

# Speaker Profiles



## Associate Professor Erin Michos

Director of Women's Cardiovascular Health, John Hopkins University

**International speaker:** Female-specific Factors that Enhance Cardiovascular Risk in Women Throughout the Lifespan

Dr. Erin Michos is an Associate Professor of Medicine in the Division of Cardiology at Johns Hopkins University, with joint appointment in the Department of Epidemiology at the Bloomberg School of Public Health. She is the Director of Women's Cardiovascular Health and Associate Director of Preventive Cardiology with the Johns Hopkins Ciccarone Center for the Prevention of Cardiovascular Disease.

Dr. Michos is an internationally known expert in Preventive Cardiology and has authored over 300 publications. Her research has focused on (1) cardiovascular disease among women, (2) coronary artery calcium and inflammatory markers, (3) lipids and (4) vitamin D and supplements. She is an Associate Editor for *Circulation* and the *American Journal of Preventive Cardiology*.

Dr. Michos is a co-investigator in the National Institute of Health-funded Multi-Ethnic Study of Atherosclerosis (MESA) and Atherosclerosis Risk in Communities (ARIC) cohorts. She is the Training Director for three American Heart Association Strategic Focused Research Networks at Johns Hopkins University.

Dr. Michos completed medical school at Northwestern University and then completed both Internal Medicine residency and Cardiology fellowship at the Johns Hopkins Hospital. She also completed her Masters of Health Science degree in Cardiovascular Epidemiology at the Johns Hopkins Bloomberg School of Public Health.

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## Professor Stephen Nicholls

Director of MonashHeart, Director of Victorian Heart Institute and Professor of Cardiology at Monash University

**Alan Goble Oration:** Lipid Management in 2020: Challenges for Today and the Path Moving Forward

Steve Nicholls is the Director of MonashHeart, Director of Victorian Heart Institute and Professor of Cardiology at Monash University. He will be the Director of the Victorian Heart Hospital. He completed his cardiology training at John Hunter Hospital and PhD at the University of Adelaide, prior to holding a postdoctoral fellowship and faculty appointment at the Cleveland Clinic and the South Australian Health and Medical Research Institute.

His research interests focus on the role of metabolic risk factors and imaging in atherosclerosis, with work spanning from early discovery to leadership of large clinical trials. He is Chair of the Australian Atherosclerosis Society Clinical Council, Australia and New Zealand Alliance for Cardiovascular Trials, Asia Pacific Cardiometabolic Consortium, Secretary of the Cardiac Society of Australia and New Zealand and a Fellow of the Australian Academy of Health and Medical Sciences.



## Professor Dominique Cadilhac

Head: Translational Public Health and Evaluation Research Division in Stroke and Ageing Research within the School of Clinical Sciences at Monash University

**Opening Plenary:** Progress in stroke data and e-health and how lessons might apply to cardiac rehabilitation

Professor Cadilhac is an expert in health services research within the field of stroke with application of her work in acute, rehabilitation and long-term care. She has published more than 220 articles. Dominique has a clinical background in nursing and currently heads the Translational Public Health and Evaluation Research Division in Stroke and Ageing Research within the School of Clinical Sciences at Monash University, and is the Head of Public Health: Stroke Division within the Florey Institute of Neuroscience and Mental Health (Australia). She is the Data Custodian for the Australian Stroke Clinical Registry and co-led the Victorian Stroke Telemedicine program. Her skillset includes epidemiology, implementation science, telehealth and economic evaluation.



# Speaker Profiles

## Geoffrey Ahern

Senior Mental Health Clinician

**Invited presentation:** Beating Burnout for Healthcare Workers  
- Put Your Own Oxygen Mask On Before Assisting Fellow Passengers

Geoffrey Ahern is a Senior Mental Health Clinician working on the Emergency Mental Health Team in the Emergency Department of the Royal Melbourne Hospital. Prior to this Geoffrey spent 7 years working on the road with Victorian Police on a mental health crisis response team, attending triple zero calls that involve mental health emergencies with police.

Geoffrey began his career as an Emergency and Trauma nurse in one of Sydney's busiest emergency departments and since then has gained extensive experience in Outback Nursing, Alcohol and Other Drug Counselling and Psychiatric nursing.

As an educator Geoffrey has been involved in one to one mentoring and staff in-services right through to full-time lecturing at a tertiary level. Geoffrey also works as a freelance educator and is a Principal Master Instructor of the Mental Health First Aid Course. The 2-day Mental Health First Aid Course is designed to teach people the skills they need to support a person experiencing a mental health problem or a person in crisis.



## Associate Professor Carolyn Astley

Associate Professor, College of Nursing and Health Sciences, Flinders University

**Invited presentation:** The power of data to move cardiac rehabilitation forward

Carolyn is an Associate professor in the College of Nursing and Health Sciences, Flinders University. She is a Research Fellow with the Country Heart Attack Prevention (CHAP) program of research, manages the Reducing Morbidity and Mortality in type 2 diabetes study and is incoming president of ACRA. Carolyn has expertise in registry design and implementation and is lead of the South Australian cardiac rehabilitation state-wide audit. With a doctorate in public health focusing on systems of care which enable patients to receive best practice therapies following an acute coronary syndrome, Carolyn is committed to research and improving health services in secondary prevention cardiac care. Carolyn has held previous roles with Flinders Medical Centre Cardiology Outcomes research, SA Health and the Heart Foundation and now devotes her time to research and translation to practice. She has held previous leadership roles on the board of the Cardiac Society of Australia and New Zealand (CSANZ) and was the inaugural chair of the CSANZ Cardiac Nurses council.



# Speaker Profiles

## Professor Kaz Negishi, MD, PhD

Professor of Medicine at the University of Sydney; Head of Discipline of Medicine at Nepean Clinical School; a Cardiologist at Nepean Hospital; and National Heart Foundation Future Leader Fellow.

**Invited presentation:** Air Pollution and Cardiovascular disease – Where are we now?

He had his Cardiology training and PhD in Japan, then spent three years in Cleveland Clinic, OH, USA before he came to Australia. He holds Fellowship recognitions from multiple international cardiac societies (FACC, FESC, FAHA, FASE, and FCSANZ).

He is also interested in Environmental Cardiology, especially on air pollution and cardiovascular disease. The adverse effect of air pollution on cardiovascular disease at least equivalent or more than that on respiratory disease. His group reinforced the association between air pollution (PM2.5) and out-of-hospital cardiac arrest (OHCA) among ~250,000 OHCA data. He also identified the lowest threshold of PM2.5 for the increase in heart failure incidence.



## Professor Jonathan Kalman

NHMRC practitioner fellow

**Pre-conference Workshop:** Advances in ablation for atrial fibrillation

Professor Jonathan Kalman is an NHMRC practitioner fellow who leads both clinical and research groups in the Department of Heart Rhythm Disorders at the Royal Melbourne Hospital and the University of Melbourne. Professor Kalman has a national and international reputation as a leader in the field of atrial arrhythmias and has authored over 400 peer-reviewed publications, more than 40 book chapters and delivered over 250 invited lectures at national and international meetings.

He has delivered the named keynote address to the British Cardiovascular Society 2015, the European Heart Rhythm Association 2018, the Cardiac Society of Australia and New Zealand 2019 and the Heart Rhythm Society of North America 2020.

Professor Kalman served on the scientific committee of the Cardiac Society of Australia and New Zealand for 10 years; 6 as chairman, is the immediate past president of the Asia Pacific Heart Rhythm Society and is the international member of the Board of Trustees of The North American Heart Rhythm Society. Professor Kalman serves on the editorial board of 12 international cardiology journals and is an associate editor of JACC-Clinical Electrophysiology. In 2017 he was awarded an Officer of The Order of Australia for services to cardiology.



# Speaker Profiles

## Ms Rox Johnston

Structural Heart Nurse Coordinator at the Alfred Hospital, Melbourne, Victoria

**Pre-conference Workshop:** Update on TAVI-nursing perspective

Rox is the Structural Heart Nurse Coordinator at the Alfred Hospital, Victoria, Melbourne. The Alfred Structural Heart program includes a wide range of procedures including TAVI, TMVR Mitraclip, appendage and defect closure devices such as LAA and ASD/PFO and research procedures for new and emerging SH technologies. Rox has many years of cardiac nursing in coronary care, cardiothoracic ICU and research, and has specialised with the structural heart program since the first TAVI at the Alfred in 2008.



## Dr Joris Mekel

Cardiologist at St John Of God hospital and the Bendigo Hospital

**Pre-conference Workshop:** Remote monitoring of cardiac implantable devices - does it improve outcomes?

Dr Mekel is a cardiologist based in Bendigo with appointments at St John Of God hospital and the Bendigo hospital. He specialises in clinical Electrophysiology providing electrophysiological studies, catheter ablation procedures, pacemaker and defibrillator implants and diagnostic angiography. He consults regularly in Bendigo and Echuca and provides oversight to the pacemaker review clinics in Bendigo, Swan Hill, Echuca and Deniliquin.



He completed his medical and specialist training in Johannesburg, South Africa and Rotterdam, the Netherlands. He lives in Bendigo with his wife and four children.