



Person-centered care in the management of hypertension

(Activity Code: AGI-03-P122)

February 27th 2023, 1pm - 4pm

Venue: ITQAN Clinical Simulation & Innovation Center

Target Audience: All Healthcare Professionals

Aim:

To discuss the evidence-based management and monitoring of hypertension and to present on the skills and competencies required to deliver person-centered care.

Speakers:

Dr. Sownd Sankaralingam: Associate Professor Clinical Pharmacy & Practice, College of Pharmacy. QU Health.

Dr. Monica Zolezzi : Associate Professor Clinical Pharmacy & Practice, College of Pharmacy. QU Health.

Dr Lina Naserallah: Clinical Pharmacist. Hamad Medical Corporation.

Time and Speakers	Schedule and Learning outcomes
1:00-1:05	Welcoming and introduction
1:05-1:50 Dr Lina Naserallah	<ul style="list-style-type: none"> Define hypertension and explain the diagnosis Summarize the evidence-based pharmacological & non-pharmacological management of hypertension
1:50-2:05	Group Activity: Hypertension case discussion
2:05-2:15	Coffee Break
2:15-3:00 Dr. Sownd Sankaralingam & Dr. Monica Zolezzi	<ul style="list-style-type: none"> Discuss the skills and competencies required to deliver person-centered care in hypertension management Demonstrate the blood pressure measurement technique
3:00-3:30	Group Activity: Blood pressure measurement.
3:30-3:45 Dr. Monica Zolezzi & Dr. Sownd Sankaralingam	<ul style="list-style-type: none"> Discuss the role of health care professionals and patients in home blood pressure monitoring
3:45-4:00	Discussion & Q&As

* The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

* "This activity is an Accredited group learning activity (Category 1) as defined by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum number of 3 Hours."

* "CPD-HP (QU—Health) is accredited by Ministry of Public Health's Department of Healthcare Professions - Accreditation Section (DHP – AS) as a provider of continuing professional development."



Dr. Sownd Sankaralingam

MBBS (Tamil Nadu Dr. M.G.R Medical U, India), MSc (Pharmacology) (U of Saskatchewan, Canada), PhD (Physiology) (U of Alberta, Canada)
Associate Professor

Dr. Sownd received his MBBS degree from the Tamil Nadu Dr. M.G.R Medical University, Chennai, India in 2002. He completed an MSc in Pharmacology from the University of Saskatchewan, Canada in 2004 with thesis on the role of 20-HETE in salt-sensitive hypertension. Subsequently, he obtained his PhD degree from the Department of Physiology, University of Alberta, Canada in 2009 for his thesis on the mechanisms of endothelial cell oxidative stress in preeclampsia. During this time, he received studentships from the Alberta Heritage Foundation for Medical Research and the Heart and Stroke Foundation of Canada. As an Alberta Innovates Health Solutions funded post-doctoral fellow (2011-2014) at the University of Alberta he investigated the alterations in cardiac energetics (energy metabolism) in cardiac hypertrophy and heart failure. Subsequently, he completed a clinical research fellowship in the Department of Medicine with focus on hypertension.

His research focuses on pharmacist-involved care in cardiovascular diseases including hypertension and diabetes. He is currently investigating validation status of blood pressure monitoring devices sold in community pharmacies and pharmacist preparedness to be involved in home blood pressure monitoring in collaboration with Dr. Zolezzi. His research interests include use of digital technology for cardiovascular risk management.

Dr. Sownd has published more than 25 peer-reviewed articles, and has presented his work at several national and international conferences. His research is funded by grants from Qatar University and QNRF.



Dr. Monica Zolezzi, BSc (Pharm), MSc, PhD Associate Professor and Director, Doctor of Pharmacy Program



Dr. Zolezzi received her undergraduate degree in Pharmacy and Biochemistry at the Catholic University Santa Maria in Arequipa, Peru. After receiving her Bachelor in Pharmacy in 1985, she went on to complete her Master of Science degree at the Faculty of Pharmacy and Pharmaceutical Sciences, the University of Alberta in Edmonton, Canada in 1988. She then completed an accredited Hospital Pharmacy Residency at the Calgary General Hospital in 1989. Following several years in hospital pharmacy practice (both in Canada and in Saudi Arabia), as well as in academia (both in Canada and New Zealand), Dr. Zolezzi obtained her PhD degree from the School of Pharmacy at the University of Auckland, New Zealand. In 2013, she also received her Advanced Prescribing Authorization from the Alberta College of Pharmacists, Canada.

Dr. Zolezzi's academic career started in 1988 through the Division of Continuing Pharmacy Education at the University of Alberta and the Alberta College of Pharmacists Centre for Continuing Education, developing and delivering many educational programs for pharmacists. During her academic appointment at the University of Auckland between 2003 and 2007, she also developed several post-graduate courses in distance delivery format (web-based), one of which (Renal Pharmacy) was offered to pharmacists at Sultan Qaboos University Hospital in Oman during 2012. Dr. Zolezzi has also instituted clinical clerkships for undergraduate and graduate students, and has trained pharmacists to become preceptors, both through cross-appointments with the University of Alberta and with the University of Auckland. She has also taught and mentor pharmacy students in the undergraduate and PharmD programs at the University of Alberta, as well as residents through the Canadian Society of Hospital Pharmacists residency program.

Throughout her career, Dr. Zolezzi has participated in several research projects and has authored a number of peer-reviewed publications, presentations and research posters in the area of clinical and hospital pharmacy practice. Her most recent research interest, which was dedicated towards the completion of her PhD at the University of Auckland, was related to the implementation of pharmacist-led programs for the prevention and management of cardiovascular disease. Her research has also focused on the rational use of medications in the geriatric population and in people with mental illness.



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Dr Lina Naserallah. Clinical Pharmacist. Hamad Medical Corporation.

Dr Lina Naserallah is a clinical pharmacist working at Ambulatory Care Center and Qatar Rehabilitation Institute (QRI), Hamad Medical Corporation.

Lina received her bachelor's in pharmacy from Qatar University in 2019. After that, she completed her Doctor of Pharmacy degree (PharmD) from Qatar University in 2020. Currently, Lina is a candidate for a master's in pharmacy practice degree from the University of Birmingham, United Kingdom.

She has worked in diverse clinical areas including internal medicine, intensive care, rehabilitation, surgical specialty (urology, orthopedic, ophthalmology, and ENT). In addition to her current clinical role, she has experience in training undergraduate pharmacy students and PharmD students during their clinical rotations.