



# STRong Heart

Strengthening Trials and Research  
for Rheumatic Heart Disease



## Ms Jessica Abrams

University of Cape Town  
Project Manager

Qualifications: BMedSc(Hons), MPH

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### About

Ms Abrams is Program Manager at the Children's Heart Disease Research Unit, Red Cross War Memorial Children's Hospital, and its associated NGO Reach - Rheumatic Heart Disease, Evidence, Advocacy, Communication, Hope. Through her dual role she leads high-impact projects aimed at improving awareness, prevention, and management of rheumatic fever and rheumatic heart disease. She has spearheaded the development and implementation of a suite of low-literacy educational flipcharts, designed to strengthen community and clinical understanding of these conditions across diverse settings. She has also cultivated strong research partnerships and led multiple studies evaluating the use and effectiveness of Reach-developed tools. Driven by a commitment to equitable health outcomes, Jessica's work focuses on building local capacity, advancing evidence-based interventions, and supporting the broader portfolio of initiatives to improve the lives of children affected by rheumatic heart disease.

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