

Annual Working Group Report Form

Year/time period of report: 2021-2022

Name of Working Group: Working Group on Lifestyle, Cardiovascular Therapy and Adherence

Name of Working Group Section (if applicable):

Composition of Working Group (until June 2022)

Chair

Michel Burnier, michel.burnier@chuv.ch

Term: 2020-2022

Year of birth:1953

Vice-Chair

Michel Azizi, michel.azizi@egp.aphp.fr

Term: 2020-2022

Year of birth:1958

Secretary

Aleksander Prejbisz, aprebisz@ikard.pl

Term: 2020-2022

Year of birth: 1977

Composition of Working Group (from June 2022, after the General Assembly)

Chair

Michel Azizi, michel.azizi@egp.aphp.fr

Term: 2022-2024

Vice-Chairs

Co-Vice-Chair 1: Jorie Versmissen, j.versmissen@erasmusmc.nl

Co-Vice-Chair 2: Veronique Cornelissen, veronique.cornelissen@kuleuven.be

Term: 2022-2024

Secretary

Aleksander Prejbisz, aprebisz@ikard.pl

Term: 2022-2024

Past-Chair

Michel Burnier

Working Group Members

Current number of members: 71

New members approved this year: 2

Ryan McNally, UK, ryan.mcnally@kcl.ac.uk

Imana Sokolovic, Bosnia & Herzegovina, sokolovicimana@gmail.com

Activities of the year

1. Adaptation of the statutes to include two vice-chairs covering the lifestyle and adherence issues in the WG in addition to the adherence issues.

The new statutes have been accepted and implemented immediately with the nomination of the next two co-chairs (see above)

The new members of the board are accepted at the unanimity of the present members.

2. Publications 2021-2022 on behalf of the WG.

- a) M. Burnier, A Persu, M Azizi, A Prejbisz, V Cunha, P. Gupta, J Vaclavik, J Versmissen, R Kreutz, S Kjeldsen. Patient perspectives on treatment adherence in hypertension: preliminary results of an ESH survey in five countries. J Hypertens 2022, ESH Abstract.
- b) Lane D, Lawson A, Burns A, Azizi M, Burnier M, Jones DJL, Kably B, Khunti K, Kreutz R, Patel P, Persu A, Spiering W, Toennes SW, Tomaszewski M, Williams B, Gupta P, Dasgupta I; Endorsed by the European Society of Hypertension (ESH) Working Group on Cardiovascular Pharmacotherapy and Adherence. Nonadherence in Hypertension: How to develop and implement chemical adherence testing. Hypertension. 2022 Jan;79(1):12-23
- c) Burnier M, Prejbisz A, Weber T, Azizi M, Cunha V, Versmissen J, Gupta P, Vaclavik J, Januszewicz A, Persu A, Kreutz R; Working Group on Cardiovascular Therapy and Adherence of the European Society of Hypertension. Hypertension healthcare professional beliefs and behaviour regarding patient medication adherence: a survey conducted among European Society of Hypertension Centres of Excellence. Blood Press. 2021 Oct;30(5): 282-290

3. Meetings organized/planned this year: None

4. Participation to the ESH Annual Meeting (Athens 2022)

a) ESH workshop (60 min)

Title: Diagnosis of non-adherence in the clinical consultation: when and how?

Chairs: A. Prejbisz (Poland) and V. Cunha (Portugal)

- 1) Cases presentation and interactive discussion. V Cunha (Portugal) (25 min)
- 2) Clues for detecting non-adherence in the clinic. J. Vaclavik (Czech Republic) (15 min)
- 3) The ENABLE cost action: availability of reimbursed interventions to advance adherence in Europe. P. Kardas (Poland)

b) General assembly : Friday June 17, 2022 Time: 19:30-20:00

Agenda:

1. Welcome
2. Voting on the new statutes (see attached documents)
3. Voting on the new members of the board (see attached documents)
4. Status of ongoing projects
5. New projects
6. Varia.

c) Scientific session

Meeting of the ESH Working Group on Lifestyle, Cardiovascular Pharmacotherapy and Adherence

Chairpersons: M. Azizi (Paris, FRANCE), M. Burnier (Lausanne, SWITZERLAND)

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|-------------|--|
| 13:00-13:15 | Recommendations for the use of Chemical Adherence Testing
P. Gupta (Leicester, UNITED KINGDOM) |
| 13:15-13:30 | Post-traumatic disorders and adherence
A. Persu (Brussels, BELGIUM) |
| 13:30-13:45 | Sodium and potassium and cardiovascular events. What is the place of salt substitutes. J. Polonia (Matosinhos, PORTUGAL) |
| 13:45-14:00 | New drug therapies in hypertension
J. Versmissen (Rotterdam, THE NETHERLANDS) |
| 14:00-14:15 | How to promote adherence to a lifelong active lifestyle
V. Cornelissen (Leuven, BELGIUM) |
| 14:15-14:30 | General Discussion |

+ One oral presentation on behalf of the group.

Scientific projects

Situation of ongoing projects:

- a. We have not received any new information from Prof Gupta and Sidiqui on their projects in resistant hypertension and measuring urinary drug levels. One should obtain some feedback soon.
- b. The project of adherence in children and adolescent with hypertension is on hold. However, recent contacts have been established with Prof E Lurbe and Prof Stabouli. After the ESH meeting, they sent a copy of their questionnaire to be sent to Excellence Centers. I have been able to introduce 2 questions on the management of adherence in this patient population.
- c. The project of implementing adherence aspect in the ESH app developed by Prof GF Parati is also on hold. After the meeting, contacts were taken with Prof JF. Parati et Dr G. Bilo and Prof J Vaclavik should get in touch with them to see how to proceed.
- d. At last, the project established in collaboration with Servier is continuing with a novel aspect, i.e., the development of a predictive tool that could be developed to help general physicians to identify patients at high or very high risk of poor adherence. Further information will be provided after the summer.

Educational projects

Completed this year:

One educational video has been created on the topic: "*How to address adherence issues in clinical practice*".

This video has been used during the ESH meeting in Athens and during the Summer School in Serbia.

Collaborations with other WGs/Scientific Societies:

We plan a collaboration with the Working Group on Blood Pressure Monitoring and Cardiovascular Variability and with the Working Group on children and adolescents

Other remarks: None

Filled by (full name): Michel Burnier

Date: 23/12/2022

Appendix:

List of current members

Current Members

Working Group on Lifestyle, Cardiovascular Pharmacotherapy and Adherence

Last Name	First name	Country	Email-address
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