



## EXCITING NEWS!!

### More than 1500 Patients Enrolled at 50 sites!

#### MESSAGE FROM THE STUDY CHAIR

Dear Investigators,

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 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**.

**Lunch Date**  
Saturday, 30<sup>th</sup> August 2025

**Venue**  
Restaurant Orgaz  
Avenue de los Andes

**Time**  
12:30 for 13:00  
(Madrid Standard Time)



#### SCORECARD INFORMATION

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



#### PATIENT DATA COLLECTION

Please indicate the number of days data was collected by completing the **Patient Data Collection Confirmation Form** as well as to the *Admissions* page on REDCap, in the *THESUS II site study* project.

[CLICK HERE TO COMPLETE](#)



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

Kindly take note: A **THESUS-HF II Study Session Meeting** will take place during the **PASCAR & 54th Annual General Meeting and Scientific Conference**, providing an opportunity for you to present feedback and an abstract related to the **THESUS-HF II Study**.

**Date**  
16 September 2025

**Time**  
From 14:00 Onwards  
(Nigerian Standard Time)



#### 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 the **ESC Congress – Madrid**. Please see details below.

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 Failure (THESUS-HF II): Access to Care

- Abstract Number: 3509
- Session Title: Risk Factors and Prevention (1)
- Session Date: 30 August 2025
- Session Time: 08:15 – 09:00
- Location: Station 10 – Research Gateway

##### The Sub-Saharan Africa Survey of Heart Failure (THESUS-HF II): Management and In-Hospital Outcome

- Abstract Number: 3318
- Session Title: Epidemiology, Prognosis and Outcome in Chronic Heart Failure
- Session Date: 31 August 2025
- Session Time: 16:15 – 17:00
- Location: Station 4 – Research Gateway

Looking forward to seeing you there!!



#### ABSTRACTS SUBMITTED

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 this study a success thus far.

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

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

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



#### UPTITRATION SUB-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, MRA, beta-blockers, and SGLT2i before hospital discharge.
2. Evaluate initiation of these medications within 30 days of discharge.
3. Evaluate initiation within 60 days of discharge.
4. Determine the proportion achieving target doses of ACEI/ARB/ARNI, MRA, and beta blockers at 180 days post-discharge compared to baseline.



[CLICK HERE to complete Sub-Study information on REDCap](#)



#### PASCAR THESUS-HF II Study Steering Committee

**Principal Investigator:** Karen Sliwa

**Co-investigator:** Albertino Damasceno, Charle Viljoen, Mahmoud Sani, Gad Cotter

**Sub-investigator:** Neusa Jessen, Simon Stewart



**CAPE HEART INSTITUTE**  
Global Medicine

[Connect with PASCAR here](#)



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

**54<sup>th</sup>**  
**ANNUAL**  
**GENERAL MEETING**  
**AND SCIENTIFIC CONFERENCE**  
**ABUJA 2025**

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

- Telemedicine and Digital Technology for Cardiovascular Care.
- Role of Primary Care and Community Health Workers in Cardiovascular Disease Prevention and Management.
- Taming the Scourge of Sudden Cardiac Death in Africa.

**10 CME POINTS AVAILABLE.**



**14 - 19 September 2025**



**Shehu Musa Yar'adua Centre, Abuja**

**REGISTRATION & ABSTRACT PORTAL NOW OPEN**

**[www.nigeriancardiacsociety.com](http://www.nigeriancardiacsociety.com)**