



2026 GP Symposium Programme

17th October 2026

**Sir Owen G Glenn Building
University of Auckland
12 Grafton Rd, Auckland**

Sponsored by:



Endorsment pending:



The Heart Group 2026 GP Symposium has applied for endorsement by The Royal New Zealand College of General Practitioners (RNZCGP), with approval pending for up to 4.5 CME credits for Continuing Professional Development (CPD) purposes.

2026 GP Symposium Programme

Cardiology in the Era of Personalised Medicine

0800 – 0830 Coffee

0830 – 0840 **Opening**

Symposium Opening and Housekeeping

Dr Shakiya Ershad and Dr Andrew Martin

0840 – 1030 **Session One**

Chairperson: Dr Cara Wasywich

0840 – 0905 **ECG Challenge**

Dr Matt O'Connor and Dr Andrew Martin

Learning aims:

- Reading an ECG is easy, or is it?
- Come and have a go and pit yourself against the experts in this interactive session.

0905 – 0930 **Heart failure with preserved ejection fraction**

Dr Daniel Chan and Professor Rob Doughty

We all see people with breathlessness for which many of the causes are apparent. This includes those with HFpEF. Management is challenging but can be effective and rewarding in the right patient.

Learning aims:

- How to try and pick the patient whose breathlessness is due to HFpEF.
- What does the echo report tell you and thinking about the phenotype / aetiology.
- What are the treatment options – what drugs help, and which do not.

0930 – 0955 **Valvular Heart Disease over 210 years: From stethoscope to diagnosis and evaluation in 2026. What non-surgical treatment options are available.**

Dr Bryan Mitchelson, Dr Ivor Gerber and Dr Karsten Veien

Being told your child (or you) have a heart murmur causes concern, and for some contributes to health anxiety. At the other end, there are evolving treatments that mean more can be offered to a wider range of people.

Learning aims:

- Murmurs – when to worry from infant to the elderly. Who needs review?
- Who do we follow-up and why, and what do we tell them.
- What treatment options are there, and how non-surgical options are changing.

0955 – 1030 **IntraCare Showcase**

Dr Karsten Veien, Dr Matt O'Connor, Dr Jonathon White

Learning aims: Describe common issues and their management arising post-cardiac interventions.

Christine Goh – Cardiac Surgeon

Learning aims: Common management issues post-surgery.

1030 – 1110 **Morning Tea**

Meet and Greet IntraCare and The Heart Group Cardiologists

1110 – 1300

Session Two

Chairperson: Dr Chris Ellis

1115 – 1140

Panel Discussion: What is useful to know about palpitations / Smart watch information / Breathlessness

Dr Chris Ellis, Dr Lene Nielsen, Dr Colin Edwards, Dr Anthony Kueh

Learning aims:

- An open panel discussion gives you the opportunity to ask our panel of experts on how to manage your difficult cases.
- What information do we find helpful in your referrals?

1140 – 1205

Lifestyle trends, Influencers and their potential impact on cardiovascular health

Dr Shakiya Ershad and Dr Jayden Batey

There are multiple lifestyle trends that people follow from lifemaxxing to vaping: do these have potential cardiovascular benefits or harms?

Learning aims:

- Vaping and potential cardiovascular risks.
- Diets and how they can influence metabolic markers and cardiovascular exercise.
- Exercise – what type is good and do supplements / peptides to aid recovery / muscle building and are there cardiovascular risks?

1205 – 1230

Shifting lipid goals – deciphering the new lipid guidelines

Dr Jith Somaratne and Dr Fiona Stewart

The lipid guidelines have recently changed with more aggressive layered targets for goals. Some of this layering is determined by newer risk factors / imaging findings – both cardiac and more frequently non cardiac.

Learning aims:

- The new lipid targets: why the change and how to achieve them.
- How does calcium scoring and other lipid measurements e.g. Lp (a), influence decisions.
- What are the options if LDL targets are not met and when are they worth it.
- How can you advise the “drug intolerant” patient.

1230 – 1255

Chest pain assessment? Dr Mansi Turaga, Dr Tom Wang, Dr Sarah Fitzsimons and Dr Wil Harrison. Debate Chair: Dr Ruvin Gabriel

Motion: “The house believes that CT coronary angiography rather than an exercise test is the default investigation for chest pain syndromes.”

Debate + panel Q&A

Chest discomfort / pain is one of the most common cardiac (and non-cardiac) symptoms we encounter. Most people have an exercise test (without imaging) as the first test, but is this in keeping with current guidelines?

Learning aims:

- The aim of the debate is to stimulate thought and discussion around how we should assess this symptom, and after history taking, what is the best test and why?

1300

Closing Remarks

Dr Ruvin Gabriel

Cardiologists



Dr Andrew Martin



Dr Anthony Kueh



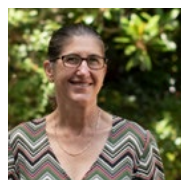
Dr Becky Yi-Wen Liao



Dr Boris Lowe



Dr Bryan Mitchelson



Dr Cara Wasywich



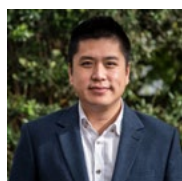
Dr Chris Ellis



Dr Colin Edwards



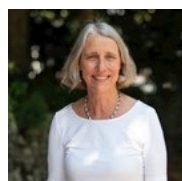
Dr Dani Wei



Dr Daniel Chan



Dr David Heaven



Dr Fiona Stewart



Assoc Prof
Gerry Devlin



Dr Ivor Gerber



Dr Jamie Voss



Dr Jayden Batey



Dr Jeffrey Sebastian



Dr Jen-li Looi



Dr Jith Somaratne



Dr Jonathon White



Dr Karsten
Tange Veien



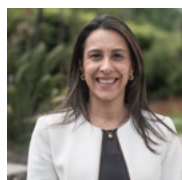
Dr Kok Lam Chow



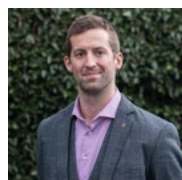
Dr Lene Hüche
Nielsen



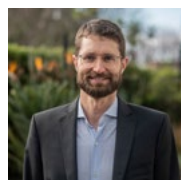
Dr Mansi Turaga



Dr Mariana Lamacié



Dr Matt O'Connor



Dr Michael Stubbs



Dr Nezar Amir



Assoc Prof
Nigel Lever



Dr Peter Barr



Prof Ralph Stewart



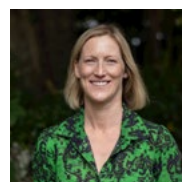
Prof Rob Doughty



Dr Ross Nicholson



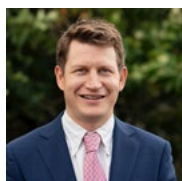
Dr Ruvin Gabriel



Dr Sarah Fitzsimons



Dr Shakiya Ershad



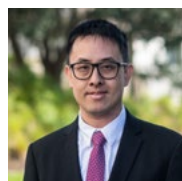
Dr Tom Pasley



Dr Tim Sutton



Prof Tom Gentles



Dr Tom Wang



Dr Wil Harrison