

## **Minutes of the virtual Meeting of the ESH Scientific Council**

**February 6, 2021**

**09:00 am – 13:15 pm**

### **PRESENT**

#### **ESH-Council members and officers**

R. Kreutz, President

E. Lurbe, Vice President

A. Januszewicz, Secretary

K. Tsioufis, Immediate Past President

G. Grassi

D. Lovic

T. Kahan

G. Parati

T. Weber

A. Persu

B. Williams

P. Van de Borne

C. Borghi

E. Agabiti Rosei

M. Dorobantu

A. Coca

G. Mancia

A. Manolis

J. Brguljan

M. Burnier

#### **Other participants**

M. Calderai (AIM)

M. Massaro (AIM)

M. Elgner – ESH Coordinator

R. Lynch – ESH Secretariat

#### **Apologies**

M. Azizi

B. Jelakovic

J. Polonia

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

The ESH President, R. Kreutz welcomed all members to the ESH Virtual Council Meeting. He conveyed the apologies of the Council members who were unable to attend due to the COVID-19 pandemic hospital duties.

A screenshot of all Council meeting participants was taken and will be sent to Renata Cifkova with best wishes from all for a quick recovery.

A minute of silence was observed in memory of J. Widimsky Sr. A memorium has been published in Blood Pressure.

## **2. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL ZOOM MEETING ON NOVEMBER 7, 2020** (A. Januszewicz)

The minutes of the Zoom Council Meeting held on November 7, 2020 were unanimously accepted by the Council and are available on the ESH website in the Council Area where they can be consulted by the Council members.

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

### **a. ESH Financial Report**

A. Januszewicz presented a summary of the ESH financial situation at 31.12.20 (not audited) on behalf of J. Polonia. The figures are all in Swiss Francs (1 EUR = 1.08 CHF; 1 CHF = 0.93 EUR) and are still preliminary. The taxes have not been taken into account so far.

- Net assets at 31.12.20: 1'849'171 CHF (31.12.19: 1'813'266 CHF) → profit of 35'905 CHF in 2020
- Total income at 31.12.20: 341'609 CHF (31.12.19: 1'386'355 CHF)
- Total expenses/expenditures 31.12.20: -305'704 CHF (31.12.19: -1'371'433 CHF)
- The marked difference in the 2020 total income compared to 2019 is due to the lower number of meetings held in 2020.
- Expenses and expenditures in 2020 are much lower compared to 2019 for the same reason.
- Overall, the financial situation is stable.

### **b. FESH Financial Report**

M. Burnier reported on the ESH Foundation financial situation at 31.12.20 (not audited).

- There was practically no activity in 2020.
- The total income is lower due to the postponement of the Summer School and the expenditures which are mainly administrative costs, are much lower.

- Net assets at 31.12.20: 554'875 CHF (31.12.19: 550'741 CHF) → profit of 4'135 CHF in 2020
- Total income at 31.12.20: 32'802 CHF (31.12.19: 261'815 CHF)
- Total expenditures 31.12.20: -28'673 CHF (31.12.19: -187'988 CHF)
- Transfer funds from ESH to FESH for 2020 (transfer not made and not calculated in the report).

#### Action points

M. Burnier pointed out the ESH administrative and legal costs are higher compared to 2019. R. Kreutz suggested to consult and discuss this with J. Polonia, R. Schildknecht, M. Burnier, A. Januszewicz, R. Kreutz:

- the breakdown of the ESH administrative and legal costs
- clarify the item "subscriptions" in the FESH report
- transfer of funds from ESH to FESH

## **4. ESH BUSINESS MATTERS**

### **a. ESH Coordinator**

R. Kreutz officially confirmed and welcomed the new ESH Program Coordinator, M. Elgner.

### **b. Social Media Activities** (*M. Elgner*)

- ESH activities are being actively promoted on the ESH Twitter account.
- Council Members are invited to contribute with content to post on Twitter (papers, studies, meetings, research, surveys).
- Exchange of posts between ESH Twitter account and Annual Meeting Twitter account.

### **c. ESH Membership**

R. Kreutz gave an overview of the ESH membership status:

- 22,698 registered users on ESH website
- 2,041 registered members at 31.12.20
- 78 new members (30.06.19-31-12.20)
- Only 280 registered members (14% of registered members) paid their dues in 2020.
- He suggested that ESH start from scratch and renew the membership database. Registered members will be contacted asking them to confirm their membership by paying the annual fees.
- The contract with the Journal will be renewed this year and a decision must be made whether membership will be linked to the Journal or whether only a low membership fee will be charged.

Action points

- Send out information to all members that the ESH membership database will be re-established
- Ask for personal renewal of ESH membership
- Define new membership fee – linked to or not to Journal of Hypertension subscription?
- What benefits can be offered to members?

**d. ESH Office Bearers**

K. Tsioufis briefly mentioned how the COVID-19 pandemic has not only affected daily life but also ESH activities.

He addressed the necessity to appoint a new President and thus new Immediate Past President and new elected Council Members for those members that are approaching end of term at the end of June 2021. Due to the difficult pandemic situation and the resulting limited activities of the ESH, he proposed to extend the terms of the outgoing Council Members and the President/Immediate Past President for another year. The replacement of these positions would then take place at the 2022 Annual Meeting in Athens.

The proposal was unanimously approved by the Council Members.

The current President, Reinhold Kreutz, was asked if he accepts this decision. He agreed and thanked the Council and added that the proposal still has then to be officially confirmed at the Virtual General Assembly on April 13, 2021.

Action points

- Check compliance with ESH by-laws and legal office in Zug
- Present proposal during the ESH General Assembly at the Joint ESH-ISH Virtual Meeting.

**5. ESH RESEARCH PROJECTS – Focus on Updates**

**a. ESH Survey Tool**

M. Burnier gave a brief presentation of the SoGo Survey System for online surveys.

- High quality and secure system
- Multi-channel distribution, complete analytics
- ESH has a 1-year subscription to SoGo Survey (the subscription ends on Oct 20, 2021)
- SoGo Survey can be used by up to 1000 users
- Only 2 people have access to upload the questionnaires on the SoGo platform.  
Besides himself, M. Burnier proposed M. Elgner as the second person.
- The platform can be used for various things:
  - Elections for WG Chair and vice-Chair
  - Follow-up survey on the COVID-19 pandemic
  - Proposal received from Servier to carry out a survey on patient adherence

Action point

- Train ESH Coordinator to handle the SoGo Survey Tool

**a.1. Pilot Study on Adherence**

M. Burnier gave an overview of the survey carried out on Adherence.

- Survey sent to all Council Members and the WG on Cardiovascular Therapy and Adherence
- A total of 68 invitations to participate were sent out – 51 responses were received
- The survey used the same questions used for the Adherence Society for Patient Adherence ABC Survey.
- It was suggested to involve National Societies in the survey
- Excellence Centers and General Practitioners should also be involved in the survey
- The results of the survey should be made available to hypertension specialists

**b. Cost Action HyperChildNET Study**

E. Lurbe gave a brief presentation on the HyperChildNET Study.

- The first proposal for funding for the study was submitted in 2018 was rejected.
- After filling in the gaps pointed out by the reviewers, the proposal was re-submitted in 2019 and was granted funding for 4 year.
- 36 Proposers, 20 European countries, 1 international partner country (USA)
- The Study is endorsed by: ESH, ESH WG on Hypertension in Children and Adolescents, University of Valencia (ES), General University Hospital of Valencia (ES).
- The Study is the first and only network to focus on hypertension in pediatric age
- 5 WGs are involved in the Study: 1. BP Devices, 2. BP Reference Values, 3. Impact of High BP, 4. Prevention, 5. Dissemination.
- The plan and budget were officially approved in November 2020
- The grant agreement between the Grant Holder–University of Valencia and the COST Association was signed in January 2021.
- Cost Action Study started in November 2020 finishing in 2024. The term has been extended 6 months due to the COVID-19 pandemic (May 2025).
- Promote on ESH social media

**c. ESH Blood Pressure Control Study**

- Project started when E. Agabiti Rosei was President
- Difficulties in getting project started
- Omron delivered devices to the Excellence Centers participating in the project
- Only a few Excellence Centers and countries have actively participated

### Action Points

- Organize a Zoom meeting with the Steering Committee (E. Agabiti Rosei, B. Jelakovic, K. Tsioufis, G. Mancia, J. Polonia, A. Januszewicz, R. Kreutz)
- Analysis of existing data suggested by K. Tsioufis
- Decide whether to move forward or abandon the project

## **6. ESH ANNUAL MEETINGS**

### **a. 2021 ESH/ISH Meeting, Glasgow**

An overview of the current status of the meeting organization was given by M. Massaro.

- Registered users: approx.1600 (many registrations from Asia)
- Total abstracts: 1347 (including those confirmed in 2020)  
Oral: 238  
Poster: 1109
- Confirmed sponsors: 12
- Confirmed sponsored sessions: 20
- All sessions will be transmitted live and will be available on-demand
- E-posters will be available at any time on-demand
- Important Programme Dates:
  - Sunday April 11 – 11:00-12:00 - Official Opening Ceremony
  - Monday April 12 – 12:00-13:00 – ESH Awards
  - Tuesday April 13 – 13:00-14:00 – ESH General Assembly
  - Wednesday April 14 – 14:00-15:00 – Closing Ceremony
- National Hypertension Societies have been engaged to help promote the meeting. Those promoting the meeting have been offered a free virtual booth on the platform.
- A massive promotional campaign has been carried out. There has been an increase in followers on social media:
  - Twitter: 974 followers (+20%)
  - Facebook: 627 followers (+5%)
- AIM technical partner will support/assist speakers and the organization of pre-recording
- R. Kreutz congratulated the AIM team for the excellent job done given the difficulties

### Action point

- Send out calendar invites to Council members for ESH specific sessions

### **a.1 ESH Awards**

R. Kreutz invited Council members to send nominations for the ESH Awards.

### **b. 2022 ESH Meeting, Athens**

K. Tsioufis – M. Massaro will start working on and promoting the Athens meeting after the Glasgow meeting.

**b.1 Pre-ESH Athens 2022 Satellite Symposium** (*G. Mancia, M. Massaro*)

- The Satellite Symposium will be held October 30-31, 2021 in Milan
- It will focus on controversial issues in Guidelines – setting the stage for future European Guidelines, which are anticipated in 2023/2024
- Meeting format:
  - 1.5 days, Hybrid meeting: physical presence of Faculty + virtual mode for delegates
  - Approx. 22 topics will be discussed in plenary format, 45 minutes/topic (main speaker, second speaker, general discussion)
  - Approx. 60 Faculty will be invited to participate including some from outside of Europe (virtual)
- The meeting will be open to a large audience in Europe and outside Europe
- This meeting could be followed by a corresponding second Satellite on the same topic after the Athens meeting in 2022.
- An additional feature to the Satellite Symposium could be short industry webinars on selected topics related to guidelines.
- Sponsorship: a number of major sponsors have been approached and have shown interest in the initiative (Servier, OMRON).
- K. Tsioufis proposed to hold the ESH Council meeting on the Friday of the planned meeting, i.e. October 29<sup>th</sup> morning.
- The proposal was supported by the Council members.

**Action point**

- Send calendar invite to the ESH Council members

**c. 2023 ESH Meeting, Milan** (*M. Massaro*)

- The dates of the 2023 meeting have been confirmed, June 23-26, 2023
- The meeting will be held at the usual Milan venue MiCo

**7. ESH ACTIVITIES ON COVID-19** (*A. Januszewicz, M. Burnier*)

3 COVID-19 pandemic related articles were published in 2020/beginning 2021:

- published mid-April 2020 in Cardiovascular Research: Hypertension, the renin-angiotensin system, and the risk of lower respiratory tract infections and lung injury: implications for COVID-19
- The second paper by Thomas Weber followed in early January 2021 on the Excellence Center survey: The corona-virus disease 2019 pandemic comprised routine care for Hypertension
- The third paper, a review article, was published January 21<sup>st</sup> in the Journal of Hypertension: Lifestyle, psychological, socioeconomic and environmental factors and their impact on hypertension during the coronavirus disease 2019 pandemic

New initiatives for 2021 focusing on the COVID-19 pandemic:

- Follow up on the Excellence Centres survey to gather real data
- Ask Excellence Centres to share the data they have on home BP before and after COVID-19 lockdown. This data could enhance the Excellence Centre survey
- Use the SoGo Survey platform

Action point

- Plan a follow up meeting on the Excellence Center Survey to decide on next steps

## **8. ESH AND JOURNAL OF HYPERTENSION**

R. Kreutz provided an update on the ESH/Wolters Kluwer status.

- The contract with the Publisher expires 31/12/2021. The current agreement is outdated and would be automatically renewed for three years, thus until December 2024. Therefore, after the decision of the ESH Council on November 7<sup>th</sup>, an official letter was sent to the Publisher informing them that ESH did not wish to renew the current contract and would like to negotiate a new agreement.
- R. Kreutz spoke recently with the ISH President to join forces and discuss what should be changed in the new contract.
- A small Task Force was formed (J. Redon, K. Tsioufis, R. Kreutz, G. Mancia, A. Januszewicz) to determine how to proceed.
- Key points:
  - What will be the future of the Journal when the Editorial office moves to Manchester?
  - Should the subscription to the Journal be mandatory?
  - Journal content, ESH publication in the Journal, technical issues, Abstract book
  - At least 3 members on the Journal BOM should be current Council members

Action points

- Discuss and draw up new contract between ESH, ISH and Wolters Kluwer
- Decide on subscription to Journal and membership fees

## **9. WORKING GROUPS**

### **9.1 - Who are WG members? Preliminary data**

A. Persu provided preliminary data from an analysis of the WG members. WG members data was compared with data from the ESH members database. This was a limitation of the analysis as some data from the ESH database is incomplete e.g., date of birth not provided by the members.

Questions:

- 1) Are all WG members also ESH members?
- 2) What is the proportion of young WG members ( $\leq 40$  years of age)?



Results:

- 1) The proportion of WG members who are also ESH members is low (overall: 62 %)
- 2) Only a small percentage of WG members (overall: 6,8 %) can be considered young members as defined.

Action points

- Update WG lists
- Attract young people, try to improve gender balance
- Gather information on areas of interest of WG members to facilitate collaboration across WGs
- Meeting with Working Group Chairs to share and discuss the results.

**9.2 - New WGs: next steps**

A. Persu showed a list of the current ESH Working Groups. As decided at the last Council Meeting, the WGs with vascular focus and the new initiative on microcirculation and inflammation have been re-grouped into two vascular WGs, i.e., on small arteries and large arteries, respectively. This decision has been officially notified to the WG heads.

An open discussion on tentative new WGs followed. Proposals include:

- a. WG on Lifestyle and Environment Factors in Hypertension (previous proposal by J. Polonia)
- b. WG on hypertension in elderly/frail patients (previous proposal by R. Kreutz)
- c. WG on Hypertension in women (pregnancy...)
- d. WG on hypertension and metabolic diseases.

Regarding b) and c) the initiatives on hypertension in elderly/frail patients and hypertension in women could possibly “become sections of a wider WG on hypertension in special populations, also including the current “WG on hypertension and cardiovascular risk assessment in subjects living in or emigrating from low resource settings”.

Regarding d) it is proposed to integrate this aspect in the current WG on obesity, diabetes and high-risk patients. This WG could be re-named into “WG on obesity, diabetes and metabolic diseases”.

Finally, it is proposed to change the name of the WG on interventional treatment of hypertension into “WG on device-based treatment of hypertension”.

Action Points:

- Persu to reach out to heads of concerned WG and initiatives for further discussion of the proposed changes.

## 10. ESH EDUCATIONAL ACTIVITIES

### a. ESH online platform – Educational Grant by Servier (*A. Januszewicz*)

- Webinar 1 and Webinar 2 are available on the ESH website

### b. Webinar “Controversial issues of recent Guidelines” – Educational Grant by Menarini

- E. Agabiti Rosei informed the Council that Menarini will support 2 webinars
- The program has been submitted to AIFA (Italian Medicines Agency), final approval is expected in approx. 60 days
- The first webinar will be held on April 28, second webinar on May 26

### c. Webinar series “ Educational Imaging Program in Hypertension” in cooperation with Siemens Healthcare Poland (*A. Januszewicz*)

- A Hands-on Workshop of the ESH Working Group on Hypertension and the Kidney will be held during ESH-ISH meeting.
- Siemens Poland will provide an educational grant for 2021 for a series of interactive webinars on radiological imaging techniques used in hypertensive patients.
- The first webinar will be held February 11, 2021 and will be broadcasted live.
- The webinars will focus on:
  - Renal Doppler Ultrasound
  - Computed Tomography
  - Magnetic Resonance
- The webinars will be divided into 45-minute lectures and 90-minute live doppler ultrasound examinations on patients with secondary hypertension.
- Around 100 participants specialized in hypertension from European hypertension, cardiology and nephrology centers have been invited.
- A. Januszewicz asked the Council for their acceptance and support.

### d. Participation in meetings and cooperation with other societies

T. Kahan provided a brief update on the educational activities with ESC.

#### 1. ESC: Joint Session at ESH-ISH Virtual Annual Meeting in April 2021

- A joint session with ESC Council on Hypertension is planned during the ESH-ISH Virtual Annual Meeting in April 2021.

#### 2. ESC: Joint Sessions at ESC Virtual Congress in August 2021

- Proposed joint sessions with ESC Council on Hypertension during the ESC Virtual Annual Congress in August 2021.
- A proposal for 2 joint sessions has been submitted through Intrascopes 2021 by ESC CHT
- The same proposals have been submitted directly by ESH

- A meeting of the ESC CPC (Conference Programme Committee) will be held in February to discuss all proposals.
- ESH is not part of the CPC and T. Kahan suggested approaching the following key people on the committee to consider ESH proposals: S. Achenbach, S. Windecker, M. Halle, A. Konradi and R. Schmieder

#### **11. EXCELLENCE CENTRES** (*T. Weber*)

- 5 new applications – 2 of which approved
- 1 BP Clinic from Romania approved

#### **12. ESH NEWSLETTERS** (*G. Grassi*)

- 4 Newsletters published in 2019
- 2 Newsletters published in 2020
- 4 Newsletters are planned for 2021. The first 2 are ready to be published.
- Involve WG Chairs in proposing Newsletters

#### **13. INTERACTION WITH NATIONAL SOCIETIES** (*M. Dorobantu*)

- Proposal to organize short (10-minute) meetings with the Presidents of the National Societies during the annual meeting.
- Meetings could be held each day in the morning before 11:00 am

#### Action points

- M. Massaro/M. Calderai will check feasibility (15-minute slots)
- Contact National Societies: how many are interested in participating in these meetings

#### **14. ESH RELATIONSHIPS WITH LATIN AMERICA** (*A. Coca*)

- Seven societies from Latin America are part of the ESH Association Program
- In January, the Inter American Society of Hypertension (IASH) joined the ESH Association Program.
- The IASH includes Latin Americans working in Canada and the USA

#### **15. ESH SUMMER SCHOOL**

- A decision on when and whether the Summer School can be held in 2021 must be made.  
J. Brguljan gave 3 options:
  1. Postpone the Summer School until 2022
  2. Hold the Summer School in November 2021. Is this feasible in Serbia in November?
  3. Change the Summer School into a shorter online event (2 afternoons)
- The Council members\* were invited to write in chat or to send an email if they support the option to postpone the Summer School until 2022.

Some chat opinions are:

**P. van de Borne:** keep September but virtual

**M. Burnier:** Probably post-pone it. It is difficult to do it online

**A. Manolis:** Postpone to November or next year

**A. Coca:** It should be in person, not virtual

**T. Kahan:** I am not in favor of a Summer School during 2021. In Scandinavia we will not have vaccination for the general population (<65 yrs) done before the summer and this implies there will be restrictions in traveling. Also, the costs for travel (flights) will be expensive as there will be a limited number of flights. This makes costs, which is a problem for the participants. Let's save the money for a 2021 Summer School and have the activity in 2022. No virtual meeting, the networking activity is very important.

**D. Lovic:** The Summer School is education and networking for young doctors, and as we said it is a "once in a lifetime" event. I don't think a virtual is possible. Let's see what the situation is next month and then decide. Personally, I propose to postpone for one more year.

**A. Persu:** I am pessimistic about a physical Summer School meeting in September- might be too early for attendants to decide. And indeed, a physical meeting would be more appropriate.

Action point

- Organize a meeting to decide on how to move forward.

\* Some Council members had already left the meeting due to hospital duties

**16. OTHER ISSUES (*R. Kreutz*)**

- World Hypertension Day
  - Support and keep the same motto
  - Endorsed by ESH

**17. DATES FOR FUTURE COUNCIL MEETINGS**

a. Virtual Meeting on April 10, 2021

- R. Kreutz proposed to postpone the next Council meeting till June.
- Council members\* present agreed unanimously

b. Fall Meeting October 29<sup>th</sup>, 2021

Action point

- Decide date for June Council Meeting and send invitation to Council members

\* Some Council members had already left the meeting due to hospital duties

### 18. CLOSURE OF THE MEETING

The President thanked the Council Members for supporting the proposal to extend the term of the Council Board and his presidency for another year.

He thanked A. Januszewicz and M. Elgner for their time and excellent preparation of the Council meeting. He also thanked M. Massaro, M. Calderai and the AIM team for their support for both the Council meeting and the organization of the Virtual meeting.

He closed the meeting wishing everyone all the best.



Reinhold Kreutz  
ESH President



Andrzej Januszewicz  
ESH Secretary