LECTURE

Arterial hypertension control

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Abstract

This talk will be based on a summary of the recently 2018 ESC-ESH Guidelines for the Management of Arterial Hypertension (Williams B & Mancia G, J Hypertension & Eur Heart Journal, 2018 in press) presented in Barcelona in June 2018. The main new concepts / recommendations can be summarized as:

1. It is recommended to stimulate blood pressure (BP) measurement outside the Office (with Home BP and / or ambulatory BP monitoring) to confirm the diagnosis of hypertension, detect white coat and masked hypertension and monitor BP control.

2. It is recommended to have a more aggressive approach regarding BP therapeutic targets even in the elderly and in patients with normal-high BP and very high risk. For most patients, the target will be 120-130/70-80 mmHg providing good tolerance.

3. It is recommended to stimulate strategies to improve adherence to treatment. In the majority of the patients, treatment should start with combination of 2 drugs in a single pill to improve adherence. Start with simplified algorithms based on single pill combinations of Angiotensin Converting Enzyme Inhibitors or Angiotensin Receptor Blockers plus calcium antagonists or diuretics with beta-blockers used for specific indications.

4. An increased importance is given to the role of nurses and pharmacists in the education, support, and follow-up of treated hypertensive patients.

5. A strong emphasis is presented on the importance of evaluating treatment adherence as a major cause of poor BP control.

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