

SASCI Visiting Professor Program 2018 – 1st Report

Prof David R Holmes Jr

Over the past few years, the SASCI Visiting Professor Program has become a highlight on the SASCI Academic calendar. This year, with the loyal support from Medtronic and Pharma Dynamics, SASCI brought world renowned interventional cardiologist, Professor David R Holmes Jr from Mayo Clinic, Rochester, USA to South Africa for a two-month tenure.

Below are his comments on his first week in South Africa.

On Monday 5 February, I arrived here in South Africa with the endless possibilities to interact with physicians, catheterization lab staff and patients. These possibilities made possible by the combination of the very real vision initiated and implemented by SASCI and funded generously by Medtronic and Pharma Dynamics.

The goal to foster the interchange of ideas and implement new evolving approaches for the treatment of a variety of cardiovascular diseases – from complex interventional procedure to structural heart disease such as left atrial appendage occlusion. In this first week I am struck by several observations.



Prof David R Holmes Jr in the Chris Hani Baragwanath Hospital Cath lab with Dr Mmuso Mogwera (Middle) and Dr Zaid Moosa (Right) treating a Chronic Total Occlusion patient.

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The South African cardiologists I have interacted with are superb – they are up to date in the science of the field. They are committed to learn and teach in a two-way interactive process as they continuously face increasingly complex clinical scenarios. Everyone benefits from this process.

The Chris Hani Baragwanath Hospital medical catheterization lab staff are extremely attentive, keen to learn and perform very well under pressure. They are uniformly accommodating, friendly and eager to help.

The patients being treated are increasingly complex, not only clinically but by virtue of their associated co-morbidities but also anatomically. Discussions about optimal strategies are robust with active participation by all.

The facilities vary - public or private but in every facility the approach is the same – to focus on the patient, to treat the problem safely and effectively and optimize the patient's outcome.



The Chris Hani Baragwanath Cath lab team with Prof David R Holmes after two successful days, dealing with complex CTO's

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Prof David R Holmes and Dr Chris Zambakides (Right) treating a patient with CTO, assisted by Dr Komape.

One of the highlights of the Visiting Professor Program is the SASCI and SA Heart Branch Evening Lecture Series. Prof Holmes presented a lecture on *Stroke Prevention in Non-Valvular Atrial Fibrillation* at the SASCI/SA Heart Pretoria Branch Evening Lecture on 7 February at Kream Restaurant, Brooklyn.

The lecture was not only presented with excellence and passion but stimulated an interesting discussion session afterwards. Feedback from the audience included comments like *"Amazing presenter!"* and *"Nothing more, nothing less, it was good!!"*

The SASCI/SA Heart Johannesburg Branch Evening Lecture on 8 February was no different where Prof Holmes presented his lecture on *Antithrombotic and Anticoagulant Therapy and PCI*. At the end of the discussion, the audience had numerous questions regarding the clinical aspects in different cases and the science behind the current therapy practice.

Feedback from the audience included comments like *"Very informative!"* and *"Prof Holmes was wonderful, I love how he got the audience involved"*.

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From left to right Mrs Ginger Holmes, Prof David R Holmes and Dr Iftikhar Ebrahim, chairperson of SA Heart Pretoria Branch.



Prof David R Holmes presenting his lecture on Antithrombotic and Anticoagulant Therapy and PCI at the SASCI/SA Heart Johannesburg Branch Evening Lecture.

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Prof David R Holmes with Dr Graham Cassel during the Q&A session at the Johannesburg Branch Evening Lecture.

Prof Holmes ends off his summary of the first week in South Africa with:

“This SASCI journey has just now started, much more to come.”

We are excited about the impact that Prof Holmes will have in the South African cardiology community during the next seven weeks. Next, he will teach and share his knowledge and world class experience in Durban, Bloemfontein and Cape Town.

SASCI would once again like to thank our sponsors, **Medtronic** and **Pharma Dynamics** for their support with this program and their investment in the education and training in South African Cardiology.

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