



2020 Annual Scientific Meeting Report of the
High Blood Pressure Research Council of
Australia (HBPRCA) held virtually.

December 3rd - 4th, 2020

Special thanks to our sponsors without whom this would not
have been possible.



In 2020, the High Blood Pressure Research Council of Australia held its first ever virtual Annual Scientific Meeting.

This meeting took place fully virtually on the 3rd and 4th of December, with additional events on the 1st and 2nd of December. The overall program was created once again by our amazing Joint Program Managers A/Prof. Francine Marques and Dr. Bradley Broughton, pictured below.



Click [HERE](#) to view the online program including all speaker biographies.

A total of 100 abstracts overall, including invited speakers, were submitted for the meeting from across Australia and the world as follows:

Germany	1
South Africa	2
USA	3
NSW	17
QLD	5
TAS	7
VIC	59
WA	1

This first of its kind Virtual Meeting was a huge success and attendee feedback indicated that 78% of responders would be very likely to attend a HBPRCA ASM in the future.

During this Virtual Meeting all of our poster authors were given the opportunity to present live in Zoom breakout rooms which gave their abstracts maximum exposure. The Zoom breakout rooms were very well attended and fostered very engaging live Q&A.

Another exciting highlight from this meeting is that, for the first time ever, all invited named lectures were women including invited named Lecturers: Prof. Martha Gulati, A/Prof Elisabeth Lambert and Prof. Suzanne Cory. The 2019 Paul Korner Awardee Prof. Louise Burrell also presented on her research achievements, and the American Heart Association nominee was our own A/Prof. Francine Marques. To celebrate this milestone, on behalf of the Council, Dr. Anastasia Mihailidou and Dr. Audrey Adji organised a Women in Hypertension Spotlight session.

Standout sessions from delegate feedback included Prof. Martha Gulati's RD Wright Lecture on 'Women and Cardiovascular Disease: Is there really a sex difference?', Prof. Suzanne Cory's Austin Doyle Lecture 'Of Molecules and Mice: A Life of Discovery in Medical Research' and A/Prof. Francine Marques Lecture on 'Manipulations of the gut microbiota: new approaches to treat hypertension'.

"I really loved and enjoyed the lecture delivered by Prof Suzanne Cory."

"Every component was excellent, was a treat."

"Francine Marques talk was very intriguing."

Meeting Highlights.

ECR Symposium

The meeting incorporated a very successful Early Career Researcher Symposium on the Tuesday afternoon, that was organised by the ECR committee chaired by Dr. Dean Picone and attracted 114 registrants from over 18 countries including Australia, Chile, Ghana, Indonesia, USA, South Africa and more.

This symposium was jam-packed with presentations on research funding, work/life balance and lessons from this unpredictable year as you can see on the program below. Small group expert panel sessions were also held to enable discussion of different topics important for PhD students and ECRs and finally, a workshop on how to identify your research mission was held.

Speakers included:



Prof. Martha Gulati



A/Prof. Seana Gall



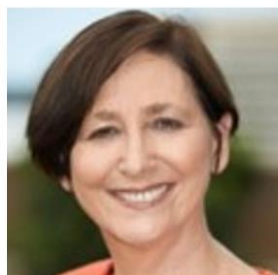
Prof. Gavin Lambert



Dr. Jonathan Mynard



Dr. Rachel Climie



Kerry Doyle



A/Prof. Francine Marques



Dr. Bradley Broughton

Program:

2020 ECR Symposium		
Tuesday 1st of December		Speaker
12.00 - 12.45	Part A: Expert Presentations	
	Lessons from a crazy year (adaptability, how to maintain momentum etc)	Prof. Martha Gulati
	Alternative sources of research funding	Kerry Doyle
	Establishing work/life balance	Dr. Bradley Broughton
12.45 - 13.35	Part B: Panelists in break out rooms	
	Tips for securing funding	Prof. Seana Gall
	Networking to build new collaborations	Prof. Gavin Lambert
	Developing research independence	Dr. Jonathan Mynard
	Establishing and maintaining a social media presence	Prof. Martha Gulati
1.35 - 1.50	Short Break	
1.50 - 2.35	Identifying what fundamentally drives you to deliver more impactful research	A/Prof. Francine Marques & Dr. Rachel Climie

Pressure Wise

Another terrific initiative of the Public Engagement portfolio, headed by Dr. Rachel Climie, and the ECR Committee was the free community event 'Pressure Wise' which was held on the Tuesday evening prior to the meeting and attracted over 150 registrants from multiple countries around the world.

The high calibre of speakers included Prof. Markus Schlaich, Prof. Alta Schutte, Dr. Rachel Climie and Natalie Raffoul. Following these speakers, we then had leading early career blood pressure researchers from across Australia present on their research. Members of the general public were free to join in and ask questions of our high blood pressure experts.



The High Blood Pressure Research Council of Australia
and the Heart Foundation proudly present:

Pressure Wise

1st of December, 2020

Blood Pressure Insights for Primary Care

HBPRCA are also pleased to report on the success of our online education event 'Blood Pressure Insights for Primary Care' for General Practitioners and all involved in blood pressure measurement for primary care. This was an RACGP accredited activity and eligible participants could earn 5 Category 2 CPD points. Topics covered were of direct relevance to daily practice and common challenges faced.

This free event was held on the evening of the 2nd of December prior to the Annual Scientific Meeting and feedback from participants included:

"Well presented with interactive sessions."

All of the presentations were highly regarded and received an average of 4.3/5 stars on our feedback survey.

Speakers included:



Prof. Markus Schlaich



Prof. Mark Nelson



Dr. Anastasia Mihailidou



Prof. Michael Stowasser



Dr. Moe Thuzar



Prof. Christopher Reid



Program:

Dec 2nd 2020		Speaker
6.25 - 6:30 pm	Welcome & introduction for HBPRCA mission	Prof Markus Schlaich, HBPRCA President
Session 1		Blood Pressure Measurement in Practice
6.30 - 6.45pm	Why I don't take BP anymore (AOBP and Home BP monitoring)	Prof. Mark Nelson
6.45 - 7.00pm	How to use ABPM in Practice	Dr Anastasia Mihailidou
7.00 - 7.15pm	Discussion and Q&A live	All
7.15 - 7.30pm	BREAK	
Session 2		Difficult to manage high blood pressure
7.30 - 8.00pm	Combination therapy - The latest evidence	Prof Christopher Reid
8.00 - 8.30pm	Difficult to manage high blood pressure - [2 x 10 min Case Presentations & Panel discussion]	Prof M Stowasser (secondary causes) Dr Moe Thuzar (medication adherence/aversion)
8.30 - 8.45pm	BREAK	
Session 3		At the coal face
8.45 - 9.00pm	No Pain with much to Gain	Demonstration by Dr. Anastasia Mihailidou
9.00 - 9.15pm	Case study presentation followed by Q&A	Selected GP
9.15 - 9.30pm	COVID update	Prof Markus Schlaich
9.30pm	FEEDBACK AND CLOSE	

Women in Hypertension Spotlight Session

As previously mentioned, for the time ever all invited lecturers were women! To celebrate this milestone, on behalf of the Council, Dr. Anastasia Mihailidou and Dr. Audrey Adji organised a Women in Hypertension Spotlight Session which aimed to share and spotlight multiple speakers career highlights and their personal/career challenges and strategies they have used to progress or in some cases didn't progress.

This spotlight session was extremely well received by all and feedback from participants included:

“Loved the women spotlight sections. The stories of personal resilience/ vulnerability”

“Spotlighting women in science was incredibly inspiring and should be incorporated in future meetings.”

Speakers for this amazing session included:



Dr. Anastasia Mihailidou



Dr. Audrey Adji



Prof. Martha Gulati



Prof. Kate Denton



Dr. Maria Jelinic

Speakers.

Although we have faced many challenges this year due to Covid-19, all of our speakers for the ASM were luckily able to present virtually from the comfort of their own homes! We were very fortunate to hear from the following HBPRCA keynote invited named lecturers:



The RD Wright Lecture this year was given by **Professor Martha Gulati** of the University of Arizona. Her presentation on ‘Women and Cardiovascular Disease: Is there really a sex difference?’ was extremely well received by all.

The Austin E Doyle Lecture this year was given by **Professor Suzanne Cory** of the Walter and Eliza Hall Institute of Medical Research and her presentation ‘Of Molecules and Mice: A Life of Discovery in Medical Research’ was very fascinating and enjoyed by all.





The Colin I Johnston Lecture was given by **Associate Professor Elisabeth Lambert** of Swinburne University of Technology and her presentation ‘Beyond fight or flight – Insights into the role of the sympathetic nervous system in cardiometabolic health’ was very well received.

As is the case every year, HBPRCA were pleased to receive a splendid lecture from the 2019 American Hypertension Association (AHA) award winner who was one of our very own program managers **Associate Professor Francine Marques**. Francine presented on ‘Manipulations of the gut microbiota: new approaches to treat hypertension’.



The 2019 British and Irish Hypertension Society (BIHS), winner will attend our 2021 meeting as they were unable to attend this year.

HBPRCA AWARDS 2020

A host of talent within HBPRCA membership was again rewarded including the presentation of a range of oral and poster awards, and a hearty congratulations indeed to all those worthy recipients below.

The Robert Vandongen award:

The Robert Vandongen award is presented for the highest scoring abstract submitted by a member from Western Australia.

The 2020 Robert Vandongen award went to: **Dr. Ashish Yadav, from the University of Western Australia.**

HBPRCA 2020 Vandongen Award Winner

Ashish Yadav
**University of Western
Australia**



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The Judith Whitworth award:

Prof Judith Whitworth was the first woman to be elected as the president of the HBPRCA (1999-2001). Throughout her career, Prof Whitworth not only contributed to a major way to high blood pressure research herself, and to the mechanisms involved in steroid-related hypertension, but broke numerous barriers and paved a path for women in research, clinical practice and policy making. The Judith Whitworth award goes to the highest ranked HBPRCA member abstract for which the first author is a woman.

The 2020 Judith Whitworth award winner was **Dr. Quynh Nhu Dinh from La Trobe University.**

HBPRCA Judith Whitworth Award For Women in High Blood Pressure

Quynh Nhu Dinh
La Trobe University



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The Jaye Chin-Dusting Mid-Career Scientist award:

Prof Jaye Chin-Dusting was the second woman to be elected as the president of the HBPRCA (2011-2016). As a founder of the Australian Cardiovascular Alliance, Prof Chin-Dusting was

deeply concerned with the funding available for cardiovascular disease, which affects particularly those in the early- and mid-stages of their career. During her presidency of the HBPRCA, she also established the young investigator subcommittee of the HBPRCA, to improve training, networking and opportunities for early and mid-career high blood pressure researchers.

A mid-career scientist (between 5-20 years post PhD) who is an active researcher will receive the Jaye Chin-Dusting Award. The 2020 Winner of the Jaye Chin-Dusting Mid-Career Scientist in High Blood Pressure Research award went to **Associate Professor Francine Marques from Monash University.**

HBPRCA Jaye Chin-Dusting Award
For Mid-Career Scientist in High Blood Pressure Research

A/Prof. Francine Marques
Monash University



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The Paul Korner Senior Scientist in High Blood Pressure Research award:

Prof Paul Korner was one of the founders and a former president of the HBPRCA (1987-1989). He devoted a large part of his career to researching the causes of essential hypertension, with a special focus on underlying neural and cardiovascular mechanisms. A senior scientist (>20 years post-PhD) who is an active researcher and has made a significant contribution to high blood pressure and the HBPRCA receives the Paul Korner Senior Scientist in High Blood Pressure Research Medal.

This year's worthy recipient is **Professor Murray Esler from the Baker Heart and Diabetes Institute.**

HBPRCA Paul Korner Award
For Senior Scientist in High Blood Pressure Research

Prof. Murray Esler
Baker Heart and Diabetes
Institute



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Student and Early Career Researcher Awards:

This year the Student and Early Career Researcher Awards were scored closer than ever across both the posters and oral presentations. The winners are outlined below:

The HBPRCA 2020 Student Poster award went to: **Tara Scott from Monash University**

HBPRCA Student
Moderated Poster Winner

Tara Scott
Monash University



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The HBPRCA 2020 Student Oral award went to: **Samoda Rupasinghe from Monash University**

**HBPRCA Student
Oral Presentation Winner**

**Samoda Rupasinghe
Monash University**



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The HBPRCA 2020 Early Career Researcher Poster award went to: **Dr. Kristy Jackson from the Baker Heart and Diabetes Institute.**

**HBPRCA Early Career Researcher
Moderated Poster Winner**

**Kristy Jackson
Baker Heart and Diabetes
Institute**



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The HBPRCA 2020 Early Career Researcher Oral award went to: **Dr. Mariana Del Rosso de Melo from the University of Melbourne.**

**HBPRCA Early Career Researcher
Oral Presentation Winner**

**Mariana Del Rosso de
Melo
University of
Melbourne**



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Each of the 2 oral winners, Samoda Rupasinghe and Mariana Del Rosso de Melo, also get to attend either the ISH or the AHA meeting in 2021.

The AHA award winner will attend the AHA 2021 meeting and is given an award of \$3000 to use towards flights, accommodation and visiting local labs etc.

The person attending AHA 2021 will be Samoda Rupasinghe from Monash University.

The ISH award winner will attend the ISH 2021 meeting and is given an award of \$3000 to use towards flights, accommodation and visiting local labs etc.

The person attending ISH 2021 will be Mariana Del Rosso de Melo from the University of Melbourne.

(These awards are subject to travel restrictions easing)

Sponsors.

HBPRCA would like to extend a huge thank you to our sponsors who have continued supporting us through this turbulent year and without whom none of this would be possible. Sponsors for the 2020 Virtual Annual Scientific Meeting brought a range of entertaining and factual videos to this year's ASM and are as follows:

Medtronic

Further, Together

Platinum sponsor: Medtronic, who brought us an interview between the very first RDN patient and Prof. Murray Esler.

Gold Sponsor: Servier, who are running their Global BP Awareness Campaign 'Because I say so!' which encourages BP checking in the community.



Bronze Sponsor: A&D, who presented a quick video showing how to get accurate readings when using your blood pressure monitor.

Bronze Sponsor: ACvA, in which President Prof. Gemma Figtree spoke about the Australian Cardiovascular Alliance, its mission and what their current landscape is.



Bronze Sponsor: CSL

Primary Care Evening Sponsor: Hillrom, who provided Dr. Anastasia Mihailidou with the necessary equipment to demonstrate a factual demonstration of Hillrom's devices.



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We thank you all for attending and participating in our first ever Virtual Annual Scientific Meeting. We hope you enjoyed it and here's to 2021, let us hope it is better than 2020.

The High Blood Pressure Research Council of Australia.