

## **Working Group on Hypertension in Children and Adolescents**

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Vice Chair – Stella Stabouli, Greece

Secretary – Denes Pall, Hungary

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### **Overview**

The Working Group on Blood Pressure in Children and Adolescents was founded in 2009, the Chairperson is Empar Lurbe, the Vice Chair is Stella Stabouli, and the Secretary is Dennis Pall.

The Working Group was the core of the team which developed the guidelines entitled “Management of High Blood Pressure in Children and Adolescents: Recommendation of the ESH” in 2009. The Guidelines were translated and

published in different languages and countries in Europe and South America. They have been published in the most important journals in the field of pediatrics and primary care.

The Scientific Council and the Working Group on Hypertension in Children and Adolescents of the ESH recognized the need for an update of the 2009 guidelines as, over the 7 years elapsed from their publication, a large body of new knowledge had been acquired, making modifications and expansion of the previous recommendations necessary.

The “2016 European Society of Hypertension guidelines for the management of high blood pressure in children and adolescents” are a logical consequence of the ongoing engagement of the Working Group.

Areas requiring urgent increase in knowledge have been identified and scientific projects have been developed and some of them submitted to the European Union for financial support. Among others those related to obtain robust reference values for office, home and ambulatory BP based on a European pediatric population; to collect information about early organ damage so as to refine risk stratification and use the information to set intermediate objectives during treatment; to conduct large, long-term randomized therapeutic trials using onset of organ damage and to obtain information about when to initiate anti-hypertensive drug treatment and to decide which BP goals to achieve.

The WG has been organizing specific sessions at the ESH annual meetings devoted to cover the most important issues in this field, receiving more and more abstract submissions from healthcare professionals every year. Members of the working group also participate in the annually organised summer schools. The Working group was involved in the organisation of the 1<sup>st</sup> International Congress in Hypertension in Children and adolescents endorsed by the ESH, held in Valencia in February 2018 and the 2<sup>nd</sup> one in Warsaw in May 2019.