

# Cardiovascular SIG

## 2024

The 4C's – Confidence in Complex Cardiovascular Care

### Five top tips for getting the most out of your meeting:

#### 1. Record your attendance

**Online:** Attendance should be recorded by clicking “Sign in for CPD today” on the event platform each day you attend.

You will receive a CPD certificate for the days you have joined ‘live’ online only. Viewing the content post-event won’t be certified, but certificates are not required to claim CPD via the RCP diary.

#### 2. Give feedback

Please take the time to fill out the feedback form after each session. It is mandatory for CPD but also helps us improve our conference and provides invaluable information to our speakers about their presentation.

#### 3. Visit our poster site

Please review the submitted posters and reviewing

the videos. Challenge yourself to spend 5 minutes during the conference to ask a question.

#### 4. Join the discussion

All delegates are encouraged to ask questions for the speakers and panel discussions. If you are thinking it, someone else is too, so please use the ‘Ask’ function on the online platform or the microphone in the room. If you’re tweeting, tag us at [@GeriSoc](#) and use the hashtag [#BGScnf](#).

#### 5. Get social

Chat with attendees, join a socialising event or interact in a group discussion.

## 20 September

### Online (Virtual meeting)

Dear Colleagues,

We are delighted that you are joining us for our 29th annual BGS Cardiovascular SIG meeting- Confidence in Complex Cardiovascular Care. Our patients are becoming increasingly complex to manage with increasing comorbidities, frailty, and often with associated psychosocial issues. 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 free of charge. Please join via your online web account if you would like to join our Society and receive notification of upcoming meetings.

If you have any suggestions for future meetings or educational research activities you would like the SIG to engage in please contact us give us your feedback, individually during the networking session or to the committee by email. Please email myself or the BGS, Joanna Gough ([j.gough@bgs.org.uk](mailto:j.gough@bgs.org.uk)). You can also use the [BGS forum](#).

I hope you enjoy the day, and take home some valuable learning. We are here for you so please don't hesitate to contact us.



Dr Shahbaz RoshanZamir

Chair, BGS Cardiovascular Section

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[@GeriSoc](#)

**Virtual meeting****START****Opening address****09.15****Opening words from BGS Cardiovascular Health SIG chair****‘What’s hot in the field of cardiovascular care of the older adult?’****Moderator:** Dr Rebecca Jayasinghe and Dr Jane Giddings**9.15 -  
11.00****09.30 Overview of research results in older people’s cardiovascular health: What does this mean for clinical practice**

Dr Sarah Hudson, Consultant Cardiologist, Hereford County Hospital.

**10.00 Atrial Fibrillation and Frailty**

Dr Stephen Murray, Consultant Cardiologist, Newcastle’s Freeman Hospital

**10.30 AFopathy: an epidemic**

Dr Liam Ring, Consultant, West Suffolk Hospital Foundation Trust Cardiac Centre

**11.00****Free time****CaReMe – Cardiorenal metabolic ‘Save the kidney vs save the heart?’****Moderators:** Dr Amy Jones and Dr Lucy Beishon**11.30 -  
13.00****11.30 ‘Save the kidney vs save the heart?’ – Cardiology’s perspective**

Professor Paul Kalra, Professor of Cardiology, Portsmouth Hospitals NHS Trust

**11.50 ‘Save the kidney vs save the heart?’ – Nephrology’s perspective**

Professor Philip Kalra, Professor of Nephrology, Salford Royal and University of Manchester

**12.10 ‘Save the kidney vs save the heart?’ The pharmacist’s perspective**

Victoria Ruzsala, Lead Cardiology Pharmacist at North Bristol NHS Trust

**12.30 Panel Discussion**

**Virtual meeting**

13.00 - 14.00	<b><u>Dedicated poster viewing</u></b> Lunch
<p>‘What are the ups and downs of OH in hypertension?’  <b>Moderators:</b> Dr Nigel Beckett and Carys Barton</p>	
<p><b>KEYNOTE</b></p>	
14.00 - 15.30	<p>14.00 <b>Improve hypertension, improve OH?</b>  Professor Stephen Juraschek, Associate Professor of Medicine at Harvard Medical School, Primary Care Physician, Epidemiologist, Beth Israel Deaconess Medical Center</p> <p>14.45 <b>Do non-pharmacological interventions really work?</b>  Dr James Frith, Clinical Senior Lecturer, Newcastle University and The Newcastle Upon Tyne Hospitals NHS Foundation Trust</p> <p>15.05 <b>Less is more in older adults?</b>  Dr Oliver Todd, Clinical lecturer, University of Leeds and Leeds Teaching Hospital</p> <p>15.25 <b>Panel Discussion</b></p>
15.40	Free time
<p><b>Combatting the 4Cs - Complex Ethical Challenges</b>  <b>Moderators:</b> Dr Shuli Levy and Dr Rebecca Jayasinghe</p>	
16.00 - 17.00	<p>16.00 Join a panel formed from the days speaking team to discuss a series of case studies live. The session will be framed around ethical considerations in complex cases.</p> <p>Dr Shuli Levy and Dr Rebecca Jayasinghe will put questions to Dr Nigel Beckett, Dr Liam Ring, and Silapiya Smith from case studies presented by Dr Jane Giddings, and Dr Amy Jones.</p> <p>16:45 <b>Closing words</b></p>
17.00	<b>Conference close</b>



## Professor Stephen Juraschek

Dr. Juraschek is a clinician investigator with expertise in epidemiology and clinical trials. His primary area of interest is blood pressure regulation with standing and its relationship with adverse events such as falls and syncope. He is currently involved in several clinical trials examining a healthy eating pattern, the DASH diet, as well as sodium reduction in relation to

cardiovascular risk factors, physical function, and blood pressure. He is also the principal investigator on a study that examines the effects of healthy diet on subclinical cardiovascular disease, in particular, high sensitivity troponin and NT-proB-type natriuretic peptide. Dr. Juraschek has also published over 10 studies on uric acid and gout and is currently leading a clinical trial on diet for uric acid reduction. He is also interested in health disparities with regards to food access as well as participation in clinical trials. This interest has led to several recent studies on trial recruitment of under-represented groups.

## Dr Sarah Hudson

Sarah Hudson is a Consultant Cardiologist working at Hereford County Hospital. Her specialist interests are heart failure, advanced echo and digital health, and she was one of the inaugural NHS Topol Digital Health fellows.



## Dr Lucy Beishon

After securing a nationally competitive research training fellowship with the Dunhill Medical Trust in 2018, I am currently working as an NIHR Academic Clinical Lecturer at the University of Leicester. My current research interests include developing



services to improve physical health care provision for older people under the care of mental health services, and the role of cerebrovascular disease in the development of cognitive and mental health disorders in later life. In addition to my research work, I am currently a specialist registrar in Geriatric Medicine, spending 50% of my time undertaking clinical activities.

## Dr Stephen Murray

Dr Stephen Murray is a Consultant Cardiologist at Newcastle's Freeman Hospital where he specialises in electrophysiology and complex devices. Dr Murray's senior cardiac training took place at the John Radcliffe Hospital in Oxford, and he has worked in the North East ever since. Newcastle is his home town. He is currently a member of the Educational Faculty member for the Royal College of Physicians, London and has previously served as a council member for the British Heart Rhythm Society. Dr Murray teaches and mentors for several technologies, using the latest devices for AF ablation. Newcastle currently offers state-of-the-art AF mapping and is one of only six centres researching this new system.

## Dr Liam Ring

Works as a consultant Cardiologist in a DGH in Suffolk He is currently the co-chair of the Education Committee of the British Society of Echocardiography. As such he has organised national and international echo meetings, authored national echo guidelines including aortic stenosis, Normal reference intervals for Echo practice, diastolic function amongst others.

## Professor Philip Kalra

Philip Kalra, Professor of Nephrology at the University of Manchester, graduated from Cambridge University and St Thomas's Hospital Medical School. He is Director of Research and Innovation in the Northern Care Alliance, the trust encompassing Salford Royal where he has been consultant nephrologist since 1995. He was Academic Vice President of the UK Renal Association 2016-19, Chair of the UK Kidney Research Consortium during this time and was Chair of the NIHR CRN Renal Disorders group from 2010 until 2018. He is the lead of the Donal O'Donoghue Renal Research Centre, the local research centre named in honour of our late esteemed colleague. He has major research interests in CKD progression, intravenous iron in CKD, renovascular disease and renal epidemiology and he has been involved in the development of several large UK clinical trials in nephrology and cardiology, including the ASTRAL, PIVOTAL and IRONMAN trials and the NURTURE cohort. He has played a role in improving collaboration between Nephrology and Cardiology in both scientific and educational endeavours.



## Professor Paul Kalra

Prof Paul Kalra is Professor of Cardiology at Portsmouth Hospitals NHS Trust, UK. The majority of his work involves assessment, investigation and management of patients with known or suspected



cardiac problems. While he has a broad interest in all aspects of general adult cardiology, his sub-specialty interest is the assessment and management of patients with heart failure. Prof Kalra has championed local heart failure service development and co-developed the local complex device service, initiating implantable cardioverter defibrillator (ICD) and cardiac resynchronisation

therapy device (CRT) implantation and follow up. He has extensive experience in assessment of patients for consideration of and the implantation of pacemakers and complex devices (CRT and ICD).

Elected Chair of the British Society for Heart Failure (BSH) 2017-2019. In 2019 the Pumping Marvellous Foundation, presented Prof Kalra with the Platinum patient educator award – recognising extraordinary work towards building awareness of heart failure and advocacy of better systems to improve care for patients.

Chief Investigator for a large British Heart Foundation funded study evaluating the role of intravenous iron in patients with heart failure (IRONMAN – 75 UK centres), which has potential to shape international guidelines and clinical practice.

## Dr James Frith



James Frith an Academic Geriatrician in Newcastle's Falls and Syncope Service. He has a particular interest in orthostatic hypotension having completed a Clinician Scientist fellowship evaluating at non-drug treatments and a HTA pilot trial comparing medication. He is the current BGS Falls and Bone Health SIG Chair.

## Dr Oliver Todd

ST7 registrar in geriatric medicine & NIHR academic clinical lecturer.



## Dr Shuli Levy

Dr Shuli Levy graduated from the University College London Medical School in 2004 with an intercalated BSc in neuroscience. She undertook her graduate training in general internal medicine and geriatrics in north west London and became a consultant at the Hammersmith Hospital in 2016. She now runs the cardiogeriatrics liaison service which is a fully integrated multidisciplinary service caring for patients who have required a cardiology admission and have on-going medical requirements including frailty, rehabilitation goals and complex comorbid disease. She also provides liaison for haematology, renal medicine and cardiothoracic surgery at Hammersmith as well as practicing acute medicine at St Mary's Hospital. She is training lead for geriatrics trainees at Charing Cross and Hammersmith hospitals. She is chair of the British Geriatrics Society special interest group in ethics and law.

**British Geriatrics Society**  
Improving healthcare for older people

# Join us

in improving healthcare  
for older people

## Who can join?

Anyone specialising in the healthcare of older people can join the BGS. We welcome all members of the multidisciplinary team at all stages in their career, from university to retirement.

## This includes

**Doctors • Nurses • Therapists • Pharmacists • General Practitioners • Researchers into ageing and age-related disorders • Allied Health Professionals • NHS managers**

**And more!**

## Join the BGS for FREE as a student!

**BGS membership is free for medical students, student nurses and student therapists, as well as Foundation Year doctors and nurses/AHPs in their preceptorship year.**

Simply visit [www.bgs.org.uk/join](http://www.bgs.org.uk/join) to sign up - you will need to provide supporting documentation to confirm your student status during the membership application. Your membership will be active instantly while we review your information.

This means you can instantly start enjoying all the benefits of being a BGS member, including:

A programme of **accredited CPD events** delivering 25 external hours for less than £500

**Discounts** on fees for BGS events (saving up to £150 per event)

Access to **best practice guidance** on topics such as frailty and care homes

**Networking** with other specialists and experts in the care of older people

Digital **subscription** to our high impact factor scientific journal, *Age & Ageing*

...and much more!



# BGS

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# BGS

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things in life are

# FREE!

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Many BGS members are now eligible to apply for a FREE place at our upcoming meetings. There are limited spaces to attend either in person or online. Find out more at [www.bgs.org.uk/grants](http://www.bgs.org.uk/grants)

# BGS

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