



Cardiovascular disease: Managing the risk factors

(Activity Code: AGI-03-P140)

August 30th 2023, 2pm - 5pm

Venue: ITQAN Clinical Simulation and Innovation Centre, HMC

Target Audience: All Healthcare Professions

Aim: To understand the risk factors associated with the development of cardiovascular disease, and to review evidence-based strategies to support the health and well-being of at-risk patients.

Overall learning objectives: To discuss the modifiable risk factors link to hypertension and hyperlipidemia; and to explain the disease management strategies and preventative measures, both pharmacological and non-pharmacological, indicated to reduce the risk.

Speakers

Dr. Theodoros Papasavvas. Program Manager, Cardiac Rehabilitation Department, Heart Hospital, Hamad Medical Corporation.

Dr. Sownd Sankaralingam. Associate Professor College of Pharmacy, Qatar University.

Dr. Tarik Al-Diery. Clinical Lecturer, College of Pharmacy, Qatar University Health

Activity schedule:

Time and Speakers	Schedule and Learning outcomes
2:00pm-2:05pm Dr Zachariah Nazar	Welcoming and introduction
2:05-2:35 Dr. Theodoros Papasavvas.	Discuss the modifiable risk factors associated with cardiovascular disease and the pathophysiology of hypertension and hyperlipidemia
2:35-3:00	Case study collective group discussions
3:00-3:20 Dr Tarik Al-Diery	Discuss the evidence-based pharmacological and non-pharmacological management of hypertension and dyslipidemia.
3:20-3:55	Round-table case-based activity followed by discussion
3:55-4:15 Dr. Sownd Sankaralingam	Discuss the role of patient monitoring in the management of hypertension and demonstrate the steps involved in blood pressure monitoring.
4:15-4:50	Facilitator-lead peer exercise using the blood pressure devices to demonstrate appropriate blood pressure monitoring.
4:50:5:00	Q&As, Evaluation.

- * 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.”

Speakers



Dr. Theodoros Papasavvas, MSc, PhD

Dr Theodoros (Ted) Papasavvas received his BSc in Physiotherapy from Athens University of Applied Sciences in 2002. He received his MSc in Cardiac Rehabilitation from the University of Essex in 2011 and his PhD in Sport and Exercise Psychology from the University of Essex in 2020. Ted has worked in clinical and academic settings, including his physiotherapy clinic in Athens, Greece, and the European University Cyprus in Nicosia, Cyprus. He is currently the Program Manager at the Cardiac Rehabilitation Department in the Heart Hospital, Hamad Medical Corporation. He is a member of the editorial board of Austin Sports Medicine and a member of the European Association for Cardiovascular Prevention and Rehabilitation.



Dr Tarik Al-Diery PgCert MPharm(1st) PhD FHEA

Tarik Al-Diery is a Clinical Lecture at the College of Pharmacy, Qatar University, after having previously been a clinical lecturer at Monash University in Melbourne, Australia. Tarik completed his Bachelor of Pharmacy from the University of Auckland in 2014, his Postgraduate Certificate in Pharmacy and Postgraduate Diploma in Clinical Pharmacy at the University of Otago in 2017 and 2018 respectively, and his Master of Clinical Pharmacy in January 2022. Tarik worked as a clinical pharmacist at major tertiary centres in both New Zealand and Australia, and was an ICU pharmacist throughout the height of the COVID-19

pandemic.

Tarik's area of research interest is in competency development of undergraduate pharmacy students and resident pharmacists. Tarik is currently a PhD candidate through the University of South Australia under the supervision of Dr. Jacinta Johnson and Prof Debra Rowett, where he is evaluating how entrustable professional activities support competency development in preregistration pharmacy students



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.