

The 24th Annual Cardiovascular SIG Meeting

Cardiovascular ambulatory care in the older person: what is possible?

24th January 2020
etc.venues St Paul's, London

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.

In association with



Sponsors

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



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

BGS Cardiovascular SIG's aims and objectives

- To improve the quality of care for people with cardiovascular disease
- To promote the presentation and promotion of high-quality research
- To promote links with the British Cardiovascular Society and other medical societies with a cardiac interest
- To attract and channel expertise from non-BGS members
- To provide and coordinate expertise in the field of cardiology among members of the Society
- To facilitate the networking of researchers for large-scale multi-centre studies
- To provide an informal forum to present clinical work and research

This meeting has been applied for CPD accreditation from the Royal College of Physicians (RCP).
CPD code 129103 (5 hours)

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

Welcome

Dear colleagues,

We are delighted to welcome you to St. Paul's London for the 24th annual BGS Cardiovascular SIG Meeting. 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. Visit the membership stand if you need help with accessing your account. 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.

In December a couple of us (along with Prof. Jackie Taylor President RCPG) were honoured to be part of the launch of the Asian Cardiogeriatric Society with our colleagues in Hong Kong Dr Victor Sim (Geriatrician) and Dr Eric Fung (Cardiology) who are taking this Society forward. It was a privilege to be part of this and exciting to see passionate colleagues advancing cardiovascular health in the older adult across the world.



Dr Lara Mitchell

Chair, BGS Cardiovascular Section

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PROGRAMME

09.00 **Registration**

09.50 **Chair's introduction**

Session 1

10.00 **10.00 Ambulatory care and the older person**
Prof Daniel Lasserson, Professor of ambulatory care, University of Birmingham

11.00 **10.30 Home is where the heart is - managing patients with the Hospital at Home service**
Dr Angie Wilkinson, Consultant in geriatric medicine, NHS Fife

11.00 **Refreshments and posters**

Session 2

11.30 **11.30 Cardiac monitoring in ambulatory care**
Prof Matthew Reed, RCEM Professor of emergency medicine, Royal Infirmary of Edinburgh

13.00 **12.00 Heart failure management in ambulatory care setting**
Dr Clare Murphy, Consultant cardiologist, Royal Alexandra Hospital and chair, Heart Failure Hub Scotland

12.30 Venous thromboembolic diseases – investigation and management
Dr Robin Condliffe, Consultant respiratory physician, Sheffield Pulmonary Vascular Disease Unit

13.00 **Lunch and poster exhibition**

Session 3

14.00 **14.00 To stent or not to stent in stable angina?**
Dr Rasha Al-lamee, Interventional cardiology consultant, Imperial College Healthcare NHS Trust

15.30 **14.30 Chest pain assessment and management in the older person**
Prof Adam Timmis, Professor of clinical cardiology, Barts Heart Centre

15.00 TIA : Evidence based update
Dr Ajay Bhalla, Stroke physician, St Guys and St Thomas

15.30 **Close of educational meeting**

BGS cardiovascular SIG networking session

15.30 - 17.00 All delegates are invited to join BGS cardiovascular SIG officers for a discussion about the special interest group work, how to join and get involved with the SIG and future meetings. It will also be an opportunity for attendees to network with colleagues in an informal setting.

Refreshments and snacks will be provided.

ABOUT THE SPEAKERS

Dr Rasha Al-Lamee

Dr Rasha Al-Lamee is an Interventional Cardiology Consultant at Imperial College Healthcare NHS Trust and a clinical academic at Imperial College London. She has expertise in general and interventional cardiology. She is a clinical trialist and her research interests are in coronary intervention, invasive coronary physiology and invasive intravascular imaging. Dr Al-Lamee is a world leading academic in cardiovascular research with a focus on clinical trials that impact the care of patients with coronary artery disease. She believes in the rigorous testing of clinical practice and the use of evidence-based medicine in all aspects of medical care. She designed, conducted and led the ORBITA trial. This was the first randomised placebo-controlled trial of coronary angioplasty and is one of the most widely cited clinical trials in cardiology of the decade. ORBITA investigated the use of coronary angioplasty in treating single vessel stable coronary artery disease. She is lead author of the primary publication in *The Lancet* and the two secondary publications both published in *Circulation*. She is the NIHR CRN North West London Cardiovascular speciality lead and is actively involved in the development and recruitment for a number of multi centre international clinical trials. Dr Al-Lamee has over 60 peer-reviewed publications and has presented at international Cardiology conferences worldwide throughout her clinical career. She leads a research team at the National Heart and Lung Institute at Imperial College London investigating many aspects of cardiac care with a predominant focus on stable coronary artery disease.

Dr Ajay Bhalla

Ajay Bhalla is a consultant physician in stroke, elderly care and general medicine at Guy's and St Thomas' NHS Foundation Trust. He is also service lead in stroke and neurorehabilitation, honorary senior lecturer, school of population and environmental sciences at King's College London, speciality lead for stroke, clinical Research network, south London, associate director, sentinel stroke national audit programme, KCL and south east London operational director for stroke.

Dr Robin Condliffe

I am a consultant in the Sheffield Pulmonary vascular Disease Unit. I have published widely on various aspects of pulmonary vascular disease. I chair the British Thoracic Society (BTS) pulmonary vascular specialist advisory group. I was a member of the BTS outpatient PE guidelines group and am the chair of the BTS outpatient PE quality standards group.

Prof Daniel Lasserson

Dan Lasserson is Professor of Ambulatory Care at the Institute of Applied Health Research, University of Birmingham. His research group addresses how we can meet the demand for acute medical care within increasingly constrained resources. He works in acute ambulatory care with a focus on older people at the Queen Elizabeth Hospital, Birmingham and City Hospital, Birmingham and has previously worked in General Practice as well as hospital medicine. He is the Theme Lead for Acute Care Interfaces in the West Midlands NIHR Applied Research Collaboration (ARC) and the Theme Lead for Ambulatory Care and The Future Hospital in the NIHR Community Healthcare MedTech and In Vitro Diagnostic Cooperative (MIC). He is the chief investigator of an NIHR Policy Research Programme grant examining the optimal care delivery model for older people during winter months. He is the national lead for the Society for Acute Medicine Benchmarking Audit (SAMBA), which had the largest ever data collection in 2019 and sits on the Society for Acute Medicine's Research Committee. He is the national academic advisor to the Acute Internal Medicine Specialist Advisory Committee.

Speaker abstract

This talk will cover the background and current UK context for acute care of the older person with frailty. We will discuss screening for frailty, extent of provision of ambulatory care for older people, outcomes for older patients treated on ambulatory pathways and the variation in models of hospital at home care. Research on the impact on patients with frailty and their carers during ambulatory treatment for acute illness will be discussed, along with implications for designing models of care.

Dr Clare Murphy

Consultant Cardiologist, Royal Alexandra Hospital, NHS Greater Glasgow and Clyde. She is clinical Lead for Heart Failure Hub Scotland.

Speaker abstract

Heart failure is now the most common cause of hospitalisation globally and its prevalence is increasing due to an ageing population and better survival

from other cardiovascular conditions. Heart failure hospitalisation rates have increased by 33% over the past 5 years in the UK, average hospital length of stay is long (around 10-12 days) and readmission rates are high (around 1 in 5 are readmitted within 30 days of hospital discharge).

This presentation will explore strategies for earlier outpatient detection and treatment of heart failure in addition to innovative ambulatory care models that will be vital to enable the NHS to manage the burden of heart failure and to ensure future sustainability of high quality, person-centred, multidisciplinary heart failure care.

Prof Matt Reed

Matt Reed is RCEM Professor of Emergency Medicine and Consultant and NRS Fellow at the Royal Infirmary of Edinburgh. He leads EMERGE, a multidisciplinary clinical research group. Matt is also an Honorary Reader with the Acute Care group of the University of Edinburgh, a member of the RCEM Research and Publication Committee, chair of the RCEM grants committee and a member of the European Society of Cardiology Syncope Task Force. Matt's research work focuses on syncope and the use of novel ambulatory monitoring technology in syncope, pre-syncope and palpitations. He has published 90 papers and personally been awarded over £1 million in research grants. Matt is also leading the EMERGE Biobank project, which is developing the infrastructure for a prospective, consecutive, emergency, biosource for emergency presentations linked to the patient's routinely collected hospital data. Twitter @mattreed73

Speaker abstract

Many patients present to the ED and acute medicine units with palpitations, syncope and pre-syncope. Investigating this patient group relies on correlating symptoms with ECG findings which is challenging due to lack of access to appropriate ECG monitoring beyond the cardiology clinic setting. Novel smartphone and patch ambulatory ECG monitors enable focussed investigation in the Ambulatory Care setting. This talk will discuss these possibilities in the context of the recently published IPED and PATCH-ED studies.

Prof Adam Timmis

Professor of Clinical Cardiology, Barts Heart Centre Adam Timmis is Professor of Clinical Cardiology at Barts Heart Centre, Queen Mary University London. His cardiovascular outcomes research was originally based on local data collections in east London before it moved on to the UK's cardiovascular registries which, through linkage with primary care records, have provided a national perspective on the patient journey through a range of cardiovascular phenotypes. He now leads on an analysis of the European Society of Cardiology (ESC) Atlas Project comparing the prevalence and outcomes of cardiovascular disease across European member countries. He chaired NICE guideline groups on investigation of stable chest pain (2010, updated 2016) and management of angina (2011), was former Editor of *Heart* (2006-2013), and is now the founding Editor-in-Chief of the ESC's journal of *Quality of Care and Clinical Outcomes*. Current interests include the use and abuse of functional imaging in patients with suspected coronary disease.

Speaker abstract

Chest Pain in Older People. Clinical assessment plays a central role in the patient presenting with chest pain. It is particularly important in older people because the prevalence of coronary artery disease increases steeply with age. This has two important consequences for diagnosis: The sensitivity of diagnostic stress testing declines progressively as people get older. Coronary artery disease is commonly a bystander diagnosis in older age groups. Management decisions must also take account of age, recognising that quality of life is often more important to older patients than surgical interventions aimed at prolonging life. These complex diagnostic and treatment considerations will be discussed in my talk.

Dr Angela Wilkinson

Dr Angela Wilkinson is a Consultant in Geriatric Medicine in NHS Fife. Her areas of clinical interest include Community Geriatrics and Interface Geriatric Medicine. She is the lead consultant for the Hospital at Home service in Fife. She has recently partaken in national research focusing on effective delivery of comprehensive geriatric assessment within community based frailty models of care.

Speaker abstract

Hospital at Home in NHS Fife -who are we? What can be managed in the patients home and how? Illustrative case studies.