July 2025





Study Newsletter 14

## **EXCITING NEWS!!** More than 1500 Patients Enrolled at 50 sites!

Dear Investigators,

MESSAGE FROM THE STUDY CHAIR

group of healthcare professionals across multiple African countries. Notably, preliminary findings from the THESUS-HF II Study were also presented, offering valuable insights and sparking engaging discussions.

The PASCAR & Nigerian Cardiac Society Conference 2025, Abuja, Nigeria, will take place 14 – 19 September 2025. Please indicate your attendance by clicking on the link in the MEETINGS 2025 section below, as well

as your participation in the THESUS-HF II Workshop Session on 16 September 2025, from

14:00 onwards. Thank you to all for your effort and dedication to the project thus far. We would like to give a special mention to the team at Hospital General de Douala, Cameroon for capturing an astounding 146 patients.

Well done! Regards, Karen Sliwa (THESUS-HF II Principal Investigator)

THESUS-HF II STUDY SITE INVESTIGATORS LUNCH



## We are pleased to announce a THESUS-HF II Study Site Investigators Lunch, to be held during the ESC Congress in Madrid from 29 August to 1 September.

Time

Saturday, 30<sup>th</sup> August 2025 12:30 for 13:00 Restaurant Orgaz Avenue de los Andes (Madrid Standard Time)

Venue

PATIENT DATA COLLECTION

SCORECARD IINFORMATION

Please indicate the number of days data was collected

by completing the Patient Data Collection Confirmation Form

CLICK HERE TO COMPLETE

16 September 2025

place during the PASCAR & 54th Annual General Meeting and Scientific Conference, providing an opportunity for you to present

From 14:00 Onwards

PASCAR & Nigerian Cardiac Society Conference 2025, Abuja, Nigeria 14 - 19 September

(Nigerian Standard Time) D'E ABSTRACTS to be Presented at ESC Congress - Madrid Congratulations to everyone! Two of the three THESUS-HF II Study abstracts accepted will be presented at

Access to Care Management and In-Hospital Outcome Abstract Number: 3509 Abstract Number: 3318

Location: Station 10 – Research Gateway

the ESC Congress – Madrid. Please see details below.

Session Title: Risk Factors and

Session Date: 30 August 2025

Session Time: 08:15 – 09:00

Prevention (1)

this study a success thus far.

Session Title: Epidemiology, Prognosis and Outcome in Chronic Heart Failure

Location: Station 4 – Research Gateway

ACCEPTED to ESC Congress, Madrid 29 Aug - 1 Sep: The Sub-Saharan Africa Survey of Heart Failure (THESUS-HF II):

The Sub-Saharan Africa Survey of Heart Failure (THESUS-HF II): **In-hospital Outcomes** 

Congratulations to everyone! Three THESUS-HF II Study abstracts have been submitted & accepted.

Our heartfelt thanks go out to all the participating sites for their tremendous effort and dedication in making

The THESUS-HF II Study abstracts were submitted to the following publications:

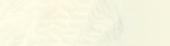
PRESENTED at ESC HFA, Belgrade 17 - 20 May 2025: The Sub-Saharan Africa Survey of Heart Failure (THESUS-HF II): Access to Care

STUDY REDCap PORTAL Usage and Dosing of Guideline-Directed Medical Therapies in African Patients with Heart Failure with Reduced and Mildly Reduced Ejection Fraction

Guidelines recommend starting and quickly increasing guideline-directed medical therapy (GDMT) within six weeks of heart failure (HF) hospitalization to reduce rehospitalization and mortality risk. However, there is a gap between these recommendations and actual practices, leaving many patients with HFrEF and HFmrEF in Africa on suboptimal therapy. This Sub-study aims to: 1. Assess the proportion of HFrEF and HFmrEF patients initiating ACEI/ARB/ARNI,

PASCAR THESUS-HF II Study Steering Committee Principal Investigator: Karen Sliwa **CAPE HEART INSTITUTE** Co-investigator: Albertino Damasceno, Charle Viljoen, Mahmoud Sani, Gad Cotter Sub-investigator: Neusa Jessen, Simon Stewart Connect with PASCAR here

**NIGERIAN CARDIAC SOCIETY (NCS)** in collaboration with PAN-AFRICAN SOCIETY OF CARDIOLOGY (PASCAR)



THEME **COST-EFFECTIVE INTERVENTIONS** FOR MITIGATING THE BURDEN OF CARDIOVASCULAR

•Role of Primary Care and Community Health Workers in Cardiovascular Disease Prevention and Management. • Taming the Scourge of Sudden Cardiac Death in Africa.

• Telemedicine and Digital Technology for Cardiovascular Care.

14 - 19 September 2025

Shehu Musa Yar'adua Centre, Abuja

We are proud to inform you that the recent Heart Failure Society of South Africa Specialist Symposium 6 and 7 June 2025 in Cape Town proved to be a resounding success, drawing participation from a diverse

Lunch Date

We are currently developing the scorecard template and will share further details soon.

as well as to the Admissions page on REDCap, in the THESUS II site study project.

feedback and an abstract related to the THESUS-HF II Study. Date Time

Kindly take note: A THESUS-HF II Study Session Meeting will take

Our heartfelt thanks go out to all the participating sites for their tremendous effort and dedication in making this study a success thus far. The Sub-Saharan Africa Survey of Heart The Sub-Saharan Africa Survey of Heart Failure (THESUS-HF II): Failure (THESUS-HF II):

Looking forward to seeing you there!! **ABSTRACTS SUBMITTED** 

Session Date: 31 August 2025

Session Time: 16:15 – 17:00

**Access to Care** ACCEPTED to ESC Congress, Madrid 29 Aug - 1 Sep:

**UPTITRATION SUB-**

CLICK HERE to complete Sub-Study information on REDCap

3. Evaluate initiation within 60 days of discharge.

MRA, beta-blockers, and SGLT2i before hospital discharge.

2. Evaluate initiation of these medications within 30 days of discharge.

beta blockers at 180 days post-discharge compared to baseline.

4. Determine the proportion achieving target doses of ACEI/ARB/ARNI, MRA, and

0



ANNUAL



**REGISTRATION & ABSTRACT PORTAL NOW OPEN** 

www.nigeriancardiacsociety.com