



HRU Heart Rhythm Updates

South Central

Date: 01 July 2026

**Venue: Macdonald Botley Park Hotel & Spa,
Southampton, SO32 2UA**

Chair: Ms Cristiana Monteiro and Dr Kaushik Guha

08:30 – 08:50 Registration, Tea & Coffee			
08:50 – 09:00	Welcome & Introduction	TBC	TBC
09:00 – 09:20	Anticoagulation decisions: extremes of age, CKD, falls risk, prior bleeding	Dr Waqas Ullah	<i>Consultant Cardiologist, Southampton University Hospitals</i>
09:20 – 09:40	Subclinical AF and atrial high-rate episodes: when should we anticoagulated?	Dr Robert Bowers	<i>Consultant Cardiologist, Hampshire Hospitals</i>
09:40 – 10:00	Persistent AF: strategy and endpoints	TBC	TBC
10:00 – 10:20	Rhythm control in 2026: drugs vs ablation	Dr Julian Boulin	<i>Cardiac Device specialist, University Hospitals Dorset</i>
10:20 – 10:40	The athlete with arrhythmia: benign adaptation or disease?	Dr Girish Babu	<i>Consultant Cardiologist and Cardiac Electrophysiologist, University Hospital Dorset</i>
10:40 – 11:00	Pulsed Field Ablation: what it changes and how to select patients properly	TBC	TBC
11:00 – 11:30 Break			
11:30 – 11:50	Device-detected AF, wearables and screening: what matters and what does not	Dr Iain Sim	<i>Consultant Cardiac Electrophysiologist, Frimley Health</i>
11:50 – 12:10	Stand Up to Syncope: bringing syncope care back on the map	Ms Cristiana Monteiro Mr Nigel Breakwell	<i>Strategy & Operations Director, Heart ReWorks and Researcher, STARS. Trustee, Arrhythmia Alliance</i>
12:10 – 12:30	Conduction System Pacing: evidence, patient selection, and when CRT remains the answer	Dr Paul Haydock	<i>Consultant Cardiologist, Southampton University Hospitals</i>



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12:30 – 12:50	Device infections and lead management: prevention, revisions and extractions	TBC	TBC
12:50 – 14:00	Lunch		
14:00 – 14:20	Preventing heart failure admissions: rhythm, rate and device pitfalls	Dr Kaushik Guha	<i>Consultant Cardiologist, Portsmouth Hospitals</i>
14:20 – 14:40	Use of CardioMEMS remote monitoring in Heart Failure	Dr Andrew Flett	<i>Consultant Cardiologist, Southampton University Hospitals</i>
14:40 – 15:00	ICDs in 2026: risk stratification, shared decision-making, and latest technologies	Dr Milena Leo	<i>Consultant Cardiologist and Electrophysiologist, Portsmouth Hospitals</i>
15:00 – 15:20	Ventricular ectopy and NSVT: is it benign? Is it cardiomyopathy? When do I ablate?	Dr Mike Pope	<i>Consultant Cardiologist, Southampton University Hospitals</i>
15:20 – 15:40	Inherited arrhythmia syndromes and sudden death: who to test, who to image, who to protect	Dr Richard Bala	<i>Consultant Cardiologist, University Hospitals Dorset</i>
15:40 – 16:00	Subcutaneous and extravascular ICDs: selecting the right patient and avoiding the wrong one	TBC	TBC
16:00 – 16:10	Closing Remarks		

Thank you
to our exhibitors who are supporting this meeting

For more information:
events@heartrhythmalliance.org
www.heartrhythmalliance.org