongst FACC and other cardiologists affiliated with the ACC
- Participation in Fellows-in-Training Jeopardy competitions

## Become an ACC Fellow or Member

As an international member of the American College of Cardiology, you can access resources designed to help you advance cardiovascular care, including:

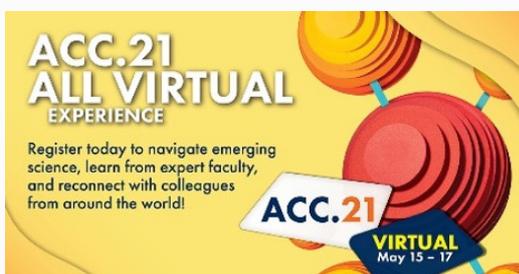
- Free digital access to [8 x JACC Journals](#)
- 20+ [clinical topic collections](#) with the latest information on your specialty
- Discounted registration to the [ACC Annual Scientific Session](#)
- Member Hub - an exclusive networking platform to help you get answers and connect with those that share your interests and specialty

For more information about becoming an ACC member go to the [ACC website](#)

**\*\*FREE ACC MEMBERSHIP\*\*** for early career, advanced trainees and students

The ACC is pleased to offer complimentary membership to advanced trainees, BPTs, medical students and Cardiovascular Team students (nurses, pharmacists, PAs, and cardiovascular technologists). For further information and to take up this free offer go to: <https://www.acc.org/Membership/Join-Us/Trainees-Students>.

See the upcoming ACC Events below:





# CSANZ21

CSANZ New Zealand  
Annual Scientific Meeting

Rotorua Events Centre | 16-18 June 2021

[www.csanzasm.nz](http://www.csanzasm.nz)

## CSANZ New Zealand Program

| 2021      | Wed 16th June  | Thurs 17th June  | Fri 18th June       |
|-----------|--|--|---------------------|
| Morning   | Working Groups / Nurses Symposium / Registrar Training | Opening Plenary / Heart Foundation Lecture / Award Finalists | Concurrent Sessions |
| Afternoon | Working Groups   | Concurrent Sessions  | Meeting Close (3pm) |
| Evening   | Welcome Reception and Posters                          | Gala Dinner  |                     |



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is a publication of the



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