

# Scottish Heart & Arterial disease Risk Prevention

## MINUTES

### SHARP TRUSTEES' MEETING SUMMARY

**Date:** Wednesday 12<sup>th</sup> February 2020  
**Venue:** MEMO Meeting Room, Level 7 Ninewells Hospital, Dundee  
**Time:** 15:00

**Present:** Alan G Begg (AGB), Adrian Brady (AB) Tom MacDonald (TM), Jacob George (JG) Rebecca Wheater (RW), Michelle Collister-Bartlett (MB), Christaidh Rattray (CR)

**By Teleconference:** John Webster (JW) Bill Simpson (BS) Suzanne McKenzie (SM) Miles Fisher (MF) Dennis Sandeman (DS)

#### 1) **Welcome**

Co-chair RW welcomed all those to the meeting prior to the arrival of AB.

#### 2) **Apologies**

Apologies were received from Jill Belch, Jonathan Malo, Mark Francis, Stuart Hutcheon, Chris Packard, Emma Gellatly, Isla MacKenzie, Nick Mills, Wendy Rarity, Lorna Donaldson, Victoria Kirkwood.

#### 3) **Introductions**

Those in attendance introduced themselves.

#### 4) **Minutes of meeting 4<sup>th</sup> September 2019**

##### a) **Adoption of the minutes of meeting of 4<sup>th</sup> September 2019**

The minutes were adopted as a true record of the meeting.

##### b) **Matters arising**

###### i. **BHF Awareness Sessions at Edinburgh Festival**

DS has been in touch with David Wilson-More of BHF to discuss a series of science festivals at Edinburgh Festival. Previously these have consisted of five individual interactive workshops over a week but this year it would be on a smaller scale. This led to discussion on patient involvement. TM suggested that we need more patient involvement something he had raised previously.

#### 5) **Patron(s) Update**

- a) Gordon Buchanan has agreed to be patron and he will be asked how he feels he can best raise the profile of SHARP. He has a strong social media presence and public profile and could boost the profile of SHARP.
- b) AB gave another suggestion. A possible advert was discussed regarding an advert on Cardiovascular Disease in Scotland sponsored by SHARP. AB asked if there is a celebrity with heart issues who could help advertise and possibly help raise awareness. TM suggested possibly reintroducing the SHARP bus as a campaign awareness platform.

## **6) Treasurers report and Financial Update**

### **a) OSCR Submission**

The accounts ending June 2019 are now shown on the OSCR website. On the OSCR website there is a summary of income and expenditure but Trustees names have been removed due to GDPR.

The accountant's fees were noted. It was agreed that maintaining professional help was important and there was no alternative to using a registered accountant.

AGB informed the trustees that SHARP keeps a reserve of funds. After the costs of the administration staff is deducted, there is a healthy balance in our accounts. The SHARP ASM has again shown a deficit. Not as many delegates were recruited as hoped for and if there is another meeting on the same dates we need to advertise even more.

### **b) Donations & Legacy Donations**

Angus Cardiac Group kindly given a further donation. SHARP has received a letter from Blackadders Solicitors informing us of a legacy in our favour. AGB has requested information from Blackadders with possible contacts for any family members so they can be thanked and inform them of how the funds would be spent. RW suggested that trustees should think of suggestions on how the legacy money could be spent. TM suggested possibly ordering Blood Pressure Monitors to be sent to every GP Practice in Scotland with SHARP logo on it and saying who kindly donated the funds to purchase the machine.

AGB informed trustees that Donation leaflets have been ordered and sent out to all the undertakers in Scotland. The leaflets contain all the relevant details to make a donation or to leave a legacy.

## **7) Annual Scientific Meeting, 21<sup>st</sup>/22<sup>nd</sup> November 2020**

### **a) Satellite Symposium (Heart Failure)**

The Satellite Symposium this year is being sponsored by Novartis and will take place from 2-5pm on 21<sup>st</sup> November 2020. AB asked how the sponsors were chosen and AGB explained that over the years it was allocated to the first company to commit with a signed contract. AGB advised he had a meeting with Novartis and that they were looking to make the session as interactive as possible. The main themes would be the patient journey (presentation, diagnosis, management/palliative care) and quality after QOF. The format would be formal lectures interspersed with case studies and expert comment (main lecturers) along with the chair commenting and encouraging an interactive discussion.

**b) Consideration of Second Satellite Session at SHARP ASM 2020**

AB discussed that another company was willing to pay a fee for a possible one hour symposium. RW advised that it has been allocated to Novartis on a first come first served basis and they have already signed the contract for SHARP ASM 2020 but that this company could possibly look to being a sponsor for next year.

**c) Main Meeting Programme**

JG gave a suggestion for a speaker for this year. This possible speaker's team had performed the second fastest thrombolysis in the world and she is a very interesting and motivating speaker. She was suggested as a keynote lecturer and is a very popular name. AGB advised this would be good to start the meeting at 1.30pm as the usual SHARP keynote speaker.

MB suggested incorporating more nursing related topics as sometimes the programme seems to be more GP orientated topics and this would possibly be of more interest to some colleagues.

TM suggested to AB about contacting a well known speaker to lecture on the work of BHF and AB advised he would look into this. TM said this could also be considered as the final lecture as to keep delegates for the duration of the Friday.

TM suggested an after dinner speaker possibly discussing a presenter's view of public health and AGB advised he would be given an honorarium. AB advised it would be good if he could advertise on Radio Scotland and it would also give him the opportunity to see what SHARP does.

AB suggested speakers for the Friday Programme. AB suggested a potential speaker about AF. AB also suggested a speaker known as the low carb GP and has had good results in his studies regarding CVD. JW advised that Prof Mike Lean did a similar talk in 2019 and this was very popular.

JW advised that one of the allocated workshops would be to BHF as they were keen to continue this and provide a workshop like in previous years. He mentioned that Prof Mike Lean had a very popular talk in 2019 and that we could consider inviting him back to host a workshop at this year's ASM. Possible workshop ideas could be diet related, low carb diet or gluten free or vegan diet.

Other suggestions were, ADHD, Sleep Apnoea, Wearable Technology, and Exercise.

AB suggested maybe having an extra talk on the Friday morning depending on timing.

**d) SHARP Prize**

AGB and RW agreed that the four prizes worked in 2019 and follow the same format again this year.

**e) Attracting Delegates**

AB advised advertising through Scottish Cardiac Society. We can ask our new patron to advertise on social media. TM suggested contacting GP Trainees. Advertising through social media was felt to be a good avenue and also we could circulate by mail throughout Scotland.

**8) Scottish Lipid Forum**

AGB advised the programme on in Thursday morning is largely orientated to interest SHARP members. No information is currently available on the plans for this year as JM and VK were not in attendance.

**9) SHARP affiliated/sponsored meetings**

**a) Orkney May 2020 'Remote & Rural practice in Scotland'**

JW advised that on the programme for the Orkney symposium in 2020 and SHARP will be involved in the mini symposium on the Friday morning. There would be a talk on stroke but a speaker on 'salvaging the myocardium' is still required.

AB has offered to go and represent SHARP as co-chair. JW and AB will liaise regarding this and AB may be a possible speaker at the symposium. AB will also ask colleagues at the Royal Infirmary Glasgow for suggestions on other possible speakers.

CR will travel to Orkney so we can have a SHARP stand and presence at the meeting.

**b) British and Irish Hypertension Society Annual Scientific Meeting Glasgow 28<sup>th</sup>/29<sup>th</sup> May 2020 (Chair)**

AGB asked about a possible presence or a stand for SHARP and AB is keen for this to go ahead. AB advised the programme is shorter this year and TM will be giving a lecture at the meeting. TM will liaise with the appropriate person regarding a rate for SHARP for this and possibly sharing a stand with MEMO. TM to advise in due course.

**10) SHARP Website and Suggestions**

RW informed the Trustees that the website is a work in-progress with her husband Robert, but many changes have been made. RW explained the website layout to the Trustees and confirmed posters, video image and photographs are displayed and that SHARP now has it's own 'youtube link'. AB and TM advised that technology spiders similar to CHSS would be a good advertising method through some of the major search engines. CR will discuss this with Robert.

**11) British Journal of Cardiology/United Cardiology Project**

Henry Purcell editor of The British Journal of Cardiology has proposed that all the cardiac societies should work together as a united front. DS will take this forward for SHARP and we can offer to post information and links on our website.

**14) Date of next meeting**

13<sup>th</sup> May 2020 in MEMO Meeting Room, Level 7 Ninewells Hospital, Dundee at 15.00 hours