

WOMEN IN HYPERTENSION RESEARCH COMMITTEE AND NEW INVESTIGATOR COMMITTEE REPORT

Representation of the ISH Women in Hypertension Research and New Investigator and Mentorship Committees at the 14th Meeting of the Indonesian Society of Hypertension (INASH)

ULRIKE MUSCHA STECKELINGS

University of Southern Denmark, Institute of Molecular Medicine / Dept. of Cardiovascular and Renal Research, Denmark

FADI CHARCHAR

Federation University Australia, School of Health and Life Sciences, Ballarat, Australia



ISH and The Indonesian Society of Hypertension (INASH) have a long-standing, close partnership and collaboration. ISH representatives have been invited to attend INASH meetings and present ISH activities over the past years including participation of ISH Past-President Rhian Touyz and ISH President Alta Schutte.

INASH members are regular attendees of ISH meetings and INASH Past-President and current Officer for Foreign Affairs, Arieska Ann Soenarta, has been recognised for her contributions to hypertension research and for her work for INASH and ISH in 2016 with the ISH Honour for Senior Women Researchers Award.

The 14th Annual Meeting of the Indonesian Society of Hypertension took place from January 21 – 23, 2020, at the Sheraton Grand Gandaria City Hotel in Jakarta. Chairs of the meeting were Ekawati Dani Yulianti (Chair of the Organising Committee), Eka Harmeiwaty (Chair of the Scientific Committee) and current INASH president Tunggal D. Situmorang.

The meeting, which was held under the motto “Hypertension is not just a number, but beyond” was attended by over 1500 participants. The program consisted of scientific, “How to”- and “Meet the expert”-sessions running in three parallel tracks. This core program was rounded up by workshops, a young investigators competition and moderated poster sessions.

The three parallel tracks represent the general structure of the INASH Society. It unites the three disciplines relevant for hypertension research and management: cardiology, nephrology, and neurology, all under one roof.

A highlight of the meeting was the launch of INASH CONSENSUS 2020 on diagnosis and management of hypertension with target organ damage.



INASH 2020 Faculty

In a joint INASH-ISH Session entitled “Global Challenge in Hypertension Management”, we had the opportunity to introduce the ISH Young Investigator and Mentorship and the Women in Hypertension Research Committees and networks and their activities to the audience.

Fadi Charchar, Vice President of the ISH and Chair of the New Investigator and Mentorship Committee (NIC), presented an overview of NIC. He stressed the importance of recruitment of new investigators in Asia. He described how the society supports new and young investigators across the globe through various schemes such as:



Fadi Charchar, ISH Vice-President, talking about NIC mission and activities at INASH 2020

- Mentorship awards for developing countries to help young investigators partner with renowned hypertension researchers from across the globe.
- Annual mentoring event during major ISH/ESH meetings
- Distinguished Mentor Awards
- Features on the ISH website,
- ISH Newsletter and ISH Bulletin to link young investigators across the globe



Muscha Steckelings, Chair of WiHRC, with Eka Harmeiwaty, Chair of INASH 2020, Ariessa Ann Soenarta, INASH Officer for Foreign Affairs, and Siska Suridanda Danny, faculty member (from left).

The WiHRC was founded to support women in overcoming these difficulties as is set out in the WiHRC's mission:

- To promote women scientists and clinicians so that they can fulfil their career aspirations in hypertension and related CVD
- To provide a platform for networking and mentoring.
- To recognise and promote successes of women in the hypertension community.
- To involve all ISH members in promoting equal opportunities for women in science and medicine based on merit.
- To encourage research in the field of 'hypertension and cardiovascular disease in women'

In her presentation on the mission and activities of the Women in Hypertension Research Committee (WiHRC), Muscha Steckelings, current Chair of WiHRC, pointed out, why it is important that scientific societies worldwide provide support for their female members. The so-called "leaking pipeline", which is the overproportional stepping-out of females from their academic careers, is a world-wide problem and results in women missing out on opportunities and not reaching their potential, which for science and society results in unnecessary loss of talent.

There are multiple reasons for the overproportional loss of women in science careers, some of which are:

- Persistence of traditional role models especially during parenthood
- Lack of mentoring opportunities
- Female role models and clear career paths
- Implicit bias

Current WiHRC activities aiming to help women to overcome challenges within their careers include:

- Initiation of fellowships for ISH members with young children attending ISH meetings in order to provide financial support related to childcare. Initiative by NIC in collaboration with WiHRC
- Sessions on career development at ISH and other meetings
- Enhancement of visibility of women at ISH meetings by increasing the number of female speakers and chairs and by initiating awards
- Spotlights, podcasts about women and their careers on the ISH webpage
- Building a network for female ISH members
- In collaboration with NIC, initiation of mentoring events and programs.

Our Indonesian colleagues did not only impress us with their well-attended and most interesting meeting, but also with their warm hospitality, the perfect organisation of the meeting, their love for Indonesian traditions and – not least – with their passion for singing and dancing. It was not only during the social get-together that we could enjoy Indonesian music and dance performed by our colleagues, but also in the faculty room during the meeting our colleagues intoned a song on many occasions.

We are looking forward to meeting many of our Indonesian colleagues again at the ESH/ISH Meeting in Glasgow in April 2021, and we hope that the strong links and the collaboration between our societies will continue for many years to come.



Muscha Steckelings, Chair of WiHRC, with Eka Harmeiwaty, Chair of INASH 2020, Arieska Ann Soenarta, INASH Officer for Foreign Affairs, and Siska Suridanda Danny, faculty member (from left).

Ulrike Muscha Steckelings - usteckelings@health.sdu.dk

Fadi Charchar - f.charchar@federation.edu.au