



What Every Physician Must Know

# Heart Failure

**Early Detection – Early Intervention**

23 & 24 March 2018 – Acacia Hotel – Kisumu

2-Day Seminar:  
Heart Failure foundation course for Physicians

- Early beginnings
- Diagnosis
- Rapid Fire Session
- Clinical Long Cases
- Comorbidity Management
- Guideline-Based Therapies
- Summary: Bird's-eye View

MCQ knowledge check-up



Look for updates on [www.kenyacardiacs.org](http://www.kenyacardiacs.org)



For registration, travel & accommodation: [kcardiacs@gmail.com](mailto:kcardiacs@gmail.com) or Tel: +254 717 360 265



Kenya Cardiac Society (KCS) cordially invite you to a 2-day foundation course in Heart Failure. The What-Every-Physician-Must-Know series are visiting Kisumu this time. We hope to inspire and teach while giving you an excellent opportunity to interact with heart failure specialists from across the country. Welcome!

### **Time**

Friday & Saturday 23 & 24<sup>th</sup> March 2018

### **Target audience**

Physicians, General Practitioners, Medical officers, Nurses & Clinical officers or any health personnel with an interest in Cardiac Care.

### **Practical details**

**Contact:** [kcardiacs@gmail.com](mailto:kcardiacs@gmail.com) , Tele: +254 717 360 265 for travel and accommodation sponsorship details.

**Registration deadline:** 11<sup>th</sup> March 2018

### **Location**

The Acacia Premier Hotel, Kisumu.

### **Target audience**

Who does the course address? This 2-day focused seminar targets healthcare practitioners interested in learning how to manage patients with high risk of developing heart failure, or with manifest symptoms and signs of heart failure. The course aims to promote best clinical practice and highlight the latest treatment guidelines and evidence-based practice from a day-to-day management perspective.

### **Course objective**

On completion of the course, the course participant will: -

- Be familiar with how to detect early signs of HF.
- Understand the principle of HF diagnosis based on bed-side symptoms, signs, laboratory investigations and basic electro- and echocardiographic findings
- Be cognizant of the most common causes of heart failure
- Understand the basic strategies of managing heart failure in hypertension, cardiomyopathies, valvular disease and coronary artery disease.
- Be aware of the influence of co-morbidities in HF diagnosis and management
- Be able to initiate guideline based pharmacological management after a diagnosis of HF with reduced ejection fraction
- Know when to refer for specialist care



## Programme

<b>DAY 1</b>		<b>FRIDAY 23 MARCH</b>	
<b>PREAMBLE &amp; EARLY BEGINNINGS - Chairs: W Nalwa &amp; F Alibhoy</b>			
1030 – 1045	Welcome Address from the KCS President – B Gitura		
1045 – 1055	Why this Course? Course overview – E Ogola		
1055 – 1125	Overview of HF in East Africa – G Yonga		
1125 – 1140	Preventing HF in Kenya – ‘Best buys’ – F Barasa		
1140 – 1200	From the Frying pan and into the Fire – Hypertensive HF – F Alibhoy		
1200 - 1230	Q&A		
1230 – 1330	<b>LUNCH &amp; CHECK-IN</b>		
<b>DIAGNOSIS: RAPID FIRE SESSION - Chairs: A Wairagu &amp; M Owiti</b>			
1330 – 1345	Signs & Symptoms – What to look for – W Nalwa		
1345 – 1400	Biomarkers in HF – Tips and caveats – C Maina		
1400 – 1415	Echo: EF, valves & intracardiac pressures in 15 min. – M Swaleh		
1415 – 1430	Pneumonia? PE? Asthma? HF! – Challenges in diagnosing HF – J Ojoo		
1430 – 1500	Q&A		
1500 – 1520	<b>BREAK</b>		
<b>LONG CASES IN THE WARD – Chairs: A Samia &amp; SK Ali</b>			
1520 – 1540	Diabetes and HF with fluid overload – E Njenga		
1540 – 1600	CAD & HF – The future of HF in Kenya? – P Ponoth		
1600 – 1620	HF in Children – Common presentations and considerations – C Jowi		
1620 – 1640	Ventricular tachycardia – Basic management and intervention – M Ngunga		
1640 – 1700	My HF patient is terminal – A dignified way out – S K Ali		
1700 –	Q&A		
1800 - 1900	<b>LAKE VIEW SUNDOWNER AT THE ACACIA TERRASSE</b>		
1900 –	Industry Sponsored Dinner		
<b>DAY2</b>		<b>SATURDAY 24 MARCH</b>	
<b>ABRIDGED GUIDELINE-BASED THERAPIES 2018 - Chairs: E Ogola &amp; F Barasa</b>			
0830 – 0850	HF with reduced EF – Management of HFrEF – B Alemayehu		
0850 – 0910	Acute HF – Do we have any evidence-based therapies? – K Mwazo		
0910 – 0930	HF in rheumatic heart disease and right ventricular failure – B Gitura		
0930 – 0950	Devices in HF – Basic principles and indications – M Jeilan		
0950 – 1010	Q&A		
<b>HF in the setting of.... – Chairs: L Wagana &amp; HP Owuor</b>			
1010 – 1030	AV-block & chronotropic insufficiency - C Akwanalo		
1030 – 1050	Diabetes – When 2+2 is 5 – M Abdulahi		
1050 – 1110	Atrial fibrillation – AF begets HF or HF begets AF? – M Salim		
1110 – 1130	Anasarca and Na 119 mmol/L – Strategies in the acute ill patient - J Okell		
1130 – 1140	Q&A		
1140 – 1200	<b>BREAK</b>		
Summary and wrap up			
1200 – 1220	The long and short of diagnosis – The 5-point diagnostic pathway – E Ogola		
1220 – 1240	The Bird's-eye view summary – A Barasa		
1240 – 1310	MCQ & knowledge check – 25 questions – B Samia		
1310 – 1315	Epilogue: impact and perspective – E Ogola		
1315 –	<b>LUNCH</b>		