

Minutes of the Meeting of the ESH Scientific Council

**Berlin, November 2, 2019**

**8:30 – 16:00 hrs**

**PRESENT**

R. Kreutz, President

E. Lurbe, Vice President

A. Januszewicz, Secretary

J. Polonia Treasurer

K. Tsioufis, Immediate Past President

**ESH Council members**

M. Azizi

G. Grassi

T. Kahan

T. Weber

**Executive officers**

G. Mancia

J. Brguljan

D. Lovic

A. Persu

E. Agabiti Rosei

A. Manolis

**Ex-officio members**

M. Dorobantu

**Further Participants**

M. Massaro / M. Calderai – AIM

R. Lynch

**Apologies**

C. Borghi

A. Coca

B. Jelakovic

G. Parati

P. Van de Borne

B. Williams

## **1. PRESIDENT'S WELCOME**

The ESH President R. Kreutz opened the meeting welcoming all members present to Berlin and with a special welcome to all new members. He informed the members that after the ESH annual meeting he has had several face-to-face meetings and telephone contacts with the new Secretary and the new Council members to discuss the future of ESH.

He conveyed the apologies of the Council members who were not present mentioning that A. Coca and G. Parati were in parallel representing ESH at the LASH meeting in Asuncion, Paraguay.

## **2. MINUTES OF THE MILAN SCIENTIFIC COUNCIL MEETING, JUNE, 2019**

The minutes of the Council Meeting held in Milan, June 21<sup>st</sup>, 2019 were unanimously accepted by the Council and are available on the ESH website. R. Kreutz informed the members that all necessary documents for the registration of the new office bearers, A. Januszewicz and J. Polonia, have been provided and sent to Ornitag for their official registration in Zug, Switzerland.

## **3. TREASURER'S REPORT**

### **a. ESH**

J. Polonia presented the unaudited financial report at 30.09.2019. The report detailed the Society's financial situation with net result for the period amounting to 1'570'860 Swiss francs. He pointed out that some items were not included in the report such as the website expenses, tax invoice, annual meeting and travel reimbursements. A detailed and audited financial report will be presented at the next Council meeting in 2020.

### **Action:**

A proposal was made to ask R. Schildknecht of Ornitag to provide a graph of the trend of the income/expenses over the last 5-10 years to present at the next Council meeting.

A note was made also to ask R. Schildknecht if the period covered by the budget report closes with the calendar year 1 January to 31 December.

## European Society of Hypertension, 6300 Zug

Income and Expenditures as per 30.09.2019 (provisional, not audited)

	30.09.2019 (CHF)	31.12.2018 (CHF)
<b>Net assets at beginning of period</b>	1'798'344	2'039'409
<b>INCOME</b>		
<b>Meeting income</b>		
Meeting Barcelona	0 0.0%	1'114'239 78.5%
Meeting Athens	102'483 47.9%	0 0.0%
General Meeting income	0 0.0%	81'764 5.8%
<b>Total Meeting income</b>	<b>102'483 47.9%</b>	<b>1'196'003 78.5%</b>

### Subscriptions

	30.09.2019 (CHF)	31.12.2018 (CHF)
Subscriptions	229 0.1%	237 0.0%
Subscriptions/donations Organisations	111'067 51.9%	97'024 6.8%
<b>Total Subscriptions</b>	<b>111'296 52.0%</b>	<b>97'261 6.9%</b>

### Other income

	30.09.2019 (CHF)	31.12.2018 (CHF)
Dividend/Interest securities	254 0.1%	255 0.0%
Royalties received	0 0.0%	125'556 8.8%
<b>Total Other income</b>	<b>254 0.1%</b>	<b>125'811 8.9%</b>

<b>Total INCOME</b>	<b>214'032 100.0%</b>	<b>1'419'075 100.0%</b>
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	2019	2018
<b>EXPENDITURE</b>		
Allowance to the FESH	229'220 107.1%	360'450 25.4%
<b>Expenses</b>		
Bank charges/Safekeeping fees	5'191 2.4%	7'730 0.5%
Gain/Loss on Securities	16'197 7.6%	22'452 1.6%
Administration costs	18'142 8.5%	12'703 0.9%
Legal- and Professional fees	13'737 6.4%	18'954 1.3%
Website expenses	0 0.0%	63'145 4.4%
Other expenses	29'150 13.6%	5'328 0.4%
General Meeting costs	0 0.0%	79'586 5.6%
Donations	4'359 2.0%	110'408 7.8%
Tax payments	0 0.0%	9'800 0.7%
<b>General expenses</b>	<b>86'775 40.5%</b>	<b>330'105 23.3%</b>
Meeting Barcelona	0 0.0%	911'356 64.2%
Meeting Athens	103'257 48.2%	0 0.0%
Joint ESC/ESH Guidelines	0 0.0%	34'233 2.4%
Exchange difference	22'263 10.4%	23'996 1.7%
<b>Total Expenses</b>	<b>212'295 99.2%</b>	<b>1'299'690 91.6%</b>
<b>Total EXPENDITURE</b>	<b>441'515 206.3%</b>	<b>1'660'140 117.0%</b>
<b>Profit / Loss</b>	<b>-227'483 -106.3%</b>	<b>-241'065 -17.0%</b>
<b>Net assets at end of period</b>	<b>1'570'860</b>	<b>1'798'344</b>

#### 4. ESH BUSINESS MATTERS

This part of the Council meeting was confined to the ESH Council members and ESH Officers only – and separate minutes will be generated.

#### 5. WORKING GROUPS

##### a. Update on Working Groups

K. Tsioufis addressed the need to renew the ESH Working Groups. He welcomed A. Persu as the new coordinator of the Working Groups and thanked G. Parati for his excellent work and support over the years.

A. Persu thanked the Council for welcoming him in his new position and G. Parati for his support and advice during the current transition period.

A Persu summarized the activities of the WGs available on the website or obtained by email exchanges or interviews with WG heads.

A. Persu said that it is important to have regular updated information on the website.

As proposed by R. Kreutz, to give more visibility to the Working Groups, at regular intervals, e.g. 2 or 4 weeks, a WG will have the opportunity to send a general summary of its activities, a call for members or to highlight any new publications or consensus or other projects underway. This information will be published in a dedicated box on the home page of the ESH website. The first communication of this type is online and comes from the WG on HTN and the Kidney.

M. Dorobantu pointed out there should be more collaboration between the National Societies and the Working Groups as the National Societies are not always aware of the WG activities. A. Persu expressed his availability to make the link.

#### **b. Synthesis of interviews with Working Group Chairs**

A. Persu confirmed the need for more communication and exchanges with WG Chairs all year round. He has contacted individually the Chairs of each Working Group to establish personal relationships, to start discussions and stimulate interaction within the WGs. This has already led to very vivid and constructive exchanges with the WG Chairs.

A. Persu summarized recurrent messages from the WG Chairs and, with the support of R. Kreutz, proposed new initiatives such as a “Cheese and Wine” meeting between the Chairs of the WGs during the annual HTN congress.

He also emphasized the need to involve young motivated physicians in the WGs.

M. Azizi suggested involving the young physicians in writing Position Papers and Research.

#### **c. Involvement of Working Groups in Glasgow 2020 Meeting**

All WGs have contributed with high quality proposals both for the Friday WG meetings and the main program. These proposals have been collected and synthesized by A. Persu and transmitted to A. Dominiczak and S. Padmanabhan.

G. Mancia pointed out that the WG meetings should not substitute Annual Meeting sessions, however, more visibility could be given to the WGs by reducing the number of sessions with other Societies which are sometimes less well attended.

#### **d. Working Group Status**

A. Persu said most WGs have no written status and it is important to have a defined structure and timely changes in the leadership for each WG.

It was proposed that the term of each WG Chair should be 2 years, after which the Chair may be replaced by the Secretary of Vice-Chair. Thus, after 4 years, the leadership of each WG will change. A. Persu also suggested an online voting procedure such as was done for the WG on HTN and the Kidney. However, this last suggestion needs further discussion.

R. Kreutz stated that the new rules may apply starting from next year.

It was reminded that WG members must be members of ESH.

**Action:** this information will be sent to WG coordinators

#### **e. Proposals for new Working Groups**

After an open discussion on the title of the new, previously approved WG on drug treatment and adherence, the following title was adopted:

*“Working Group on Cardiovascular Pharmacotherapy and Adherence”*

A Proposal for a new WG on Microcirculation and Inflammation was received from A. Virdis. The latter may be grouped with the WG on Endothelins and Endothelial Factors and the WG on HTN and Sexual Dysfunction to form a “WG on Small Arteris”, while the very

active WG on Vascular Structure and Function may be renamed “WG on Large Arteries”. The plan is to propose to A. Viridis to meet with the Chairs of the existing WGs dealing with arteries in occasion of the Glasgow meeting in order to reach a common position.

**Action:** Letter to involved WGs informing about this plan; by A. Persu and R.Kreutz

Another proposal for a WG on Non-pharmacological Approaches in Hypertension was presented by J. Polonia. This proposal was supported by the council while a change of title change to “WG on Lifestyle Changes and Environment”

Finally, R Kreutz proposed to create a WG on the Ageing Population with the collaboration of gerontologists.

E. Agabiti Rosei said there should not be too many WGs and some could be merged with others to avoid overlapping.

#### **f. Young Members of WGs and ESH Young Investigators Forum**

J. Polonia reported there are currently 80 members of the YIF. He suggested they should be invited to attend the meeting in Glasgow.

K. Tsioufis suggested an incentive to encourage young doctors to join, for example free registration. The following suggestions were made:

Summer School participants and Young Investigators have been encouraged to join the WGs.

#### **g. Position Papers: Review Process and Approval**

A. Persu said there is a need to standardize the procedure of submitting Position Papers of the ESH Working Groups. However, it should be simple and effective in order to avoid discouraging the authors.

The definition of Position Papers, Consensus Documents and Newsletters also needs to be clarified.

G. Grassi was nominated responsible for developing and coordinating this.

WGs proposing Position Papers or Consensus documents should submit a fact sheet with Title/Authors/200 words summary/approximate timeline.

Both the initial project and, if approved, the prefinal ms, should be reviewed by 3 non-contributing Council members.

Feedback to the authors should be provided within maximum 3 weeks at both steps.

G. Mancia stated that the size of such documents should be limited to avoid jeopardizing publication of original papers and that the Editor of *Journal of Hypertension* should be informed in due time of documents “in the pipeline”. However, publication of ESH WG position papers in other journals may also be considered.

**Action:** this information will be sent to WG coordinators

## 6. EXCELLENCE CENTRES

### a. General Update and Interactions Between Excellence Centres

R. Kreutz announced that T. Weber will support B. Jelakovic with coordination of the Excellence Centres.

An email was sent out to all Excellence Centres requesting they send updated contact information on their E.C. 196 emails were sent out with only 62 responses. A follow up email will be sent out again mid-November. It was suggested that each Council member should follow the Excellence Centres in his/her country.

T. Weber will follow up with the Heads of the E.C. to help solve any issues they may have and to promote E.C. as a platform for ESH research projects.

## 7. INTERACTION WITH NATIONAL SOCIETIES

With the aim of creating better collaboration and communication between the National Societies and ESH, M. Dorobantu sent out letters to the National Societies who have attended the individual meetings during the ESH Annual Meetings in 2018 and 2019 and to those who have not attended the individual meetings.

M. Dorobantu suggested the following points as an incentive to the National Societies:

- Free registration for the Presidents of the National Societies at the ESH Annual meeting
- Involvement of ESH with the National Societies for the promotion of the 2020 World Hypertension Day
- 1-2 sessions during the ESH Annual Meeting organized by a group of 3 National Societies
- More visibility could be given to the National Societies on the ESH website by adding, for example, the scientific projects of each National Society.

## 8. ESH HYPERTENSION SUMMER SCHOOL

### a. 2019 Vravrona (Greece) 14-20 September

K. Tsioufis gave a brief overview of the recent Summer School held in Vravrona. There were 65 participants, 57 from European countries and 8 from countries outside of Europe. Innovations were made to this year's programme. The first was the 60 MCQ test on the last day of the Summer School and the awards to the 3 highest scores. The second innovation was the "Alumni networking" including social media links at #ESHalumni introduced by R. Kreutz.

K. Tsioufis thanked R. Cifková for her support and dedication to the Summer Schools over the last 20 years and welcomed J. Brguljan as the new Summer School coordinator.

### b. 2020 Sremski Karlovci (Serbia) 12-18 September

D. Lovic gave a brief summary on the status of the organization of the Summer School. Applications should be sent by the National Societies by March 15, 2020.

A new interactive programme for the Summer School in 2020 was presented by J. Brguljan which includes connecting the participants before the Summer School on social media, organizing the participants into groups to prepare projects that they then present, chairing

lectures, round tables, practical workshops, sporting events and more socializing in the evenings between students and faculty.

- c. **2021** Milan (Italy) date TBD (G. Parati)
- d. **2022** venue TBD (France) date TBD (M. Azizi)
- e. **2023** venue TBD (Sweden) date TBD (T. Kahan)

## 9. ESH ANNUAL MEETINGS

### a. 2019 ESH Meeting, Milan – Final Report

M. Massaro provided an overview of the 2019 Meeting. The total number of registered participants was 2300 with 2136 onsite attendees. The number of participants was slightly lower than in 2018. The countries with most participants were Italy, Greece, Russia, Spain, France, Czech Republic and India with 78 participants.

The meeting hosted 2 sponsored Satellite Symposia (Merck KgAA, Servier), 8 sponsored Minisymposia and 2 sponsored Educational Sessions (Medtronic, Sanofi).

A total of 1079 abstracts were received, 961 abstracts and 118 late-breaker abstracts. 22 abstracts were rejected. The final cost for the online publication was €8,864,60.

ESH income from the meeting is €170.034,34

<b>FINAL BUDGET</b>	
<b>INCOMES</b>	<b>EURO</b>
<b>SPONSORSHIPS</b>	<b>€ 80.094,30</b>
<b>EXHIBITION SPACES</b>	<b>€ 323.620,00</b>
<b>SATELLITE SYMPOSIA</b>	<b>€ 470.000,00</b>
<b>REGISTRATIONS</b>	<b>€ 956.850,00</b>
<b>TOTAL INCOMES</b>	<b>€ 1.830.564,30</b>



[www.esh2019.eu](http://www.esh2019.eu)

**29<sup>th</sup> European Meeting**  
on Hypertension  
and Cardiovascular  
Protection

**FINAL BUDGET**

JUNE 21-24, 2019 - MILAN, ITALY

<b>GRAPHIC STUDY/PRINTED MATERIALS</b>	<b>€ 41.085,06</b>
<b>Abstract online (Journal of Hypertension)</b>	<b>€ 8.864,60</b>
<b>MARKETING AND COMMUNICATION ACTIVITIES</b>	
<b>PROMOTION OF THE CONGRESS</b>	
<b>EMAIL BLAST</b>	<b>€ 60.380,10</b>
<b>WEBSITE</b>	
<b>APP</b>	
<b>PRE-CONGRESS SECRETARIAT/GENERAL EXPENSES</b>	<b>€ 42.000,00</b>
<b>ONSITE SECRETARIAT: AIM COORDINATORS AND ONSITE STAFF, MANPOWER DURING THE CONGRESS</b>	<b>€ 88.291,00</b>
<b>CONGRESS VENUE</b>	<b>€ 294.400,00</b>
<b>TECHNICAL EQUIPMENT</b>	<b>€ 234.768,50</b>
<b>SIGNPOSTING/DECORATION MEETING ROOMS</b>	<b>€ 127.377,35</b>
<b>CONGRESS MATERIAL</b>	<b>€ 42.668,00</b>
<b>TRANSFERS</b>	<b>€ 1.987,50</b>

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**FINAL BUDGET**

JUNE 21-24, 2019 - MILAN, ITALY

<b>SPEAKERS</b>	<b>€ 55.219,44</b>
<b>ACCOMMODATION GRANT</b>	<b>€ 22.418,18</b>
<b>FOOD &amp; BEVERAGE</b>	<b>€ 106.325,00</b>
<b>SOCIAL PROGRAMME</b>	<b>€ 91.694,48</b>
<b>MISCELLANEOUS</b>	<b>€ 57.075,00</b>
<b>AGENCY FEE 10% INCOMES</b>	<b>€ 183.475,74</b>
<b>TOTAL EXPENSES</b>	<b>€ 1.458.029,96</b>
<b>LOC MINIMUM GUARANTEE</b>	<b>€ 100.000,00</b>
<b>ESH MINIMUM GUARANTEE</b>	<b>€ 100.000,00</b>
<b>ESH ROYALTY WEB-TV</b>	<b>€ 2.500,00</b>
<b>TOTAL</b>	<b>€ 1.660.529,96</b>
<b>FINAL PROFIT (to be shared 50%)</b>	<b>€ 170.034,34</b>

**b. 2020 ESH/ISH MEETING, GLASGOW**

M. Calderai reported on the status of the Glasgow meeting. The Abstract deadline is November 29 and she proposed that the deadline will not be extended. K. Tsioufis expressed his concern that the submission deadline is too short and there will not be enough abstracts.

Eight Sponsors have confirmed their participation (Abbott, Inbody, Medtronic, Merck, Novacor Omron, Servier, Spacelabs), there are 16 sponsorships pending. There are 3 confirmed sponsored sessions (Abbott - Minisymposia, Merck - Satellite Symposia, Servier Satellite Symposia + 2 Minisymposia) and 6 pending sponsored sessions.

The Presidential Dinner will be held on Sunday May 31<sup>st</sup>.

**c. 2021 ESH MEETING, MILAN** – Nothing to report

**d. 2022 ESH MEETING, ATHENS** – Nothing to report

**e. 2023 ESH MEETING, MILAN** – Nothing to report

**f. 2024 BID STATUS**

R. Kreutz reported that ISH announced a world-wide BID for the 2024 ISH meeting.

Therefore, they cannot at this time consider a possible meeting in Europe. This generates a problem, because a stand-alone ESH should normally take place in 2024. He indicated the ESH is pushing ISH to clarify this issue as soon as possible.

**10. ESH AND JOURNAL OF HYPERTENSION**

G. Mancia reported there has been an increase in the scientific interest in the Journal of Hypertension in the following regions: Europe, USA, Asia and an increase in articles from Europe, USA and Asia. The highest number of papers in Europe are from the UK, Germany and Italy with an increase in papers from France.

Editorship of the Journal should remain in Continental Europe. A call for applications for the new Editor in chief has been issued with a deadline until first of December 2019.

**Due to lack of time, the below items 11-14 not discussed:**

**11. ESH RESEARCH PROJECTS**

**12. ESH NEWSLETTERS AND POSITION PAPERS**

**12. ESH ENDORSMENT (Books, Meetings)**

**14. ANY OTHER ISSUES**

**15. DATES FOR FURURE COUNCIL MEETINGS**

**a. Saturday January 25<sup>th</sup>, 2020 Glasgow (Afternoon)**

The Glasgow Programme Committee Meeting will be held in the morning. Due to the short time available and the difficulty in reaching Glasgow, it was decided to postpone the ESH Council Meeting to a later date and venue to be confirmed.

- b. Friday May 29<sup>th</sup>, 2020 Glasgow (morning)**
- c. Date/venue of 2020 Fall meeting - TBD**

**16. CLOSURE OF THE MEETING**

R. Kreutz thanked the ESH Council members for the very productive meeting and wished all Members a safe trip home



Reinhold Kreutz  
ESH President



Andrzej Januszewicz  
ESH Secretary