

Cardiovascular Kidney Metabolic Syndrome: Connecting the Dots

Enter text: Shaw, K¹, Co-author^x (last name then initials)

Enter text: Kody.Shaw@cdhb.health.nz

Enter text: ¹ Health New Zealand Waiatua, Canterbury; NZCR

Enter text: ² Institution, City, Country (only if outside New Zealand)

Learning outcomes/objectives

- Describe the cardiovascular-kidney-metabolic (CKM) syndrome and the interconnected pathophysiology between the conditions.
- Apply current evidence and guideline recommendations to optimise pharmacological management of cardiovascular-kidney-metabolic (CKM) syndrome to ensure multi-system benefit
- Develop practical medication optimisation plans for CKM patients in hospital and primary care practice

Content

This workshop provides pharmacists with a practical approach to managing Cardiovascular-Kidney-Metabolic (CKM) syndrome, a complex and increasingly common overlap of heart failure, chronic kidney disease (CKD), type 2 diabetes, obesity, and cardiovascular disease. Through interactive case discussions, participants will explore the shared pathophysiology underlying CKM syndrome and the implications for medicines optimisation.

The session focuses on the evidence-based use and practical application of key cardio and reno-protective therapies. Participants will review how these therapies can be sequenced and combined to achieve meaningful cardiovascular, kidney, and metabolic benefits while minimising treatment gaps. Cases will enable discussion of common pitfalls and challenges while exploring practical strategies for monitoring, medication adjustment, to facilitate continuation of disease altering pharmacotherapy.

By the end of the session, pharmacists will be better equipped to optimise medicines, support treatment persistence, and develop patient-centred management plans that improve cardiovascular and kidney health.

Format of activities

This will be an interactive workshop with large and small group case-based discussions looking at evidence based practice.

Target audience

Pharmacist with a basic understanding of managing cardiovascular, renal, and diabetic conditions

References

1. American College of Cardiology, American Heart Association, American Diabetes Association, American Society of Nephrology. 2026 AHA/ACC/ADA/ASN guideline for the prevention, detection, evaluation and management of CKM syndrome: A report of the American College of Cardiology/American Heart Association Joint Committee on Clinical Practice Guidelines. Circulation. 2026;154(4). [doi:10.1161/CIR.0000000000001453](https://doi.org/10.1161/CIR.0000000000001453).
2. Shaw K, Chia G, Walker R. Contrast-associated acute kidney injury: Balancing kidney risk and access to essential imaging. Nephrology. 2026;31(6). [doi:10.1111/nep.70233](https://doi.org/10.1111/nep.70233).