

## Annual Working Group Report Form

**Year/time period of report: 2023**

**Name of Working Group:** Working Group on Hypertension in Children and Adolescents

**Name of Working Group Section (if applicable):** NA

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### Composition of Working Group

**Chair:**

Stella Stabouli

Email: sstaboul@auth.gr

Year of appointment: 2022

**Vice-Chair:**

Dorota Drozd

Email: dadrozd@cm-uj.krakow.pl

Year of appointment: 2022

**Secretary:**

Name: Denes Pall

Email: pall.denes@gmail.com

Year of appointment: 2018

### Working Group Members

Current number of members: 31

New members approved this year: 6

Name	Firstname	Country	Email
Duzova	Ali	Turkey	aduzova@hacettepe.edu.tr
Peletidi	Aliki	Cyprus	peletidi.a@unic.ac.cy
Herberigs	Karel	Netherlands	karel.herberigs@omron.com
Azukaitis	Karolis	Lithuania	karolis.azukaitis@mf.vu.lt
Stojanovic	Jelena	UK	Jelena.Stojanovic@gosh.nhs.uk
Simao	Carla	Portugal	carla.mail@netcabo.pt

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### Activities of the year

Publications on behalf of the Working Group

Published this year:

1. 2023 ESH Guidelines for the management of arterial hypertension, The Task Force for the management of arterial hypertension of the European Society of Hypertension: Endorsed by the International Society of Hypertension (ISH) and the European Renal Association (ERA).  
Mancia G, Kreutz R, Brunström M, Burnier M, Grassi G, Januszewicz A, Muiesan ML, Tsioufis K, Agabiti-Rosei E, Algharably EAE, Azizi M, Benetos A, Borghi C, Hitij JB, Cifkova R, Coca A, Cornelissen V, Cruickshank JK, Cunha PG, Danser AHJ, Pinho RM, Delles C, Dominiczak AF, Dorobantu M, Doumas M, Fernández-Alfonso MS, Halimi JM, Járαι Z, Jelaković B, Jordan J, Kuznetsova T, Laurent S, Lovic D, Lurbe E, Mahfoud F, Manolis A, Miglinas M, Narkiewicz K, Niiranen T, Palatini P, Parati G, Pathak A, Persu A, Polonia J, Redon J, Sarafidis P, Schmieder R, Spronck B, Stabouli S, Stergiou G, Taddei S, Thomopoulos C, Tomaszewski M, Van de Borne P, Wanner C, Weber T, Williams B, Zhang ZY, Kjeldsen SE. *J Hypertens.* 2023 Dec 1;41(12):1874-2071
2. Joint statement for assessing and managing high blood pressure in children and adolescents: Chapter 1. How to correctly measure blood pressure in children and adolescents.  
Lurbe E, Mancia G, Calpe J, Drożdż D, Erdine S, Fernandez-Aranda F, Hadjipanayis A, Hoyer PF, Jankauskiene A, Jiménez-Murcia S, Litwin M, Mazur A, Pall D, Seeman T, Sinha MD, Simonetti G, Stabouli S, Wühl E. *Front Pediatr.* 2023 Apr 11;11:1140357. doi: 10.3389/fped.2023.1140357. eCollection 2023. PMID: 37138561
3. Joint statement for assessing and managing high blood pressure in children and adolescents: Chapter 2. How to manage high blood pressure in children and adolescents.  
Wühl E, Calpe J, Drożdż D, Erdine S, Fernandez-Aranda F, Hadjipanayis A, Hoyer PF, Jankauskiene A, Jiménez-Murcia S, Litwin M, Mancia G, Mazur A, Pall D, Seeman T, Sinha MD, Simonetti G, Stabouli S, Lurbe E. *Front Pediatr.* 2023 Apr 12;11:1140617. doi: 10.3389/fped.2023.1140617. eCollection 2023. PMID: 37124176
4. HyperChildNET: A European Network Moving Forward in the Field of Pediatric Hypertension.  
Lurbe E, Mancia G, Drozd D, Erdine S, Fernandez-Aranda F, Litwin M, Sinha MD, Simonetti G, Stabouli S, Wühl E; HyperChildNET Members. *Hypertension.* 2023 Apr;80(4) :e71-e73. doi: 10.1161/HYPERTENSIONAHA.123.20080.

In preparation:

Transition of hypertensive youth from pediatric to adult care units among ESH Excellence Centers

Meetings organized/planned this year:

**HyperChildNET hybrid meeting in Thessaloniki**, Improving outcomes in Pediatric Hypertension, March 30-31, 2023, Thessaloniki, Greece (Chair S. Stabouli, many members of the WG group actively participated).

ESH endorsement: no

**HyperChildNET hybrid meeting in Amsterdam**, industry workshop, October 4-6, 2023, Amsterdam, Netherlands (members of the WG group actively participated).

ESH endorsement: no

Participation to the ESH Annual Meeting

WG scientific meeting

Meeting of the ESH Working Group on Hypertension in Children and Adolescents

### **OFFICE BP REVISITED: INSIGHTS IN DIAGNOSIS AND MANAGEMENT OF HYPERTENSION IN CHILDREN AND ADOLESCENTS**

Chairpersons: D. Drozd (Krakow, POLAND), M. Sinha (London, UNITED KINGDOM)

- Unattended office BP measurement in children and adolescents: is it feasible? T. Seeman (Prague, CZECH REPUBLIC)
- Office BP treatment targets in primary and secondary hypertension. M. Sinha (London, UNITED KINGDOM)
- BP devices in clinical and research settings. S. Stabouli (Thessaloniki, GREECE)
- Reference office BP values: a European perspective. D. Pall (Debrecen, HUNGARY)

Meeting of the ESH Working Group on Diabetes and Metabolic Risk Factors

### **OBESITY AND CARDIOVASCULAR DISEASE: BEYOND HYPERTENSION**

How to measure Blood Pressure in obese children (office, home or 24h). S. Stabouli (Thessaloniki, GREECE)

Main program

Breakfast Session

### **HYPERTENSION IN CHILDREN AND ADOLESCENTS**

Chairpersons: S. Erdine (Istanbul, TURKEY), E. Wühl (Heidelberg, GERMANY)

- Blood Pressure measurement in children and adolescents. S. Stabouli (Thessaloniki, GREECE)
- Left ventricular dysfunction in children with hypertension. K. Azukaitis (Vilnius, LITHUANIA)

How-to Session

### **HOW TO ASSESS AND TREAT HYPERTENSIVE ADOLESCENTS**

Chairpersons: D. Drozdz (Krakow, POLAND), D. Pall (Debrecen, HUNGARY)

- Assessment of cardiovascular risk in adolescents and young adults. S. Stabouli (Thessaloniki, GREECE)
- Treatment goals in adolescents with primary HTN: Do we need to reconsider? B. Falkner (USA)
- Pharmacological treatment in hypertensive adolescents. E. Wühl (Heidelberg, GERMANY)

Plenary Session 3

### **ESH 2023 GUIDELINES. SPECIFIC CONDITIONS**

Hypertension in young patients. S. Stabouli (Thessaloniki, GREECE)

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#### **Scientific projects**

Completed this year:

Analyzing and reporting the results on the survey on transition of hypertensive youth from pediatric to adult care units among ESH Excellence Centers

Ongoing:

Survey on transition of hypertensive youth from pediatric to adult care from the pediatric point of view

In planning for next year:

Analyzing and reporting the results on survey on transition of hypertensive youth from pediatric to adult care from the pediatric point of view

#### **Educational projects**

Completed this year: NA

Ongoing: NA

In planning for next year: Members of WG have been invited to participate in EAPs and HyperChildNET webinars

#### **Collaborations with other WGs/Scientific Societies:**

- European Academy of Pediatrics
- European Society for Paediatric Nephrology

#### **Other remarks:**

- WG members are involved in the Core Group and Empar Lurbe is the Chair of the COST ACTION HyperChildNET

**Filled by: Stella Stabouli**

**Date: 31/12/2023**

**Appendix:**

List of all current WG members 2023

<b>Name</b>	<b>Surname</b>	<b>Country</b>	<b>e-mail</b>
Azukaitis	Karolis	Lithuania	karolis.azukaitis@mf.vu.lt
Bianchetti	Mario	Switzerland	mario.bianchetti@pediatrician.ch
Chainoglou	Athanasia	Greece	nchainog@gmail.com
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Pitti	Julio Álvarez	Spain	japnago@gmail.com
Rascher	Wolfgang	Germany	wolfgang.rascher@uk-erlangen.de
Schaefer	Franz	Germany	Franz.Schaefer@med.uni-heidelberg.de
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Sener	Yusuf Ziya	Turkey	<a href="mailto:rt.moc.oohay@reneszy">rt.moc.oohay@reneszy</a>
Simao	Carla	Portugal	carla.mail@netcabo.pt
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Sokolović	Šekib	Bosnia	sekib@bih.net.ba
Stabouli	Stella	Greece	sstaboul@auth.gr
Stergiou	George	Greece	stergioug@gmail.com
Stojanovic	Jelena	UK	Jelena.Stojanovic@gosh.nhs.uk
Wühl	Elke	Germany	Elke.Wuehl@med.uni-heidelberg.de

## Short history of WG

The Working Group on Blood Pressure in Children and Adolescents was founded in 2009 by Empar Lurbe who was the Chairperson of WG. In 2022 there was a rotation of the WG board, and the Chair is Stella Stabouli, Vice Chair is Dorota Drozd 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” were 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 organization of the 1st International Congress in Hypertension in Children and adolescents endorsed by the ESH, held in Valencia in February 2018 and the 2nd one in Warsaw in May 2019.

Many members of the Working Group are involved in the HyperChildNET COST ACTION. Empar Lurbe is the Chair of the Action and Elke Wühl is the Vice-Chair.