



Programme for the WCIM 18th -21st October 2018, Cape Town, South Africa
9 tracks of Internal medicine subspecialist areas, symposia, State of the Art lectures and debates.

ENDOCRINOLOGY

Simon Heller (UK)
 Roger Chen (Australia)
 Robert Chilton (USA)
 Chantal Mathieu (Belgium)
 Victor Mentori (USA)
 René Rodriguez-Gutierrez (USA)
 Andrew Boulton (UK)
 Thomas Pieber (Germany)
 James Hennessy (USA)
 Rajesh Thakker (UK)
 Beverley Biller (USA)
 Martin Haluzik (Czech Republic)
 Eva maria Perusquia Frias (Mexico)
 Rosalia Garcia Pena (Mexico)
 Aslam Amod (SA)
 Zane Stevens (SA)
 A. Motala (SA)
 David Segal (SA)
 Joel Dave (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/ pre diabetes
 Epidemiology of diabetes and pre-diabetes
 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. What do the new combinations promise?

Diabetic foot:

Prevention of bony deformities
 Osteomyelitis/ osteoporosis/ pathological fractures

Neuropathy

How to treat ulcers

Antibiotic therapy/ how long, with what should we treat.

Vascular impairment and assessing the risk of insufficiency in diabetic foot

Nephropathy

When should you be concerned?

How to treat HT in the diabetic patient

Proteinuria : a target for treatment?

Stages of renal failure

Recurrent infections

Neuropathies

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

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 and MEN syndromes

When and how to investigate

Management of panhypopituitarism after surgery

What about macroadenomas, indications for surgery

An approach to MEN syndromes, new data

Acromegaly

Diagnosis/ management/ complications

MEN'S HEALTH

David Kendler (Canada)

Lance Coetzee (SA)

Martin Schwellnus (SA)

Eugene Allers (SA)

Tess van der Merwe (SA)

Roy Scheiers (SA)

Sexual and erectile dysfunction

When should we test testosterone levels and how to interpret these
Does testosterone 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
Incontinence

WOMEN'S HEALTH

Ana Maria Lopez (USA)
David Kendler (Canada)
Eva maria Perusquia Frias (Mexico)
Colleen Bergin (NZ)
Carol Benn (SA)
Tobie de Villiers (SA)
Tess van der Merwe (SA)

Menopause and HRT, where are we in 2018
Endometriosis
Approach to Osteoporosis, when to screen, treatment options
Obesity
Breast cancer
Risk of macrovascular disease in postmenopausal females
An approach to oncology in the female patient
Incontinence and repeated infections, pyelonephritis
Assessment and imaging of pelvic pathology

OBESITY

Tessa van der Merwe (SA)
Eva maria Perusquia Frias (Mexico)
Alejandro Cardenas Cejudo (Mexico)
Ricky Raine (SA)

Bariatric surgery in 2018
Obesity as a risk factor in Women's health
Obstructive sleep apnoea and obesity
Epigenetics in obesity and DM

CRITICAL CARE

Jean- Louis Vincent (Belgium)
Mervyn Singer (UK)
Luciano Gattinoni (Italy)
Daniel de Backer (Belgium)
Matteo Bassetti (Italy)
J.Lipman (Aus)

Paul Marik (USA)
Glen Hernandez (Brazil)
Souha Kanj (Lebanon)
Christopher Guntebrunner (Germany)
Guy Richards (SA)
Mervyn Mer (SA)
Umesh Laloo (SA)
Keertan Dheda (SA)
Fatima Paruk(SA)
Eric Hodgson (SA)
Frank Planı (SA)
Jacques Goosen (SA)
Ivan Joubert (SA)
Gerry Kapatos (SA)
Donovan Schultz (SA)

Ventilation

Treatment of ARDS/Definition
Ventilatory support : NIPPV or high flow oxygen
How do we use ventilators to full capacity
How to use PEEP / spontaneous breathing/ permissive hypercapnoea
ECMO and where we are in 2018

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 Cytasorb and other interventions
Non-pharmacological management

Antibiotics and antifungals

Implication of stewardship or lack thereof
Empiric antibiotics, how to decide on the appropriate antibiotic
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 new guidelines
Ventilatory support and use of PEEP

Use of NIPPV vs high flow oxygen
What blood gas parameters should we use to determine effective ventilation?
Antibiotic choices in CAP

Fluids / Blood / Albumin

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

Monitoring in ICU

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, Traumatic brain injury
Lactate and how to use this parameter
Oesophageal pressure monitoring

REHABILITATION

N. Plani (Physiotherapist, SA)
Prof. Christopher Guntebrunner (Germany)
Prof. M. Schweltnus (SA)

Early mobilisation in the critical care setting
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
When you advise your patient to exercise what should you screen for?

Sedation/ Pain management and Sleep

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 be avoided?

Special clinical challenges

Traumatic brain injury
Spinal injuries
Intracranial bleeding
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?
The patient with severe burns

CARDIOVASCULAR DISEASE

John McMurray (Scotland)
Salim Yusuf (UK)
Neil Poulter (UK)
Bryan Williams (UK)
Valentin Korkorin (Russia)
Olga Boeva (Russia)
Sally Aman Nasution (Indonesia)
Martin Green (Canada)
Paul Dorian (Canada)
Menno Huisman (Netherlands)
Alex Spyropoulos (USA)
Dominique Farge (France)
Clive Rosendorff (USA)
Adriaan Snyders (SA)
Karin Sliwa (SA)
Ntobeko Ntusi (SA)
Jens Hitzeroth (SA)
Bongani Mayosi (SA)
Brian Rayner (SA)
Graham Cassel (SA)
Eric Klug (SA)
I.W.P.Obel (SA)
Ntseke (SA)
Piet Wessels (SA)
Mervyn Mer (SA)

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?
- 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 debate in HT, CV disease, post-MI
- 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?
- Hypertensive emergencies, Blood pressure targets

Arrhythmias / AF / DOAC's

- Are the DOAC's better than VKA?
- Malignant arrhythmias
- 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
- Update on pacemakers

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

Best investigation of pulmonary HT
Causes and how to diagnose these timeously, VTE
Primary pulmonary hypertension
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

LIPIDOLOGY

Machiej Banach (Poland)
Naveed Sattar (UK)
Richard Ceska (Czech Republic)
Derek Raal (SA)
Dirk Blom (SA)
Dave Marais (SA)

Familial hyperlipidemia in Europe, 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 do the PKSC9 inhibitors fit?
What about fibrates or the unmet need in CV protection

PULMONOLOGY

Peter Barnes (UK)
Neil Barnes (UK)
Paul O'Byrne (Canada)
Jodwiga Wedzycha (Canada)
John Kolbe (NZ)
Imran Satia (UK)
Umesh Laloo (SA)
Eric Bateman (SA)
Charles Feldman (SA)
Keertan Dheda (SA)
Guy Richards (SA)
Mervyn Mer (SA)
Richard van Zyl Smith (SA)

Asthma

What has changed re Rx / GINA guidelines?
Biologic agents in asthma and management of eosinophilic asthma
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 vx. Triple Rx
Macrolide therapy, where does it fit?
Where does Roflumilast fit?
How to avoid exacerbations?
Do we always need antibiotics?
Bronchiectasis, TB and related pulmonary complications

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 and granulomatous lung diseases

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?
Sarcoidosis

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:

Cloete van Vuuren (SA)

Steven Miller (SA)

Keertan Dheda (SA)

Richard van Zyl Smith (SA)

Umesh Laloo (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, co-existent TB, IRIS and management challenges

TB testing, best diagnostic yields and quick results. 2018 update

GASTROENTEROLOGY AND HEPATOLOGY

Ally Sharara (Lebanon)

Klas Sjöberg (Sweden)

Janusz Jankowski (UK)

José Ramos (SA)

Peré Gines (Spain)

Hannelie Yke-Harvinen (Finland)

Mervyn Mer (SA)

Phaku Malatji (SA)

Barry Schmeizer (SA)

M.Ally (SA)

The metabolic, renal, infectious and CV adverse effects of PPI's: fact or fiction

Epidemic of C.difficile : not Culpa?

Evolving treatment strategies for alcoholic hepatitis

How to optimize bowel prep in colonoscopy: seeing is believing

Colonic diverticular disease :debunking the myths

Functional dyspepsia: a real pain in the epigastrium!

IBD: when to use immunomodulators. An evidence based approach

NSAIDs and the GUT. Responsibility to protect.

Treatment of H.pylori in 2018. Lessons learnt and challenges ahead

Non variceal GIT bleeding
How should we investigate Fe deficiency anaemia in the elderly
Indications for colonoscopy
The gut microbiome, Faecal transplantation
IBD vs IBS

Liver

Infectious diseases
Hep A, B, C, D: Where are we today?
Risk of hepatocellular carcinoma
Management of acute liver failure
Management of variceal bleeding in 2018
Persistent ascites: How to manage this better?
NAFL/ NAFLD and cirrhosis

Pancreas

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

Brent Tipping (SA)
Salim Yusuf (SA)
William Hall (USA)
Aru Sudoyo (Indonesia)
Kathleen Ross (SA)
Stan Lipschitz (SA)
Bilkish Cassim (SA)
Marc Combrinck (SA)

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 AND HYPERTENSION

Virginia Hood (USA)

Richard Solomon (USA)
Neil Poulter (UK)
Ben van Rensburg (SA)
Rafique Moosa (SA)
Brian Rayner (SA)
Clive Rosendorff (USA)
Anthony Meyers (SA)
Piet Wessels (SA)

Glomerulonephritis
An approach to kidney stones
When is dialysis inevitable?
CRRT 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 anemia of chronic kidney failure
Renal emergencies, managing uremia, hyperkalemia

RHEUMATOLOGY AND IMMUNOLOGY

Yehuda Shoenfeld (Israel)
Mujibar Rahman (Bangladesh)
Eugene Kurcharz (Poland)
Stefan Siebert (Scotland)
Brian Mandell (USA)
Milton Raff (SA)
Eric Hodgson (SA)
Stanley Ress (SA)
Elsa van Duuren (SA)
Christa Janse van Rensburg (SA)
Bridget Hodgkinson (SA)
Luke Krige (SA)
Willie Visser (SA)

The spectrum of autoimmune disease
Rheumatologic disease presenting in the ER
The acute joint
Emergencies in connective tissue disease
Vasculitic emergencies
Acute onset arthritis
Physiologic effect of pain
Management of pain
Pros and cons of opioid treatment
Fibromyalgia a 2018 approach

Management options in RA
Biologic agents. Where are we today?
Osteoarthritis: treatment modalities
Gout management from asymptomatic hypericaemia to tophi
The management of acute back pain. When do you need a scan/ surgery?
Osteoporosis: Fracture risk, the younger patient, new medicines
The spondyloarthropathies
The skin in systemic disease
SLE in 2018 including lupus nephritis
The connective tissue diseases
Vasculitis treatment
Anticoagulation in the connective tissue diseases
Immunodeficiency and rheumatic disease
Inflammatory diseases and general health: The complications of inflammation
Sports injuries
Paraneoplastic syndromes mimicking rheumatic disease

NEUROLOGY

Lawrence Tucker (SA)
Elmarie Janse van Rensburg (SA)
Jody Pearl (SA)
Dave Anderson (SA)
Donovan Schultz (SA)
Wiebren Duim (SA)
Phillip Matley (SA)
Lewis Levien (SA)
Victor Ngomezulu (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 , 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

How should we determine a diagnosis of Alzheimer's

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, ADAM, Guillain Barre variants

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?

MEDICAL EDUCATION, ETHICS AND TRAINING

COMBINED ISIM AND ACP SESSIONS

1. Debate on the medical education of general physicians and the need for a sub-specialist classification or not. Where would a hospitalist fit?

Ana Maria Lopez (ACP president)
John Kolbe (ISIM)
Virginia Hood (ISIM)
Bongani Mayosi (CMSA)
Jane Dacre (RCP)
Phillip Masters (ACP)
Eileen Barrett (HSM)

2. Debate on the standards that a general physician should achieve to be safe and effective. Can we create guidelines to govern this across the international arena?

John Kolbe (ISIM)
Virginia Hood (ISIM)
Ana Maria Lopez (ACP President)
Phillip Masters (ACP)
Eileen Barrett (HSM)
Andy Parrish (CMSA)
Bongani Mayosi (CMSA)