

# The Heart Group

2023 GP SYMPOSIUM

## PROGRAMME

16 SEPTEMBER 2023

The Heart Group 2023 GP Symposium has been endorsed by The Royal New Zealand College of General Practitioners (RNZCGP) and has been approved for up to 5 CME credits for Continuing Professional Development (CPD) purposes.



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**intra** | Image  
Guided  
Healthcare

# PROGRAMME

7:30 – 8:00 Coffee

8:00 – 8:05 Opening/Karakia/Housekeeping

8:05 – 9:45  
(20 mins + 5 min Q's)

**Chairpersons:**  
**Dr Cara Wasywich**  
**Dr Ruvín Gabriel**  
**Prof Rob Doughty**

**Session 1:**  
**Anticoagulation soup – demystifying  
anticoagulation in patients with CAD +/- AF**  
Dr Andrew Martin, Dr Jith Somaratne

Learning aims:

- Recognise when anti-platelet and anti-coagulation therapy is used in combination.
- Describe when clopidogrel is preferred to ticagrelor as DAPT.
- Identify when Rivaroxaban dose reduction is required.
- Explain Dabigatran is used at 150mg bid vs 110mg bid dosing.

**Heart failure: follow up of medical therapy – when  
to and when not to worry**

Dr Sarah Fitzsimons, Dr Shakiya Ershad

Learning aims:

- Distinguish expected changes in renal function with heart failure medications from pathology.
- Recognise when hypotension mandates down-titration of medical therapy.
- When medication side effects occur, identify appropriate substitute medications.

**How do I assess the patient with chest pain in 2023.**

Dr Anthony Kueh, Dr Daniel Chan

Learning aims:

- Identify which patients with chest pain need admission to hospital and which are suitable for outpatient assessment.
- Identify which patients with chest pain who are not admitted to

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hospital are at high risk and need early outpatient review.

- Specify which patients should be commenced on medications while undergoing outpatient evaluation of their chest pain.
- Describe potential limitations to stress testing and cardiac CT.

### **Syncope: when should I worry?**

Dr Fiona Stewart, Dr Matthew O'Connor

#### Learning aims:

- Define when syncope constitutes a 'simple faint'.
- Recognise when a patient with syncope needs acute hospital level care.
- Explain investigations for syncope that can be completed in primary care, and when to refer for additional evaluation.

9:45 – 10:30

### **Session 2:**

#### **Meet *intra* and THG Cardiologists (Morning Tea)**

[www.intracare.co.nz](http://www.intracare.co.nz)

#### Learning aims:

- Understand the interventional services provided by INTRA  
*Bring your difficult cases to discuss with INTRA and THG Cardiologists*

10:30 – 12:45  
(20 mins + 5 min Q's)

#### **Chairpersons:**

**Dr Wil Harrison,**

**Dr Ivor Gerber**

**Assoc Prof Malcolm Legget**

### **Session 3:**

#### **So your patient has had a calcium score – what next if the test is abnormal, or if it is normal and the LDL is high?**

Dr Colin Edwards, Dr Chris Ellis

#### Learning aims:

- Define what constitutes an abnormal calcium score.
- Explain when a calcium score should be repeated.
- For abnormal calcium scores, specify management options and treatment goals.
- Identify which patients with a normal calcium score should be prescribed lipid lowering therapy.

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## **Hypertension in 2023**

Dr KL Chow, Dr Peter Barr

### Learning aims:

- Understand the current diagnostic cut points for hypertension and treatment targets: aggressive vs more lenient control.
- Discuss the role of diagnostic methods – office vs home vs 24 hour blood pressure measurements
- Current treatment strategies: lifestyle, pharmacotherapy and how to approach drug resistant hypertension
- When to consider secondary causes for hypertension and basic testing.

## **When to deprescribe cardiac medications**

Dr Tom Pasley, Dr Tim Sutton

### Learning aims:

- Identify which patients with AF no longer require oral anti-coagulation.
- Describe when heart failure medical therapies should continue despite normalisation of LV systolic function.
- Explain which medical therapies can be discontinued following MI.
- Aspirin primary prevention

12:45 – 1:00

Closing / Feedback

Thank you for attending. We hope the sessions were informative and useful.

Please take a moment to complete the feedback form to ensure we are delivering useful topics.

We want to hear your views.

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# The Heart Group



Dr Andrew Martin



Dr Anthony Kueh



Dr Arthur Coverdale



Dr Boris Lowe



Dr Cara Wasywich



Dr Chethan Kasargod



Dr Chris Ellis



Dr Colin Edwards



Dr Daniel Chan



Dr David Heaven



Dr Fiona Stewart



Dr Ivor Gerber



Dr Jamie Voss



Dr Jen-li Looi



Dr Jith Somaratne



Prof Jonathan Skinner



Dr Jonathon White



Dr Kok Lam Chow



Dr Luciana Marcondes



Assoc Prof Malcolm Leggett



Dr Matt O'Connor



Dr Miriam Wheeler



Dr Nezar Amir



Assoc Prof Nigel Lever



Dr Peter Barr



Dr Peter Ruygrok



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 Wil Harrison

[www.theheartgroup.co.nz](http://www.theheartgroup.co.nz)

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Clinics held in Epsom, North Shore,  
Ormiston Hospital, Pukekohe,  
New Lynn, St Heliers