

ISH2024 IN REVIEW

The ISH Capacity Building Network at ISH2024

DEAN PICONE

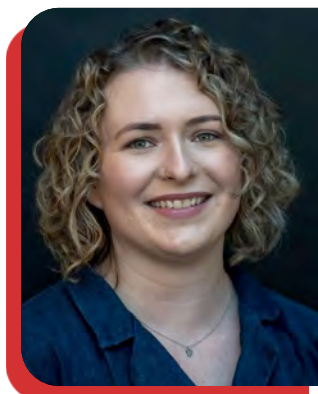
Australia

NIAMH CHAPMAN

Australia

LEBO GAFANE-MATEMANE

South Africa



We are pleased to report back on several activities delivered by the ISH Capacity Building Network (CBN) at ISH2024, which proved a hit with attendees, including networking, how-to seminars and the launch of a scholarship for ISH2024 attendees.

At ISH2024, we were also pleased to welcome Yan Li from China, who will co-Chair the CBN alongside us for the next two years. Yan is taking over as Chair of the ISH Women in Hypertension Research Committee from Niamh, who is taking on a new role within the ISH as Project Manager of the ISH Patient Guidelines but will continue to co-Chair the CBN.

ISH CBN Symposium

A one-day event was attended by over 50 ISH2024 delegates on 18th September. This was primarily aimed at early to mid-career researchers, designed to help delegates advance in their research career and followed by an evening networking and social event.



Sessions were included on:

- How to communicate your research effectively
- How to build your research network
- How to write a successful grant application



ISH Collaboration Exchange Scholarship

The ISH Collaboration Exchange Scholarship valued at \$5,000 USD was launched at the symposium and advice was given on how to get involved. The aim of the ISH Collaboration Exchange Scholarship is to support junior members of ISH to develop collaborative relationships and/or activities with someone they met at the 2024 ISH meeting.

Applicants were eligible to apply if they are ISH members that attended the 2024 ISH meeting in Cartagena and are:

- EMCRs who have been awarded their PhD within the past 10 years and do not lead their own research team,
- PhD candidates, or
- Active trainee researchers that have at least 1 publication.

Hosts will be ISH members that are willing to host the applicant and support the proposed activities in 2025.

Speed Mentoring Lunchtime Networking Events

Three lunchtime mentoring sessions were held during the ISH2024 meeting where early career researchers were matched with mentors to seek career advice. These sessions were 'sell out' events with great uptake from both mentors and mentees with more than 30 attendees at each session. Positive feedback was received from many of those attending, indicating that the sessions were extremely worthwhile for providing opportunities to gain impactful advice and meet with potential collaborators.

About the Capacity Building Network

The ISH CBN offers career development and networking opportunities for early and mid-career researchers and those from under-represented backgrounds. Launched in November 2023, it is a collaboration between three ISH committees:



the Women in Hypertension Research Committee (WiHRC), the New Investigator Committee (NIC), and the Mentorship and Training Committee (MTC).



The CBN is co-Chaired by Dean Picone (Australia), Niamh Chapman (Australia), Lebo Gafane-Matemane (South Africa) and Yan Li (China) – pictured above.

Acknowledgements

Our thanks go to all those involved with the ISH2024 CBN events and who helped to make these initiatives a great success, including:

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