

# On the **PULSE**

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

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Editorial by Prof William Parsonage

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Read about our recipients' experiences

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## **SPOTLIGHT ON**

**CSANZ  
FELLOWS-IN-  
TRAINING  
HEART SCHOOL**

# THE NEW ADVANCED TRAINING

*Editorial by Prof William Parsonage*

The end of the year provides an opportunity to thank all our members for helping us celebrate the milestone of the 70th Anniversary of the Cardiac Society of Australia and New Zealand in 2022. It has been a wonderful year of getting back together, catching up with old friends, and meeting and forming collaborations with new. The excitement of being able to meet face to face again was evident by the enthusiastic comradery at this year's Annual Scientific Meeting and at the many other Scientific Meetings held throughout the year. Given the previous two years of lock down and hardship endured, we look forward to a New Year of exciting challenges for the cardiology community.

One important challenge is the renewal of the Advanced Training Cardiology Curriculum. Education and training is a core object of The Society ensuring that trainees receive a broad and contemporary training enabling them to be competent general cardiologists at the completion of their 3 clinical years. The Curriculum Review Group for Cardiology, chaired by A/Prof James Shaw (The Alfred Hospital, Melbourne), and Dr Megan Sherwood (Heart Centre for Children, Westmead) chair of the Paediatrics Cardiology Curriculum Group have worked for over 18 months with members from the college education committee, Australian and New Zealand cardiologists and trainees to evaluate and make recommendations to improve the learning, teaching and assessment programs of the curriculum taking it forward for the next 5-10 years. The College is now in the consultation phase and are asking members and trainees to review the draft and make recommendations for changes. The consultation phase closes on 15 January 2023.

The competency based learning, teaching and assessment program will now integrate clinical and professional skills and behaviours; goal setting to further self-regulation learning and assessment, collaborate with other specialities and systems, whilst continuing to develop excellent communication, advocacy and leadership skills as expected from the workplace, their patients and consumers.

The new advanced training programs are structured through the college guidelines used for trainees which include Entrustable Professional Activities (EPAs that outline the essential tasks across ten domains that trainees need to be able to perform in the workplace without supervision) and Knowledge Guides (important topics and concepts that trainees need to understand to be considered experts in their specialty). EPAs include the expected areas of clinical and procedural competency but also tasks such as team leadership, teaching and supervision, and effective communication with patients and their relatives. In addition, trainees should have exposure to the interaction between cardiology and other relevant specialties in particular, genetic cardiology, cardio-oncology and cardio-rheumatology as well as COVID and its potential cardiac complications.

The new assessment program will include work-based tools for planning and review of the trainee's learning goals and trainee-driven tools to facilitate evidence collation of work-based learning linked to their goals, including the logbook and 4 supervised observations of work-based performance.

A major focus for the cardiology trainees is the logbook, so emphasis was given to update current requirements with the aim of making it more relevant for present and future practice.

Numbers of procedures were reduced that are of less relevance to today's practice (e.g. the insertion of intraaortic balloon pumps reduced to 1 in their period of training) while introducing

# CARDIOLOGY CURRICULUM 2023

CT Coronary Angiography (CTCA) with 50 cases required which can include 10 cases of cardiac CT required pre TAVR.

The rapidly emerging importance of telehealth delivery of outpatient care throughout Australia and New Zealand is recognised and it is required that trainees perform a total of at least 30 telehealth consultations. An increase in the total number of outpatient consults to 400 which must include seeing 150 new cardiology patients (i.e. new to the clinic and hospital not just post discharge follow up patients.) Specialists ultimately spend up to half of their working week, or more, managing patients in the ambulatory setting and it is our responsibility that trainees are appropriately prepared for this.

Progress reports will be assessed against learning goals and will be measured to progress to the next phase. Research projects will enable trainees to develop experience in research methods in a work-based context, interpret research literature and develop quality improvement skills. Assessment data will be collated to give an overall picture of the trainee's performance across a wider breadth of the curriculum, maximising time and opportunity for feedback and support.

The new curriculum will better prepare trainees for global expert practice, enable confidence in contributing to evolving healthcare teams and environments, increase a supervisor's trust in unsupervised work and improve flexibility to support an individual's learning program. It will enhance self-regulation of learning, encourage collaborative projects and assist in achieving career goals.

As this impacts us all in some form, the College would really appreciate feedback and suggestions as to how to improve the curriculum and help make the registrar years even more educational and productive for our trainees. The Society thanks James Shaw who assisted by providing this summary of the proposed changes. All the information regarding the proposed new curriculum is available online on the RACP website.

- [Find the Cardiology Advanced Training Curriculum \(Adult Medicine\) here](#)
- [Find the Cardiology Advanced Training Curriculum \(Paediatrics and Child Health\) here](#)

Curriculum renewal is an infrequent exercise and we strongly encourage all members and fellows to read more on the above links and consider contributing via the online feedback forms by 5:00pm AEDT Sunday 15 Jan 2023 links here:

[Adult Feedback Form](#) | [Paediatrics Feedback Form](#)

We wish all our members the best for a safe and healthy holiday season and look forward to a seeing you all again in 2023.

## 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.



William Parsonage  
Editor



**THE CSANZ BOARD AND STAFF WISH  
ALL OUR MEMBERS AND THEIR  
FAMILIES**

A decorative border at the top of the page featuring green pine branches, red and gold Christmas ornaments, and red jingle bells.

**A HEALTHY, HAPPY  
& SAFE  
FESTIVE SEASON**

**The CSANZ Offices will be closed from**

**SYDNEY: 22 December 2022 - 3 January 2023**

**WELLINGTON: 24 December 2022 - 3 January 2023**

# NEW CSANZ BOARD APPOINTMENTS

We are delighted to welcome Prof Jenny Deague and Dr Ash Hardikar to the Board and to announce Dr Mayanna Lund to the new appointment of Honorary Secretary.



**Dr Mayanna Lund**  
Honorary Secretary

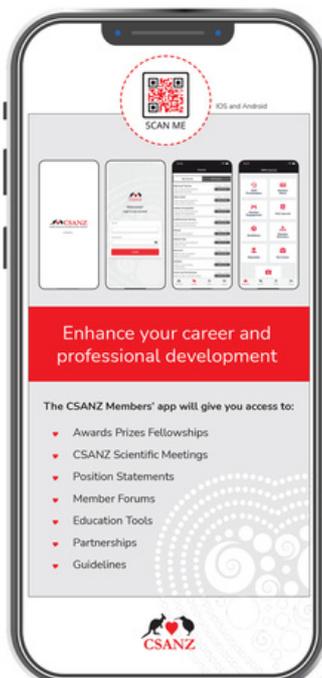
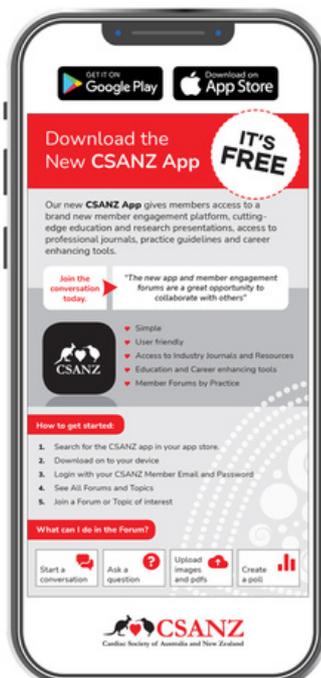


**Prof Jenny Deague**  
Chair, Education Committee



**Dr Ashutosh Hardikar**  
Surgical Representative

Are you using the CSANZ App?



SCAN ME

# HEART, LUNG AND CIRCULATION UPDATE

We are very proud of the important work that is done by the *Heart, Lung and Circulation* (HLC) editorial team. Historically there has been very little movement of HLC editorial staff members, which is a credit to the inclusive culture and respect they have for one another and for both the CSANZ and ANZCTS.

We are very sad to be bidding farewell to Deborah Edward, Editorial Manager who is retiring at the end of 2022. Deborah has been a fabulous asset to the administration and publishing process of HLC for the past 16 years and we thank her for her dedicated commitment in managing the mammoth task required to keep our Scientific Journal significant as a global resource for published works.

In addition, we would like to extend a warm welcome to Sonia Bartoluzzi as the incoming Editorial Manager.

In case you missed the announcement in October, we are also delighted to advise A/Prof Salvatore Pepe as the in-coming Editor-in-Chief. A/Prof Pepe will take over the role at the conclusion of Prof Robert Denniss' term at the end of 2023. A special ceremony to be held at the 2023 AGM in Adelaide in August to acknowledge Prof Denniss' service and achievements as HLC Editor-in-Chief.

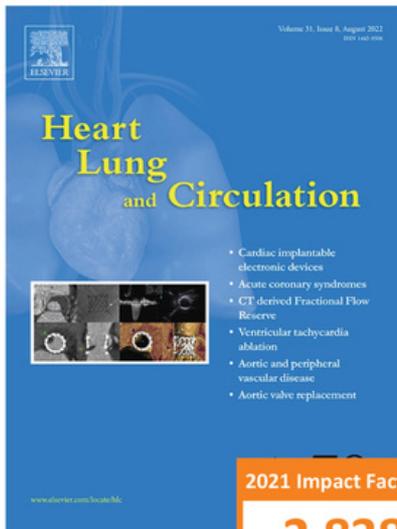
There is also an update regarding the printed copies, from December 2022 printed copies of HLC will no longer be provided to CSANZ members.

You will still be able to access the journal free of charge via the CSANZ member website: <https://www.csanz.edu.au/member-dashboard/> or via the CSANZ app - download the [CSANZ app](#) here.

Over the past two years, there have been disruptions to delivery of the HLC print copies and these delays continue. The CSANZ Board recognises that globally scientific journals have moved to online only and the cost and environmental impact of print and delivery is no longer tenable. It is for these reasons that the Board has agreed to cease provision of printed copies of HLC to members.

If you have any difficulties accessing HLC online, please contact the CSANZ Secretariat on email: [info@csanz.edu.au](mailto:info@csanz.edu.au) or phone: +61 2 9226 7900.

## CALL FOR PAPERS



ISSN: 1443-9506

2021 Impact Factor<sup>\*</sup>  
**2.838**  
\*2021 Journal Citation Reports, Clarivate Analytics

### Guest Editors

**Associate Professor Aaron Sverdllov**  
 University of Newcastle,  
 Newcastle, Australia

**Professor Liza Thomas**  
 University of Sydney, Sydney,  
 Australia

**Dr Mark Nolan**  
 Editorial Fellow, Baker Heart and  
 Diabetes Institute, Melbourne,  
 Australia

**Deadline for submissions**  
**1 FEBRUARY 2023**

# Heart, Lung and Circulation

## Special Issue: Cardio-Oncology

The 2023 Special edition of *Heart, Lung and Circulation* will examine the emerging discipline of cardio-oncology. Cancer and cardiovascular disease remain the two largest sources of mortality in Australasia and experiencing one condition increases the risk of dying from the other. Currently about 1 in 25 Australians are cancer survivors and this vulnerable population has a well-recognised, increased risk of cardiovascular death compared to the general population. Although cardio-oncology is best known for the association of cardiomyopathy with chemotherapy, the spectrum of cardio-oncological disease includes but is not limited to ischemic, electrophysiological, valvular, pericardial and thromboembolic cardiovascular disease. Novel research ideas and strategies are needed for this uniquely vulnerable patient population.

The Special Issue Guest Editors welcome the submission of original research (including systematic review) articles addressing any aspect of this topic, including:

- Incidence, aetiology, prediction and/or prevention of cardiotoxicity related to cancer treatment, especially in diverse groups of patients
- Fundamental research into mechanisms of cardiotoxicity and cardioprotection
- Bench-to-bedside translational research in cardio-oncology
- Approaches to better management of cardiovascular health for people living with and beyond cancer
- Health care education and developing models of care and service delivery.

For advice on potential suitability of any proposed manuscripts, please contact Ann Gregory, Commissioning Editor, in advance at [ann.gregory@hlc-journal.net.au](mailto:ann.gregory@hlc-journal.net.au). For general guidelines on the appropriate preparation of manuscripts please visit the journal's website.

Please submit your paper to *Heart, Lung and Circulation* [www.journals.elsevier.com/heart-lung-and-circulation](http://www.journals.elsevier.com/heart-lung-and-circulation) via Editorial Manager, indicating that it is intended for this special issue (SI) by selecting "SI: CARDIOONCOLOGY 2023" as Article type.



VISIT THE JOURNAL HOMEPAGE  
[www.journals.elsevier.com/heart-lung-and-circulation](http://www.journals.elsevier.com/heart-lung-and-circulation)



# CSANZ 2023

71ST ANNUAL SCIENTIFIC MEETING  
OF THE CARDIAC SOCIETY OF  
AUSTRALIA AND NEW ZEALAND  
HOSTED BY CSANZ SOUTH AUSTRALIA

3 – 6 AUGUST 2023 | ADELAIDE CONVENTION CENTRE

[WWW.CSANZASM.COM](http://www.csanzasm.com)



# ANZET23

17th Annual  
Australia & New Zealand  
Endovascular Therapies Meeting

Thursday 3 August – Sunday 6 August 2023  
Adelaide Convention Centre

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

# Abstracts are now open

*Closing 13 March 2023*

**Derek Chew**

(CSANZ Convenor)

**Sydney Lo**

(ANZET Convenor)

**Christina Bursill and Anand Ganesan**

(CSANZ Chairs, Scientific Program Committee)

**Fadi Charchar**

(President, ISHR Australasian Section)

*“Looking forward to a  
fabulous scientific program in Adelaide”*

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

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

# Heart, Lung and Circulation

## The TOP 10 articles on social media for 2022

(Click on the article text below)

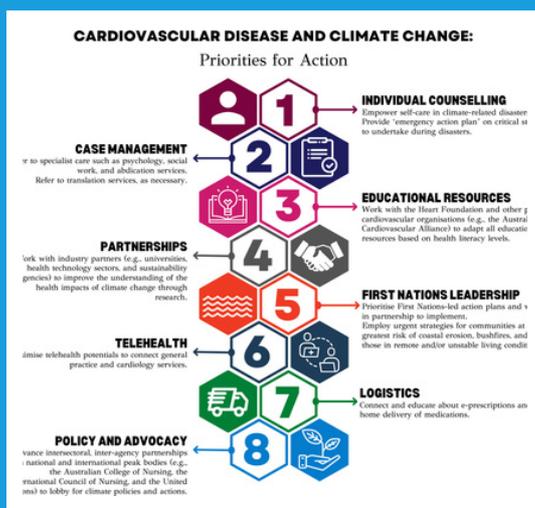
- 1 [Myocarditis, Pericarditis and Cardiomyopathy After COVID-19 Vaccination](#)
- 2 [Mackay Heart Failure Study: Examining the Root Causes, Compliance With Guideline-Based Therapy and Prognosis](#)
- 3 [Takotsubo Cardiomyopathy After mRNA COVID-19 Vaccination](#)
- 4 [Takotsubo Syndrome: Finally Emerging From the Shadows?](#)
- 5 [Improving Cardiac Rehabilitation in Queensland: A Whole of System, Data-Driven Approach Over the Past 10 Years](#)
- 6 [Cardiovascular Nursing and Climate Change: A Call to Action From the CSANZ Cardiovascular Nursing Council](#)
- 7 [Portopulmonary Hypertension: A Review of the Current Literature](#)
- 8 [Echocardiographic Manifestations in COVID-19: A Review](#)
- 9 [Sex Disparities in Myocardial Infarction: Biology or Bias?](#)
- 10 [Don't Turn Off the Tap! The Importance of Discovery Science to the Australian Cardiovascular Sector and Improving Clinical Outcomes Into the Future](#)



[READ THE LATEST HLC ISSUE HERE](#)

November 2022 Volume 31 Issue 11

## HOT OFF THE PRESS



[Cardiovascular Nursing and Climate Change: A Call to Action from the CSANZ Cardiovascular Nursing Council](#)

# Adult Congenital Heart Disease (ACHD) Symposium 2022, held in Queenstown NZ

by Clare O'Donnell, Convenor

The third Queenstown Adult Congenital Heart Disease (ACHD) symposium was very successfully held in early December at Millbrook. The meeting was once again well attended by cardiologists, cardiac surgeons, cardiac anaesthetists, trainees, nurses and allied health colleagues involved in ACHD care from across Australia and New Zealand. In addition, for the first time, virtual attendance was possible from further afield.

Two international speakers, Dr Eric Horlick, Chair of the Structural and Congenital interventional program at the Peter Munk Cardiac Centre in Toronto and Dr Tara Karamlou, Paediatric and Congenital Heart Surgeon from the Cleveland Clinic, gave impressive and inspiring keynotes and were supported by a strong cohort of regional experts. As usual the meeting was very convivial and collegial.

The convenors are grateful for the support of all those who registered, particularly those who spoke and lead discussions, to all of the meeting sponsors and to the Cardiac Society.



ERIC HORLICK



TARA KARAMLOU



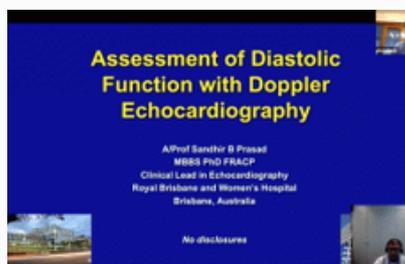
The members of the CSANZ Board would like to extend our congratulations and gratitude to the CSANZ Fellows-in-Training Committee, led by Lauren Giudicatti, on the highly successful heart school webinar series launched in 2022.

The inaugural CSANZ Heart School Webinar Series was produced to support Advanced Trainees, Basic Physician Trainees and medical students with their professional development; and to continue to improve practice. This series was aimed at trainees, but we feel sure that all early career members will find the webinars of great interest.

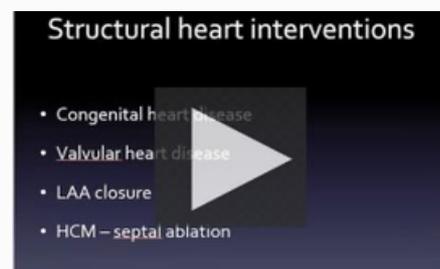
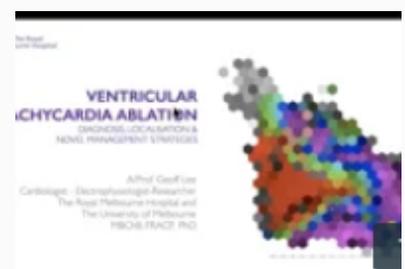
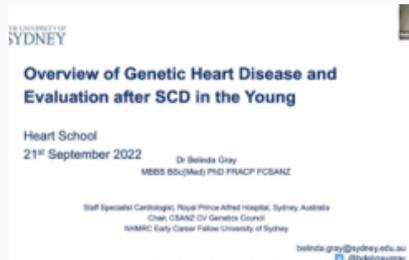
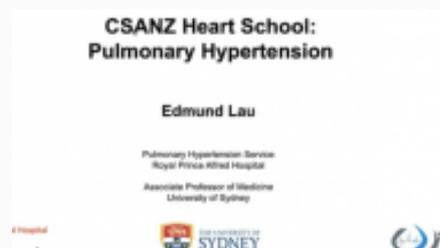
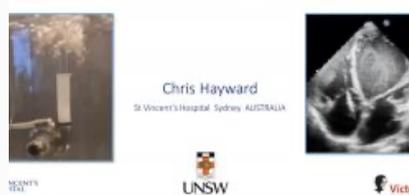
Thank you to all the wonderful presenters who contributed their valuable time and energy into presenting their expert topic and for enabling our Advanced Trainees to enjoy one on one Question and Answer time at the end of each session.

We wish all new and continuing Fellows-In-Training success in their training program. If you missed any of these webinars please click on one of the images below that will take you through to CSANZ Education for members on the website (login required).

<https://www.csanz.edu.au/education/#heart-school>



Update in durable mechanical circulatory support



# 2022 E-FELLOWSHIP REPORT



## Dr David Chieng (VIC) at ACC.22

Dr David Chieng, clinical fellow in electrophysiology and pacing at the Alfred Hospital, Royal Melbourne Hospital and Phd candidate through the Baker Heart and Diabetes Institute and University of Melbourne.

I would like to thank CSANZ for the e-Fellowship award to attend the ACC 2022 virtual conference in March this year.

I had 3 abstracts presented at this year's conference. For my first abstract we examined the effects of coffee intake on cardiovascular health using data from the large scale UK Biobank cohort. We found that regular coffee intake at mild-moderate levels (2-3 cups/day) was associated with significant reductions in incident arrhythmia, cardiovascular disease, and cardiovascular/all cause mortality. Based on this we had proposed that daily coffee intake should not be discouraged but rather be included as part of a healthy diet.

For my second abstract we examined the effects of coffee intake on outcomes in patients with underlying cardiovascular disease, in particular coronary heart disease and arrhythmia. Using information from the UK Biobank, we had shown that mild-moderate coffee intake was in fact associated with improved survival in those with cardiovascular disease and arrhythmia! Furthermore coffee consumption did not increase the risk of arrhythmia in those with prevalent cardiovascular disease. Lastly, we also looked at whether different coffee types, in particular ground, instant and decaffeinated coffee, impact cardiovascular health differently. We found that both caffeinated and decaffeinated coffee were associated with improved survival. However only caffeinated (ground, instant) coffee intake reduced arrhythmia risk, and not decaffeinated coffee.

Our abstracts were selected by the ACC organising committee for media release prior to the conference, and we were really excited and honored to be featured widely in both local and international print and TV media, including MSNBC, CNN, Channel 7, Channel 9, and [Medscape](#).

View Medscape article here <https://www.medscape.com/viewarticle/970989>

Other highlights from the conference for me would be the findings from the late breaker trial PARTITIA, which described the outcomes of early VT ablation in those with appropriate ICD shocks, and the VALOR-HCM trial which described the use of Mavacamtem in those with obstructive HCM.



## Apply for a Travel Fellowship in 2023 ...



Applications are called for the CSANZ Travelling Fellowships for travel grants to enable investigators to attend the Scientific Session of the American College of Cardiology (ACC.23) to be held in New Orleans, Louisiana from 4 – 6 March, 2023.

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 as follows:

1. The Fellowships are valued at \$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](mailto:info@csanz.edu.au) and must include:

- (i) copy of submitted abstract(s) and ACC notification of acceptance which includes the abstract title and the accepted presentation type.
- (ii) brief curriculum vitae (maximum 1 page).
- (iii) supporting letter from the Supervisor or Director.

**Closing date: Monday 16 January, 2023**

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](mailto:info@csanz.edu.au)

\* Contact the Sydney Secretariat to obtain a copy of the conditions on the above email address.

# 2022 TRAVELLING FELLOWSHIP REPORTS



## Dr Julia Isbister (NSW) at ESC 2022

Dr Julia Isbister, Agnes Ginges Centre for Molecular Cardiology, Centenary Institute and EP fellow at Royal Prince Alfred Hospital, Sydney.

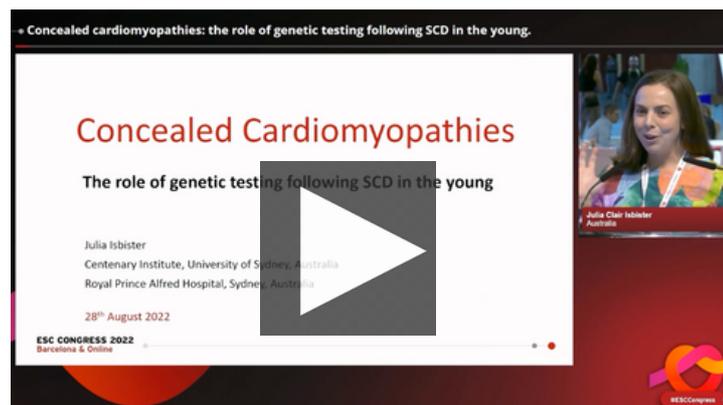
It was a pleasure to travel to the ESC Congress 2022 in Barcelona with the support of a CSANZ Travelling Fellowship for this exciting and energetic meeting.

I am in my final year of my PhD at the Agnes Ginges Centre for Molecular Cardiology, Centenary Institute and EP fellow at Royal Prince Alfred Hospital, Sydney. I was delighted to attend an my first in-person international meeting after the long COVID-enforced hiatus! The chance to meet with existing collaborators in person and hear from leaders in the field, particularly in the area of cardiac genetics and EP, was a wonderful experience.

I presented our recent study looking at concealed cardiomyopathy in autopsy-indeterminate sudden cardiac death victims, participated in the CSANZ daily highlights session showcasing work from Australia and New Zealand and gave an invited talk on the role of genetic testing following sudden cardiac death in the combined CSANZ/ESC session "Sudden cardiac death in the young: All you need to know".

Many thanks to my PhD supervisors, Chris Semsarian and Ray Sy for their guidance and encouragement, and to the CSANZ for the support to attend and present at ESC 2022!

[View Julia's abstract here on ESC365: "Concealed Cardiomyopathies, the role of genetic testing following SCD in the young" presented at the ESC 2022 Congress.](#)



Starts at approx 37 mins into the session

# TRAVELLING FELLOWSHIP REPORT



## Ms Ada Lo (QLD) at ESC 2022

Ada Lo is the lead sonographer at the Royal Brisbane and Women’s Hospital Cardiology Echo Lab.

I submitted two abstracts of my PhD projects to ESC 2022 and they were accepted as moderated posters.

My job at the Royal Brisbane and Women’s Hospital Cardiology Echo Lab involves training student sonographers and cardiology advanced trainees. I am also heavily involved in research projects and education.

I submitted two abstracts of my PhD project to ESC 2022, and they were accepted as moderated posters: the first moderated poster presented was “Use of advanced echocardiographic modalities to discriminate preclinical HCM mutation carriers from non-carriers”. The second, was entitled "Use of advanced echocardiographic deformation measures to delineate cause of pathological left ventricular hypertrophy: value of a multiparametric approach”.

This was my first time to attend the world class conference, ESC 2022 Congress, and the experience was fantastic. However, I did find that many talks that I attended at the ESC had already been presented in our own CSANZ Annual Scientific Meeting just two weeks prior. I really want to congratulate the organizing committee of our own CSANZ who give us a world class annual meeting.

I was also invited to present in the CSANZ Highlights session on the second day of this conference. It was a great privilege to present together with several experts in Cardiology from Australia. I really enjoyed the interesting case presentations and other moderated abstracts presented from centres around the world. It gave me new insights of how some new measurements can be of use in either research or clinical aspects.

Finally, I want to thank the CSANZ committee for the sponsorship of my trip.



[View Ada’s abstracts here on ESC 365.](#)

# TRAVELLING FELLOWSHIP REPORT



## Dr Christopher Yu (NSW) at ESC 2022

Dr Christopher Yu, Nepean Clinical School, University of Sydney.

I was fortunate to be awarded the 2022 CSANZ ESC Travel Fellowship. This year, the conference was held in Barcelona, Spain and was the first face to face conference in three years due to the COVID-19 pandemic. It was surreal to find my long-lost passport and get back onto a long-haul flight.

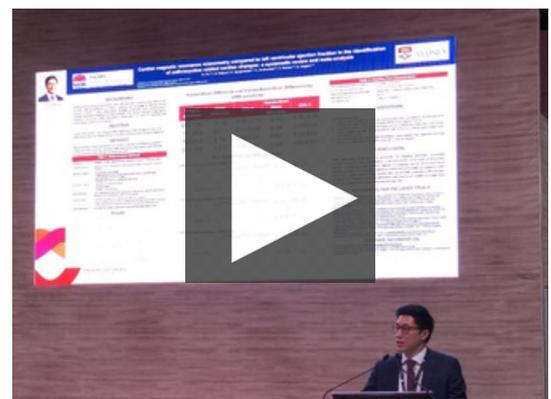
I was excited to present part of my PhD at the conference, with two abstracts accepted as moderated poster presentations. The first abstract was a subgroup analysis of the SUCCOUR study assessing the role of baseline left atrial strain in predicting cardiotoxicity. The second abstract was assessing the role of cardiac magnetic resonance relaxometry in detecting anthracycline related changes compared to left ventricular ejection fraction. The presentations were well received, and it was great to receive feedback from the doyens of cardio-oncology. My PhD is under the supervision of Professor Kazuaki Negishi, Nepean Clinical School, University of Sydney, to whom I am grateful for his supervision and mentorship.

The conference felt particularly special as the first ever cardio-oncology guidelines were launched by Dr Teresa Lopez-Fernandez and Dr Alex Lyon. The main hall was overflowing with attendees, and it was a highlight to feel the buzz and excitement at the largest cardiology conference in the world. It also demonstrated to me that there is so much work to be done in the field to improve the cardiovascular outcomes of our cancer patients. Other highlights included meeting fellow antipodeans and overindulging Catalan food and wine together.

I am extremely grateful to the CSANZ for supporting me to attend this fantastic conference. It has given me inspiration to expand my network and continue my research in cardio-oncology.



Having fun with CSANZ colleagues at ESC 2022, pictured (l-r) Dr Harry Klimis, Dr Alexandra Murphy, and Dr Chris Yu.



[View Chris's presentation here on ESC365](#)

## TRAVELLING FELLOWSHIP REPORT



### Mr Justin Braver (VIC) at AHA 2022

Attending at the AHA 2022 conference in Chicago was a privilege and I am grateful to the CSANZ for supporting my attendance via a Travelling Fellowship. I am a physiotherapist by background, undertaking a PhD at The University of Melbourne in the Baker Department of Cardiometabolic Health.

My research is exploring the effectiveness of disease management programs that incorporate digital health to prevent recurring cardiovascular events and mortality in patients with an acute coronary syndrome. I concurrently work in industry for a health insurer, whereby I design and implement remotely delivered preventative health programs.

At the AHA, I presented my research in the "Digital Health to Manage Cardiovascular Disease" session. The aim of this study was to assess the effectiveness of a 6-8 week digitally enabled cardiac rehabilitation program on improving risk factors and health status in patients who were hospitalized for coronary artery disease in Australia. Longer term follow-up over 12 months for hospital readmissions and mortality was also evaluated. All participants had private health insurance hospital cover with one provider. We showed that a digitally enabled cardiac rehab program improved clinical, behavioral and lifestyle risk factors. There was also a trend towards lower readmissions and mortality rates in people who undertook either the digitally enabled program or a traditional face-to-face cardiac rehab program compared to a propensity matched control group who did not undertake any cardiac rehabilitation program.

My area of interest at the conference centred around digital health to improve CVD outcomes. Leading researchers from Stanford, Johns Hopkins and the Cleveland Clinic presented on key themes, namely digital health equity ("techequity"), patient centred design, wearables (including their use across the health journey from wellbeing, diagnostics & disease management) and a lot of discussion on the influence of sleep for heart health. Moreover, it was interesting to learn that many of the same challenges that we face here in Australia are also felt globally. The issues around the underutilisation of cardiac rehab and the importance of co-design when developing digitally enabled healthcare programs are key for preventing recurrent events and mortality in patients suffering from acute coronary syndromes.

View Justin's Abstract, "[Effectiveness of a Digital Health Enabled Cardiac Rehabilitation Program in Reducing Recurrent Events For Private Health Insurance Patients in Australia](https://www.ahajournals.org/doi/abs/10.1161/circ.146.suppl_1.12446?af=R)" in AHA Journal, Circulation on the link here and below:

[https://www.ahajournals.org/doi/abs/10.1161/circ.146.suppl\\_1.12446?af=R](https://www.ahajournals.org/doi/abs/10.1161/circ.146.suppl_1.12446?af=R)

# TRAVELLING FELLOWSHIP REPORT



## Dr Adeel Khoja (SA) at AHA 2022

Dr Adeel Khoja is a PhD Student (Year-3) at Faculty of Health & Medical Sciences, Adelaide Medical School The University of Adelaide.

As a final year PhD student, it was an amazing experience to attend and present at the American Heart Association (AHA) Scientific Sessions 2022 held from November 04 to 07, 2022 in Chicago, Illinois, USA and that too after almost 3 years.

My moderated digital poster presentation entitled “Pregnancy Complications Are Associated With Premature Coronary Artery Disease - Linking Three South Australian Cohorts” was held on Monday, November 07, 2022 in the Multi-Generational Cardiovascular Risk: Pregnancy and Childhood session. It was an honour to present at the flagship cardiology conference and to receive meaningful feedback and suggestions from some of the great experts in the field. This unique data linkage project merging three South Australian registries forms a major component of my PhD thesis and it was the first time I presented at an international conference as part of my PhD candidature.

In addition, I also got a chance to meet with Prof Salim Virani who works in the area of cardiovascular research at the Baylor College of Medicine (BCM), Houston, Texas. We had a good discussion regarding premature coronary heart disease registry at BCM, Houston exploring ways to compare it with the South Australian registry and later with the South-East Asian registries (including Pakistan and India). We also had some discussion on post-doctoral opportunities in USA particularly at BCM, Houston which he was aware of and highlighted potential opportunities. I also attended some nice poster sessions on epidemiology and public health, rapid-fire presentations on mHealth and community based interventions on achieving lifestyle goals and evidence-based clinical sessions. Overall, it was an amazing experience to be part of such a prestigious cardiology conference.



[View Adeel's abstract here in AHA's Journal, Circulation](#)

with Prof Salim Virani at AHA 2022

## TRAVELLING FELLOWSHIP REPORT



### Ms Khalia Primer (SA) at AHA 2022

Khalia Primer is a final year University of Adelaide PhD candidate, based at the South Australian Health and Medical Research Institute.

With the support of the Cardiac Society's Travelling Fellowship, she attended the 2022 AHA Scientific Sessions conference which was held in Chicago from the 5-7 November.

Khalia presented some key findings from her PhD project in the ATVB Elaine W. Raines Early Career Award session, which also included presenters from Canada, the United States, and the United Kingdom.

“It was such a fantastic experience to present my work in this forum. I received a lot of extremely useful feedback from the ATVB Early Career committee who organised the session, and it was wonderful to meet the other presenters as well.

I presented my work on how diabetes affects endothelial cell metabolism, and on a novel gene therapy our lab has created to augment metabolic reprogramming and improve angiogenesis in ischaemic disease.

I'm extremely grateful to my supervisors, Associate Professor Christina Bursill and Dr Joanne Tan for encouraging me to attend the conference, and for all their support throughout my PhD. Thank you also to the Cardiac Society of Australia and New Zealand for their support in assisting me to attend the AHA conference in November.

I'm definitely hoping to go to Adelaide for the ASM next year! I'm moving to Melbourne for medical school but I always love the CSANZ meetings so I'm really hoping to stay involved.”

See Khalia's abstract:

["Pyruvate Dehydrogenase Kinase 4 is a Novel Regulator of Endothelial Cell Mitochondrial Respiration in Diabetes-Impaired Angiogenesis: Implications for Preventing Diabetic Vascular Complications"](https://www.ahajournals.org/doi/10.1161/circ.146.suppl_1.10357) in AHA's Journal, *Circulation*  
[https://www.ahajournals.org/doi/10.1161/circ.146.suppl\\_1.10357](https://www.ahajournals.org/doi/10.1161/circ.146.suppl_1.10357)

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## CSANZ 2023

71ST ANNUAL SCIENTIFIC MEETING  
OF THE CARDIAC SOCIETY OF  
AUSTRALIA AND NEW ZEALAND  
HOSTED BY CSANZ SOUTH AUSTRALIA

3 - 6 AUGUST 2023 | ADELAIDE CONVENTION CENTRE

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



RT Hall Lecturer

**Emelia Benjamin**  
Boston University  
School of Medicine, USA



Kempson Maddox  
Lecturer

**Patricia Davidson**  
University of  
Wollongong, NSW



Allied Health, Science  
and Technology  
Lecturer

**Jodie Ingles**  
Garvan Institute of  
Medical Research, NSW



Cardiovascular Nursing  
Lecturer

**Sally Inglis**  
University of  
Technology Sydney,  
NSW



Basic Science Lecturer

**Salvatore Pepe**  
Murdoch Children's  
Research Institute, VIC



Gaston Bauer Lecturer

**James Sharman**  
Menzies Institute for  
Medical Research, TAS

## NOTES FOR THE DIARY 2023

(Blue - Australia / NZ Meetings    Green - International Meetings)

4 - 6 Mar : ACC.23/WCC American College of Cardiology with World Heart Federation (WCC), New Orleans - [link](#)

19 - 22 Apr : ISHLT 2023 International Society for Heart Lung Transplantation Colorado - [link](#)

20 - 23 May : ESC Heart Failure Meeting, Prague - [link](#)

15 - 17 Jun : CSANZ NZ ASM 2023 - Auckland - [link](#)

23 - 24 Jun : ESC ACNAP Congress, Edinburgh - [link](#)

3 - 6 Aug : CSANZ ASM 2023, Adelaide - [link](#)

4 - 6 Aug : ANZET 2023, Adelaide - [link](#)

26 - 29 Aug : ESC Congress 2023 - Amsterdam - [link](#)

6 - 9 Oct : HFSA 2023 Heart Failure Scientific Meeting, Cleveland - [link](#)

11 - 13 Nov : AHA 2023, Philadelphia - [link](#)

**Don't forget to submit your application for  
2023 CSANZ Travelling Fellowships  
if you have had an abstract accepted at an International  
Meeting.**

Visit [CSANZ Scholarships and Prizes](#) on the website

# NEW FELLOWS AND MEMBERS

The Society extends a warm welcome to all new Fellows and Members admitted from Sept-Dec 2022

## FELLOWS

Dr Vijay Dhakshinamurthy (NZ), Dr Bryan Mitchelson (NZ), Dr Amol Moray (QLD), Dr Nishith Patel (NZ), Dr Ross Roberts-Thomson (SA), Dr Justin Teng (SA), Dr Pavan Thaneeru (NSW), Prof Jaishankar Raman (VIC), Dr Benjamin Jong Wing Pang (VIC).

## MEMBERS

Mr Justin Braver (VIC), Mrs Susan Brett (NZ), Mrs Vivian Bryce (QLD), Dr Blanaid Canavan (QLD), Dr David Chan (NSW), Dr Andrew Chatfield (NZ), Dr Andrew Dind (NSW), Dr Eli Peter Dunn (ACT), Dr Homa Forotan (QLD), Dr Nicole Gordon (WA), Miss Rebecca Home (NSW), Ms Maria Hunter (NSW), Miss Ashleigh Jess (VIC), Dr Jeng Hwan Lam (QLD), Mrs Michelle Lander (ACT), A/Prof Joshua Lewis (WA), Ms Elissa Liggins (ACT), A/Prof Joanne McDonall (VIC), Dr Desmond Mok (QLD), Dr Gao Jing Ong (SA), Dr John Ramzy (VIC), Dr Max Ray (NSW), Miss Kim Robins (VIC), Miss Cassandra Smith (VIC), Ms Rebekah Smith (NZ), Mr Richard Taggart (NSW), Miss Molly Talbot (NSW), Dr Mark Whitman (QLD), Dr Wen Kai Wong (VIC), Dr Chee Cheen Yeong (VIC)



CSANZ New Zealand  
Annual Scientific Meeting

Aotea Centre, Auckland | 15-17 June 2023

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



## 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>.

# THE CSANZ MEMBER WEBSITE

Login to Access the  
CSANZ MEMBER ONLY WEBSITE

[https://www.csanz.edu.au/  
member-dashboard/](https://www.csanz.edu.au/member-dashboard/)

## Member Dashboard

CSANZ > Member Dashboard



ASM Presentation



Education



Member Forums



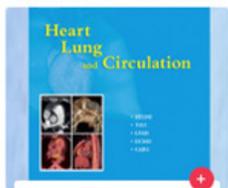
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Scholarships and Prizes



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The CSANZ Member only website is accessed by your CSANZ member login (email address) and password. Here you will find all sorts of tools and information to explore.

There are 9 feature tiles to access CSANZ Member engagement platforms and educational tools including: all latest ASM abstracts and presentations. Educational webinars and interviews to watch, or list to a podcast. Test your knowledge with the ECG of the Month or discuss a Case Study. Join a discussion Member Forum. Access the HLC Journal or CSANZ latest e-newsletters. View the latest Guidelines and Position Statements. My Career will direct you to the latest MBS updates and global partners' information and journals. Boost your career with the next scholarships and prizes on offer. Update your profile details, find billing or invoices. Continually evolving educational platform and career opportunities right at your fingertips.

**"The CSANZ Members website is an exciting place to collaborate and engage with others"**

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

## BEHIND THE MEMBER DASHBOARD TILES

ASM Presentation	Videos, Podcasts and Presentations to watch and learn
Education	Access to educational videos, case reports, journal articles, ECGs...
Member Engagement	Start a Conversation in our Member Forums, network and collaborate
Member News	See the latest CSANZ & cardiology news plus upcoming meeting and events
Guidelines	Up to date Position Statements, Guidelines, Training and Certification
My Career	Read stories from mentors, find important tips and tools to boost your career
HLC Journal	Direct Access to the <i>Heart, Lung and Circulation</i> Journal online
Scholarships & Prizes	Submit your work and enjoy the accolades of winning prestigious prizes
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Surgical Representative

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Alicia Chan, SA      James Rankin, WA  
Dominica Zentner, VIC      Nathan Dwyer, TAS  
Mayanna Lund, NZ

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