



Programme for the WCIM 2018

Confirmed speakers

Endocrinology

Prof Simon Heller (UK)
Prof Roger Chen (Australia)
Prof Robert Chilton (USA)
Prof Chantal Mathieu (Belgium)
Prof Victor Mentori (USA)
Dr René Rodriguez-Gutierrez (USA)
Prof. Andrew Boulton (UK)
Prof. John Buse (USA)
Prof. Thomas Pieber (Germany)
Prof. Stefano del Prato (Italy)

Dr. Aslam Amod (SA)
Dr. Zane Stevens (SA)
Prof. A. Motala (SA)

Diabetes

Management principles/ physiology
How do we use ADA/EASD guidelines in 2018?
The effect of the CV outcome trials
What evidence do we have on early treatment of DM/ prediabetes?
What is new in type I DM management
Monitoring – how well does CGM work, what is available
Pump treatment yes or no
Insulin or not vs GLP1 or both

Diabetic foot:

Prevention
Osteomyelitis/ osteoporosis/ pathological fractures
Neuropathy
How to treat ulcers
Antibiotic therapy/ how long, with what should we treat.
Vascular impairment

Retinopathy

Protect and prevent loss of vision
Advances, treatment with growth factors

Nephropathy

When should you worry?
How to treat HT in the diabetic patient
Proteinuria a target for treatment
Stages of renal failure
Recurrent infections

Neuropathy

- The burning foot: Red flag
- Management of pain
- Vascular insufficiency/ neuropathy or both
- Autonomic dysfunction
- Cardiac arrhythmias and hypoglycaemia

Thyroid

- New issues in hypo-/ hyperthyroidism
- Subclinical hypothyroidism: treat the number or the individual
- Thyroid nodule: An approach to
- Thyroid cancer: Investigation, management
- Imaging of the thyroid, interpretation and indications.

Adrenal

- Approach to incidentally discovered adrenal mass (René Rodriguez-Gutierrez)
- Primary hyperaldosteronism: an approach to diagnosis, when to consider the diagnosis
- Who should we investigate for low cortisol/ high cortisol/ an approach to the obese patient- when is it hormonal

Pituitary adenoma

- When to investigate
- "Empty sella syndrome": anything to do?
- Management of panhypopituitarism after surgery
- What about macroadenomas, indications for surgery

Acromegaly

- Diagnosis/ management/ complications

Men's health

- Sexual dysfunction
- Erectile dysfunction
- When should we test testosterone levels and how to interpret these?
- Does hormone replacement work and for which patient
- The risk of prostate cancer
- Osteoporosis in men
- Social and psychological factors affecting men's health
- Secondary hypogonadism. How to diagnose and when to act

Women's' health

- Menopause and HRT, where are we in 2018
- Osteoporosis, when to screen, treatment options
- Obesity
- Risk of macrovascular disease in postmenopausal females
- Why do women with diabetes do worse with IHD?

Critical care

- Prof Jean- Louis Vincent (Belgium)
- Prof. Mervyn Singer (UK)
- Prof. Luciano Gattinoni (Italy)
- Prof. Daniel de Backer (Belgium)
- Prof. Matteo Bassetti (Spain)
- Prof. Waleed Alhazani (Canada)
- Prof. Mark Loeb (Canada)
- Prof. J.Lipman (Aus)
- Prof. Paul Marik (USA)

Prof Guy Richards (SA)
Prof Mervyn Mer (SA)
Prof. U. Laloo (SA)
Prof. Fatima Paruk (SA)
Dr Eric Hodgson (SA)
Prof. Frank Plani (SA)

Ventilation

Treatment of ARDS/Definition
Ventilatory support: choices
How do we use ventilators to full capacity?
How to use PEEP / spontaneous breathing
NIPPV
ECMO

Sepsis

Guidelines: What has changed in 2018?
Definition and implications of septic shock
Appropriate fluid and inotrope support
How do we use lactate levels
Monitoring haemodynamic targets
Use of Cytosorb and other interventions

Antibiotics and antifungals

Implication of stewardship or lack thereof
What is the appropriate antibiotic in specific situations?
What new antibiotics are in the pipeline?
Multi-drug resistance especially gram negative septicaemia. How do we approach this?
When should we consider antifungals / risk of fungal sepsis?
The role of fungitell in management of fungal sepsis
Should we use PCT to assess response/ monitor effect of management?
How do we avoid C difficile, treat it effectively
Probiotics or not?
How do we assess accurate drug delivery/ levels / pK/pD of antibiotics?

HAP/VAP

Discuss the new guidelines
Ventilatory support and use of PEEP
Use of NIPPV
What blood gas parameters should we use to determine effective ventilation?

Fluids / Blood / Albumin

Prof. J. Lipman (Aus)
Prof. P.Marik (USA)
Prof. F. Plani (SA)
Prof. Piet Wessels (SA)
Prof. Mervyn Mer (SA)

Which fluids? In which patient?
When should we use albumin?
When should we use blood products?
Which blood products and clotting factors? When is it necessary / use of TEG screen?
Massive transfusions: pitfalls, the trauma patient
Potassium and magnesium supplementation.

What about vitamin C and Thiamine?
Hyper and hyponatremia, independent risk factors

Monitoring in ICU

Prof. Frank Bosch (Netherland)

Dr. D. Schultz (Neurophysiologist, SA)

Which devices can we use?
Interpretation of haemodynamic parameters
Use of inotropes, SvCO₂, CO targets and CI
EEG and ICP monitoring
Continuous glucose monitoring
Cerebral blood flow esp. stroke, TBI
Lactate and how to use this parameter
Oesophageal pressure monitor

Rehabilitation / physio

N. Plani (Physiotherapist, SA)

Prof. Christopher Guntebrunner (Germany)

Prof. M. Schweltnus (SA)

Early mobilisation
What works / IMT
Rehabilitation starts in ICU. What should be done?
The late effects / sequelae: muscle / mitochondrial effects.
Effective physiotherapy and monitoring in the intensive care
Muscle loss and protective measures

Sedation/ Pain management and Sleep

Prof. Wes Ely (USA)

Prof. J.Goosen (Trauma society SA)

How do we avoid delirium and confusion?
Effective pain control and how do we judge it esp. comatose patient
Choice of agents /sedation
Should neuromuscular blocking agents still be used?

The neuro patient in critical care:

Traumatic brain injury
Spinal injuries
Intracranial bleeding
Use of mannitol
How to manage seizures?
EEG monitoring of the comatose patient
Should we measure cerebral blood flow / oxygenation?
Cooling the resuscitated patient
When do we decide on futile care?

Cardiovascular disease/ HT

Prof John McMurray (Scotland)

Prof. Neil Poulter (UK)

Prof. Bryan Williams (UK)

[Prof. Milton Packer (USA)]

Prof. Steve Marso (USA)

Dr. Adriaan Snyders (SA)

Prof. Karin Sliwa (SA)

Prof Ntseke (SA)

Dr. Jens Hitzeroth (SA)

Prof. B Mayosi (SA)

Prof. Brian Rayner (SA)

[Prof. Frans Messerli]

[Prof. Karl Svedberg]

Acute coronary syndrome

Management of ACS. Where are we now? STEMI VS NSTEMI

PCI – How do we expedite management?

What should you do if there is no cardiologist / PCI available?

What are the classic ECG vs. apparently normal ECG?

Should we use Troponin I or T to diagnose?

Other biomarkers hs CRP, Pro BNP how do we use these effectively

Which fibrinolytic? Advantages or disadvantages

Risk factor control after ACS

Heart failure

Acute HF emergency management

Management guidelines of chronic HF

New treatment choices, what do we understand

Should SGLT2's be used by the cardiologist / endocrinologist?

Does salt restriction work?

Does fluid restriction work?

What should be done to investigate fatigue / poor ET?

Is Digoxin still useful?

The patient with pEF / rEF. What about the in- between group: management

Should every patient have an echo?

When should we be concerned?

Can early treatment stop the progression of HF?

Should we focus on anaemia in HF? / iron deficiency.

If the patient has renal dysfunction / Diuretic use?

How do we use biomarkers in HF?

What about the patient with hypotension?

Cardiomyopathy

HIV and CMO: What are the mechanisms?

The diabetic heart

When should an assist device be considered?

Warning signs of arrhythmias

What about alcohol intake?

The patient with swollen legs. How should we investigate? What diagnoses should be considered?

Hypertension

How should we apply/ interpret the SPRINT results?
ARBs vs ACE inhibitors
Which diuretics should we use?
Treatment of HT in the elderly / >65 years of age
How do we protect the kidney?
How should we approach resistant HT?
Is RF ablation of the renal artery now out?
What should our BP target be?
Eclampsia / management of HT in pregnancy.
Haemorrhagic strokes

Arrhythmias / AF / DOAC's

Prof. Hans C. Diener (Germany)
Prof. P. Wessels (SA)
Prof. Michael Ezekowitz (USA)
Prof. Mervyn Mer (SA)
Prof. Paul Dorian (Canada)

Rate vs. rhythm control
Amiodarone – too toxic for use
Are the DOAC's better than VKA?
Does a LA appendage device assist / avoid anti-coagulation
What about the patient with anaemia especially elderly and iron deficiency/ use of DOAC's.
RCT in HF
When do we use a Reveal device / EPS studies?

Ischaemic heart disease

What do we know about risk factor control?
When should you recommend exercise?
What use are CAC score vs. CT coronary angio vs Coronary angio preferred
Diagnosis and use of FRR
How to avoid contrast- induced nephropathy?
Do we still recommend CABG vs. PCI in patients with diabetes?
When should we consider silent ischaemia especially in the diabetic patient?
Is stress ECG a good screening still today?
When should we consider radionucleotide scanning?

Pulmonary HT

What Rx's are available to us today?
Best investigation of pulmonary HT
Causes and how to diagnose these timeously
Primary Pulmonary HT
When is transplant indicated?

VTE / PED

When to suspect a PE?
The patient with syncope.
The correct use of thrombolysis? When should we NOT use thrombolysis?
What about the pregnant patient? Rx and recommendations.
The best acute management in 2018
When should you do a thrombotic screen?
Should you do a thrombotic screen / too costly?
HIV related thrombosis
Hereditary disorders of coagulation

Lipids

Prof. M Banach (Poland)
Prof. Naveed Sattar (UK)

Prof. Derek Raal (SA)
Prof. Dirk Blom (SA)
Prof. D, Marais (SA)

What should be our target level for LDLc?
Is HDLc a target? TG?
Does statin myalgia exist? When should we withdraw treatment?
Do statins cause diabetes? Pro/con debate
Where does the PCSK9 inhibitors fit?
What about fibrates?

Pulmonology

Prof. Peter Barnes (UK)
Prof. N. Barnes (UK)
Prof. Paul O'Byrne (Canada)
Prof. Jodwiga Wedzycha (Canada)

Prof. Umesh Laloo (SA)
Prof. Eric Bateman (SA)
Prof. Charles Feldman (SA)
Prof. Keertan Dheda (SA)
Prof. Guy Richards (SA)
Prof. Mervyn Mer (SA)

Asthma

What has changed re Rx / GINA guidelines?
Diagnostic criteria
What about broncho-thermoplasty?
How should we approach Rx of influenza in the asthmatic?
Rx of allergic rhinitis / other atopic symptoms

COPD

"Fine-tuning" the GOLD guidelines
LABA / LAMA vs. Triple Rx
Macrolide therapy, where does it fit?
Where does Roflumilast fit?
How to avoid exacerbations?
Do we always need antibiotics?

Asthma /COPD overlap syndrome

Diagnosis / criteria
Management options. What should you use as first treatment?
How do you assess progress or response to treatment?

Interstitial lung disease

Causes and investigation
What clinical features should alert us?
How do we interpret radiological features?
When should we use high resolution CT scanning vs. lung biopsy?

Pleural effusions / empyema

Causes and investigations / recommended / pleural biopsy
Management principles
When is a thoracotomy necessary?
When is an effusion not important?

Lung cancers

The solitary pulmonary nodule.
When should we investigate?
New classifications and Rx
When is surgery still an option?
Haemoptysis: still a worrying symptom: Management options

Infections HIV and TB:

Dr. Cloete van Vuuren (SA)
Dr. Steven Miller (SA)
Dr. David Spencer (SA)
Prof. K. Dheda (SA)

Can the chest radiograph help us in differentiating the causative organism?
What clues exist?
If PCP what should be our Rx? How long?
TB, TB complications, MDR and XDR
Approach to Rx
HIV Rx today
 After TB
 IRIS reaction
TB testing
 Best diagnostic yields

Approach to chest pain Symposium

When is chest pain Typical / Atypical chest pain?
Is it cardiac / Respiratory or pleural / musculoskeletal / GORD and reflux / PUD
ACS
Vs.
Pleurisy / PED
Vs.
PUD / GORD
Vs.
Referred pain
Vs.
Musculoskeletal

Occupational lung disease

Identify the high risk occupations / occupational exposure
Asbestosis / mesothelioma. We are still seeing cases.
How should we diagnose occupational asthma?

Allergies / eosinophilic lung syndromes

Sarcoidosis

Prof. Guy Richards (SA)

Gastroenterology and hepatology:

Prof. A Sharara (Lebanon)

Prof. Klas Sjöberg (Sweden)

Prof. Janusz Jankowski (UK)

Prof. José Ramos

Prof. Peré Gines (Spain)

The metabolic, renal, infectious and cardiovascular adverse events of PPIs: Fact or Fiction?

The Epidemic of *C. Difficile* Infection: Not Culpa?

Evolving Treatment Strategies for Alcoholic Hepatitis

How to optimize Bowel Preparation in Colonoscopy: Seeing is believing

Colonic Diverticular Disease: Debunking the Myths

Functional Dyspepsia: A Real Pain in the Epigastrium!

When to use immunomodulators in IBD: An Evidence-Based Approach

NSAIDs and the Gut: Responsibility to Protect

Extra-esophageal Manifestations of GERD: The Burning Questions

Treatment of *H. pylori* in 2018: Lessons Learned and Challenges Ahead

Management of HBV Infection in Pregnancy: Timing is everything

Peptic ulcer disease/ GORD

Non variceal GIT bleeding

How should we investigate Fe deficiency anaemia, especially in the elderly?

Does a red cell scan help us?

When should we use an endoscopic capsule?

Indications for colonoscopy

NSAIDs and GIT bleeding

What do we do with the patient that continues using NSAIDs?

Are COXIBs better? NSAID recommendations

Esophageal disease and Ca

GIT

The gut microbiome

Faecal transplants

IBD

IBS

C Difficile

Indications for colonoscopy

Diarrhoeal disease

Liver

Prof. Hannele Yke-Harvinen (Finland)

Infectious diseases

Hep A, B, and C, D: Where are we today?

Risk for Cancer

Management of acute liver failure

Management of variceal bleeding in 2018

Persistent ascites: How to manage this better?
Risk factors for hepatocellular Ca
NAFL/ NAFLD and cirrhosis and the risk of cancer
Where are we today in the management of NAFLD?

Pancreas

Prof. Jose Ramos (SA)

Pancreatic tumours and incidence. Why do we see so many? Poor survival
Pancreatic mass on the CT scan
Approach to investigation

Pancreatitis
Chronic pancreatitis treatment
Which patients should we worry about with acute pancreatitis?

Geriatrics

Prof. Brent Tipping (SA)

Prof. W. Hall (USA)

Sarcopaenia in the elderly
Dementia and Alzheimers
Vision, deafness, other disorders of the elderly
Falls in the elderly
Drugs and the safe dosages in the elderly
Renal function and when should we worry?
How do we keep patients moving? Mobile and active
When does old age become a disease?
How do we improve frailty?

Nephrology

Prof. Virginia Hood (USA)

[Prof. G. Bakris]

Dr. J. Jacobs (SA)

Glomerulonephritis
An approach to kidney stones
When is dialysis inevitable?
RRT and options
Albuminuria and how do we avoid it/ treat it
Contrast nephropathy
When is kidney failure reversible?
Acute kidney injury
Hypertension in chronic kidney disease
Renal failure in the patient with cardiac failure
Management of anaemia of chronic kidney failure

Rheumatology/ Immunology

Prof Yehuda Shoenfeld (Israel)

Prof Philip Conaghan (UK)

Prof Stanley Ress (SA)

Prof. B. Mandell (USA)

Dr. E. van Duuren (SA)

The spectrum of autoimmune disease
Rheumatologic disease presenting in the ER
The acute joint
Emergencies in SLE
Does this sick patient have a connective tissue disease?
Acute onset arthritis
Is it septic arthritis or not?
Management options in RA
Biologic agents. Where are we today?
Osteoarthritis: treatment modalities
Osteoporosis
Gout, new treatment options, tophaceous gout
The management of acute back pain. When do you need a scan?

Psoriasis, psoriatic arthritis
Management of skin complications and biologic agents

Fibromyalgia and associated disorders

Neurology

Prof. Hans C. Diener (Germany)

Dr. Jody Pearl (SA)

Dr. Dave Anderson (SA)

Dr. Donovan Schultz (SA)

Multiple sclerosis

Early diagnosis

Early treatment

Diagnostic criteria, where are we now

Progress, prognosis

Neuropathies

Diabetic

Nutritional neuropathies, the story of vit B12

Peripheral neuropathy treatment options

Painful neuropathies

Radiculopathy, when are MRI of benefit /not?

Myofascial pain, investigation and management

Medications associated with neuropathies

Migraine and chronic headache syndromes

Should we investigate every headache/ when should we be concerned

New migraine therapies

Chronic headache management strategies

When is an MRI scan indicated?

Stroke and TIA

Where are we with preventing stroke and stroke syndromes?

Carotid arterial disease

Arrhythmias, atrial fibrillation and DOAC's

Interventional radiology and thrombotic strokes

Occult causes of stroke, the young stroke patient, investigations

Acute stroke management, thrombolysis and blood pressure reduction in the acute situation

Muscle diseases

Myopathies

When is muscle pain/spasms related to statin therapy/Not?

Metabolic causes

Polymyositis

EMG features of myopathies, prognostic features, when would a muscle biopsy be indicated.

Management options

Dementia and confusional states

Vascular dementia, white lesions on the MRI scan, when and how do we investigate the cause

Acute confusion, causes to consider and investigation

Hyponatremia in the elderly

Infections and confusion in the elderly

Is a brain scan always necessary, CT or MRI?

ADEM

Traumatic brain injury

Surgery or not, when should we do a craniotomy

Monitoring in the intensive care unit

Brain blood flow and oxygenation, parameters and management of ICP

Diffuse axonal injury, prognostic features, management that makes a difference in the acute situation

Non-convulsive epilepsy

Epilepsy

Convulsive vs non-convulsive

Management of status, treatment options

Long term management, the best treatment strategies, which drugs when

Monitoring, when would a 24 hour EEG give more data, case studies

Meningitis/ encephalitis / Guillain Barre Syndrome

Lumbar puncture, when is it indicated, what should you look for

HIV related brain and meningeal involvement

Management of the acute presentations, which antibiotics, for how long?

Herpes simplex encephalitis, management, antiviral and for how long?

Tuberculosis and the brain

When is neck stiffness not a concern or is it always a concern?