

The 25th Annual Cardiovascular SIG Meeting

Hypertension in the older adult

14th May 2021
Virtual Meeting

This event is intended for clinicians and healthcare professionals working with older people with cardiovascular disease. The day will include keynote presentations from experts in the field, symposia, and exhibitions from commercial organisations. The event will be demonstrating best practice approaches available. We hope you will make contacts and start collaborations which will continue on from this meeting.

Joining a virtual meeting

Participants can expect the same high-quality educational content as in a face-to-face meeting, and there will be opportunities for virtual delegates to network before, during and after each meeting.

Participants joining live will be able to engage with presenters and sponsors through interactive activities during the session, as well as through 1 to 1 and group calls and chats. Recordings of the presentations will be accessible post-event. Participants will attend via Swapcard who provides simple access via web browser, tablet or phone. A browser than Internet Explorer (IE) needs to be used.

Sponsors

The British Geriatrics Society acknowledges with grateful thanks, the support given through sponsorship from:



Medtronic



MENARINI

Register online at www.bgs.org.uk/events

Meeting aims

- Further attendee's overall knowledge and understanding of current research and practice in healthcare of older people with cardiovascular disease
- Improve attendee's skills in the treatment and care of older people with cardiovascular disease
- Inspire attendees to achieve personal excellence in healthcare of older people
- Take away new activities and ideas to progress their workplace's services and improve coordination amongst healthcare professionals

CPD accreditation

This meeting has been applied for 5 CPD hours accreditation from the Royal College of Physicians (RCP).

BGS has applied for 5 CPD accreditation with the RCP. Participants watching a live event must sign in with their full name when joining.

If participants join to watch as a group they must contact us by email with their full name, email address and place of work to registrations@bgs.org.uk.

Participants must register before the live event start to claim CPD credits. We cannot send CPD certificates to participants who haven't registered in advance.

Participants accessing the archived version of the virtual event may record this in their CPD diary using the approval code provided for 12 months after the event date.

Welcome

Dear Colleagues,

We are delighted that you are joining us for our 25th annual BGS Cardiovascular SIG Meeting. Our first meeting that is virtual. The management of hypertension is an incredibly difficult dilemma in the older adult and we aim to shine a light on some key issues and give you practical advice from key experts in their field.

Membership of the BGS cardiovascular special interest group is currently free of charge. Please join up via your online web account if you would like to join our Society and receive notification of forthcoming meetings.

If you have any suggestions for future meetings or educational research activities you would like the SIG to engage in please tell us in your feedback, individually during the networking session or to the committee by email. You can also use the BGS forum

The forum is free to access for all health professionals with a BGS web account. You can access it by logging into the site via chat.bgs.org.uk or via the BGS app. Use the forum to discuss older people's healthcare by theme (e.g. cardiovascular) or topic (e.g. workforce). The forum also allows you to ask questions, or help provide answers to other professionals. It's a tool to seek help, offer support to others or share successes. Find out more on the forum information page.



Dr Lara Mitchell

Chair, BGS Cardiovascular Section

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PROGRAMME

Abstracts on demand throughout the event

09.00 *Room 1*

Watch platform presentation in the abstracts area and browse through the selected posters

Exhibition opens

09.00 *Exhibition area*

Explore the exhibition zone and schedule a discussion with our sponsors

Opening presentation

Stage 1

09.30

Join the Cardiovascular SIG chair in this interactive opening session. Learn from the conference moderator about how to make the most out of the event including options to socialise with other attendees and meet our exhibitors.

Plenary session #1 with live Q&As: Hypertension – current challenges

Moderators: Dr Lara Mitchell

09.35 Under Pressure – what and how to measure?

Dr Nigel Beckett, Consultant in Ageing and Health, Guys and St Thomas' NHS Foundation Trust

09.50 Large or Small – which are most important?

Dr David Strain, Senior Clinical Lecturer (E&R), University of Exeter

09.35

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11.00

10:05 Targets & Guidelines – what are they good for?

Tony Wierbizcki, Consultant in metabolic medicine/chemical pathology at Guy's & St. Thomas' Hospitals and honorary Professor in Cardiometabolic Disease, King's College London

10:20 Is it time to de-prescribe?

Dr James Sheppard, University Research Lecturer, Nuffield Department of Primary Care Health Sciences

10.35 Questions

Free time

1 to 1 networking, do a quick walk or join the wellbeing room for a stretch session

Spotlight on Session - Sponsored by Medtronic

Join a 15 minute presentation sponsored by Medtronic

11.00

Exhibition area

Exhibition area

Explore the exhibitors zone and schedule a discussion with our sponsors.

Plenary session #2 with live Q&As Hypertension – managing the complications

Moderator: Dr Amy Jones and Dr Rebecca Jayasinghe

11.30 Hypertension and the kidneys

Prof Philip Kalra, Honorary Professor, University of Manchester

11.30

-
12.30

11.50 Hypertension and the Heart

Dr Shahbaz Roshanzamir, Consultant Physician and Geriatrician, Guy's and St Thomas' NHS Foundation Trust

12.10 Hypertension and the peripheral circulation

Ms Rachel Bell, Consultant Vascular Surgeon, Freeman Hospital

12.30

Socialise with colleagues and participants

Take the opportunity to socialise with other participants 1-to-1 or join a group discussion

Sponsored Symposium- Sponsored by A.Menarini Farmaceutica Internazionale SRL

12.30

Join a 30 minute sponsored symposia

Explore the exhibitors zone and schedule a discussion with our sponsors.

Your must-do's:

Login to Swapcard in advance

You must login into Swapcard in advance of the meeting. This will help familiarise yourself with the navigation, allow access to pre-event material and the opportunity to connect with others. It will also identify any access issues to be resolved promptly before the meeting.

You need to be logged in on the date of the meeting to be marked as attended. You will receive a CPD certificate when you've accessed the platform on the day of broadcast. Attendance cannot be registered post-event so ensure you join live.

Contribute

Use Sli.do, #BGSCardio21, tweet, ask questions, schedule 1 to 1 video calls and raise your hand in a Zoom breakout call.

Visit our sponsors

Challenge yourself - Please spend 5 minutes during the conference to speak to 3 sponsors

Get Social

Join the organised exercise and wellbeing activities, network during breaks, participate in the Zoom breakout discussions

Give feedback

You will be asked to rate speakers and give feedback instantly after each session. Please spend 1 minute doing so. You will also be emailed a link to complete the feedback form post event. Please take the time to fill it each day. It is mandatory for CPD but also helps us improve our conferences and provides invaluable information to our speakers about their presentation.

PROGRAMME

12.30 **Free time**
1 to 1 networking, do a quick walk or join the wellbeing room for a stretch session

Plenary session #3 with live Q&As Vascular Cognitive Impairment (VCI)

Moderator: Dr Nigel Beckett

13.30 Non pharma interventions to prevent cognitive impairment and dementia
Dr Ruth Peters, Senior Research Scientist Conjoint Senior Lecturer, University New South Wales

13.30 Hypertension and small vessel disease- do the drugs work?
David Werring, Professor of Clinical Neurology, UCL Institute of Neurology

14.50 14.10 Managing hypertension in the older adult: how it has changed with evidence
Professor Rose Anne Kenny, Professor of Medical Gerontology, Trinity College Dublin

14.30 Panel Discussion

14.50 **Free time**
1 to 1 networking, do a quick walk or join the wellbeing room for a stretch session

Exhibition area
14.50 *Exhibition area*
Explore the exhibitors zone and schedule a discussion with out sponsors.

Plenary session #4 with live Q&As Case Presentations

Moderator: Dr Lara Mitchell

15.15 Hypertension and orthostatic hypotension
Dr James Frith, Clinical Senior Lecturer, Newcastle University

15.15 15.35 Hypertension with Frailty
Professor Miles Witham, Professor of Trials for Older People, NIHR Newcastle Biomedical Research Centre

16.30 15.55 Managing hypertension at the front door- the dos and don'ts
Professor Una Martin, Dean of Birmingham Medical School and Professor of Clinical Pharmacology, University of Birmingham

16.15 Discussion

Closing remarks and presentation of awards
Stage 1
16.30 Join the Cardiovascular SIG chair in this interactive closing session to reflect on the days learning. Platform and posters prize winners will be announced.

ABOUT THE SPEAKERS

Dr David Strain

Dr David Strain is a Senior Clinical Lecturer at the University of Exeter Medical School, an honorary consultant in medicine for the older adult, Head of the academic department for healthcare for older adults and the co-chair of the British Medical Association's medical academic staff committee. Clinically, he runs a community diabetes service for the older adult, works as an in-patient stroke consultant, and participates in the chronic fatigue service. Prior to this, Dr Strain studied at Liverpool University before completing his Doctorate in Medicine on 'Ethnic differences in the vascular responses to insulin resistance' at the International Centre for Cardiovascular Health, Imperial College, London.

His main research focus is the health of older adults with diabetes; ensuring the right patient gets the right treatment. This includes research across the spectrum from mechanistic studies in the biologically young to pragmatic trials in the frail elderly population. He has an expertise in exploring the mechanism that some medications give benefits for people with diabetes beyond their effect on sugar and blood pressure, to determine if we can better select the medication for each patient. He has performed the only study to date demonstrating the feasibility of individualizing targets for older adults across Europe. This has informed the new UK guidance document for the management of older adults with diabetes and frailty, of which he was lead author. Within this remit, he engages in multidisciplinary research portfolio, supervising renal physicians, cardiologists, radiographers, basic scientists as well as geriatricians.

Additionally, he has performed a global project exploring the causes of clinical inertia, that is the reason why doctors and people with diabetes don't escalate their treatments in a timely manner. He chairs the steering committee in association with the former International Diabetes Federation (IDF) president, Sir Michael Hirst called 'Time 2 Do More in Diabetes™', aiming to reduce this phenomenon.

Dr Nigel Beckett

Nigel is a Consultant in Ageing and Health at Guys and St Thomas' NHS Foundation Trust. He leads the Acute Older Persons Unit at St Thomas'. Research interest and publication focus is cardiovascular disease in older adults, particularly hypertension, having previously co-ordinated The Hypertension in the Very Elderly Trial for 10 years. Joint Lead for South London LCRN Ageing. Invited Fellow of the European Society of Cardiology for contribution to hypertension research. Other interests include cardiovascular ageing, cardiovascular risk factors and cognition.

Dr James Sheppard

I am a Population Health Scientist interested in better understanding the benefits and harms of treatments, with a particular focus on cardiovascular disease prevention. My research aims to develop tools which improve the targeting of preventative therapies such as antihypertensives and statins at patients with the most to gain.

I lead the Stratified Treatments Research (STAR) Group which uses data from routine electronic health records to better understand the association between treatment and harms. Our work uses prognostic modelling techniques to predict those patients who are most likely to benefit and those most likely to suffer harm from these treatments. We also undertake systematic reviews of adverse events associated with treatment and randomised controlled trials of targeted deprescribing in older patients, including the OPTiMISE trial.

My previous work has involved developing a clinical prediction tool for PRedicting Out-of-Office Blood Pressure (PROOF-BP) to enable targeting of ambulatory blood pressure monitoring in primary care. I teach on the Evidence Based Medicine MSc degree programme, am deputy for the departments' Athena Swan initiative and am recent past Chair of the British and Irish Hypertension Society Young Investigator Network.

Dr Shahbaz Roshanzamir

Dr Shahbaz Roshan-Zamir qualified from Guy's, King's & St Thomas' Medical School in 2006 and was appointed as a Consultant Physician and Geriatrician in the Department of Ageing & Health at Guy's and St Thomas' Hospital in 2017.

Dr Roshan-Zamir has broad experience and training in geriatric and general medicine. He has a special interest in cardiovascular diseases, and in particular heart failure and valve disease in the elderly. He has training in cardiology, and has publications related to this field.

He is fully trained as an Echocardiographer, and is accredited to the British Society of Echocardiography (BSE), having performed echocardiograms since 1998.

As a Consultant Physician at Guy's & St Thomas' Hospital, Dr Roshan-Zamir has helped develop the Cardiology for Older Persons Service (COPS). He also manages the Frailty Service, provides care for inpatients and undertakes weekly outpatient clinic work (Heart Failure and Comprehensive Geriatric Assessments). His aim is to further cardiovascular medicine for geriatric trainees and expand the realm of cardiovascular medicine in the BGS.

He is an active senior committee member and Vice-Chair of the Cardiovascular Section of the British Geriatrics Society.

Rachel Bell

Rachel is a consultant vascular surgeon at the Freeman Hospital in Newcastle-upon-Tyne. She qualified, with distinction in surgery, from United Medical & Dental Schools of Guy's & St Thomas' in 1994 and did her surgical training in London and the South East Thames rotation. She was appointed as a consultant at Guy's & St Thomas' NHS Foundation Trust in 2005 and was the clinical lead for vascular surgery for GSTT from 2008-2016 and she helped lead the reconfiguration of vascular services across South East London. She went on to be the Clinical Director of Cardiovascular services at GSTT and the Vascular Network Director for SE London. After 15 years in London she relocated back to the North East and took a position at the Freeman Hospital.

Nationally she is the current President of the British Society of Endovascular Therapy and the Chair of the Circulation Foundation, the only UK vascular charity. Her clinical interests include aortic aneurysm repair, open thoracoabdominal aneurysm repair and the surgery and management of vascular graft infection. She is also interested in sustainable and innovative healthcare system improvement, staff wellbeing and prevention of 'burnout'.

Dr Ruth Peters

Dr. Peters completed her PhD at Imperial College London in 2008 with a focus on developing our understanding of the risk factors which increase our risk of cognitive decline and dementia. She continues to work in this area and is currently interested in the impact of risk factors across the life course and the ways in which we might act to reduce this risk. Alongside leading teams delivering high profile evidence synthesis and secondary data analysis projects in the area of dementia risk reduction, she has a particular interest in hypertension and the influence that antihypertensives may have on the risk of cognitive decline. She was the cognitive function lead for the award-winning multinational Hypertension in the Very Elderly Trial (HYVET, HYVET-COG) and both her work in hypertension and dementia risk factors are cited widely in the academic literature and by guidelines.

ABOUT THE SPEAKERS

Dr David Werring

Dr Werring trained in medicine at Guy's Hospital Medical School and undertook neurology and medical training at King's College Hospital, the Maudsley Hospital and The National Hospital, Queen Square. After a PhD in neuroimaging he was Stroke Association Clinical training Fellow in 2002-3. During this fellowship he developed an interest in stroke research and was awarded the British Association of Stroke Physicians scientific meeting prize. He was appointed Consultant Neurologist at The National Hospital, Queen Square, University College Hospital (UCH) and Watford General Hospital in 2005. At UCH he had Trust-wide responsibility for stroke and was actively involved in developing the new hyperacute stroke service. In February 2008 he took up a Clinical Senior Lecturer post at the Institute of Neurology, and is leading an active research program into imaging in stroke, with a particular interest in small vessel disease, intracerebral haemorrhage and cerebral microbleeds. In 2008 he was appointed as Deputy Clinical Lead for the Thames Stroke Research Network and member of the Scientific Committee of the British Association of Stroke Physicians.

Professor Roseanne Kenny

Professor of Medical Gerontology at Trinity College Dublin where she is Head of the academic Discipline of Medical Gerontology, Director of the Falls and Blackout Unit at St. James's Hospital Dublin and Director of the new Mercer's Institute for Successful Ageing.

Formerly Professor of Geriatric Medicine at the University of Newcastle, where she developed her expertise in neurocardiovascular instability and mobility disorders.

Her current research interests are in neurocardiovascular function in ageing and cardiovascular and cerebral dysfunction in syncope, falls, cognitive impairment and dementia. Collaborative partnerships range from basic science through to health service development and implementation. She is PI for the Irish Longitudinal Study on Ageing (TILDA), a 10 year long study of 8,500 participants, unique in its collection of biological, social and economic measures, for Technology Research for Independent Living (TRIL), developing technology solutions to address the consequences of ageing, and for longitudinal translational research program of neurocardiovascular instability in mild cognitive impairment and dementia.

Dr James Frith

James Frith an Academic Geriatrician in Newcastle's Falls and Syncope Service. He has a particular interest in orthostatic hypotension and has recently completed a five year NIHR Clinician Scientist fellowship evaluating non-drug therapies and their application. He is now setting up a multi-centre, randomised trial in people with OH, evaluating the clinical effectiveness of non-drug therapies, fludrocortisone and midodrine. <https://www.ncl.ac.uk/cardio/staff/profile/jamesfrith.html#background>

Professor Miles Witham

Miles Witham is Professor of Trials for Older People in the NIHR Newcastle Biomedical Research Centre, Newcastle University, and is the national lead for the NIHR Ageing Clinical Research Network. He is Deputy Editor of Age and Ageing, has been involved in editorial roles with the journal since 2010, and has wide experience as both an editor and a peer-reviewer (including for major medical journals such as the Lancet, JAMA, and Annals of Internal Medicine)

He tweets at @OlderTrialsProf

Professor Una Martin

Professor Una Martin is Dean of Birmingham Medical School and Professor of Clinical Pharmacology. She is a consultant in General Medicine and Clinical Pharmacology at University Hospital Birmingham Foundation Trust where she leads the Hypertension Service.

Dr Anthony Wierzbicki

Dr Wierzbicki has been a Consultant in metabolic medicine/chemical pathology at Guy's and St Thomas' NHS Foundation Trust since 1995. He has also been Honorary professor in Lipids & Cardiometabolic Disease at King's College London, since 2014. His specialist interests include Familial hypercholesterolaemia, Familial hypercholesterolaemia, Genetic disorders of triglyceride metabolism, Genetic hyperlipidaemia syndromes, the Relationship of lipids to cardiovascular disease risk, Lipids and HIV disease and obesity medicine. Anthony Wierzbicki's research interests are in the relationship of lipids to atherosclerosis and the role of lipids in peroxisomal diseases. His scientific contributions to atherosclerosis and lipid biology which include 300 publications, 19 book chapters and one book.

His role in global drug development advisory boards, and ability to translate complex mechanisms using readily interpretable analogies has earned him a global reputation for providing relevant comprehensible lectures. As a result he has presented his work in over 110 countries, including USA, Canada, across Europe, the Middle East, India, Latin America, Africa, China, Russia and Australasia

Since March 2020, he has been heavily involved in the COVID-19 response team. Within the BMA he has led the academic response to risk assessment of healthcare workers and been responsible for several briefing statements such as position statement on face masks and covid late complications, whilst clinically he was the lead on the COVID ward for older adults at the Royal Devon & Exeter NHS Foundation Trust. Their multidisciplinary approach to COVID management has resulted in one of the lowest mortality rates per admission, despite having one of the oldest populations in the country.

Professor Philip Kalra

I graduated from Cambridge University and St Thomas' Hospital medical school, London and have been Consultant Nephrologist at Salford Royal NHS Foundation Trust since 1995. I have an extensive experience in treating all renal conditions, the most common of which are CKD, diabetic kidney disease and other proteinuric disorders. Hypertension often occurs in association with kidney disease and nephrologists are well-placed to investigate and manage the more problematic cases.

Academically, I was appointed Honorary Professor at the University of Manchester in 2009. I lead the renal research team at Salford and has major research focus on cardiovascular complications of CKD, CKD epidemiology and renovascular disease. I have published over 150 peer-reviewed academic papers, and have trained over 15 junior nephrologists for higher degrees (MD or PhD), many of these now having been appointed to consultant posts.

I am the UK lead for the National Institute of Health Renal Disorders clinical trials network, and have been involved in development of several large UK clinical trials in nephrology (and cardiology). I have recently been appointed Academic Vice President of the Renal Association, our specialty's main academic body.

I have a major interest in nephrology teaching, and edit the popular textbook 'Essential Revision notes for the MRCP', now in its 4th edition, which is used by virtually all candidates attempting the MRCP part 1 exam, both in the UK and internationally.