

PAKISTAN HYPERTENSION LEAGUE SCIENTIFIC PROGRAM

Friday 27th September
Public Awareness at Press Club 5:00 PM to 5:45 PM

Maghrib Prayer

Scientific Session 1

Topics

Global prevalence/trends of hypertension (Virtual)

Evolving challenges to manage Hypertension in LMIC/ South Asian population (Virtual)

Preach model to address hypertension adversaries in Pakistan

New Frontiers in Hypertension Management : Emerging Solution for a global Challenge

Your lifestyle is Your Medicine

Inaugral Session

Tilawat

National Anthem

Moderator to welcome and conduct

Welcome address: Executive Director CPEIC

Welcome address: Convenor

Address Patron PHL

Sec General report

Address President PHL

Address chief guest

Hon membership for chief guest

Vote of thanks

Group photograph

Proceed to exhibition

Dinner

SESSION - 1

08:00AM – 09:00AM

Far Ul ahad

amjad, Prof. Ijaz Ahmad, Prof Fasih Hashmi, Prof Syed Tahir Shah, Gen Mujeeb ul Haq, Prof. Kashif Ali H

Topics

Strength & Weakness of conventional BP Measurements

Measurement of BP in special cases

Has Ambulatory BP monitoring any role in HTN management(Dippers & Non-Dippers)

Cardiac events in patients having morning BP surge

Q & A and Panel's Discussion

SESSION - 2
09:00 AM - 10:00 AM

air Zaffar

ar Ahmad, Prof. Fawad Farooq, Prof. Feroz Memon, Prof Ishaq, ,Prof. Nauman Naseer , Dr. Mahmood-

| Topics |
|---|
| HTN and Syncope |
| AHA & ESC guidelines , their applicability in our country |
| Trends of managing HTN (PUMP Trial) |
| Current concepts in management of HTN |
| Cardiovascular Risk Factors leading towards Hypertension |
| Q & A and Panel's Discussion |

SESSION - 3
10:00AM - 11:00AM

li Yousuf

ad Nawaz Lashari,, Prof Tahir Sagheer,Gen Sohail Aziz,, Prof Ijaz vohra,Prof. Bilal Ahsan Qurehi, Prof. S

| Topics |
|--|
| HTN & HF Treatment to Prevention : Is it possible to avoid heart failure in HTN population |
| Management of BP in HF Patients: Case based scenario |
| Treatment strategies in HFpEF |
| Role of Orthostatic Hypotension in developing dementia in people with or without CVD |
| Q & A |

SESSION - 4
11:00PM - 12:00PM

vad Farooq

| Topics |
|-----------------------------|
| Wide Pulse Pressure |
| Intermittent Labile HTN |
| Autonomic dysfunction & HTN |
| Orthostatic BP Variability |
| Masked HTN |

SESSION - 5
12:00PM - 1:00PM

eem Iqbal Bukhari

iq Abbas, Dr. Liaqat Jalal, Dr shoaib Luqman, Dr. Asif Nizami, Dr Syed Zahid shah, Prof. Abu Bakar Ali Sa

| Topics |
|--|
| Ischemic stroke : Why not to treat hypertension in acute stroke initially? |
| Hyperacute ischemic stroke: IV Thrombolysis pathway in ischemic Stroke |
| Acute Stroke Imaging Experience in RIC |
| Transforming Stroke Care: A Clinical Experience |
| Hyperacute Stroke techniques of mechanical thrombectomy |
| Q & A |
| Lunch & Prayer Break 01:00PM - 02:00PM |
| SESSION - 6 02:30PM - 03:00PM |

Dr. Farooq

Dr. Us Samad, Prof. Shahryar A. Sheikh, Prof. Muhammad Ishaq, Prof. Mansoor Ahmed, Prof. Feroz Memon, P

| Topics |
|----------------------------|
| Aspirin beyond CVD |
| Aspirin and Women |
| Q/A and Concluding Remarks |
| Vote of Thanks: ATCO |

| |
|--|
| Session 7 02:00PM - 02:30PM |
|--|

| Topics |
|---|
| Optimizing Cardiovascular Health: Cutting Edge Approaches to Dyslipidemia Care |
| Multi-pronged diabetes management approach with SGLT2i |
| Clinical consequences of Hypertension Simplified Hypertension management Guidelines (ESC-2024) |

| |
|--|
| SESSION - 8 03:00PM - 04:00PM |
|--|

Dr. Nauman Ali

Dr. Ishaq Rasool, Dr. Matiullah, Prof. Rajkumar, Prof. Farooq Nazir, Prof. Ahmad Bilal, Prof. Abdul Sabur

| Topics |
|--|
| Hypertension in Elderly |
| Role of Combination Therapy in hypertensive patients |
| Obesity and HTN |
| Role of novel beta blocker in treatment of diabetic hypertension |
| Left ventricular hypertrophy - ominous prognosis |
| CKD and HTN |

SESSION - 9
04:00PM - 05:00PM

an
at Memon, Dr Tariq Mehmood, Dr Kamran Babar, Prof Saulat Siddiqui, Prof. Shahdat Hussain, Prof. Zah

| Topics |
|---|
| Resistant HTN Factors & Diagnosis |
| Management of Resistant HTN |
| Hypertension Emergency vs Urgency |
| Update on Interventional procedures for treatment of Hypertension |
| Renal Denervation -- Myth or Reality |
| Q & A / Discussion |

SESSION - 10
05:00 PM - 06:00 PM

bin Saeed
memon, Prof Qurban Ali Rahu, Prof Jalaluddin Achakzai , Prof. Abid Amin, Prof. Abu Bakar Ali Saad

| Topics |
|--|
| Role of CT Imaging in Diagnosing HTN |
| Role of Echocardiography in diagnosing HTN |
| Hypertensive Heart Disease ,Perspective Offered by Cardiac MRI |
| ding professional capacity of Healthcare professionals to promote research and quality scientific publicat |
| Role of AI In managing Hypertension |
| Question & Answer |
| Award of PHL Fellow-ship |
| PHL General Body Meeting |

GALA DINNER at Fort Marquee

29 sept 2024, Sunday
SESSION - 1
09:00 am - 10:00 am
(New auditorium)

r. M. Ahsan beg
n Khurshid , Prof Brig Maad Ullah, Brig Faisal Shafeeq, Prof Sohail Arshad, Prof Azam Khan, Dr Ahsan Be

| Topics |
|--|
| EPIDEMIOLOGY, ETHOLOGY & EVALUATION OF SYSTEM HYPERTENSION IN CHILDREN |
| DOUBLE BALLOON TECHNIQUE IN COARCTATION STENTING |
| COARCTATION OF AORTA & STANDARD INTERVENTIONAL MANAGEMENT |
| COMPLEX COARCTATION OF AORTA & INTERVENTIONAL MANAGEMENT |
| PAEDIATRIC HYPERTENSIVE EMERGENCIES & MANAGEMENT |
| OBESITY & RISK OF HYPERTENSION IN PREADOLESCENT URBAN SCHOOL CHILDREN |
| SECONDARY HYPERTENSION IN YOUNG PATIENT |
| QUESTION / ANSWER CONCLUDING REMARKS |

SESSION - 2
10:00 AM - 11:00 AM

eeb Raza
at Hayat , Prof Shabbir, Prof Ashraf Dar , Prof Azam Shafquat , Prof Zahid Jamal , Prof Asad Saleem, Prof /

| Topics |
|---|
| Management of HTN alongwith A.fib |
| Risks Associated with A.Fib in hypertensive patients |
| Mitigating risk of A.fib complications in hypertensive patients |
| Q & A / Discussion |

Date: 29th Spetmber 2024
Session 3
By Go Red for Women AHA/ PCS Pakistan in Multan Confere
11:00 am - 12:00 pm

zia Maqbool
haroon Babar Aziz, Prof Dr. Feroz Memon, Prof Dr. Jalaluddin Achakzai, Prof Dr. Nawaz Lashari, Prof Dr
elcome: Dr. Kanwal Amir

| Topics |
|---|
| Hypertension During Pregnancy: Opportunities for Early Intervention and Risk Reduction |
| Hormones and Hypertension: Navigating the Changes |
| Beyond Blood Pressure: The Hidden Risks of CVD in Women |
| Mind-Body Connection: Stress, Health, and Hypertension in Women |
| Patient-Centered Approach: Women Leading the Fight Against Hypertension |
| Factors associated with hypertension control and effectiveness of community health workers in the |
| Concluding remarks and Discussion with Chairpersons & Vote of Thanks |
| Closing Ceremony and Lunch |

Nursing Symposium 2024 CPEIC

Date = 26-9-2024

Timing = 10:00 AM - 1:00PM

| Staff Details |
|--|
| Session 1 - Understanding Hypertension |
| HN.UzmaRasheed CPEIC Multan |
| HN. Zahida Perveen CPEIC Multan |
| Session 2 Pharmacological management and medication adherence |
| Ma'am Qammar un Nisa Principal NMU Multan |
| HN. Khadija Latif CPEIC Multan |
| Session 3 |
| Ma'am TahiraNazir NS CPEIC Multan |
| Ma'am KalsoomNazar NS. Nishter institute of Dentistry, Multan |
| Mr. Farhan Mukhtar Associate Prof CON IUB. MsZeenafAslam Assistant Prof CON IUB |