

## Annual Working Group Report Form

**Year/time period of report: 2024**

**Name of Working Group:** Hypertension in Older Adults

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### Composition of Working Group

#### Chair

Athanase Benetos

Email: [a.benetos@chru-nancy.fr](mailto:a.benetos@chru-nancy.fr)

Year of appointment: 2022/2023

#### Vice-Chair

James Sheppard

Email: [james.sheppard@phc.ox.ac.uk](mailto:james.sheppard@phc.ox.ac.uk)

Year of appointment: 2024

#### Secretary

Heloisa Ribeiro

Email: [heloisaribeiro.17@gmail.com](mailto:heloisaribeiro.17@gmail.com)

Year of appointment: 2023

### Working Group Members

Current number of members: 20

#### New members approved this year:

Anna Kearney-Schwartz, France, [a.kearney-schwartz@chru-nancy.fr](mailto:a.kearney-schwartz@chru-nancy.fr)

Agnieszka Olszanecka, Poland, [agnieszka.olszanecka@uj.edu.pl](mailto:agnieszka.olszanecka@uj.edu.pl)

Leibowitz Avshalom, Israel, [avshalom.Leibowitz@sheba.health.gov.il](mailto:avshalom.Leibowitz@sheba.health.gov.il)

Yusuf Ziya Sener, Turkiye, [yzsener@yahoo.com.tr](mailto:yzsener@yahoo.com.tr)

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### Activities of the year

Publications on behalf of the Working Group

Published this year:

Bahat, Gulistan<sup>a</sup>; Ribeiro, Heloisa<sup>b</sup>; Sheppard, James P.<sup>c</sup>; Bogaerts, Jonathan M.K.<sup>d,e</sup>; Camafort, Miguel<sup>f,g</sup>; Dallmeier, Dhayana<sup>h,i</sup>; De Backer, Tine<sup>j</sup>; Desideri, Giovambattista<sup>k</sup>; Olszanecka, Agnieszka<sup>l</sup>; Persu, Alexandre<sup>m</sup>; Protogerou, Athanase<sup>n</sup>; Rajzer, Marek<sup>l</sup>; Viridis, Agostino<sup>o</sup>; Ungar, Andrea<sup>p</sup>; Weber, Thomas<sup>q</sup>; Benetos, Athanase<sup>r</sup>; ESH Working Group on Hypertension in older adults. Twelve hot questions in the management of hypertension in patients aged 80+ years and their answers with the help of the 2023 European Society of Hypertension Guidelines. *Journal of Hypertension* 42(11):p 1837-1847, November 2024. | DOI: 10.1097/HJH.0000000000003844

Camafort, Miguel; Bahat, Gülistan; Bogaert, Jonathan; Rojas, Dhayana E. Dallmeier; De Backer, Tine; Desideri, Giovambattista; Kenny, Rose; Protogerou, Athanasios; Rajzer, Marek; Ribeiro, Heloise; Sheppard, James; Ungar, Andrea; Viridis, Agostino; Labat, Carlos; Weber, Thomas; Persu, Alexandre; Benetos, Athanase. A EUROPEAN SURVEY TO IDENTIFY CURRENT PRACTICES ON THE TREATMENT OF HYPERTENSION IN ADULTS >75 YEARS IN ESH EXCELLENCE CENTRES. *Journal of Hypertension* 42(Suppl 1):p e42, May 2024. | DOI: 10.1097/01.hjh.0001019676.33429.18

In preparation:

AN EUROPEAN SURVEY TO IDENTIFY CURRENT PRACTICES ON THE TREATMENT OF HYPERTENSION IN ADULTS >75 YEARS IN ESH EXCELLENCE CENTRES

### **Meetings organized/planned this year:**


- 1<sup>st</sup> meeting, 22<sup>nd</sup> February, Online

During this meeting a new member was presented to the WG and selection criteria for the position of Vice-Chair were discussed. Regarding WG paper, Gulistan Bahat was recognized as responsible for the draft paper and some details of the document were reviewed.

- 2<sup>nd</sup> meeting, 31<sup>st</sup> May, ESH congress (Berlin) with online participation  
The main topics discussed was ESH Excellence Centers survey translations and dissemination through national societies; article publication details of “Twelve hot questions in the management of hypertension in patients aged 80+ years and their answers with the help of the 2023 European Society of Hypertension Guidelines”. The Vice Chair position was also discussed and James Sheppard was appointed.
- 3<sup>rd</sup> Meeting, 11<sup>th</sup> December, online  
The main topics discussed was participation in 2025 ESH congress; publication, further analysis and dissemination of WG Survey; new projects to 2025 and the organization of the working group through the Terms of Reference presentation and approval.

**ESH endorsement: no**

## Participation to the ESH Annual Meeting (31 st May)



**33<sup>rd</sup>**  
**EUROPEAN MEETING**  
ON HYPERTENSION AND CARDIOVASCULAR PROTECTION

**16.30-17.30** **ROOM III**

**Working Group on Hypertension in older adults**  
**MANAGEMENT OF HYPERTENSION IN PATIENTS 80 YEARS AND OLDER**  
Chairpersons: A. Benetos (Nancy, FRANCE), T. De Backer (Gent, BELGIUM)

<b>16.30-16.45</b>	<b>Impact of neurocognitive disorders in the diagnostic and therapeutic strategies</b> M. Camafort (Barcelona, SPAIN)
<b>16.45-17.00</b>	<b>Non-pharmacological treatments</b> H. Ribeiro (Santa Maria Da Feira, PORTUGAL)
<b>17.00-17.15</b>	<b>How to start and up-titrate pharmacological treatment?</b> A. Virdis (Pisa, ITALY)
<b>17.15-17.30</b>	<b>Situations in which treatment could be decreased</b> J. Sheppard (Oxford, UNITED KINGDOM)

## Collaborations with other WGs/Scientific Societies: EUGMS



### **Common Session between the EuGMS SIG on cardiogeriatrics and the ESH WG on Hypertension in older adults.**

**Date:** Wednesday Sept 18, 2024.

**Theme:** Blood Pressure variability in Older Adults

**Chairs:** Tine de Backer, Andrea Ungar

- How hypertension specialists manage older hypertensive subjects. Presentation of the survey results conducted in 50 Hypertension Expert Centers. Athanase Benetos
- Clinical impact of BP variability in older adults. Tine de Backer
- Most adapted methods in clinical practice to assess BP variability in older adults. Athanase Benetos.

### **- Proposals submitted for the 2025 ESH meeting**

**Title:** How does a non-geriatrician assess frailty and functional capacities in older patients to adapt antihypertensive treatment?

**Chair:** Athanase Benetos and one more person tbd

Assessing frailty in older patients: Moving from the concept to the clinical practice  
Andrea Ungar; Firenze, Italy;

Presentation of a clinical case: an 84 years old woman at first appointment: Anna Kearney-Schwartz, Nancy, France;

Advantages and limitations of three commonly used screening tools of frailty and functional capacities (CFS, FRIED, WHO-ICOPE) Dhayana Dallmeier, Ulm, Germany

How to use the results of frailty screening to adapt the treatment of the 84 years old woman. (tbd)

### Scientific projects

Completed this year: Twelve hot questions in the management of hypertension in patients aged 80+ years and their answers with the help of the 2023 European Society of Hypertension Guidelines

Ongoing: European survey about Hypertension management in adults >75 years

In planning for next year: ESH and ESC perspectives on Hypertension management in older adults

**Filled by (full name): Athanase Benetos (Chair) and Heloisa Ribeiro (Secretary)**

**Date: 20/12/2024**

### Appendix:

#### List of current WG members

Name	First Name	Country	Email
Avshalom	Leibowitz	Israel	Avshalom.Leibowitz@sheba.health.gov.il
Bahat	Gulistan	Turkey	gbahatozturk@yahoo.com
Benetos	Athanase	France	<a href="mailto:a.benetos@chru-nancy.fr">a.benetos@chru-nancy.fr</a>
Bogaerts	Jonathan	Netherlands	J.M.K.Bogaerts@lumc.nl
Camafort	Miguel	Spain	miguel.camafort@gmail.com
Dallmeier Rojas	Dhayana Dala	Germany	ddallmei@bu.edu
de Backer	Tine	Belgium	Tine.DeBacker@UGent.be
Desideri	Giovambattista	Italy	giovambattista.desideri@univaq.it
Gasowski	Jerzy	Poland	jerzy.gasowski@uj.edu.pl
Kearney- schwartz	Anna	France	a.kearney-schwartz@chru-nancy.fr
Kenny	Rose Anne	Ireland	rkenny@tcd.ie
Kim	Kwang-il	Korea	kikim907@snu.ac.kr
Olszanecka	Agnieszka	Poland	agnieszka.olszanecka@uj.edu.pl
Protogerou	Athanase	Greece	aprotog@med.uoa.gr
Rajzer	Marek	Poland	rajzer37@interia.pl
Ribeiro	Heloisa	Portugal	heloisaribeiro.17@gmail.com
Sener	Yusuf Ziya	Turkiye	yzsener@yahoo.com.tr
Sheppard	James	UK	james.sheppard@phc.ox.ac.uk
Unger	Andrea	Italy	andrea.ungar@unifi.it

Virdis	Agostino	Italy	agostino.virdis@unipi.it
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### Short history of WG

This group has been created by the ESH at the end of June 2022 as part of the Working group in Special Populations and became an independent WG in 2023. The WG members have been proposed by the chair (AB) and validated by WG members and ESH.

## **Working Group on Hypertension in Older Adults Statutes**

The Working Group on Hypertension in Older Adults aims to develop, disseminate, and promote evidence-based guidelines and best practices for the management of hypertension in older adults. This includes addressing the unique challenges and considerations in this population to improve clinical outcomes and quality of life.

### **Objectives:**

*Education and Training:* To provide educational resources and training for healthcare professionals on the management of hypertension in older adults.

*Policy Advocacy:* To advocate for policies that support the effective management of hypertension in older adults at both national and international levels.

*Collaboration:* To foster collaboration with other professional societies, healthcare organizations, and patient advocacy groups in order to improve the management of hypertension in older adults.

*Research Promotion:* To encourage and support research initiatives focused on hypertension in older adults, including epidemiological studies, clinical trials, and translational research.

### **Membership:**

*Composition:* The Working Group shall consist of experts in hypertension, geriatrics, cardiology, nephrology, internal medicine and other relevant fields. Membership will be open to physicians, other health professionals and scientific researchers with a specific interest in the management of older patients with hypertension. There is no limit to the number of members that can be appointed to the group

*Appointment:* Members will be appointed by the Chair and Vice-Chair of the Working Group based on their expertise and contributions to the field. In order to be a member of the Working Group, candidates should first apply for membership of the European Society of Hypertension.



**Meetings:**

*Frequency:* The Working Group will meet at least twice a year, with additional meetings as necessary.

*Format:* Meetings may be held in person or virtually, depending on the circumstances and availability of members.

*Agenda:* The agenda for each meeting will be prepared by the Chair and circulated to members at least one week in advance.

**Responsibilities:**

*Chair:* The Chair will lead the Working Group, set meeting agendas, and represent the group in interactions with the ESH Council and other stakeholders.

*Vice-Chair:* The Vice-Chair will support the Chair in their duties and act as Chair in her/his absence. The Vice-Chair will also assist in coordinating the activities of the Working Group and ensure the implementation of its initiatives.

*Terms and election of Chair and Vice-Chair:*

After 2 years, the Vice-Chair becomes Chair and a new Vice-Chair is elected. Therefore, after 4 years, the team Chair-Vice-Chair will be changed.

Any member of the Working Group can apply for the position of Vice-Chair, provided she/he has been a member of the Working Group for at least 1 year prior.

Election of the new Vice-Chair may take place either by online anonymous voting or by election during the business meeting of the Working Group on the occasion of the annual ESH meeting, provided that a majority of Working Group members are present.

*Secretary:* The Secretary will be responsible for maintaining accurate records of meetings, including minutes and attendance. The Secretary will also handle correspondence and communication on behalf of the Working Group.

*Members:* Members are expected to actively participate in meetings, contribute to the development of position papers and other initiatives, and promote the dissemination and implementation of the Working Group's recommendations.

**Reporting:**

The Working Group will report its activities and progress to the ESH Council on an annual basis. A summary of activities and key achievements will also be included in the ESH annual report.

*Review:* These internal statutes will be reviewed and updated as necessary, at least every three years, to ensure they remain relevant and aligned with the goals of the ESH and the general rules applying to all WGs (<https://www.eshonline.org/communities/working-groups/>).

Version: V2.0 08/02/2025

Adopted: February 17, 2025

Last reviewed: February 10, 2025