



**Hypertension
Australia**

Hypertension Australia Annual Scientific Meeting Summary Report

***Parkroyal Darling Harbour, Sydney
27 November – 29 November 2024***

**Hypertension
Australia**

**2024
Annual Scientific
Meeting**

27–29 November
Parkroyal Darling Harbour, Sydney

#hypertensionasm2024

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Annual Scientific Meeting Overview

In 2024, Hypertension Australia successfully hosted its Annual Scientific Meeting (ASM) at the Parkroyal Darling Harbour in Sydney, NSW. Held exclusively in-person from 27–29 November, the meeting was enhanced by a series of associated events, including the Hypertension Taskforce Summit, PressureWise, and the Pulse of Asia meeting, all scheduled around the main program.

The ASM program was thoughtfully curated through a collaboration between the Meeting Committee and professional conference organisers, Expert Events. The committee comprised James Sharman (Chair), Quynh Nhu Dinh (Co-chair), Luna Xu, Markus Schlaich, Dean Picone, and Ian Goodbody.

For a detailed view of the full ASM program, including all speakers and presentations, [click here](#) to access the PDF.

Following strong attendance and gracious support from our sponsors, this year's ASM made a budget surplus which continues to be reinvested in members through the student travel grants and cash prizes awarded whilst we continue to further invest to deliver the joint ASM with ASCEPT in Adelaide in December 2025.

The meeting showcased a remarkable breadth of research, with 88 abstracts (excluding invited speakers) submitted from contributors across multiple states:

| | |
|----------------------|-----------|
| NSW | 16 |
| QLD | 2 |
| TAS | 7 |
| VIC | 39 |
| WA | 6 |
| SA | |
| International | 18 |

The overall satisfaction with the event was high, with an average recommendation score of 9.3/10. Most participants rated the meeting as "Extremely informative" or "Very informative," and the venue and catering were generally described as "Excellent." Key strengths included the keynote presentations, consistently rated as "Extremely informative" and a highlight of the ASM; the concurrent sessions, which received high ratings with special mention of the "Women in Hypertension" session; and networking opportunities, where peer interactions and the awards reception were particularly well-received.



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Areas for improvement focused on poster presentations, with suggestions for better scheduling, more prominent placement near catering, and increased opportunities for author discussions. Feedback on the exhibition space was mixed, ranging from "Excellent" to "Fair."

Looking ahead to 2025, suggested topics emphasised integration of cardiovascular health with mental and cognitive health, diet and exercise interventions, hypertension in pregnancy, and public health approaches. Program structure recommendations included better integration of discovery science with public health talks, a dedicated exercise physiology session, and a stronger focus on practical interventions.

Administrative feedback highlighted the event's strong organisation and communication, with social functions and networking opportunities well-received. The venue and catering were generally praised, despite one "Fair" rating.



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Invited Speakers

Our 2024 Hypertension Australia invited named lecturers delivered a series of impactful and engaging presentations, which were highly appreciated by this year's attendees. These distinguished speakers were selected based on recommendations from the Hypertension Australia membership.

We were privileged to welcome the following speakers:



RD Wright Lecture:

Prof. Paul Whelton, Tulane University

Prevention, Control, and Treatment of High Blood Pressure: The Way Forward

Dr. Whelton is Show Chwan Chair of Global Public Health at Tulane University and President, World Hypertension League. A University College Cork (UCC) medical graduate, he trained in medicine and nephrology at Johns Hopkins, clinical epidemiology at the University of London (postgraduate degree) and the MRC, and prevention research at UCC (doctoral degree). He founded the Welch Center for Prevention, Epidemiology, and Clinical Research at Johns Hopkins; was Dean, School of Public Health and Tropical Medicine; Dean, School of Medicine; and Sr. VP for Health Sciences at Tulane; and President/CEO, Loyola University Health System/Medical Center.

His research includes BP-related cardiovascular/renal disease epidemiology, prevention, clinical trials, and global health. He chaired many NIH funded studies, including the Trials of Hypertension Prevention (TOHP 1 & 2), Trial of Nonpharmacologic Interventions in the Elderly (TONE), Antihypertensive and Lipid Lowering Treatment to Prevent Heart Attack Trial (ALLHAT), and Systolic Blood Pressure Intervention Trial (SPRINT). He chaired the 2017 ACC/AHA BP Guideline and was a lead for the 2021 WHO BP Treatment Guideline. A recipient of two honorary degrees, he received the AHA Population Research Prize, Excellence in Hypertension Research Award, and Distinguished Scientist Award; the NKF David Hume Award; and the Irish Government St. Patrick's Day Academic Science Award. He has published approximately 600 peer reviewed manuscripts (h-index = 142; 137,181 citations; and i10-index = 470), and 100 books, chapters, supplements, or monographs.



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**Austin Doyle Lecturer:
Prof. Paul Glasziou, Bond University**

Advances in hypertension management: a view from general practice

Professor Paul Glasziou, PhD, FRACGP, AO, is Director of the Institute for Evidence-Based Healthcare at Bond University and was the Director of the Centre for Evidence-Based Medicine in Oxford from 2003-2010. His key interests include identifying and removing barriers to using high quality research in everyday clinical practice and improving the clinical impact of research by reducing more than \$85 Billion annual loss from unpublished and unusable research (Chalmers, Glasziou, Lancet 2009). His research has influenced numerous guidelines and clinical policies and practice (cardiovascular disease management, screening, clinical monitoring, and antibiotics stewardship) and guidelines for reporting research. He co-founded the International Society for Evidence-based Health Care and the RACGP's Handbook of Non-Drug Interventions. He has authored over 600 peer-reviewed journal articles and 7 books related to evidence-based practice, including Evidence-Based Medical Monitoring: Principles and Practice.



**Colin I Johnston Lecturer:
Prof. Sophia Zoungas, Monash University**

Professor Sophia Zoungas is the Academic Director of the Monash University Clinical Trials Centre, the Head of the School of Public Health and Preventive Medicine, Monash University, and a Professor of Diabetes, Vascular Health and Ageing. She is also a consultant Endocrinologist and Physician with clinical appointments at both Monash Health, including the Victorian Heart Hospital, and Alfred Health, Melbourne.

Professor Zoungas is internationally recognised for her expertise in the design and conduct of large multicentre, multinational clinical trials and cohort studies which have impacted directly on public health and clinical care. She has assembled international and national teams in diabetes, cardiovascular and kidney health, including investigator lead projects and large-scale community-based clinical trials.



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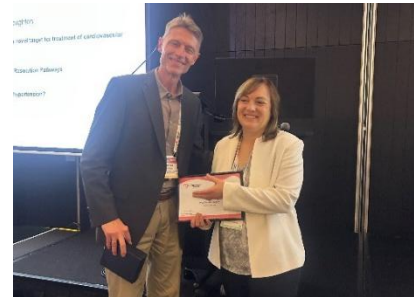
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Professor Zoungas has over 300 publications in peer-reviewed journals, including the New England Journal of Medicine, Lancet, Annals of Internal Medicine, British Medical Journal, and Nature Reviews and she is recognised as one of the most cited researchers in the field of diabetes.



Plenary Speaker

Prof. Ross Tsuyuki, University of Alberta/Hypertension Canada

The Canadian Way – Improving Population Hypertension Outcomes Through Pharmacists and New Guidelines

Dr. Ross Tsuyuki was born and raised in Vancouver, Canada. His training includes:

- BSc(Pharm) from the University of British Columbia
- Residency at St. Paul’s Hospital, Vancouver.
- Postgraduate Doctor of Pharmacy (PharmD) from the State University of New York at Buffalo
- Postdoctoral fellowship in cardiovascular clinical trials in the Division of Cardiology at McMaster University, Hamilton, Ontario (Supervisor: Dr. Salim Yusuf)
- MSc in Health Research Methods from McMaster University Dr. Tsuyuki is a Professor of Medicine (Cardiology) and Director of the EPICORE Centre in the Department of Medicine, Faculty of Medicine and Dentistry, University of Alberta in Edmonton, Canada. Dr. Tsuyuki is the immediate Past President of Hypertension Canada, having served as President from 2020-2024.

Ross research interests are in health services research, particularly in the area of pharmacist care for acute and chronic conditions.



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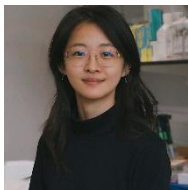
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Keynote Speakers

Our 2024 Hypertension Australia keynote speakers were invited to present as recipients of prestigious awards from the previous year. The Paul Korner Lectureship was delivered by the 2023 Paul Korner Medallist, the BIHS Lectureship was presented by the Early Career Researcher Oral Prize winner from the BIHS Annual Scientific Meeting, and the AHA Lectureship was awarded to the Goldblatt Awardee from the 2023 AHA meeting.

We extend our gratitude to all the keynote speakers for their insightful and informative presentations.



**British and Irish Hypertension Society (BIHS) Lecturer
Ms Chutong Zhong, University College London (UCL)**

Urine Luck: Pioneering Personalised Treatment Paths for Kidney Disease and Hypertension

Chutong Zhong is a PhD student at the London Tubular Centre, Department of Renal Medicine, University College London, supervised by Prof. Stephen Walsh and Dr. Keith Siew. Her research focuses on developing an in vitro 3D cellular model of the human distal convoluted tubule (hDCT) using urine-derived epithelial cells and the 'Organ-on-a-Chip' (OOaC) system.

While the DCT plays a crucial role in blood pressure regulation, there is a lack of healthy and diseased cellular models representing the hDCT. Chutong has investigated a non-invasive method to isolate primary hDCT cells from urine, allowing continuous monitoring of renal disease progression. She has optimised a culture protocol using these hDCT cells on a multi-channel microfluidic system to create Tubule-On-a-Chip models that mimic real-life tissue architecture and physiological responses. These models can be grown alongside artificial blood vessels to study kidney tubule-capillary interactions.

The project facilitates personalised hypertension management by enabling clinicians to tailor treatment using a patient's own urine- and blood-derived cells, enhancing our understanding of tubular physiology, disease characterisation and pharmacological research. Chutong's work has been showcased at BIHS, ASN Kidney Week, Europhysiology and the MPS World Summit, earning her awards from BIHS, ASN Kidney STARS, Physiology Society and MPS committee.

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**American Hypertension Society (AHA) Lecturer
Dr Jessica Faulkner, Augusta University**
Mechanisms of adverse outcomes in preeclampsia

Dr Jessica Faulkner is an Assistant Professor in the Dept of Physiology and Dept of OBGYN at the Medical College of Georgia at Augusta University in Augusta, GA, USA. Dr Faulkner graduated in 2015 from the Univ of Mississippi Medical Center with a PhD in Medical Pharmacology under Dr Babbette LaMarca. She then did her postdoctoral fellowship under Dr Eric Belin de Chantemele in the Vascular Biology Center at Augusta University. Dr Faulkner became an Assistant Professor in June 2021 and began her research program, which focuses on mechanisms whereby pregnant women develop endothelial dysfunction, hypertension, fetal growth restriction and other adverse events in pregnancy. Her primary disease focuses are acute kidney injury and preeclampsia of pregnancy and she studies these disease outcomes using a combination of clinical studies, animal models and molecular investigation. Dr Faulkner has published >45 peer-reviewed manuscripts in prominent journals such as Hypertension and AJP Heart and Circulatory. Dr Faulkner is very active in service, currently serving on AHA and NIH study sections, is on the editorial boards of AJP Heart and AJP Reg Int Comp and is a member of the Trainee Advisory Committee of the AHA Council on Hypertension as well as the Nominations Committee for the APS CV section. Dr Faulkner's research is currently supported by numerous extramural grants including an NIH-NHLBI R01 as a PI, an NIH NIDDK R01 as a co-I, an AHA CDA and an NIH-NHLBI R00. She has also won numerous awards at the institutional and national level, most recently the AHA Council on Hypertension Harry Goldblatt Award and Augusta University Women in Medicine Early Career Award.



**Paul Korner Lecturer
Prof. Emeritus Brian Morris, The University of Sydney, Kuakini Medical
Center (Honolulu), University of Hawaii**

Professor Brian Morris, Professor Emeritus at the University of Sydney, has been a leading figure in hypertension research for 46 years. He graduated from the University of Adelaide in 1972 and earned his PhD from Monash University at Prince Henry's Hospital. Following postdoctoral studies in the USA as a C.J. Martin Fellow, Brian established his own laboratory at the University of Sydney in 1978, where he has conducted groundbreaking research ever since.



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In 1993, Brian was awarded a Doctor of Science by the University of Sydney in recognition of his significant contributions to the field. His pioneering research in hypertension, which began in 1970, has been supported by numerous prestigious grants from the NHMRC, ARC, the Heart Foundation, and more recently, an NIH Centre of Excellence Grant.



Brian's exemplary contributions to cardiovascular science have been widely recognised. In 2014, he received the Irvine Page Alva Bradley Lifetime Achievement Award from the American Heart Association's Council on Hypertension. Four years later, he was honored as a Member of the Order of Australia for his outstanding research and impact on hypertension.

With over 450 publications to his name, Brian has been a constant presence at scientific meetings, where he has shared his insights and findings. His dedication to the field extends beyond his research; he has also served the High Blood Pressure Research Council of Australia on its Executive Committee for three consecutive six-year terms.

Brian Morris' career stands as a testament to his commitment to advancing our understanding of hypertension and improving cardiovascular health.



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Meeting Highlights

ECR Symposium

The 2024 ECR Symposium focused on how to find your research niche. We welcomed speakers from a range of backgrounds and experience levels to our panel discussion, which was met with active discussion from our audience. The 2024 ECR Symposium was organised by Dr Adriana Knezic and Eleanor Clapham, and we are so grateful for their commitment to this event. We want to thank our panel members, Dr Stephanie Partridge, Dr Rachel Climie, Dr Joanne O'Donnell, Dr Helena Qin and Professor Grant Drummond, for your participation and invaluable advice.

Women in Hypertension Session

Running on its fifth year, the session remains well attended and generates some lively discussion. The 2024 session theme was “Beyond the Norm: Women who Carved Unconventional Paths”, featuring A/Prof Cheryl Carcel and Dr Inken Martin. The session highlighted the career trajectories of these speakers, which might not always be a straight line or the “conventional” path.

A/Prof Carcel, the Head of the Brain Health Program at The George Institute for Global Health, shared her story of having a short stint on an completely unrelated area during her break from medical internship. After moving to Australia and continuing her career in medicine, she became an advocate on gender bias and blindness in health research, and how she currently spearheaded shifting the gender equity initiatives through collaborative work.

Dr Martin shared her story about her life journey, having moved to various countries throughout Europe, US and Australia. Faced with challenges of competing life commitments, she shifted her career from medicine to zebrafish research, and eventually to managing the Snow Fellowship Program grants. The Snow Fellowship Program provides funding for eligible early to mid-career researchers, but what is unique is the host organisation has to demonstrate their commitment to gender equality.





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The panel discussion which followed, moderated by Dr Audrey Adji, had some interesting questions and comments. Both the speakers thanked the Women in Hypertension Committee of Hypertension Australia for the invitation to share their career journeys.

BPOzKids: Blood Pressure in Australian Children

At this year's ASM, invited speaker Dr Nick Larkins provided an update on the Australian Paediatric Hypertension Guideline Initiative. As the Chair of the Clinical Advisory Panel for this initiative, Dr Larkins gave an overview of the guideline development process (adapting the American Academy of Pediatrics 2017 guideline via the ADAPTE framework) and a preview of the recommendations of the draft guideline that was developed in 2024 and is now under review by the Steering Committee. Early next year, we'll be conducting a consultation process with potential endorsement bodies, other professional organisations and content experts, and consumers, as well as completing further preparations for dissemination and implementation.



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Hypertension Australia Awards 2024

A host of talent within Hypertension Australia membership was again recognised and rewarded in 2024 including the presentation of a range of oral and poster awards. A hearty congratulations goes out to all the worthy recipients below.

The Robert Vandongen Travel Award:



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

The 2024 Robert Vandongen Travel Award went to **Lauren Blekkenhorst**.

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 2024 Judith Whitworth Award winner was **Joanne O'Donnell**.



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The Jaye Chin-Dusting 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 2024 Jaye Chin-Dusting Award winner was **Yugeesh Lankadeva**.

The Paul Korner Medal:



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 Hypertension Australia receives the Paul Korner Senior Medal.

The 2024 Paul Korner Medal went to **Michael Stowasser**.

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Oral and Poster Researcher Awards:

In 2024, we received an outstanding selection of high-quality Student and Early Career Research oral and poster submissions. The dedication and effort reflected in their work were greatly appreciated by all.

We extend our congratulations to the following award winners:

Student Awards

The 2024 Student Poster Award went to: **Mingjuan Zeng**

The 2024 Student Oral Award went to: **Evany Dinakis**

Early Career Researcher (ECR) Awards

The 2024 Early Career Researcher Poster Award went to: **Pratik Thakker**

The 2024 Early Career Researcher Oral Award and British and Irish Hypertension Society (BIHS) Award went to: **Hericka Figueiredo Galvo**



From left to right: Mingjuan Zeng, Evany Dinakis, and Hericka Figueiredo Galvo with Hypertension Australia President Markus Schlaich



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