

Minutes of the Meeting of the ESH Scientific Council

October 28, 2023

Budapest Marriott Hotel, Budapest, Hungary

Room: View 3-4

8:30 AM – 1:15 PM CEST

PRESENT

T. Weber, Secretary

A. Januszewicz, Vice-President

R. Kreutz, Immediate Past President

J. Brguljan

J. Danser

C. Delles

R. de Pinho

L. Halvorsen

Z. Jarai

G. Mancia

E. Rodilla

A. Pathak

A. Persu

Other participants

M. Massaro – AIM

VIRTUAL

G. Grassi, President

M. Doumas, Officer-at-Large

M. Burnier

APOLOGIES

J. Polonia, ESH Treasurer

M. Elgner, ESH Coordinator

1. PRESIDENT'S WELCOME

The ESH President, G. Grassi, welcomed all members to the ESH Council meeting, virtual and in presence.

A special welcome was expressed to Lene Halvorsen and Enrique Rodilla, the two new Council members elected at the ESH Annual Meeting in Milan in June 2023. Since it was their first Council meeting, they briefly introduced themselves.

2. APOLOGIES (T. Weber)

T. Weber informed the Council that J. Polonia and M. Elgner would not be able to attend the meeting in person or virtually due to other important commitments and illness.

3. APPROVAL OF MINUTES – ESH SCIENTIFIC COUNCIL MEETING ON JUNE 23, 2023 (T. Weber)

The minutes of the Scientific Council Meeting held on June 23, 2023, in Milan, Italy, were accepted unanimously by the Council and are available on the ESH website in the Council Area where they can be consulted by the Council members.

Topic 4 was postponed due to technical issues

5. ESH BUSINESS MATTERS

5.a Proposals for new Executive Officers (G. Grassi)

As an introduction to the topic, G. Grassi presented the status quo of the ESH Council organigram.

In The following two new positions for Executive Officers were suggested:

1. Executive Officer for Evidence Synthesis in Clinical Research
Candidate: Mattias Brunström
2. Executive Officer for International Clinical and Research Collaborations
Candidate: Konstantinos Tsioufis

Council members were asked for their approval of these new candidates. The above candidates were unanimously approved by all Council members.

5.b Use of ESH logo for industry matters (T. Weber)

T. Weber explained that ESH is approached quite often with requests for endorsement of industry-related initiatives. An example from Medtronic was shown.

The first step might be to establish an “oversight” committee for this topic. This group can work on a list of prerequisites, rules and regulations and also fees for the use of the ESH logo. The need for to establishing a standardized process was discussed to avoid the misuse of the ESH logo.

A. Pathak and M. Burnier volunteered to start the initiative. An update will be presented at the next Council meeting in January 2024.

Continuation with topic 4

4. TREASURER’S REPORTS

4.a ESH Financial Report (T. Weber on behalf of J. Polonia)

On behalf of J. Polonia, T. Weber presented the ESH interim balance sheet of September 30, 2023. All figures were presented in Swiss Francs.

The income and expenditures were shown to the audience in comparison with the situation at the end of 2022 and 2021.

In summary:

- Net assets at beginning of period = 1,994,190.35
- Profit/loss: Net result for 2022 = 30,268.80
- Net assets at end of period = 2,024,459.15
- Total income = 192,987
- Total expenditures = -162,718

The overall situation continues to be stable.

The loss on currency exchange is an important point on the balance sheet. ESH might play a more active role on in its control in the future. But this needs to be discussed at the next Council meeting when Jorge Polonia is attending again.

4.b FESH Financial Report (M. Burnier)

M. Burnier presented the interim profit and loss statement at the end of September 2023. All figures were presented in Swiss Francs.

The financial situation remains stable.

- Net result on September 30, 2023 = 147,957.10
- Net result on December 31, 2022 = 37,812.16

The allowance (€ 100,000) from ESH was has not yet been received by the FESH. This transfer needs to be done to pay the Summer School.

Continuation with the remaining subtopics of topic 5

5. ESH BUSINESS MATTERS

5.c ESH Membership Renewals 2023 - Update (R. Kreutz)

In general, the ESH Membership Committee (A. Januszewicz, Z. Jarai and P. van de Borne) has approved 49 new member applications between the Annual Meeting in June 2023 and October 18, 2023.

Formerly registered ESH Members = 3,323 (2022)

Total Number of Paid Members = 408 (381 Standard Fee, 27 Reduced Fee)

Council Members who have paid the dues (incl. some that have left the Council in June 2023) = 20

New Members - Summer School Participants 2022 = 13

New Members - Summer School Participants 2023 = 2

5.d ESH Corporate Membership - Update (A. Pathak)

A. Pathak has done some research among the industry partners on the matter of ESH Corporate Membership.

They already support the major ESH events or provide educational grants for scientific projects. It would be of great value for them to have closer access to the ESH Council members in order to use them as a kind of advisory body for their activities or to be more involved in the design of the ESH Annual Meeting programs.

Furthermore, A. Pathak proposed to use the corporate membership to support the Summer Schools. This proposal was well received. He has already approached Medtronic, Recor, Servier, Omron and Merck for this purpose. The Council members are in favor of this proposal.

The amount of the membership fees for companies could be between €10,000 and €40,000. The ESH needs to determine whether different levels of corporate membership need to be established (e.g. Platinum, Gold) or whether there is only one category offering the same benefits to all.

Most importantly, ESH needs to provide annual feedback to sponsors on what we have spent their money on. One possibility would be to hold a meeting at the end of the annual conference or immediately afterwards. There we could discuss future plans and activities together and give them a status report on the planning of the summer school and other activities they are involved in.

J. Brguljan and A. Pathak will work out a sponsorship concept for the upcoming summer school in France and report back at the next Council meeting.

5.e ESH Interaction with EFIM (E. Rodilla, R. Kreutz)

E. Rodilla and R. Kreutz briefly reported about a Zoom call that took place between them and R. Gómez-Huelgas, the President of the European Federation of Internal Medicine (EFIM), on September 22, 2023.

The outcome of this meeting was very positive:

- Endorsement of the 2024 ESH Clinical Practice Guidelines for the Management of Arterial Hypertension by EFIM
- Joint Sessions EFIM - ESH at EFIM Congress on March 6-9, 2024 in Istanbul and vice versa at ESH 2024 Meeting in Berlin

Several Council members pointed out that the collaboration with EFIM and other scientific societies, as well as GP societies around Europe, is most important to promote the ESH Guidelines and to further disseminate them.

5.f Approaching new industry partners (T. Weber)

Currently, promising new treatments for hypertension are evolving by the pharmaceutical industry, for example:

- Alynlam (Zilebesiran), Ionis (AGT ASO), Idorsia (Aprocitentan)
- Novo Nordisk: obesity drugs and hypertension (nsMRA aquired)
- Eli Lilly: obesity drugs etc

This makes it very important to explore the market situation in the market and get in touch/establish new scientific collaborations with these companies. Personal contact is most important here. T.

Weber asked the Council members if they have these kinds of contacts.

- M. Burnier contact to with Idorsia
- E. Rodilla contact to with Daiichi Sankyo Spain

T. Weber will form a small group to work on that matter.

6. 2023 ESH HYPERTENSION GUIDELINES

6.a 2023 ESH Hypertension Guidelines - Update (R. Kreutz, G. Mancia)

R. Kreutz and G. Mancia gave a short update on the status quo of the Guideline's publication.

The final paper is already available online at on the Journal of Hypertension website. The very final version will be available at in a dedicated December issue of the Journal of Hypertension with free access.

After the publication in the Journal of Hypertension (app. two months), the publication of the full paper in the European Journal of Internal Medicine will follow.

A slide deck with final figures and essential recommendations is in progress and will be sent to the Guidelines Steering Committee and Task Force members shortly. A sample of the slide layout was shown to the audience. R. Kreutz reminded everyone to use the very final version of the paper for the presentation.

In addition, it was decided to write a short paper summarizing how the separation of the ESH and ESC guidelines came about, as questions had repeatedly arisen. The paper will be published in BP. The decision to have separate guidelines was taken by the previous Council in 2021. Therefore, the authors of the paper should be all former Council members. This proposal was confirmed unanimously.

6.b 2024 ESH Clinical Practice Guidelines (R. Kreutz)

In At the beginning of 2024, the work on the ESH Clinical Practice Guidelines will be intensified.

It will be an illustration-based document (figures and tables) with short plain language summary (PLS) and infographics.

The extraction of essential information from the full paper:

- Will be done by Steering Committee members
- Support from the General Practitioner (GP-Network) Nucleus members

The GP nucleus group already discussed the topics that should be included in the practice guidelines.

The endorsement by the EFIM is already granted. ERA and ISH will also be approached again on that purpose matter.

The Clinical Practice Guidelines should be published in Blood Pressure and maybe the European Journal of Internal Medicine. The Council agreed on the publication in BP.

Further plans are to create a smart phone application or conversational tool backed by the GLs and a pocket version for easy use by GPs and other colleagues.

But To realize the above presented goals, the support of an experienced graphic agency is needed. A possibility might be the cooperation with the marketing agency of AstraZeneca. They will work with this agency for the evaluation of the CKD survey results (see topic 13.e).

G. Mancia pointed out that a foreword clarifying the meaning of the Guidelines would be important.

6.c. Translations of ESH Guidelines (T. Weber)

The Clinical Practice Guidelines need to be translated to be implemented all across Europe and beyond. The National Societies were approached for the translation of the 2021 ESH Practice guidelines for office and out-of-office blood pressure measurement. They did a good job on the translations which are available on the ESH website. Thus, this approach might be repeated for the translation of the Practice Guidelines.

The Austrian Society of Hypertension already published a short summary of the 2023 Guidelines in their society journal.

T. Weber raised the suggestion to found an oversight committee to take care of the important task of translating the guidelines. This was agreed.

If pocket Guidelines will be produced, they should definitely be translated in different languages. M. Burnier will discuss this with Taylor & Francis if this is a problem.

The contract with Wolters Kluwer is not fully clear on the matter of translations. The editor of the Journal of Hypertension, Phil Daly, needs to be approached directly to ask him about the possibility of translations.

6.d. Implementation of ESH Guidelines (R. de Pinho)

R. de Pinho briefly presented a timeline for the implementation of the guidelines:

- 2023 ESH Hypertension Guidelines – Full text
- 2024 ESH Clinical Practice Guidelines – short text, see above
- 2025 ESH Implementation Guidelines – strategic paper – tools for GPs, general internists (and specialists) → cooperation with EFIM and WONCA

7. ESH GP NETWORK – UPDATE (R. de Pinho)

Since the GP network was founded, several meetings have been held to discuss the initiative and determine the next steps:

- First online meeting on Tuesday, March 28, 2023
- Second presential meeting on Saturday, June 24, Milan, 2023
- Third online meeting on Tuesday, September 12, 2023
- Fourth presential meeting on October 27, 2023 in Budapest

A first paper describing the goals of the initiative was recently published in Blood Pressure.

To facilitate the expansion of the General Practitioners (GP) Network, the ESH Council members and the GP Network nucleus members should gather as many GPs as possible. The European GP Associations will also be contacted by the GP nucleus members.

Furthermore, the ESH affiliated National Hypertension Societies will be contacted shortly and provided with the GP article for further distribution among colleagues as well as with an initial questionnaire to learn more about the status quo of treatment of hypertensive patients in Europe.

In addition, the members of the GP Network nucleus are already working on a draft of the Practice Guidelines in teams dedicated to different topics.

8. ESH EXCELLENCE CENTRES PROGRAM & HYPERTENSION SPECIALIST PROGRAM (C. Delles, M. Doumas)

C. Delles and M. Doumas first reported about on the status quo of the ESH Excellence Centres Program.

Total ECs: 198

- ECs in good standing (head of EC is an ESH member): 126

- ECs not in good standing (head of EC is not an ESH member): 72

New centres approved 2019-2021: 14

Pending 2019-2021: 10

New centres approved 2022-2023: 8

Pending 2022-2023: 14 (4 from Sep 2023)

Prospective ECs must apply online via the ESH website. There are some ideas to streamline the process in the future.

There is also a stagnation in reaccreditation and submission of annual reports. These are challenges that need to be discussed.

In October, an article was published in Blood Pressure about the ESH EC program:

The Hypertension Excellence Centre programme of the European Society of Hypertension – current status, activities and reshaping for the future

T. Weber, M. Doumas, C. Delles, B. Jelakovic, M. Viigimaa, K. Narkiewicz, A. Januszewicz, R. Kreutz, G. Grassi, G. Mancia

C. Delles also mentioned some examples for of challenges that the ECs are facing, e.g., discrepancy between expectations, payment problems between EU and Russia.

Finally, some research projects (studies, surveys) of recent years were briefly presented. It is not entirely clear why these projects are not on the ESH website and who is responsible for this. This will be further investigated in 2024.

C. Delles and M. Doumas now reported about on the status quo of the ESH European Hypertension Specialist Program.

Total number of Specialists: 916

- ESH Members: 630

- ESH Non-members: 286

- ESH Members in good standing (members that have paid their dues): 219

Approved specialists from 2019-2021: 21

Pending 2019-2021: 0

Approved specialists from 2022-2023: 25

Pending 2022-2023: 4

To be recognized as a Hypertension Specialist of the ESH, an applicant must meet the following criteria

- Clinical experience in hypertension (not less than 10 years) with particular reference to referral of patients with difficult hypertension.
- Training in a medical specialty germane to hypertension (Internal Medicine, Nephrology, Cardiology, Endocrinology, Primary care, etc.)
- A certain degree of scientific activity (e.g. publications on clinical hypertension, participation in clinical trials, etc.)
- Continuing interest and updating in hypertension as shown by participation in scientific meetings and membership in hypertension related scientific societies.
- Recognition by peers at national levels

There are always some challenges with the applications, even the CVs are sometimes incorrect. Thus, it's not always evident that the applicant fulfills the prerequisites to become an ESH Hypertension Specialist.

A discussion followed about the purposes of both programs and the benefits.

All ECs whose center leaders are not ESH members or do not pay their membership fees will be removed from the website. Some personal reminders have already been sent out for this purpose.

C. Delles pointed out that it is very important to involve ECs more in ESH conferences and papers. Another possibility would be to organize clinical case webinars on selected topics, perhaps once a month at first. The ESH Coordinator can support this initiative.

C. Delles and M. Doumas will set up a list of ECs that could be more involved in the ESH congress program in Berlin.

The last question was if ESH should stick to the fee of € 50 for becoming an ESH Hypertension Specialist. Since this is more or less an administrative fee, the Council decided to keep this fee.

BREAK

9. ESH WORKING GROUP ACTIVITIES (A. Persu)

9.a Ongoing changes in WG structure and leadership

A. Persu reported on some changes in the structure and leadership of the WGs since the ESH Annual meeting in Milan in June 2023.

WG on Hypertension and the Heart

Konstantinos Tsioufis was elected as new Chair of the WG (term 2023-2025).

Elections for the positions of Vice-Chair and Secretary will be done until at the end of 2023.

WG on Endocrine Hypertension

Laurence Amar was elected as Vice-Chair of the WG.

WG on Hypertension and Cardiovascular Disease in Special Populations

Since all sections of this WG are all very active and have thus proven their capacities to work independently, A. Persu proposed to upgrade them to full WGs. There were no objections by the Council members.

A shorter name for the WG on Hypertension in subjects living in or emigrating from low resource settings needs to be discussed.

9.b Update on WG publications and projects

An overview of some important WG publications and scientific projects was presented by A. Persu.

WG on Hypertension and the Brain

2 ESH Clinical Updates & News editions:

1. *Predictive value of new cardiovascular tools for stroke risk reclassification.*

T. Yaneva-Sirakova, A. Coca, C. Sierra, P. Cunha, D. Hering

On behalf of the ESH WG on Hypertension and the Brain

2. *Twenty-four-hour blood pressure monitoring - from silent to whispering brain damage*

T. Yaneva-Sirakova, I. Petrov, L. Traykov, A. Coca, P. Cunha, D. Gasecki, B. Farukh, V. Kotsis, A.

Vicario, E. Manios, C. Sierra, , D. Hering

On behalf of the ESH WG on Hypertension and the Brain

WG on Hypertension and the Kidney

Project

HAMA (a cohort of patients with malignant hypertension followed in France). R. Boulestreau

1. *Revisiting malignant hypertension: rationale and design of the HAMA cohort*, on behalf of the ESH WG Hypertension and the Kidney.

Authors: R. Boulestreau^{1,2,3}, JM. Halimi¹³, P. Gosse¹

Published: J Hypertens 2023 Mar 1;41(3):453-458

2. *Early results of the prospective multidisciplinary HAMA cohort: description of the first 302 patients and external validation of the cohort.*

Advanced draft.

The study is close to European extension.

Survey

Management of CKD patients in the ESH HT Excellence Centres.

JM. Halimi, P. Sarafidis, A. Persu, R. Kreutz

Supported by AstraZeneca

Analysis in progress → article to be submitted in November (journal tbd)

J.-M. Halimi, Chair of the WG presented two main upcoming projects by email to A. Persu:

1. Promotion of the WG on HT and the Kidney in Europe:

We recently organized a survey regarding the management of CKD patients in Excellence Centers (the paper will be finalized within the next months, hopefully). Many Excellence Centers answered but some countries were not represented. **We wish to contact the Presidents of National HT societies in Europe to promote our group and ask them to find a nephrologist at least in one of their Excellence centers from their countries, so that our group will be known in all countries and that we can try to involve of all them in our activities.**

2. Proposition to obtain prospectively aggregate data (for example the mean of the last 10 patients) of patients with CKD to have a general idea of the clinical, demographical, biological, management data for them and publish them. From a regulatory point of view, it may be difficult...

The proposals were discussed and confirmed.

WG on Hypertension and the Heart

Position papers in planning:

Hypertensive Heart disease in the elderly

Differential characteristics and recommendations for diagnosis and management

Project led by Prof Miguel Camafort

Older hypertensive patients share distinct features in terms of underlying pathophysiology, clinical approach, and management. However, they remain a fairly obscure group to the clinician. The present review article/position paper seeks to provide updated information regarding this patient group.

Cardiac imaging for the differential diagnosis of the hypertensive heart.

Practical considerations

Project to be led by Prof Costas Tsioufis and Dr Alexandros Kasiakogias

Hypertensive heart disease and left ventricular hypertrophy may share common imaging findings with other conditions that are increasingly recognized in clinical practice. Pathologies such as cardiac amyloidosis, Fabry disease and inherited cardiomyopathies should be kept in the differential diagnosis when there is an increased index of suspicion. The present review will seek to provide updated information regarding the use of echocardiography and, importantly, advanced imaging (cardiac magnetic resonance, myocardial scintigraphy, positron emission tomography, etc) in this respect.

Survey:

Survey on the clinical utilization of CMR among Hypertension Excellence Centres.

Project to be led by Dr Alexandros Kasiakogias and Dr Panagiotis Iliakis

Cardiovascular Magnetic Resonance (CMR) has matured into a central tool for the diagnosis, severity assessment and prognosis of most cardiovascular conditions. Currently, CMR holds a high level of recommendation for the investigation of patients with heart failure and cardiomyopathies. The objective of the present study is to collect information on the utilization of CMR for patients with hypertension among Hypertension Excellence Centres. Gathered data will include information on CMR availability, rates of use, limitations, and physician beliefs about CMR in hypertensive patients, and the clinical indication for CMR referrals.

The position papers and the survey were agreed.

WG on Diabetes and Metabolic Risk Factors

Survey:

Survey on management of obese hypertensive patients in ESH Excellence Centres.

V. Kotsis, C. Antza

Survey completed

Draft manuscript just circulated (target = Blood Pressure)

Assessment & Management of Obese Hypertensive Patients in ESH Excellence Centers. A survey from the ESH Working Group on Diabetes and Metabolic Risk Factors.

Christina Antza¹, Guido Grassi^{2,3}, Thomas Weber⁴, Alexandre Persu⁵, Jens Jordan^{6,7}, Peter Nilsson⁸, Josep Redon⁹, Stella Stabouli¹⁰, Reinhold Kreutz¹¹, Vasilios Kotsis¹

WG on Large Arteries

Position paper

2023 Recommendations for the Validation of Non-invasive Arterial Pulse Wave Velocity Measurement Devices for Use in Hypertension and Cardiovascular Prevention and Disease

Corresponding Authors: B. Spronck (The Netherlands), RM Bruno (France)

Accepted for publication in Hypertension 19 10 2023

WG on Small Arteries

Position papers

The importance of microvascular inflammation in ageing and age-related diseases

Published in Journal of Hypertension 2023, 41:1521-1543

In planning:

Mechanisms of microvascular inflammation and potential therapeutic targets

Suggested target Journal: Hypertension (Invited review)

Expected month/year of submission to Journal: 05-06/2024

Responsible lead author(s) Name(s): Agostino Virdis, Francisco Rios, Damiano Rizzoni, Rhian Touyz, Tomasz Guzik, Francesco Paneni, Kimon Stamatelopoulos, Ignatios Ikonomidis, Eugenia Gkaliagkous, Konstantinos Stellos, Guido Grassi, Jacek Wolf

WG on Hypertension in Children and Adolescents

Survey

Survey on the transition of hypertensive youth from pediatric to adult care units: a survey among ESH Excellence Centres

Article in preparation, submission foreseen at end of 2023

WG on Hypertension and CVD in Special Populations

Section Hypertension in Older Adults

Survey

Survey to identify current practices on treatment of hypertension in adults ≥ 75 years across different specialties in Europe.

Benetos et al.

Answers to the survey: n=37 (11th October) – reminder sent

Diffusion to Presidents of National Societies of HTN and other Societies (Geriatrics...) foreseen

WG on Device-based treatment of HT

Clinical Update & News publication

Long-term efficacy and safety of renal denervation: an update from registries and randomized trials

Authors: K. Dimitriadis, R. Schmieder, P. Iliakis, L. Nickel, K. Tsioufis, J. Weil

Published in Blood Pressure on October 7, 2023

9.c Proposal of new Working Group

Marek Rajzer from Krakow, Poland suggested to found a new WG to deal with the topics of pollution, noise, seasonal blood pressure variations, high altitude and trauma exposure. The rationale for the establishment is as follows:

1. The topic of environmental influence on cardiovascular diseases is of great scientific interest, and no ESH WG is dedicated to this issue so far.
2. The importance of this topic will progressively increase in time.
3. There is already a great increase in publications and projects in this area, including a new call for HORIZON 2050.
4. Numerous European and local institutions are interested in cooperations in this area.
5. There are signs that such a section will be created within other scientific societies.

Since these environmental issues become more and more crucial to the treatment of hypertension, the Council members voted in favor for the establishment of a new ESH WG entitled "Hypertension and Environment".

The tasks for this new ESH WG are:

1. Preparation of the position papers on the importance of four main types of environmental pollution (air, water/soil, noise, and light) in hypertension.
2. Establishing cooperations with the European Environment Agency in their projects.
3. Initiation of multicenter scientific studies (also within ESH Excellence Centers) on the topic of the role of environmental factors in developing and course of hypertension.
4. Dissemination of knowledge about harmful effects of environmental factors by organizing the WG Annual Scientific Meeting and sessions during ESH Meetings.
5. Creation of a research platform within ESH for building a consortium to apply for grants in the area of environmental health effects.

The proposed 'nucleus' of the new WG: Marek Rajzer, Wiktoria Wojciechowska, Thomas Munzel, Andreas Daiber, Omar Hahad, Thomas Weber, Grzegorz Bilo, Andrzej Januszewicz. The members of the nucleus need to be defined.

The proposal was discussed in the Council. There was no objection.

R. Kreutz proposed 2 new position papers for 2024 on behalf of the WG on Lifestyle, Cardiovascular Pharmacotherapy and Adherence:

1. Hypertension and Oncology (lead should be J. Versmissen)
2. Paper on the new obesity drugs in cooperation with the WG on diabetes and metabolic risk factors (R. Kreutz to make proposal)

Both proposals were agreed.

10. ESH YOUNG INVESTIGATORS PROGRAM – Update (J. Danser)

The initial group consisted of 10 YI participants of the 2022 ESH Summer School – they all want to continue working with us in 2024. They represent Belgium, Denmark, Greece, Italy, Poland, Slovenia, The Netherlands, Turkey, UK and China.

The group has been expanded with six 2023 ESH Summer School students from Germany, Portugal, Serbia, Hungary, France and Greece.

Next steps

- Meeting of the 16-person core group once a month starting from October 30, 2023 to work on ideas/contributions for the ESH 2024 Meeting
- They have to form a board representing the group (e.g., chair, secretary + 2 members), allowing themselves to develop their own ideas beyond ESH 2024
 - then from next year on, ESH 2024 candidates might join, and 2022 representatives might step down, etc.

Young investigator contribution to ESH 2024

- “Introductory Session”: inviting a senior fellow to hear about his/her journey in the field of hypertension (or have a panel discussion with several seniors, questioned by a professional host)
- Social YI evening with drinks, supported by ESH, together with the above senior(s): invite all Summer School participants of the past few years?
- Repeat poster session like as in Milan ESH203 (with drinks/food, short presentations, electronic poster board), and ideally make use of a system where one can only hear your own poster presenter with special earphones (like during touristic excursions)
- Make sessions more interactive, ask YI to present clinical cases
- Co-chairing of scientific sessions (oral and poster, ideally 1:1 with a senior person)

Some other ways of poster presentations were discussed.

Topic 12 was brought forward

12. ESH SUMMER SCHOOLS

12.a Summer School 2023 in Italy (J. Brguljan, M. Massaro)

The Summer School 2023 took place at Villa Cagnola in Gazzada Schianno close to Milan in Italy from September 24 to 29.

50 participants from 29 European countries and 5 non-European countries participated in the event.

J. Brguljan, also on behalf of G. Parati, presented a summary of some Summer School aspects:

VENUE

Villa Cagnola was chosen because of:

- beautiful historical place with a gorgeous park with secular trees
- nice teaching facilities also for small subgroup activities
- short distance from Milano and its main airports, possibility also for train connections
- lower rates for hotel rooms
- good food and nice staff available always to help

INTRODUCTION OF NOVEL PRACTICAL “HANDS-ON” TEACHING COURSES

Hands-on teaching courses for smaller subgroups were implemented (focussing on BP measurement, tonometric assessment of PWV and echocardiographic assessment of LV mass).

SHORTER LECTURES

The length of the lectures was shortened to obtain more space for the participants' active participation.

PARTICIPANTS' ORAL PRESENTATION OF THEIR ABSTRACTS

Participants' oral presentations were organized using the same technology for digital poster oral presentation and discussion that we had successfully introduced at the ESH Congress in Milano, to prevent them from remaining seated for additional hours in the lecture room and to facilitate the discussion by having them standing nearby the poster screens.

SOCIAL EVENT WITH HISTORICAL AND CULTURAL RELEVANCE

A special "cultural and social" event took place including a visit to a XII. century hermitage built in the rocks next to Lake Maggiore, followed by a boat tour around the "Borromeo" islands of Lake Maggiore at sunset. The excursion ended in a dinner at a nice restaurant in Stresa on the west side of the lake.

BALANCED USE OF LOCAL EXPERT FACULTY TO REDUCE COSTS WITHOUT EXCLUDING ESH EXPERTS

A number of Italian experts were included in the faculty, as indicated by the ESH Council, aimed at reducing travel costs.

But at the same time, ESH experts with specific knowledge on relevant issues important for the school program were invited. Hybrid solutions were completely avoided.

ADDITIONAL FINANCIAL SUPPORT

An additional amount of € 60'000 was raised from sponsoring on top of the budget offered by ESH (€ 100,000), which allowed ESH to be supported by an expert event organizing agency (AIM).

The preliminary final budget is € 13,983.45. The final budget will be shared at the next Council meeting in January.

QUESTIONNAIRE AMONG STUDENTS

A short survey was sent to all participants to gather their feedback. 35 of 50 have responded so far. The overall feedback was very positive. The final results will be shared with the organizers of the upcoming Summer School in France in 2024.

J. Brguljan presented some regulations and suggestions for the organization of future Summer Schools:

- Budget: 100,000 € +/- 10,000-20,000 € → everything above needs to be funded by local organizer
- One place for accommodation of students and faculty, if possible, including lecture rooms
- Possible sports facilities at the venue are desirable
- Easy transport from airport to venue, if possible public transport for students
- Duration: start on Sunday – end with dinner and diploma delivery on Thursday evening; departure on Friday
- Speakers: local speakers + at least 1/3 ESH members international experts
- Chairing: students included
- Hands-on sessions and digital poster presentations should be planned
- Students: 1 – 2 per country (flights have to be paid by National Societies; local transfers, hotel accommodation, food & beverages, will be paid by ESH, extras should be covered by participants) → also non-EU country participants

- Non-EU participants: same rules in terms of costs like for as per EU participants → but limitation to 6 non-EU participants.
- ESH coordinator, in cooperation with local people, helps in the logistic organization of the school and is present onsite during school duration.
- Photo booklet afterwards

12.b Summer Schools in France 2024 - Outlook (A. Pathak)

A. Pathak reported about the status of the organization of the upcoming Summer School in France. Considering the Summer Olympic Games that take place in summer in France in 2024 as well, a possible date for the ESH Hypertension Summer School could be September 15 – 20, 2024.

A suitable location has already been selected – Club Med Opio en Provence. Logistically the venue is ideal since it is only 30 minutes by car to the airport and 45 minutes to the main train station in Nice. The Club Med is surrounded by great nature, has a wide variety of meeting spaces and rooms, and several restaurants. There are also a lot of sports facilities (swimming pools, golf course, tennis). And the “all-inclusive” mode helps to avoid hidden costs. For the organisation they will keep all previously mentioned regulations in mind.

The preliminary budget would be € 111,244. The date, venue and budget for the Summer School in France were unanimously approved.

T. Weber indicated that the ISH Meeting in Cartagena, Colombia is taking place from September 19-22, 2024.

The meeting was continued with topic 11

11. ESH ANNUAL MEETINGS

11.a 2023 ESH Annual Meeting, Milan – Recap (G. Mancina, M. Massaro)

M. Massaro delivered a brief report on the results of the Annual Meeting in Milan.

Congress Days = 4

Meeting Rooms = 7

Congress Sessions = 102, Oral presentations = 161

E-Posters = 676

Total Registrations (including Faculty) = 2,310

➔ IN-PERSON REGISTRATIONS = 1,821

➔ VIRTUAL REGISTRATIONS = 489

Top 5 countries with more than 30 Delegates:

Italy (279), Portugal (192), Greece (123), France (109), Poland (78)

The majority of participants came from Europe (1,382).

A good amount of sponsoring could be was acquired. Lead sponsors were:

Diamond Category = Servier

Gold Category = AstraZeneca, Menarini, Merck

Silver Category = Medtronic, Omron Healthcare Europe

Bronze Category = Recor Medical, Sanofi, Viatrix

AIM organized 13 sponsored sessions, mainly mini-symposia. 21 booths were set up in the congress area.

3 sessions were held to present and discuss the new 2023 ESH Hypertension Guidelines:

Plenary Session 1

ESH 2023 GUIDELINES. GENERAL ASPECTS

Round Table on 2023 Hypertension Guidelines

Comments and criticism from Scientific Societies

Plenary Session 3

ESH 2023 GUIDELINES. SPECIFIC CONDITIONS

958 abstracts were received in total. 70 of them got were rejected, 51 were withdrawn. Top 5 countries in terms of abstract submissions: Italy (103), Greece (80), Russia (77), China (63), and Ukraine (52).

E-Posters included in the program = 676 (89 no show)

A discussion on the hybrid mode of the congress followed. The numbers and the experience of this edition of the congress showed us that the hybrid format is no longer as appealing as in the last 2 years. Without a real need, people prefer to travel and participate in person, meeting face-to-face and sharing experience. The figures do not justify the investment in an online platform which costs approximately € 180,000. This is why for the upcoming Annual Meeting in Berlin the hybrid mode will most probably be abandoned again.

In the end, the final result of the congress was presented to the Council. This is € 29,752.53 (to be shared 50/50 between ESH and LOC). This amount comes on top of the minimum result that was granted in the contract which is € 100,000 for ESH and the LOC.

11.b 2024 ESH Annual Meeting, Berlin (R. Kreutz, M. Massaro)

R. Kreutz and M. Massaro then reported about the status quo of the organization of the next Annual Meeting to be held from May 31 to June 3, 2024 in Berlin. The meeting will be held exclusively in person – no hybrid mode. The venue is the Estrel Congress Center.

Some key dates were presented:

December 1, 2023 – abstract submission unique deadline

January 27, 2024 – ESH 2024 programme committee meeting

February 5, 2024 – late-breakers opening

March 1, 2024 – late-breakers deadline

March 11, 2024 – registration early fee deadline

The committees for the organization of the congress were shown:

ESH 2024 PRESIDENTS

Reinhold Kreutz – Chairman

Roland Schmieder – Co-Chair

LOCAL ORGANISING COMMITTEE (LOC)

M. van der Giet (Scientific Secretary)

K. Kusche-Vihrog

F. Limbourg

U. Wenzel
E. Wühl

ESH 2024 ORGANISING COMMITTEE

G. Grassi (President)
A. Januszewicz (Vice President)
T. Weber (ESH Secretary)
J. Polonia (Treasurer)
M. Doumas (Officer-at-Large)
C. Delles (Coordinator Excellence Centres)
A. Persu (Coordinator Working Groups)
J. Danser (Coordinator Young Fellows Programme)
G. Mancia (Chair ESH Educational Committee)

INVITED SCIENTIFIC PROGRAMME MEMBERS

E. Algharably, J. Brguljan, M. Brunström, M. Burnier, R. de Pinho, M.S. Fernandez Alfonso, L. Halvorsen, Z. Jarai, K. Kario, G. Parati, A. Pathak, E. Rodilla, M. Schlaich, A. Schutte, K. Tsioufis, J. Wang, C. Wanner, E. Yang, C. Wanner, F. Zannad, T. Frese – WONCA PRESIDENT, R. Gómez Huelgas – EFIM PRESIDENT

The scientific program will be divided into 2 topical pathways:

1. Guidelines will meet clinical practice
2. Hypertension and cardiorenal diseases

Core sessions will be:

- Scientific sessions = oral sessions, interactive e-poster sessions
- Educational sessions = state of the art lectures, joint sessions with other societies
- Hot topic sessions (including round table sessions)
- Sponsored sessions (satellite symposia, educational sessions, mini-symposia, hands-on sessions)
- Pro and Contra debates (incl. round table discussions)
- Clinical cases = out of the box cases incl. vascular interventions, RDN, secondary hypertension
- Meet the Experts – by ESH Working Groups
- Interactive Workshops = How to sessions, hands-on sessions

The list of topics was reduced for 2024 to be more focused.

The registration fees were shown to the Council. There will be a slight increase compared to 2023.

AIM will contact its list of sponsors and ask for financial support. The congress presidents R. Kreutz and R. Schmieder will also approach their local contacts.

R. Kreutz briefly mentioned that the number of joint sessions with other scientific societies for the congress will be limited. However, the cooperation with ERA will continue. There will be a joint ESH-ERA session at the ERA Congress in Stockholm in May 2024 and vice versa in Berlin at the ESH Congress in early June.

Finally, R. Kreutz reported on an initiative of the German Hypertension League. It is once again offering 20 travel grants for young participants to attend the Berlin conference. The German initiative could be a model for other national hypertension societies to support young researchers.

11.c 2024 ESH Awards (T. Weber)

T. Weber informed that the following ESH Awards should be conveyed in 2024 in Berlin:

- Björn Folkow Award and Lecture
- Alberto Zanchetti Life Achievement Award
- ESH Honorary Membership

The Paul Milliez Award nominee was already selected by the French Society of Hypertension in 2023. The award will go to Michel Burnier in 2024.

The official call for awards nominations will be sent to all Council members and ESH members in January 2024. The ESH Awards Committee (G. Grassi, R. Kreutz, T. Weber, A. Januszewicz, G. Mancia) will then select the awardee.

11.d 2025 ESH Annual Meeting, Milan (M. Massaro)

M. Massaro reported that there is only one possible date for the congress in Milan = May 23-26, 2025. It will again take place at the MiCo Milan Convention Center.

The Council unanimously accepted the proposal.

11.e The Future of ESH Annual Meetings (R. Kreutz, G. Grassi)

R. Kreutz encouraged the discussion of some aspects of future Annual Meetings, such as:

- Planning - timelines, e.g. main structure and key elements for the meeting available in fall; abstract selection to be added later
- Structure, e.g. discontinue breakfast workshops, add novel interactive sessions, podium discussions with moderators etc.
- Future of hybrid format: all faculty in presence?
- Venues, e.g. every other year in Milan and somewhere else?
- Role of ESH Council, ESH president, Annual meeting presidents
- Interaction and role of Local organizing committee with ESH
- Collaboration with sponsors: strategic plan is needed
 - Role of ESH council, Annual Meeting Chairs vs. organizing agency, e.g. AIM
- Review of documents- communication material
 - Documents for sponsors
 - List of reviewers, etc. → why not involve ECs, Young Fellows
 - Other documents: call for abstracts, information material for presenters
- Budget including tax issues
- Joint meeting with ISH every 6 years, e.g. next in 2028 → what's the advantage or disadvantage

He pointed out that it's time to abandon the old footsteps and have a new start. There should be a recap of what should be kept and what should be changed.

Definitely, the ESH Council, Working Groups and Excellence Centers should be more involved in the planning than in past to ensure that the objectives and needs of the society are realized.

The society needs a team to discuss all these questions, possibly also already for Berlin but definitely for Milan in 2025 and Gdansk in 2026.

T. Weber set the focus on some most urgent discussion points to be voted upon today:

- Breakfast sessions – abandon or keep?
 - o Decision: New name and 1- max 2 in the morning
- Hybrid format
 - o Decision about faculty: they need to come in person
 - o Participants: in order to save costs, it would be good to simplify the online participation and to move to passive listening only; no surveys/Q&As
 - M. Massaro will figure out some possibilities and report about it at the next Council meeting

G. Mancia pointed out that for the sponsors the hybrid mode might be important and one criterion to give money. M. Massaro will figure out the online number of the last sponsored sessions in Milan and also Athens to have a good comparison.

Topic 15 was brought forward

15. ESH SATELLITE MEETINGS & ENDORSED MEETINGS 2024 (T. Weber)

T. Weber reported on the current status of ESH Satellite Meetings and Endorsed Meetings.

15.a ESH Satellite Meetings/Symposia 2024

Applications received for 2024 so far:

March 15-16, 2024, Greece: organized by K. Tsioufis
10th Pre-ESH Satellite Symposium on “Difficult to control Hypertension and related Comorbidities”

April 25-27, 2024 in Gdansk, Poland: organized by K. Narkiewicz, M. Burnier
European Hypertension Forum

September 4-8, 2024, Porto Heli, Greece: Organized by V. Kotsis on behalf of the ESH WG on Diabetes and Metabolic Risk Factors
Post Satellite Symposium to 2024 Berlin Meeting
“International Meeting on Cardiometabolic Diseases, Obesity and Diabetes”

September 12-14, 2024, Greece: organized by Athanasios Manolis
17th ESH post congress Satellite Symposium
“2023 ESH Hypertension Guidelines and Hot Topics in the era of cardiovascular continuum”

All applications for satellite meetings/symposia were confirmed.

All meetings are approved by the Council.

15.b Endorsed Meetings 2024

New applications for 2024:

April 25 – 28, 2024 in Antalya, Türkiye
11th Mediterranean Meeting on Hypertension and Atherosclerosis
Organizer: S. Erdine on behalf of the Turkish Society of Hypertension and Atherosclerosis

The application for endorsement was also confirmed by the Council members.

The meeting was continued with topic 13

13. ESH RESEARCH PROJECTS (A. Januszewicz)

13.a ESH ABPM Covid-19 Study | Update (A. Januszewicz)

The first draft of the manuscript is ready and will be submitted to the Journal of Hypertension shortly.

13.b Situation of the National Board Certification as a Hypertension Specialist in Europe - Update (Z. Jaraí, A. Januszewicz)

A questionnaire was sent to 31 Presidents of the National Hypertension Societies in the first half of 2023:

- 21 Societies responded
- 7 countries have a specialization program (Austria, Croatia, Germany, Hungary, Ireland , Poland, Turkey, United Kingdom)
- In 4 of them the hypertension specialization program is certified by National Scientific Societies: Austria, Croatia, Germany, Turkey
- 5 countries plan to implement hypertension specialist program in the near future: Bulgaria, Greece, Italy, Lithuania, Switzerland

A second questionnaire with more detailed questions will be prepared and sent shortly.

The obtained data will be analyzed by the project task force (M. Burnier, G. Grassi, A. Januszewicz, Z. Járaí, R. Kreutz, Paolo Mulatero, J. Nemcsik, R. de Pinho, P. Van de Borne, T. Weber) and the project coordinators (Z. Járaí, A. Januszewicz, J. Nemcsik , M. Elgner, I. Sterliński) and will be the subject of a manuscript to be prepared in the first half of 2024.

13.c Exposure to Trauma and Hypertension in Ukrainian Refugees – Update (A. Persu, M. Burnier)

The study was subject of a dedicated session at the ESH 2023 congress in Milan: “Association of high blood pressure with post-traumatic stress disorders in Ukrainian women seeking asylum in Poland: a pilot study”.

Furthermore, the design of the study was submitted to Frontiers in Cardiovascular Medicine. The first original article will be submitted in November/December 2023.

13.d OMRON Academy (A. Persu)

A. Persu reported the revision of the OMRON slides in collaboration with ML. Lopez-Sublet, J. Huart and P. Delmotte has been almost completed including the topic of ESH Guidelines and Routine Patient Assessment.

13.e ESH-AstraZeneca cooperation project (R. Kreutz)

R. Kreutz gave a short update on the ESH-AZ cooperation project.

The contracted Work-Package 2 is on the way to be completed. A survey among the ESH Excellence Centres was conducted in summer entitled “Survey on the CKD Screening and Management Status of

Patients entering an ESH Excellence Centre". The survey results will be analyzed by the chair of the Working Group on Hypertension and the Kidney, Jean-Michel Halimi.

Work package 3 to develop recommendations and targets for improving the quality of care in the ESH Excellence Centres will be carried out in the first half of 2024.

13.f ESH Glaucoma Hypertension Study (G-HT) (A. Persu, A. Januszewicz)

A. Persu updated the Council members on the status quo of this important study carried out by Z. Zhang (PI), Leuven, to replicate and expand the findings on glaucoma and 24 BP variability in a larger sample size.

General Population

- 24 ABPM with/without glaucoma at baseline + follow up:
 - to investigate the cross-sectional association of BPV and glaucoma
 - to investigate the longitudinal association of BPV with glaucoma incidence
- **Patient cohort**
Glaucoma patients (normotension) with 24 ABPM at baseline and glaucoma progression at follow up:
 - to investigate association of 24h BPV and glaucoma progression

Glaucoma patients (hypertension) with 24h ABPM at baseline and glaucoma progression at follow up:

- to investigate the BP treatment target needed to prevent glaucoma progression

Current contributors:

- A. Persu, Belgium
 - R. Kreutz, Germany
 - A. Viridis, Italy
 - A. Januszewicz, Poland – 1st center
- ML Muiesan (Italy) and B. Jelakovic also expressed their interests in contributing to the project. There will be a first Kick-off Meeting in November.

14. ESH CLINICAL UPDATE & NEWS (A. Pathak)

A. Pathak reported on the latest publications in Blood Pressure since the Annual Meeting in June 2023:

European Society of Hypertension – general practitioners' program
Hypertension management: focus on general practice
R. de Pinho, F. Albin, J. Nemcsik, M. Dumas, R. Kreutz
Published online on October 15, 2023

The Hypertension Excellence Centre programme of the European Society of Hypertension – current status, activities and reshaping for the future
T. Weber, M. Dumas, C. Delles, B. Jelakovic, M. Viigimaa, K. Narkiewicz, A. Januszewicz, R. Kreutz, G. Grassi, G. Mancina
Published online on October 14, 2023

Long-term efficacy and safety of renal denervation: an update from registries and randomized trials
K. Dimitriadis, R. Schmieder, P. Iliakis, L. Nickel, K. Tsioufis, J. Weil
Published online on October 7, 2023

Predictive value of new cardiovascular tools for stroke risk reclassification

T. Yaneva-Sirakova, A. Coca, C. Sierra, P. Cunha, D. Hering on behalf of the ESH Working Group on Hypertension and the Brain

Published online on July 21, 2023

A. Pathak asked the Council members to already send him proposals for publications in 2024. 4 to 5 papers should be the goal. He will especially encourage the chairs of the ESH WGs to give their input and share their insights on the new GLs.

M. Burnier as the editor of Blood Pressure pointed out that the magazine is open to everyone not only to papers from the WGs.

A. Persu will confirm to with Marek Rajzer that the new WG was approved by the Council and encourage him to write a paper.

16. ANY OTHER ISSUES (T. Weber)

T. Weber asked for the official endorsement of the 2nd edition of the book on “Early Vascular Aging” written by P. Cunha and colleagues. The endorsement was unanimously granted.

No other issues were raised by the participants.

17. DATES FOR FUTURE COUNCIL MEETINGS (T. Weber)

17.a Council Meeting on Saturday, January 27, 2024, Berlin

In conjunction with the ESH 2024 Program Committee Meeting

The meeting will take place in the afternoon from 2:00 PM to 6:00 PM. Only members of the Congress Program Committee will attend in presence – all other Council members will attend online. A dedicated invitation will follow shortly.

17.b Council Meeting on Friday, May 31, 2024, Berlin, Germany

Council Meeting in conjunction with the 2024 ESH Annual Meeting

8:30 AM-12:30/13:00 PM | Hotel Estrel Berlin

17.c Fall Council Meeting 2024

T. Weber offered to organize this meeting in Austria, ideally in Vienna due to the good infrastructure for travelling. Council agrees on this proposal.

17.d Travel arrangements and organization of ESH Council Meetings

A discussion on the reimbursement of travel costs for the Council members to attend the Council meetings was raised by T. Weber. All travel cost, meaning airplane, train, taxi, public transport, should be reimbursed not only a fraction.

Furthermore, it was decided that AIM will organize and arrange the travels/transfers for Council members at low costs for the Council meetings in January/February in conjunction with the Program Committee meeting and the Council meeting in conjunction with the ESH Annual Meeting in May/June each year.

While the travel/transfers for the fall Council meeting will be organized by the Council members themselves at low cost. Travel costs need to be approved by the ESH President, Vice-President, Treasurer and Secretary.


Both proposals were unanimously approved.

18. CLOSURE OF THE MEETING

The President closed the meeting thanking all Council members for the successful meeting and fruitful discussions and wished all participants safe travels home.



Guido Grassi
ESH President



Thomas Weber
ESH Secretary