

2020

# Activity Report

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ESC COUNCIL ON HYPERTENSION  
FISCAL YEAR 2020



# Chairperson's Introduction



**Prof. Giovanni di Simone, FESC**

*Chairperson of the Council on Hypertension 2018-2020*

The Council on Hypertension has achieved important objectives during the past year, with some needed change but also delay, due to the COVID-19 pandemic. All activities have been implemented and decisions taken collegially with the substantial help of members of the Nucleus, but also with the cooperation of members of the Council, giving their experience and expertise and time to help us to achieve objectives and to expand advocacy.

The increasing interest in the activities of the Council on Hypertension is demonstrated by the continuous growth in the number of members and by the overwhelming number of applications received for the 2020-2022 Nucleus positions.

During 2020, the Council began to discuss the increasing relevance of having an ESC Journal to which members could be invited to submit their scientific contributions. Finally, after long efforts and negotiations, and thanks to the help of the ESC and Thomas Luscher, I am pleased to share with you the news that the Council has been invited to nominate an Associate Editor in Hypertension for the *European Journal of Preventive Cardiology*.

## Highlights from 2019-2020

➔ Membership rose to over 1,800 members by March 2020

➔ Launch of Facebook group.

➔ Hypertension Guidelines Implementation Programme developed

➔ Active in Scientific Documents Development

➔ **Two webinars** developed in different areas of hypertension management

# Council on Hypertension Nucleus 2018-2020



**Giovanni di Simone**  
*Chairperson*



**Thomas Kahan**  
*Chairperson-Elect*



**Bryan Williams**  
*Past Chairperson*



**Gianfranco Parati**  
*Treasurer*



**Jana Brguljan**  
*Secretary*



**Felix Mahfoud**  
*Liaison Officer*



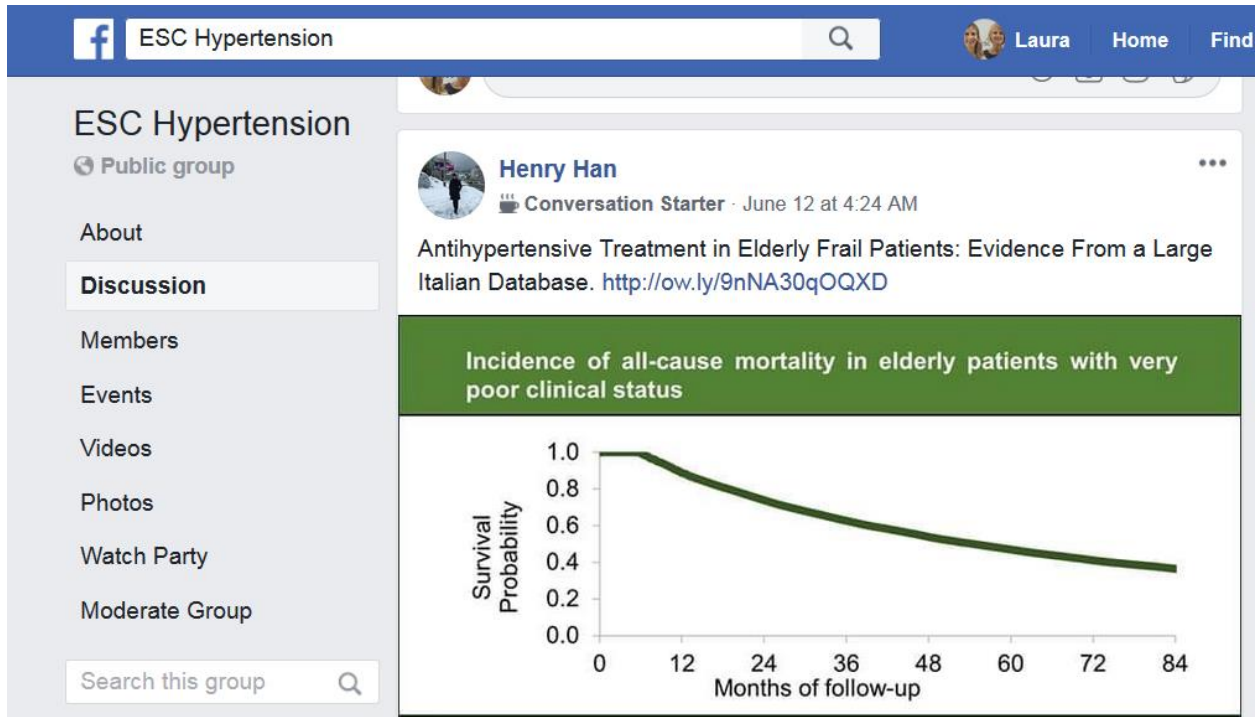
**Isabella Sudano**  
*Young Community  
Officer*



**Costantino Mancusi**  
*Communications Officer*

# Membership

In March 2020, the Council on Hypertension’s membership rose to over 1,800 health professionals from multiple fields. Almost 40% of members are under 40 years old and consequently, the Council has continued to develop its social media strategy via the creation of a Facebook Group dedicated to hypertension-related discussions and news.



The Council encourages its members to engage in council activities, such as the writing of scientific documents and the collection of proposals for the scientific programme at ESC Congress through its pre-scope process.

# Congresses

The Council was heavily involved in developing the Hypertension topic programme for ESC Congress 2019.

The Council Nucleus members participated in joint sessions at several worldwide congresses to help disseminate the 2018 ESC/ESH Guidelines on Arterial Hypertension.

The Council was also involved in a Joint Session with the ESC Council on Stroke at the ESC Heart & Stroke Conference in January 2020.

# Education

## Webinars

The Council organised the following webinars in 2019-2020:

Date	Title	Presenters	Host	Attendees
July 2019	<a href="#">Diagnosis and management of hypertensive emergencies</a>	Jana Brguljan Antoine Cremer	Paolo Verdecchia	354
March 2020	<a href="#">Arterial hypertension guidelines implementation. A case-based approach</a>	Thomas Kahan Nicolas Renna		348



## Scientific Documents

Between 2019 and 2020, the Council was active in the production of [position papers and consensus documents](#) focused on providing practical clinical information:

Date	Title
2020	<a href="#">Position Statement of the ESC Council on Hypertension on ACE-Inhibitors and Angiotensin Receptor Blockers</a>
2020	<a href="#">Peripartum management of hypertension</a>

A Consensus Document on the management of patients with combined arterial hypertension and aortic valve stenosis has also been developed during 2019-2020 for publication in the *European Heart Journal of Cardiovascular Pharmacotherapy*.

## Other Educational Initiatives

In 2019-2020, the Council developed a Hypertension Guidelines Implementation Programme which included a webinar and an [educational workshop](#). This workshop was designed for all specialties interested in hypertension, with a special focus on young physicians and emerging opinion leaders. It was held over two days and included 39 participants from 30 different countries and 12 faculties.

In 2019, the Council on Hypertension supported young healthcare professionals by providing 10 travel grants for ESC Congress for abstract presenters in the Hypertension topic.

## Research

In 2019, a survey on blood pressure control in hypertensive patients was carried out in collaboration with the Council for Cardiology Practice. There were 1,385 respondents and the publication is currently under development.