



**Indonesian Society of Hypertension**  
Perhimpunan Dokter Hipertensi Indonesia

**save the date!**

 **18<sup>th</sup> InaSH**  
SCIENTIFIC MEETING

**Hypertension 2024:  
Are We Better Off?**

**FEBRUARY**  
**23<sup>th</sup> - 25<sup>th</sup>, 2024**

**Ritz Carlton Hotel**  
**Mega Kuningan**  
**Jakarta**

# Masterclass

Hypertension 2024 : Are We Better Off?

Friday, February 23, 2024, Ritz Carlton Mega Kuningan Jakarta

## Masterclass 1 Hypertension Practical Approach : Diagnosis & Complication Management

PIC: Rahmat Hidayat

| TIME          | TOPIC  | SPEAKER                        |
|---------------|--|--------------------------------|
| 08.00 - 08.35 | Registration & Pre-test  |                                |
| 08.35 - 09.00 | Medical Ethics   | Pranawa Martosuwignyo          |
| 09.00 - 09.25 | Management Approach Of Hypertension In Cerebral Small Vessel Disease                           | Rahmat Hidayat                 |
| 09.25 - 09.50 | Exploring The Eye: Hypertensive Funduscopy Findings  | Dinda Diafiri                  |
| 09.50 - 10.00 | Coffee Break   |                                |
| 10.00 - 10.25 | Mastering Hypertensive Echocardiography Interpretation for Daily Practice                      | BRM Ario Soeryo                |
| 10.25 - 10.50 | Diagnosing And Managing CKD In Hypertension  | Wachid Putranto                |
| 10.50 - 11.15 | Managing Hypertension in the Presence of Diabetic: A Holistic Approach                         | Ria Bandiara                   |
| 11.15 - 13.00 | Friday Praying & Lunch   |                                |
| 13.00 - 14.30 | Interactive Case Discussion:<br>Dementia<br>Congestive Heart Failure<br>Chronic Kidney Disease | Rahmat Hidayat<br>All Speakers |
| 14.30 - 15.15 | Post-test & Closing  |                                |

## Masterclass 2 Comprehensive Hypertension Management in Daily Practice

PIC: Anandhara Indriani & Dimas Septiar

| TIME          | TOPIC   | SPEAKER  |
|---------------|---|--|
| 08.00 - 08.35 | Registration & Pre-test   |  |
| 08.35 - 09.00 | Medical Ethics  | Pranawa Martosuwignyo                              |
| 09.00 - 09.25 | Understanding Hypertension in Outpatient Care   | Putra Antara                                       |
| 09.25 - 09.50 | Non-Medical Management of Hypertension: Lifestyle Approaches  | Ekawati Dani                                       |
| 09.50 - 10.00 | Coffee Break  |  |
| 10.00 - 10.25 | Strategies for Selecting Hypertension Medications: A Comprehensive Guide  | Tities Indra                                       |
| 10.25 - 10.50 | Screening for Hypertension Complications  | Yulia Sofiatin                                     |
| 10.50 - 11.15 | Hypertensive Crisis: Emergency Management and Care  | Abdul Wahid  |
| 11.15 - 13.00 | Friday Praying & Lunch  |  |
| 13.00 - 14.30 | Workshop:<br>Managing Hypertension Variability<br>Primary Care Hypertension Guidelines<br>Approaches to Managing Resistant Hypertension | Anandhara Indriani<br>Khumaedii & Dimas<br>Septiar |
| 14.30 - 15.15 | Post-test & Closing   |  |

## Masterclass 3 Masterclass of Hypertension By Omron Academy

PIC: Eka Harmeiwaty & Dinda Diafiri

| TIME          | TOPIC  | SPEAKER               |
|---------------|--|-----------------------|
| 08.00 - 08.35 | Registration & Pre-test  |                       |
| 08.35 - 09.00 | Medical Ethics   | Pranawa Martosuwignyo |
| 09.00 - 09.30 | Classic and Novell Measurement in Blood Pressure and Its Variability               | Eka Harmeiwaty        |
| 09.30 - 10.00 | Non Invasive Method to Validate of BPV in Arrythmias                               | Badai Tiksnadi        |
| 10.00 - 10.15 | Coffee Break   |                       |
| 10.15 - 11.00 | Diagnosis and Current Management of Hypertension                                   | Adrianus Kosasih      |
| 11.00 - 11.30 | Blood Pressure Variability in Predicting Clinical Outcome of Hypertensive Patients | Afiatin               |
| 11.30 - 13.00 | Friday Praying & Lunch   |                       |
| 13.00 - 14.30 | Interactive Case Discussion  | Eka Harmeiwaty        |
| 14.30 - 15.15 | Post-test & Closing  |                       |

# Program At Glance

Hypertension 2024 : Are We Better Off?

Saturday, February 24, 2024, Ritz Carlton Mega Kuningan Jakarta

| Plenary Session 1            |   |                        |
|------------------------------|---|------------------------|
| Chair: Pranawa Martosuwignyo |   |                        |
| TIME                         | TOPIC   | SPEAKER                |
| 07.45 - 08.00                | Recent Issues on International Ethical Medical Practice                           | Pukovisa Prawirohardjo |
| 08.00 - 08.30                | Home Blood Pressure - Centered Approach : From Digital Health to Medical Practice | Kario Kazuomi          |
| 08.30 - 09.00                | Opening Ceremony  |                        |
| 09.00 - 09.30                | LAUNCHING BY MINISTRY OF HEALTH   |                        |
| 09.30 - 10.00                | Coffee Break  |                        |

| Symposium     |  |   |   |
|---------------|--|---|---|
| TIME          | BALLROOM A   | BALLROOM B  | BALLROOM C  |
|               | <b>Symposium 1</b>   | <b>Symposium 2</b>  | <b>Symposium 3</b>  |
|               | <b>DIAGNOSTIC APPROACHES IN HYPERTENSIVE PATIENTS</b><br><i>Chair: Frits Suling</i>  | <b>PREVENTION OF TARGET ORGAN DAMAGE</b><br><i>Chair: Nunuk Mardiana</i>  | <b>UPDATES ON APPROACHES TO HYPERTENSION COMPLICATIONS</b><br><i>Chair: Tunggul D Situmorang</i>                              |
| 10.00 - 10.20 | Identifying Obstructive Sleep Apnea as a Potential Cause of Secondary Hypertension<br><i>Manfaluthy Hakim</i>  | Controlling of Modifiable Vascular Risk Factors on Stroke<br><i>M Kurniawan</i>   | BP Control After Thrombectomy For Acute Ischaemic Stroke<br><i>Rahmat Hidayat</i>   |
| 10.20 - 10.40 | Elderly : Age Related Changes in Blood Pressure, What Is New in the 2023 Guidelines For Patients with Age More Than 65 Years?<br><i>Lestariningsih</i> | Evaluating Risk of ASCVD: A Pathway to Personalized Lipid Lowering Agent<br><i>Siska Suridanda Dany</i>                             | Hypertension to Heart Failure: Insights to Prevent Its Progressivity<br><i>Anwar Santoso</i>                                  |
| 10.40 - 11.00 | Early Blood Pressure Screening in the Young: Is It Necessary? When and in Which Population?<br><i>Adrianus Kosasih</i>                                 | Management of Hypertension: Revisited the Important Role of New CCB Generation for Better BP Outcome<br><i>Yan Herry</i>            | Effect of Renin-Angiotensin Aldosterone System Modulation in Hypertensive Kidney Disease<br><i>Aida Lydia</i>                 |
| 11.00 - 11.15 | Discussion   | Discussion  | Discussion  |
|               | <b>Lunch Symposium 1</b>   | <b>Lunch Symposium 2</b>  | <b>Lunch Symposium 3</b>  |
|               | <b>NEW ISSUES IN HYPERTENSION MANAGEMENT</b><br><i>Chair: Freddy Sitorus</i>   | <b>SGLT2i TREATMENT FOR HEART FAILURE IN NON DIABETIC PATIENTS</b><br><i>Chair: Ekawati Dani Yulianti</i>                           | <b>CARDIAC AND RENAL APPROACHES IN HYPERTENSION</b><br><i>Chair: Teguh Ranakusuma</i>   |
| 11.15 - 11.35 | General Blood Pressure Lowering Strategy in Patients with Hypertension: 2023 Guidelines<br><i>Tunggul D.Situmorang</i>                                 | Its Urgent to Initiate - Early Lesson in Heart Failure<br><i>Triwedya Indra Dewi</i>  | Beta Blockage Strategy for Optimal Heart Rate Control and Reduce Sudden Death<br><i>Bagus Andi Pramono</i>                    |
|               |  | Accelerating Care Across the Heart Failure Spectrum?<br><i>Antonia Anna Lukito</i>  | Early Diagnosis and Intervention to Bring Protection of Life in CKD Patients<br><i>Djoko Wibisono</i>                         |
| 11.35 - 11.55 | The Impact of Single Pill Combination: From Recent Trials and Evidence to Guidelines<br><i>Maruhum Bonar Marbun</i>                                    | Heart Failure and Chronic Kidney Disease: Insights from a Contemporary Large-Scale Population Study<br><i>Pranawa Martosuwignyo</i> | New Approach to Cardiorenal Protection: Balancing RAASi Therapy and Potassium Levels<br><i>Ni Made Hustrini</i>               |
| 11.55 - 12.15 | Discussion   | Discussion  | Discussion  |
| 12.15 - 13.15 | LUNCH  |   |   |
|               | <b>Symposium 4</b>   | <b>Symposium 5</b>  | <b>Symposium 6</b>  |
|               | <b>UPDATE IN MANAGEMENT OF HYPERTENSION AND CKD WITH T2DM</b><br><i>Chair: Ginova Nainggolan</i>   | <b>REVISITED THE ROLE OF SYMPATHETIC OVERDRIVE IN HYPERTENSION</b><br><i>Chair: Ria Bandiara</i>                                    | <b>NEW APPROACHES IN THE MANAGEMENT OF HYPERTENSION</b><br><i>Chair: Arieska Ann Soenarta</i>                                 |
| 13.15 - 13.35 | (OC) Polypill for Initial Treatment for Hypertension: Is It Promising?<br><i>Syahrul Gazali</i>  | (OC) New insight of symphatetic neural mechanisms in Hypertension<br><i>Eka Harmeiwaty</i>  | Tackling the Challenges in Diagnosis<br><i>Erwinanto</i>  |
| 13.35 - 13.55 | Is CCB Still Drug of Choice of Hypertension?<br><i>Bambang Budi Siswanto</i>   | Navigating Overdrive: Which Beta Blockers Provide Benefit in Hypertension Control<br><i>Saifur Rohman</i>                           | Innovative Approaches to Control Hypertension<br><i>Afiatin</i>   |
| 13.55 - 14.15 | Finerenone as Pillar Therapy in CKD Associated T2D Management: What Does It Offer?<br><i>Syafrizal Nasution</i>  | Harmonizing Hypertension: What We Need to Know for Optimal Patient Care?<br><i>Vireza Pratama</i>                                   | Morning or bedtime treatment for hypertension - does it matter?<br><i>Bryan Williams</i>                                      |
| 14.15 - 14.30 | Discussion   | Discussion  | Discussion  |
|               | <b>Symposium 7</b>   | <b>Symposium 8</b>  | <b>Symposium 9</b>  |
|               | <b>BRING YOUR INTERESTING CASES</b><br><i>Chair: Salim Harris</i><br><i>Panelists: Yeni Kandarini, BRM Ario Soeryo, Taufik Meisiano</i>                | <b>THE CURRENT UPDATE ON HYPERTENSION MANAGEMENT</b><br><i>Chair: Mursyid Bustami</i>   | <b>Updated Status of ABPM and HBPM in BP Diagnosis and Management</b><br><i>Chair: Aida Lydia</i>                             |
| 14.30 - 14.50 | Hypertension and Atrial Myopathy: The Earliest Sign of Cardiac Involvement<br><i>Hamed Oemar</i>   | Use of New Anti Hypertensive Agents<br><i>Zulkhair Ali</i>  | The Role of HBPM in Diagnosing and Managing Hypertension<br><i>Rossana Barack</i>   |
| 14.50 - 15.10 |  | The Current Status of Renal Denervation<br><i>Dafsah A Juzar</i>  | Evaluation of Orthostatic Hypotension in Parkinson's Disease and Multiple System Atrophy Using ABPM<br><i>Amanda Tiksnadi</i> |
| 15.10 - 15.30 |  | What Does the Guideline Says in the Management of Acute Stroke with Hypertension Emergency<br><i>Lisda Amalia</i>                   | Should ABPM a Standard Professional Practice to Diagnose and Evaluate Hypertension?<br><i>Teo Boon Wee</i>                    |
| 15.30 - 15.50 | Discussion   | Discussion  | Discussion  |

# Program At Glance

Hypertension 2024 : Are We Better Off?

Sunday, February 25, 2024, Ritz Carlton Mega Kuningan Jakarta

## Plenary Session 2 : Ballroom 2 Joint with ISH: Ideal blood pressure screening and management in limited resources setting

Chair: Jose Roesma

| TIME          | TOPIC  | SPEAKER              |
|---------------|--|----------------------|
| 08.30 - 09.00 | Universal Coverage in Managing the National Burden of Hypertension | Ali Gufron           |
| 09.00 - 09.30 | New frontiers in hypertension treatment                            | Bryan Williams (ISH) |

## Symposium

| TIME          | BALLROOM A   | BALLROOM B  | BALLROOM C   |
|---------------|--|---|--|
|               | <b>Symposium 10</b>  | <b>Symposium 11</b>   | <b>Symposium 12</b>  |
|               | <b>PRECISION MEDICINE IN HYPERTENSION</b><br><i>Chair: Ketut Suwitra</i>   | <b>OTHER INFLUENCING FACTORS IN HYPERTENSION AND CARDIOVASCULAR DISEASE</b><br><i>Chair: Ekawati Dani</i> | <b>MANAGEMENT OF HYPERTENSION IN ASIA</b><br><i>Chair: Arieska Ann Soenarta</i>  |
| 09.30 - 09.50 | Genetic Polymorphism Detection of Pathophysiological Pathways of Ischemic Stroke in Asian<br><i>Valentinus Besin</i> | Immune System and Inflammation in Hypertension<br><i>Bambang Purwanto</i>                                 | Seven Action Approaches for the Management of Hypertension in Asia: Focus on Strict BP Control<br><i>Kario Kazuomi</i>             |
| 09.50 - 10.10 | Biomarkers and Genetic in Hypertension<br><i>Bambang Widiantoro</i>  | Antiplatelet therapy in CV patients - role of Potassium Competitive acid blocker?<br><i>Eko Antono</i>    | Seven Action Approaches for the Management of Hypertension in Asia: Focus on Salt Reduction<br><i>Chia Yook Chin</i>               |
| 10.10 - 10.30 | Hypertension Phenotypes and Arterial Stiffness<br><i>Aryatama</i>  | The Use of Lipid Lowering Therapy after Stroke Events<br><i>Mursyid Bustami</i>                           | Brain Health: The Role of Blood Pressure Circadian Rhythm<br><i>Yuda Turana</i>  |
| 10.30 - 10.45 | Discussion   | Discussion  | Discussion   |
| 10.45 - 11.15 | COFFEE BREAK   |   |  |
|               | <b>Lunch Symposium 4</b>   | <b>Lunch Symposium 5</b>  | <b>Lunch Symposium 6</b>   |
|               | <b>Hypertension Management in Octogenerian</b><br><i>Chair: Wiguno Prodjosudjadi</i>                                 | <b>Single-Pill Combination : a Call to Action</b><br><i>Chair: Rossana Barack</i>                         | <b>Acute heart failure in hypertensive patient : when is the right time to initiate ARNI</b><br><i>Chair: Pringgodigdo Nugroho</i> |
| 11.15 - 11.35 | Hypertension Management in Octogenarians: Commons and Differences<br><i>Wook Bum Pyun (KSH)</i>                      | Comprehensive management of hypertension : From dual to triple combination<br><i>Badai Tiksnadi</i>       | ARNI as foundation standard of care for HFREF patients<br><i>Estu Rudiktyo</i>   |
| 11.35 - 11.55 | Tackling Hypertension in Older Adults: From Bench To Bed Side<br><i>I Gde Raka Widiana</i>                           | The increasing role of triple therapy in clinical practice<br><i>Haerani Rasyid</i>                       | Initiating ARNI in hospitalized HFREF patients<br><i>Paskariatne Probodewi</i>   |
| 11.55 - 12.15 | Discussion   | Discussion  | Discussion   |
| 12.15 - 13.15 | LUNCH  |   |  |
|               | <b>Symposium 13</b>  | <b>Symposium 14</b>   | <b>Symposium 15</b>  |
|               | <b>MODIFYING RISK FACTORS IN HYPERTENSION MANAGEMENT</b><br><i>Chair: Suhardjono</i>                                 | <b>HYPERTENSION WITH COMORBID DISEASE</b><br><i>Chair: Eka Musridharta</i>                                | <b>IMPLEMENTATION OF DIGITAL HEALTH IN MANAGEMENT OF HYPERTENSION</b><br><i>Chair: Siska Suridanda Dany</i>                        |
| 13.15 - 13.30 | Beneficial Effects of Intermittent Fasting in Hypertension<br><i>Rina Agustina</i>                                   | Managing Hypertension in Kidney Disease: Challenges to Prevent Progression<br><i>Artaria Tjempakasari</i> | Transforming Hypertension Diagnosis and Management in the Era of AI<br><i>I Made Putra Swi Antara</i>                              |
| 13.30 - 13.45 | The Risk of Hypertension in Adulthood as A Consequence of Adolescent Obesity<br><i>Celly Atmadikoesoemah</i>         | Primary Stroke Prevention: The Crucial Role of Blood Pressure Control<br><i>Cep Juli</i>                  | Digital Health in Hypertension Management: Utile or Futile?<br><i>Pringgodigdo Nugroho</i>   |
| 13.45 - 14.00 | The New Risk Factors in Hypertension and How to Manage Them<br><i>Yenny Kandarini</i>                                | How to Predict the Risk of Aortic Dissection<br><i>Iwan Dakota</i>  | Sports Monitoring in the Digital Era<br><i>Basuni Radi</i>   |
| 14.00 - 14.15 | Discussion   | Discussion  | Discussion   |
| 14.15 - 14.30 | LAUNCHING CONSENSUS "Panduan Penilaian dan Tatalaksana Hipertensi Resisten"  |   |  |
| 14.30 - 15.00 | CLOSING REMARK AND DOOR PRIZE  |   |  |