

**Non-Communicable Diseases (NCD) symposium**  
**Windhoek Programme: Venue Safari Hotel**  
**Saturday, 09 February 2019: 07h00-19h00**

1.	<b>Registration:</b>		<b>07h00- 07h30</b>
2.	<b>Welcoming and opening remarks</b>	<i>Dr.Mercy Kandetu</i>	<b>07h30- 07h45</b>
3.	<b><u>Session 1: Epidemiology Definitions, Classification, Diagnosis, Rx Targets:</u></b>		<b><u>07h45- 09h15</u></b>
		<i>Chair: Mercy Kandetu</i>	
	Hypertension (in general public)	Dr.Goagoseb	15min
	Diabetes Mellitus (in general public)	Dr.Mugala	15min
	Hypertension in pregnancy	Dr.Keiseb	20min
	Diabetes mellitus in pregnancy	Dr. Sichimwa	20min
	Panel discussion(Q&A)		08h55-09h15
4.	<b><u>Session 2: Target Organ Damage (Hypertension and DM)</u></b>	<i>Chair: DrMugala</i>	<b><u>09h15- 10h15</u></b>
	Brain	Dr.Kumire	10min
	Heart	Dr.Alison	10min
	Kidneys and eyes	Dr.Goagoseb	10min
	Pregnancy outcomes	Dr.Sichimwa	15min
	Panel discussion(Q&A)		10h00-10h15
<b>TEA BREAK</b>			<b>10h15-10h25</b>
5.	<b><u>Session 3: Hypertensive and Diabetes Mellitus emergencies</u></b>	<i>Chair Dr.Kumire</i>	<b><u>10h25-11h45</u></b>
	Case studies		5min
	Hypertensive emergencies (definition & Mx principles)	Dr.Amwaama	15min
	DM emergencies(definitions and Mx principles)	Dr.Cupido	15min
	Hypertensive emergencies in pregnancy	Dr.Keiseb	20min
	Panel discussion(Q&A)		11h25-11h45
6.	<b><u>Session 4: Basic pharmacology(PK/PD ,CI)</u></b>	<i>Chair DrKeiseb</i>	<b><u>11h45 -13h05</u></b>
	Case studies		5min
	Oral hypoglycaemics(Metformin,SUs,Glitazones)	Dr.Bruwer	10min
	Insulin	Dr.Cupido	10min
	Incretins(DPP4-I,GLP-1 analogues)	Dr.Mugala	10min
	Antihypertensives	Dr.Amwaama	10min
	Antihypertensives and diabetic medication in pregnancy	Dr.Keiseb	15min
	Panel discussion (Q&A)		12h45-13h05
<b>LUNCH BREAK</b>			<b>13h05- 13h30</b>
7.	<b><u>Session 5: Special populations</u></b>	<i>Chair Dr Cupido</i>	<b><u>13h30- 15h10</u></b>
	Case studies		5min
	NSAIDS and CVD	Dr.Mugala	15min
	CKD: BP,DM,Lipid targets	Dr.Amwaama	15min
	CKD and gout	Dr.Goagoseb	15min
	Heart failure in CKD patient	Dr.Alison	15min
	Elderly:hypertension and DM management.	Dr.Bruwer	15min
	Panel discussion (Q&A)		14h50-15h10

- |  |   |
|--|---|
| <b>8. <u>Session 6:Lifestyle Interventions</u></b>   | <i>Chair Dr.Alison</i> <b>15h10-16h10</b>   |
| Lifestyle management of HPT,DM,dyslipidaemia   | Ms.Courtney-Clark 30min                     |
| Cigarette smoking cessation  | Dr.Bruwer 15min                             |
| Panel discussion (Q&A)   | 15h55-16h10                                 |
|  |   |
| <b>9. <u>Session 7: Patient perspective: living with diabetes</u></b>                                  | <i>Chair Dr Goagoseb</i> <b>16h10-16h40</b> |
| 20+ years of living with diabetes mellitus   | 20min                                       |
| Panel discussion (Q&A)   | 16h30-16h40                                 |
| <b>TEA BREAK</b>   |   |
| <b>16h40-16h50</b>   |   |
| <b>10. <u>Session 8: Ethical Considerations</u></b>  | <i>Chair Dr.Sichimwa</i> <b>16h50-18h10</b> |
| a..Renal replacement therapy in resource limited setting: which patient and who makes the selection?   | Dr Christians 30min                         |
| b.Are health care professionals not “Also Human” in a world of increasing human rights and litigation? | Dr. Christians 30min                        |
| Panel discussion(Q&A)  | 17h50-18h10                                 |
| <b>11. <u>Session 9. Way forward and closing remarks</u></b>   | <i>Dr.Hapulile</i> <b>18h10-18h30</b>       |

-----

**Non-Communicable Diseases(NCD) symposium**  
**Oshakati Programme:Venue Oshandira Lodge**  
**Saturday,16February 2019: 13h00-19h00**

1. <b>Registration:</b>		<b>13h00- 13h30</b>
2. <b>Welcoming and opening remarks</b>	<i>Dr.Hapulile</i>	<b>13h30- 13h45</b>
3. <b><u>Session 1: Epidemiology Definitions,Classification,Diagnosis,Rx Targets:</u></b>		<b><u>13h45- 15h15</u></b>
	<i>Chair:DrSegamwenge</i>	
Hypertension (in general public)	Dr. Amwaama	15min
Diabetes Mellitus (in general public)	Dr. Segamwenge	15min
Hypertension in pregnancy	Dr.Keiseb	20min
Diabetes mellitus in pregnancy	Dr.Muti	20min
Panel discussion(Q&A)		14h55-15h15
4. <b><u>Session 2: Basic pharmacology(PK/PD ,CI)</u></b>	<i>Chair:DrSegula</i>	<b><u>15h15-16h35</u></b>
Case studies		5min
Oral hypoglycaemics(Metformin,SUs,Glitazones)	Dr.Segula	10min
Insulin	Dr.Goagoseb	10min
Incretins(DPP4-I,GLP-1 analogues)	Dr.Segamwenge	10min
Antihypertensives	Dr.Amwaama	10min
Antihypertensives and diabetic medication in pregnancy	Dr.Keiseb	15min
Panel discussion (Q&A)		16h15-16h35
<b>TEA BREAK</b>		<b>16h35-16h45</b>
5. <b><u>Session 3:Lifestyle Interventions</u></b>	<i>Chair:Dr.Muti</i>	<b><u>1 6h45-17h45</u></b>
Lifestyle management of HPT,DM,dyslipidaemia	Ms.Wormsbächer	30min
Cigarette smoking cessation	Dr.Goagoseb	15min
Panel discussion (Q&A)		17h30-17h45
6. <b><u>Session 4: Ethical Considerations</u></b>	<i>Chair:Dr.Keiseb</i>	<b><u>17h45-18h45</u></b>
a.Renal replacement therapy in resource limited setting: which patient and who makes the selection?	Dr.Moore	20min
b.Are health care professionals not “Also Human” in a world of increasing human rights and litigation?	Dr.Moore	20min
Panel discussion (Q&A)		18h25-18h45
7. <b><u>Session 5. Way forward and closing remarks</u></b>	<i>Dr.Ndikwetepo</i>	<b><u>18h45-17h00</u></b>

**Non-Communicable Diseases(NCD) symposium**  
**Swakopmund Programme:Venue NG Church Hall**  
**Thursday,21February 2019: 17h30-21h30**

<b>1. Registration:</b>		<b>17h30- 18h00</b>
<b>2. Welcoming and opening remarks</b>	<i>Dr.Dzenga</i>	<b>18h00- 18h15</b>
<b>3. <u>Session 1: Epidemiology Definitions,Classification,Diagnosis,Rx Targets:</u></b>		<b>18h15- 19h10</b>
	<i>Chair:Dr.Tietz</i>	
Hypertension (in general public)	Dr.Kok	10min
Diabetes Mellitus (in general public)	Dr.Goagoseb	10min
Hypertension in pregnancy	Dr.Keiseb	15min
Diabetes mellitus in pregnancy	Dr.Keiseb	15min
Panel discussion(Q&A)		19h05-19h10
<b>4. <u>Session 2: Basic pharmacology(PK/PD ,CI)</u></b>	<i>Chair Dr.Kok</i>	<b>19h10-20h20</b>
Case studies		5min
Oral hypoglycaemics(Metformin,SUs,Glitazones)	Dr.Bruwer	10min
Insulin	Dr.Goagoseb	10min
Incretins(DPP4-I,GLP-1 analogues)	Dr.Goagoseb	10min
Antihypertensives	Dr.Kok	10min
Antihypertensives and diabetic medication in pregnancy		15min
Panel discussion (Q&A)		20h10-20h20
<b>TEA BREAK</b>		<b>20h20-20h25</b>
<b>5. <u>Session 3:Lifestyle Interventions</u></b>	<i>Chair: Dr.Goagoseb</i>	<b>20h25-21h20</b>
Lifestyle management of HPT,DM,dyslipidaemia	Ms.Templin	30min
Cigarette smoking cessation	Dr.Bruwer	15min
Panel discussion (Q&A)		20h10-21h20
<b>6. <u>Session 4. Way forward and closing remarks</u></b>	<i>Dr.Phillips</i>	<b>21h20-21h30</b>

**Non-Communicable Diseases(NCD) symposium**  
**Rundu Programme,Venue:Rundu Hotel**  
**Saturday,09 March : 07h00-13h00**

- |           |   |                           |                     |
|-----------|---|---------------------------|---------------------|
| <b>1.</b> | <b>Registration:</b>  |                           | <b>07h00- 07h30</b> |
| <b>2.</b> | <b>Welcoming and opening remarks:</b> <i>Dr.K.Mapanga and DrKaiyamo</i>   |                           | <b>07h30- 07h45</b> |
| <b>3.</b> | <b><u>Session 1: Epidemiology Definitions,Classification,Diagnosis,Rx Targets:</u></b>  |                           | <b>07h45- 09h15</b> |
|           |   | <i>Chair:Dr Sichimwa</i>  |                     |
|           | Hypertension (in general public)  | Dr.Segula                 | 15min               |
|           | Diabetes Mellitus (in general public)   | Dr.Goagoseb               | 15min               |
|           | Hypertension in pregnancy   | Dr.Keiseb                 | 20min               |
|           | Diabetes mellitus in pregnancy  | Dr.Sichimwa               | 20min               |
|           | Panel discussion(Q&A)   |                           | 08h55-09h15         |
| <b>4.</b> | <b><u>Session 2: Basic pharmacology(PK/PD ,CI)</u></b>  | <i>Chair:DrSegula</i>     | <b>09h15-10h35</b>  |
|           | Case studies  |                           | 5min                |
|           | Oral hypoglycaemics(Metformin,SUs,Glitazones)   | Dr.Goagoseb               | 10min               |
|           | Insulin   | Dr.Goagoseb               | 10min               |
|           | Incretins(DPP4-I,GLP-1 analogues)   | Dr.Goagoseb               | 10min               |
|           | Antihypertensives   | Dr.Segula                 | 10min               |
|           | Antihypertensives and diabetic medication in pregnancy  | Dr.Keiseb                 | 15min               |
|           | Panel discussion (Q&A)  |                           | 10h15-10h35         |
|           | <b>TEA BREAK</b>  |                           | <b>10h35-10h45</b>  |
| <b>5.</b> | <b><u>Session 3:Lifestyle Interventions</u></b>   | <i>ChairDr.Christians</i> | <b>10h45-11h45</b>  |
|           | Lifestyle management of HPT,DM,dyslipidaemia  | Ms.Wormsbächer            | 30min               |
|           | Cigarette smoking cessation   |                           | 15min               |
|           | Panel discussion (Q&A)  |                           | 11h30-11h45         |
| <b>6.</b> | <b><u>Session 4: Ethical Considerations</u></b>   | <i>ChairDr.Keiseb</i>     | <b>11h45-12h45</b>  |
|           | <b>a.</b> Renal replacement therapy in resource limited setting: which patient and who makes the selection?                             | Dr.Christians             | 20min               |
|           | <b>b.</b> Are health care professionals not “Also Human” (book by Caroline Elton) in a world of increasing human rights and litigation? | Dr.Christians             | 20min               |
|           | Panel discussion (Q&A)  |                           | 12h25-12h45         |
| <b>7.</b> | <b><u>Session 5. Way forward and closing remarks</u></b>  | <i>Dr.Mulunga</i>         | <b>12h45-13h00</b>  |

**Non-Communicable Diseases(NCD) symposium**  
**Otjiwarongo Programme,Venue:Edugate Academy Hall**  
**Saturday,16 March : 07h00-13h00**

1. <b>Registration:</b>		<b>07h00- 07h30</b>
2. <b>Welcoming and opening remarks</b>	<i>Dr.Theo Ben Kandetu</i>	<b>07h30- 07h45</b>
3. <b><u>Session 1: Epidemiology Definitions,Classification,Diagnosis,Rx Targets:</u></b>	<b><u>Chair Dr.L.F.Pretorius</u></b>	<b><u>07h45- 09h15</u></b>
	Hypertension (in general public)	Dr.Goagoseb 15min
	Diabetes Mellitus (in general public)	Dr.Bruwer 15min
	Hypertension in pregnancy	Dr Sichimwa 20min
	Diabetes mellitus in pregnancy	Dr.Sichimwa 20min
	Panel discussion(Q&A)	08h55-09h15
4. <b><u>Session 2: Basic pharmacology(PK/PD ,CI)</u></b>	<b><u>Chair.Dr.Christians</u></b>	<b><u>09h15-10h35</u></b>
	Case studies	5min
	Oral hypoglycaemics(Metformin,SUs,Glitazones)	Dr Bruwer 10min
	Insulin	Dr.Goagoseb 10min
	Incretins(DPP4-I,GLP-1 analogues)	Dr.Goagoseb 10min
	Antihypertensives	Dr.Bruwer 10min
	Antihypertensives and diabetic medication in pregnancy	Dr.Sichimwa 15min
	Panel discussion (Q&A)	10h15-10h35
<b>TEA BREAK</b>		<b>10h35-10h45</b>
5. <b><u>Session 3:Lifestyle Interventions</u></b>	<b><u>Chair.Dr.Sichimwa</u></b>	<b><u>10h45-11h45</u></b>
	Lifestyle management of HPT,DM,dyslipidaemia	Ms.Wormsbächer 30min
	Cigarette smoking cessation	Dr.Bruwer 15min
	Panel discussion (Q&A)	11h30-11h45
6. <b><u>Session 4: Ethical Considerations</u></b>	<b><u>Chair.Dr.W.Bruwer</u></b>	<b><u>11h45-12h45</u></b>
	a.Renal replacement therapy in resource limited setting: which patient and who makes the selection?	Dr.Christians 20min
	b.Are health care professionals not "Also Human"(book by Caroline Elton) in a world of increasing human rights and litigation?	Dr.Christians 20min
	Panel discussion (Q&A)	12h25-12h45
7. <b><u>Session 5. Way forward and closing remarks</u></b>	<b><u>Dr.Fourie</u></b>	<b><u>12h45-13h00</u></b>

-----OOO-----