

Minutes of the Meeting of the ESH Scientific Council

Athens, October 29, 2016

Present:

E. Agabiti Rosei, President
M. Azizi, Vice President
C. Tsioufis, Secretary
M. Burnier, Treasurer
B. Jelakovic, Officer at Large
A. Dominiczak, Immediate Past- President

ESH Council members:

M. Bochud
T. Kahan
R. Kreutz
E. Lurbe
P. van de Borne
D. Lovic

Executive officers

G. Mancia
G. Parati
D. Clement

Apologies:

B. Williams
G. Grassi
A. Coca

1. PRESIDENT'S WELCOME

The meeting was opened by the ESH president E. Agabiti-Rosei, who conveyed the apologies of G. Grassi, A. Coca and B. Williams.

2. MINUTES OF PARIS SCIENTIFIC COUNCIL MEETING, JUNE 10, 2016

The document was distributed to all council members before the meeting, by the ESH Secretary C. Tsioufis and the council unanimously accepted the minutes.

3. TREASURER'S REPORT

M. Burnier presented the financial report of the ESH as per 30.09.2016. The total income was 5'168.49 while the total expenses reached 60'374.97. The net assets of the ESH for the same period amount to 1'415'696.32. As there were no data from the Annual ESH Meeting in Paris, the report was not detailed. In general, the financial situation of ESH is stable. Finally M. Burnier informed the Council that the ESH decided to support the work of the Foundation "Camillo Golgi" by donating a sum of EUR 10'000.

4. ESH FOUNDATION (BRIEF REPORT)

M. Burnier presented the financial report for of the ESH Foundation as per 30.09.2016. According to data, the total income was 17'037.19 while the total expenses reached 71'677.68, with the total loss amounting to 54'640.49 The net assets of the ESH for the same period amount to 1'415'696.32. M. Burnier stated that most expenses of the Foundation are related to the Summer School programme and the Council discussed possible ways to increase the income of the ESH Foundation.

5. PARIS ESH MEETING 2016/ FINAL REPORT

M. Massaro made a brief overview of the statistics for the 2016 meeting in Paris. The number of total abstracts received was 1434, from 52 countries. The total number of faculty members invited in 2016 ESH meeting reached 299. The 2016 ESH meeting hosted 1 educational session (FERRER), 1 satellite symposium (SERVIER), 6 how-to sessions (AXELIFE, BPLAB, CVRx, iHEALTH, SMT TECHNOLOGIES, SOMNOMEDICS) and 13 minisymposia (DAIICHI SANKYO, FUKUDA DENSHI, MEDTRONIC, MENARINI (N.2), MENARINI/DAIICHI , OMRON EU, OMRON JAPAN, QUANTUM, ReCOR DIAGNOSTIC, SERVIER (n.2), SERVIER). In 2016, the number of participants in the meeting was 2.800.

Furthermore, she presented several suggestions for the next ESH annual meetings concerning more sponsorship, higher participation, renewal of the scientific programme and a new promotion plan. Finally she informed the Council on the new regulation by AIFA (Agenzia Italiana del Farmaco – Italian Medicine Agency) and EFPIA (European Federation of Pharmaceutical Industries and Associations). The council discussed these suggestions.

The ESH council discussed and approved the following important changes for ESH 2017:

1. It has been confirmed that the scientific sessions in parallel and the oral sessions in the same slot (3 instead of 4) have to be reduced.
2. As general scenario, parallel oral sessions will be reduced to improve the attendance (6 sessions in parallel instead of 9-10)
3. The number of Accommodation Grants has been reduced to 50 in order to give this possibility only to the best rated abstracts.
4. The Poster Awards have been definitely removed.
5. A special daily registration fee dedicated to presenting authors has been introduced while ESH Council has not approved the possibility to create a fee for participants from disadvantaged countries.
6. Faculty Members have to be selected among KOL only from Europe in order to reduce the travel expenses.
7. Prof. Agabiti Rosei and Prof. Mancia suggested to include some Practical Courses in the scientific programme of ESH 2017 congress to attract more participants. This 3-hours Courses should be foreseen on Friday early afternoon and should be composed by 3/4 oral presentations and by a section dedicated to practical exercise.

8. The timetable of ESH 2017 has been restyled once again according to the indications received during the meeting. On Friday afternoon some Joint Sessions, some scientific sessions and the practical courses will be scheduled before the Ceremony, from 14.00 to 17.30, to have more participants circulating in the congress centre. Prof. Agabiti Rosei and Prof. Mancia suggested to ask to companies whether they could be interested in sponsoring a special track dedicated to GP's on Friday (as occurred in ESH 2011). The Working Group Sessions have been definitely removed, they will not have a dedicated slot but they will be included in some Topical Workshops with the name of the WG mentioned in the title of the session. The Business Meetings of the WG will keep a slot where requested. From the end of the Breakfast Workshops all the sessions time have been anticipated in order to have the best posters discussion ending at 19.00.

9. It has been highlighted the importance to find some young doctors in charge of preparing newsletters to be circulated among participants to better promote the congress. Prof. Agabiti Rosei, Prof. Mancia and Prof. Parati will try to find some names to start this work as soon as possible.

10. It has been confirmed to move Poster Sessions on Saturday and Sunday in the afternoon (from 17.30 to 18.30 visit of posters and from 18.30 to 19.00 best poster discussion). No other parallel session will take place at the same time.

11. In order to make poster session more attractive KOL have to be selected as Chairmen of the sessions

12. On December 12, deadline for abstract submission, Serena will send the number of abstracts received to Prof. Agabiti Rosei and Mancia to let them decide whether postpone or not the deadline.

13. The ESH Programme Committee Meeting has been confirmed on January 28 but it will be focused only on the evaluation of the proposals received for the scientific programme.

Concerning sponsorships:

1 All efforts must be done to bring participants.

2. Replace the "How to Session" with "Hands-on session" in order to attract Companies producing technical device. These sessions have to be pure theory in the first part and then practice

3. Get in contact with Generic Companies, thanks also the help of the ESH Council Members.

4. Finalise package for Indian Participants (ref: Centrix Technologies), including 100-150 registrations at special rate + 1 session one hour

5. Prof. Parati will meet Pfizer in US and try to involve them with some sponsorship

6 Also Prof. Lovic and Prof. Tsioufis are in contact with Pfizer and they will send to M. Massaro the contact details

The ESH Council also decided the following:

1. To include always in the invitation letters of Speakers the exact duration of their speech.
2. 1 week before the meeting AIM will send a reminder to all Speakers, reminding them time scheduling of their presentations and duration.
3. Also, AIM will send clear communication to all Chairmen, including the programme of the session to be chaired and all useful information
4. Increase the communication and advertise the ESH 2017 congress as much as possible, by using all possible way: social media (Facebook, Twitter), email blast, newsletters sent by Infomedica,
5. Improve and promote the use of the ESH Annual Meetings APP (create “My-ESH”)

Finally, in order to fulfill and respect AIFA requirements and deadlines, and also to have an earlier scientific programme to circulate and better promote the meeting itself, the council decided to follow the deadlines below:

Beginning of September: Letters for scientific proposals

September 30, 2016: Abstract submission open

December 12, 2016: First deadline for abstract submission

End of December, 2016: Abstract submission close

January 28, 2017: ESH Programme Committee Meeting

February, 2017: Invitation to Faculty members, Letter of acceptance to authors

March, 2017: Online Programme

March 1-30: 2017 Late-Breakers submission

April 7, 2017: AIFA deadline

6. FUTURE ESH MEETINGS

(a) 2017 ESH MEETING, MILAN

The council decided to contact companies with generic drugs for the meeting in Milan. It was also decided that the poster sessions will be held from 17.30 to 19.00 and that there won't be any accomodation grants and poster awards. Finally D. Lovic suggested that ESH should offer 1-3 free registrations to each ESH National Societies.

(b) 2018 ESH MEETING, BARCELONA

A. Coca informed the Council on the preparations for 2018 ESH meeting in Barcelona.

(c) 2019 ESH MEETING, MILAN

The Council decided the 2019 ESH Meeting to be held in Rome, in the new Convention Centre.

(d) 2020 ESH/ISH MEETING, GLASGOW

A. Dominczak confirmed that the date of the 2020 ESH/ISH meeting in Glasgow, will be transferred in late May, in order not to coincide with the 2020 Euro Cup.

(e) 2022 DECISION ON THE START OF CANDIDACIES/SUBMISSION PROCESS.

It was decided that the election will be held in 2018.

7. ESH EDUCATIONAL ACTIVITIES

a) CURRENT STATUS ON THE RELATIONSHIP WITH ESC (JOINT SESSIONS, ESH/ESC GUIDELINES)

The council was informed that the joint session has been submitted to ESC. The same joint session will be held during both the ESH and ESC annual meeting. A. Dominiczak reported that ESH and ESC have reached an agreement concerning the joint Guidelines and the relative contract has been signed.

b) EDUCATIONAL PROJECTS WITH HYPERTENSION SOCIETY OF INDIA, UACME, CHL

C. Tsioufis presented to the Council the following proposals by Centrix concerning collaboration with ESH:

- ESH Educational Course for India on Hypertension
- Best of ESH in India 2017
- Hypertension Summit 2017

c) MASTER COURSES

E. Agabiti Rosei referred to the ESH representatives for Master Courses, A. Coca for Latin America, A. Manolis for Middle East countries and himself for Far East countries.

C.Tsioufis informed the Council that Pfizer has requested a master course in Russia. The master courses by Menarini and Servier are the following:

- ESH Educational Master Course (Menarini), Sept 30-Oct 1, Marrakech
- ESH Educational Master Course (Menarini) Oct 14-15, Cairo

- Master Course on Hypertension and diabetes fields (SERVIER) March 2017, Gulf counties
- Master Course “Caucasian Project” (Servier), Caucasian Countries

d) ESH OMRON ACADEMY CONTRACT

A. Dominiczak presented the signed contract between ESH and OMRON ACADEMY. She also presented the slides for OA that cover the following topics:

- Hypertension Guidelines and Routine Assessment: 35 slides by G. Mancia/E.Agabiti-Rosei/J.Redon
- Drug therapy & resistant hypertension: 20 slides by G.Grassi/C.Tsioufis/B.Williams
- Blood pressure measurement workshop: 20 slides by G.Parati/J.Redon
- Achieving BP targets through lifestyle intervention: 18 slides by A. Coca/B B.Jelacovic
- Out of office blood pressure: 44 slides by M.Azizi/ G.Mancia/G.Parati
- Blood pressure targets through medicine adherence: 20 slides by M.Burnier/ P.Van De Borne
- Atrial Fibrillation and home monitoring of BP: 16 slides by T.Kahan/E. Agabiti-Rosei
- Metabolic Syndrome and Hypertension: 21 slides by R. Kreutz/G. Grassi
- OA-Hypertension and pregnancy: 15 slides by P. Van De Borne/ A. Dominiczak
- Hypertension and Chronic Kidney Disease: 15 slides by B .Jelacovic/ M. Burnier
- Hypertension Consultation - doctors: 4 slides by A. Dominiczak/C. Tsioufis
- Hypertension Consultation info for Trainer: 2 slides by A. Dominiczak/C. Tsioufis
- Hypertension in Diabetes (updated March 2015): 28 slides by B. Williams/ M. Azizi
- OA - Consultation Nurses: 4 slides by A. Dominiczak/C. Tsioufis
- Omron Academy-Doctors-Pharmacists Introduction Final: 6 slides by A. Dominiczak/C. Tsioufis
- Omron Academy-Nurses Introduction Final: 7 slides by A. Dominiczak/C. Tsioufis
- Omron Academy-Paul Padfield Introduction: 7 slides A. Dominiczak/C. Tsioufis

e) SUMMER SCHOOL IN SIRMIONE

E. Agabiti-Rosei made an overview of the Summer School in Sirmione and presented the statistics of the project. According to data, 32 European countries participated in 2016 project and the total number of participants was 61. E. Agabiti-Rosei mentioned that in 2017, the ESH Summer School will be held in Romania organized by M. Dorobantu, in 2018 in Switzerland, organized by M. Burnier and in 2019 in Greece organized by C. Tsioufis.

f) ESH LATAM SUMMER SCHOOL IN GUATEMALA

The council was informed that the organization of the ESH Summer School in Guatemala was successful.

g) EDITORIAL COLLABORATION WITH SPRINGER

G. Mancina, E. Agabiti-Rosei informed the Council on the progress of the collaboration with Springer.

h) COLLABORATION MENARINI FOUNDATION AND ESH

Prof E.Agabiti -Rosei will discuss with the MENARINI FIUNDATION for further support the ESH educational activities

8. RESEARCH PROJECTS

a) ATRIAL FIBRILLATION PROJECT

E. Agabiti-Rosei informed the Council concerning the progress of the Atrial Fibrillation project, the aims of the project and its findings. According to data, a total of 440 patients, from 11 European countries participate in the AF research project, of which 47% are women. B. Jelakovic presented the Excellence Centers participating in AF project. He mentioned that 19 centers are active, 14 centers have sent data and 9 centers have confirmed their participation in the second phase of the project.

b) BP CONTROLS IN EUROPEAN COUNTRIES

E. Agabiti-Rosei , G. Mancina and B. Jelakovic informed the Council on the progress of the project and the Council discussed the protocol.

c) ARTEMIS/ESH App /MASTER

G. Parati presented the ESH CARE App and informed the council on the progress of the ARTEMIS and MASTER projects

d) BIOMED ALLIANCE (BRIEF REPORT)

D. Clement presented the latest newsletter of the BioMed Alliance, for October 2016. The Council was informed about the upcoming activities and meetings of the BioMed Alliance.

9. UEMS AND EU CONNECTIONS

10. ESH WEB PORTAL

C. Tsioufis presented the statistics for the ESH website for 2016 According to data from Infomedica, the number of visitors and page visits has increased in 2016 compared to the two previous years. In 2016, the registered users amounted to 10,320 and the ESH members to 1608. The number of membership applications since July 2016 is 54 from 30 countries worldwide, the number of European Hypertension Specialists has reached 1061 and the

number of re-accredited Hypertension Specialists is 226. The number of ESH Excellence Centres has reached 183. The e-Learning Programme –has 480 registered users, while 191 users have completed the programme.

The council also discussed the proposal by Infomedica concerning the renewal of the contract with ESH. The proposal presented included amendments of the following services and of the relative costs: Web portal/Content development/ESH e-learning platform/Email alert/Staff time/Costs

11. WORKING GROUPS –BRIEF UPDATE

G. Parati proceeded to a brief-update concerning the ESH Working Groups.

12. EUROPEAN HYPERTENSION SPECIALIST PROGRAMME (BRIEF UPDATE)

M. Azizi briefly presented an overview of the European Hypertension Specialist Programme. He presented data by Infomedica, showing that there are 1061 European Hypertension Specialists in 48 countries. Of them, 541 are ESH members and 520 are not ESH members.

13. ESH SCIENTIFIC NEWSLETTERS

P. Van de Borne presented the following newsletters “Update on Treatment of Hypertension in Patients with COPD,” by Csaba Farsang, Krzysztof Narkiewicz and colleagues, “Update on Treatment of High Blood Pressure in the Elderly and Octogenarians”, by Sverre Kjeldsen and colleagues and “Hypertension and Stroke Subtypes: A Causative Role or Simple Association?” by Dagmara Hering, and colleagues.

14. ESH ENDORSEMENTS

P. Van de Borne informed the council on the endorsement of the following meetings:

1. International Symposium on: Uric Acid Cardiovascular Disease: Back to pathophysiology, December 1-3, 2016
2. International Symposium on: Strategies to reduce morbidity and premature CV mortality in Latin America, October 17-18, 2016
3. 4th India Risk Factor Symposium, October 22-23, 2016
4. ESH Master Course Marrakesh, Morocco, September 30 –October 1, 2016
5. Age and Gender Factors in Hypertension, April 21-22, 2017
6. Salt, Hypertension and Stroke, December 2-3 2016

15. ESH CENTERS OF EXCELLENCE (BRIEF UPDATE)-ESH STUDY ON BLOOD PRESSURE CONTROL

B. Jelakovic presented a brief report on the ESH Excellence Centers programme that includes 183 centers and informed the council on the upcoming activities, ESH Registry on Fibromuscular Dysplasia, Multicentre study on the management of acute hypertensive

events, MASTER study and ESH-BP Control Study. Moreover he informed the Council on the ESH study on BP Control, analyzing the main and specific aims of the study, the enrollment and randomization process, the design and method and the work plan.

16. DATES AND VENUES FOR THE FUTURE ESC SCIENTIFIC COUNCIL MEETING

E. Agabiti-Rosei announced that the future ESH scientific council meeting will be held on January 28 2017, in Milan.

17. ANY OTHER BUSINESS AND CLOSURE

E. Agabiti-Rosei thanked all the ESH scientific council members who participated in the meeting.

Prof. Enrico Agabiti-Rosei
ESH President



Prof. Costas Tsioufis
ESH Secretary

