

Minutes of the Meeting of the ESH Scientific Council
September 13, 2025 | 08:00 – 13:00 CEST
VIRTUAL

PARTICIPANTS

T. Weber, President
A. Januszewicz, Vice-President
C. Delles, Secretary
J. Danser, Treasurer
D. Ferrão, YI Representative

M. Burnier
J. Brguljan
J. Danser
R. de Pinho
L. Halvorsen
A. Pathak
A. Persu
E. Rodilla
K. Tsioufis

Other participants

K. Narkiewicz (joined at 09:45)
M. Elgner, ESH Coordinator
R. Lynch, ESH Secretariat

Apologies

M. Brunström
G. Grassi
Z. Jarai
R. Kreutz
G. Mancia (short term apology)

1. PRESIDENT'S WELCOME & APOLOGIES (T. Weber)

The ESH President, T. Weber, welcomed all members to the ESH Council meeting. He informed the participants that this meeting would focus on the key areas requiring decisions.

T. Weber apologized on behalf of the Council members M. Brunström, G. Grassi, Z. Jarai, R. Kreutz, who, due to previous commitments, were unable to attend the meeting. He also mentioned that some participants may need to depart early due to prior commitments, emphasizing the importance of adhering to the agenda timeline.

2. ESH TASK FORCES (T. Weber, C. Delles)

T. Weber pointed out that during the meeting, the focus would be on the three Task Forces on the topics of council members, membership, and educational activities, as they would need to develop some proposals until the Council meeting in December.

2.a TASK FORCE 1: ESH Council Members (Leads = C. Delles, T. Weber)

The discussion focused on the structure and functioning of the ESH Council, particularly the introduction of a "nucleus" group and the process of electing Council members. T. Weber emphasized the need for a voting process among paying full members, while also considering geographic representation to avoid over-representation from certain regions.

2.b TASK FORCE 4: ESH Membership (Lead = L. Halvorsen)

The Task Force presented ideas aimed at encouraging timely payment of membership fees, as well as strategies for improving overall compliance:

1. ESH membership through automatic enrollment from national societies, similar to ESC's model. Specific fee structures and member benefits need to be determined.
2. Reduced congress registration rate to attract more paying members including 1-year ESH membership fees.

2.c TASK FORCE 5: ESH Educational Activities (Lead = D. Ferrão + J. Brguljan)

D. Ferrão reported a new social media initiative for ESH, focusing on educational content and event updates for healthcare professionals.

The society will trial social media activities with AIM's help from September to December 2025, starting with LinkedIn and Instagram.

3. AMENDMENTS TO ESH BY-LAWS (T. Weber, C. Delles)

T. Weber and C. Delles led discussions on proposed changes to the society's By-laws, emphasizing the need to reduce long-term executive officer roles and shift more responsibilities to Council members.

The aim is to reduce outside work for Council members, requiring them to be more involved in Council activities and to serve on a task force. Once the task is completed, the task force is dissolved—for example, the GL Task Force lasts 3–4 years, while the Social Media Task Force may last approx. 1 year.

C. Delles reminded the Council of the planned changes to the ESH By-Laws, which had already been discussed at the Council meeting in Milan. The amendments affect only §15 of the current statutes, and a comparison between the current text and the proposed revisions was presented.

§ 15.a Composition of ESH Scientific Council

OLD

The ESH Scientific Council is formed by 11 elected voting members (including Office Bearers), by non-voting Ex-Officio Members and by non-voting Executive officers nominated by the Scientific Council for specific matters.

NEW

The ESH Scientific Council is formed by the **Nucleus** (6 Office bearers and 5 additional elected voting members), by non-voting Ex-Officio Members and by non-voting Executive Officers (Task Force leaders) nominated by the **Nucleus** of the Scientific Council for specific matters.

§ 15.b Election of ESH Scientific Council and terms of service

ESH Scientific Council members shall be elected as follows: at the time of the General Assembly during the Annual Scientific Meeting of the ESH, the Society shall vote on membership of the **Nucleus** of the ESH Scientific Council, giving due consideration to the recommendations of the existing Scientific Council. Any member of the Society may nominate a candidate by writing to the Secretary of the ESH Scientific Council not less than sixty days before the scheduled Annual Scientific Meeting of the ESH.

OLD

Members of the Scientific Council may serve for a **four-year** term with the possibility for an additional **four-year** term depending on the confirmation by the General Assembly.

NEW

Members of the Nucleus of the Scientific Council may serve for a **three-year** term with the possibility for an additional **two-year** term depending on the confirmation by the General Assembly.

T. Weber emphasized again the need for a voting process among paying full members, while also considering geographic representation, such as ensuring geographic diversity and preventing dominance by a few countries.

The Council discussed the potential challenges of implementing elections, they agreed to further develop principles for Council representation and elections, e.g. turnover in the Council/terms, fewer “elected” members, nominations/voting, European representation, role of affiliated (European) and associated (non-European) National Hypertension Societies. C. Delles pointed out that these principles should be clearly defined before presenting them to the General Assembly.

§ 15.c Duties of ESH Scientific Council

OLD

The presence of six elected members of the ESH Scientific Council constitutes a quorum.

NEW

The presence of six elected members of the **Nucleus** of the ESH Scientific Council constitutes a quorum.

OLD

The ESH Scientific Council should normally meet at least **twice a year**. Meetings should be convened by the ESH President. Additional individuals may be invited by the President to participate in an ESH Scientific Council meeting.

NEW

The **Nucleus** of the ESH Scientific Council should normally meet **at least every other month** (virtual meetings possible; at least 2 in person meetings per year). Meetings should be convened by the ESH President. **Additional members of the Scientific Council** (and other individuals) may be invited by the President to participate in an ESH Scientific Council **Nucleus** meeting.

The meeting also touched on the duties of the Council and the Nucleus, with some uncertainty about the frequency and decision-making power of full council meetings versus the nucleus group. This also needs to be clarified more in detail.

§ 15.d Office Bearers

OLD

Office Bearers of the Society are:

- the President,
- the Immediate Past President,
- the Vice-President,
- the Secretary,
- the Treasurer and,
- the Officer at Large

NEW

Office Bearers of the Society are:

- the President,
- the Immediate Past President,
- the Vice-President,
- the Secretary,
- the Treasurer and,
- the Young Investigator Representative

With this amendment to the By-Laws, the position of the Officer at Large will be abolished, while the Young Investigator Representative will be a newly established position.

The Council also discussed revising its structure and term limits for various positions. T. Weber and K. Tsioufis debated the duration of Council membership: T. Weber supported a maximum of eight years, while K. Tsioufis proposed a six-year limit. For the time being, it was agreed to set the overall limit at six years, with the exception of the Vice President.

The Council also raised the question of whether the position of Past President is necessary, given that they automatically join the Presidential Board. One suggestion was that the most recent Past President should serve as Chair of the Board.

§ 15.d Office Bearers

OLD

The President shall serve for a two-year term and shall subsequently remain in the ESH Scientific Council as Officer Bearer for two more years as Immediate Past President. This applies also when the total period of the Immediate Past President in the Scientific Council exceeds eight years.

The Vice-President shall normally serve or two years with the possibility for an additional two-year term, but without extension of a maximum eight-year term in the Scientific Council.

NEW

The President shall serve for a two-year term and shall subsequently remain in the Nucleus of the ESH Scientific Council as Office Bearer for two more years as Immediate Past President. This applies also when the total period of the Immediate Past President in the nucleus of the Scientific Council exceeds eight years.

The Vice-President (President-Elect) shall serve for two years, and shall then become President, and subsequently Immediate Past President. This applies also when the total period of the Immediate Past President in the Nucleus of the Scientific Council exceeds eight years.

The Secretary, the Treasurer, the Young Investigator Representative shall normally serve for three years with the possibility for an additional two-year term, but without extension of a maximum eight-year in the Nucleus of the Scientific Council.

The Young Investigator Representative should be elected by the Young Investigator Group and should be typically at an earlier career stage.

The Council also discussed the role of the Vice President and the need for a transition period when implementing new rules. Furthermore, there needs to be a “real” election of the Vice-President among the paying members. The set up of a list of candidates will be the most delicate issue, since the position of VP definitely needs a person that has already collected some experience within ESH.

§ 15.e Ex-Officio Members

OLD

Ex-Officio non-voting members of the Scientific ESH Council are:

- One ESH member representing FESH.
- One ESH member representing the affiliated and associated National Hypertension Societies.

The ex-officio member shall serve for a two-year term with the option to prolong this term for additional two-year period.

NEW

Ex-Officio non-voting members of the Scientific ESH Council are:

- One ESH member representing FESH.
- One ESH member representing the affiliated and associated National Hypertension Societies.

The ex-officio member shall serve for three-year term with the option to prolong this term for on additional two-year period.

M. Burnier raised concerns about the FESH representation and suggested organizing a separate meeting to address this issue and to discuss the By-Laws of the FESH as well since they also need a re-do.

§ 15.f Executive Officers

OLD

The ESH Scientific Council may appoint Executive Officers with specific responsibilities in areas that are regarded by the ESH Scientific Council to require expert attention and decisions on a continuous basis. They can be selected from among ESH Scientific Council members or regular ESH members on account of experience and competence. Executive Officers selected from regular ESH members may be invited by the ESH President to attend the ESH Scientific Council meeting or a portion of the meeting. Areas to be considered for Executive appointments are:

- Coordination of Working Group Activities
- ESH Summer Schools

- Educational Activities of the Society
- Research and Communication Activities of the Society
- Liaison with other (non-European) International Hypertension Societies or Scientific Bodies
- Young Fellows
- General Practitioners Network
- eHealth Technologies

NEW

The ESH Scientific Council may appoint Task Forces, led by Task Force Leaders, with specific responsibilities in areas that are regarded by the ESH Scientific Council to require expert attention and decisions on a defined time span. They can be selected from among ESH Scientific Council Nucleus members or regular ESH members on account of experience and competence. Task Force Leaders, selected from regular ESH members may be invited by the ESH President to attend the ESH Scientific Council Nucleus meeting or a portion of the meeting. Areas to be considered for Task Force Leader appointments can be defined by the Nucleus of the Scientific Council at any time, typical examples being:

- ESH Conference Planning Coordination
- Guidelines Preparation
- Research and Communication Activities of the Society
- Liaison with other (European and non-European) International Hypertension Societies or Scientific Bodies

The Task Force Leaders shall serve for the time period to fulfill the task given. The maximum duration is 6 years.

The following discussion centered on the structure and roles within the Council, particularly regarding the aim to replace the Executive Officers by Task Force Leaders to reduce the number of people in the Council.

T. Weber explained that Task Force Leaders may not necessarily be Council members but may be invited to certain meetings and emphasized that tasks should be focused on specific objectives rather than individuals.

The following key point amendments were discussed:

- Change of title from § 15.f Executive Officers to § 15.f Task Force Leaders
- Standard task, such as Summer School or Working Groups should be handled within the Council. If there is no person in the Council to deal with this, a Task Force will be set up.
- The Council discussed concerns about the term "coordination," with regards to the title Conference Planning Coordination. K. Tsioufis suggested finding an alternative word to avoid implying equal status with the president of the local organizing National Society
- C. Delles suggested to replace the term Task Force by "Short-Life Working Groups". The wording needs further discussion.

§ 15.g Presidential & Advisory Board

The Presidential Board and Advisory Board were also discussed. C. Delles expressed interest in further discussion on their roles and structure.

4. MISCELLANEOUS

4.a + b – ESH 2026 Registration Fees + Membership @ Registration

(T. Weber, C. Delles, J. Danser)

A proposal for registration and membership fees for the upcoming meeting in Gdansk was presented. The conclusion was that some amendments are needed. Following an open discussion, the group agreed to adjust the fee structure moving the €640 membership option up in the table and considering a €50 discount for participants (first authors) with accepted abstracts. The Council also discussed extending reduced fees to nurses, pharmacists, and allied health professionals, as well as offering a special rate for students under 25.

M. Burnier suggested setting a minimum fee of €100 for participants from low- and middle-income countries. The group decided to implement these changes for one year to evaluate their effectiveness before making further adjustments.

ESH 2026 – GDANSK
LOC VAT 23% INCLUDED
Revised fees

	Until March 3, 2026	Until March 3, 2026 Including 1-year ESH membership fee	From March 4, 2026 and on-site	From March 4, 2026 and on-site Including 1-year ESH membership fee
NON-MEMBER	710,00 €	640,00 €	890,00 €	820,00 €
ESH MEMBER ⁽¹⁾	540,00 €		720,00 €	
PARTICIPANT with 1 accepted abstract ⁽²⁾	410,00 €	400,00 €	470,00 €	520,00 €
YOUNGER THAN 35 ⁽³⁾	230,00 €	280,00 €	260,00 €	310,00 €
LOW- AND MIDDLE-INCOME COUNTRIES ⁽⁴⁾	100,00 €	150,00 €	150,00 €	200,00 €
NURSES, PHARMACISTS, OTHER HEALTHCARE PROFESSIONALS	80,00 €	130,00 €	110,00 €	160,00 €
STUDENTS below the age of 25 years ⁽⁵⁾	40 €	90 €	60 €	110 €

⁽¹⁾ Only for ESH members. Not applied to members of other Hypertension Associations and National Societies

⁽²⁾ Only presenting authors

⁽³⁾ Born after June 1st, 1991. Please send a copy of your document

⁽⁴⁾ It refers to Low income and Lower-middle-income economies, as defined in accordance with the World Bank Country Classification. This fee is only applicable to non-sponsored registration and will be invoiced to the individual participant.

⁽⁵⁾ Born after June 1st, 2001

The Council also approved the revised fee structure for the congress attendance, including new categories for students, nurses, and healthcare professionals from low- and middle-income countries.

[Note added on 23rd September 2025: The proposed revised fee structure has been discussed at a further meeting with M. Massaro and slight adjustments will be made. Final approval will be given once the revised proposal has been shared by M. Massaro.]

4.c ESH – New organization of scientific proposals + further organizational matter

K. Narkiewicz joined the meeting.

The discussion focused on finalizing the program and venue details for the upcoming congress.

K. Narkiewicz presented an updated plan of the venue, including a new larger hall with capacity for up to 1,800 people. The program outline was discussed, featuring sessions organized by working groups, keynote lectures, and special guest speakers.

T. Weber informed the Council that the scientific proposals will be collected directly through ESH rather than AIM. He also emphasized the need to send out the proposal collection information immediately due to the high level of interest from colleagues.

The Council agreed on the proposal collection process, with details to be finalized at the upcoming meeting in Sweden.

The Council discussed two main initiatives for the upcoming congress:

1. K. Narkiewicz presented a proposal for a new patient journey symposium format in collaboration with Medscape, which would involve interactive team-based activities and could potentially generate revenue for the society. The Council expressed interest but raised concerns about costs and sponsorship arrangements, agreeing to further discuss the concept in Sweden.

2. The Council agreed to explore organizing an opening night reception, pending confirmation from pharmaceutical sponsors about compliance requirements.

4.d – Young Investigators – Presentation of By-laws (D. Ferrão)

D. Ferrão presented a draft of By-laws for the newly founded group, seeking feedback and noting potential alignment with ESH By-laws.

The Council discussed the structure and membership of the Young Fellows Group within ESH. They agreed to set an age limit of 40 years to ensure renewal of membership, with members required to be ESH members with paid fees.

The Council also discussed the following issues:

- simplify the structure, with a board of one chair and 14 members, elected during the General Assembly.
- renew the board annually by substituting members rather than adding new ones, with a two-year term for board members.
- need for active engagement from members and the importance of having the Young Fellows Group elect their own representative.

D. Ferrão and the group will come up with a more simplified proposal until December.

4.e – New Social Media Initiative (D. Ferrão)

D. Ferrão presented a new social media initiative for ESH, focusing on educational content and event updates for healthcare professionals.

The society will trial social media activities with AIM's help from September to December, starting with LinkedIn and Instagram. The first postings will start with the ESH Summer School in Sweden.

A contract with AIM Communications has been signed. The cost of the trial = Eur 7500 exc. tax.

4.f - Sogolytics Survey Tool (C. Delles)

C. Delles reported on the cancellation of the Sogolytics survey tool subscription.

As the platform was not being used to its fullest, only 3-5 surveys per year, it was decided to cancel the contract. The platform is available for surveys until 22nd October 2026.

4.g – Recor Webinars (C. Delles)

C. Delles reported that Recor Medical has proposed a new collaboration on 2 webinars:

- one in 2025, one at the beginning of 2026 | 2 slots per webinar on same day 60 minutes each.

- each webinar has 2 talks on general topics of interest and 1 talk with relevant aspects on RDN - 1 moderator, 3 experts + live Q&A.
- Send proposals to C. Delles as soon as possible.
- Same conditions as in 2024 – Eur 18,000 per webinar.

4.h – Selling of congress recordings/presentations (C. Delles)

Following the ESH meeting in Milan, ESH has been approached by various agencies, particularly by Indian agencies, who have expressed interest in purchasing recordings of the meetings and/or PPT presentations.

An open discussion took place on whether this is something ESH should pursue. The Council debated the possibility of recording and selling conference sessions, with concerns raised about speaker consent and potential conflicts of interest. A final decision wasn't made.

4.i – ESH Awards/Grants (C. Delles)

The Council discussed the need to restructure the awards ceremony to better accommodate the growing number of grants and awards from industry sponsors.

C. Delles suggested having a separate session for Grant awards. He also suggested that the Council establish rules for follow up on how grants are used by the awardees.

4.j – Member discount 2026 for Journal of Hypertension (C. Delles)

C. Delles reported that Wolters Kluwer has confirmed the online subscription to the Journal of Hypertension for ESH members will remain at \$135 in 2026.

4.k – Long-term contract with AIM (T. Weber, C. Delles)

C. Delles informed the Council that discussions have been underway with AIM for a long-term contract for the conference organization. The proposal is a 4–5-year agreement to streamline operations and allow for proactive planning.

M. Burnier emphasized the need to negotiate better terms until 2030 and for clear role definitions between AIM and ESH.

T. Weber pointed out that ESH has already made an important turn for the 2026 meeting by taking over control of the scientific program.

4.l – MASTERplan publication in Blood Pressure (T. Weber)

T. Weber reported on the publication in Blood Pressure of the 2024 ESH MASTERplan for the Management of Arterial Hypertension.

- The MASTERplan has been rewritten and redesigned.
- Completion of the Clinical Practice Guidelines with full copyright
- Translations will be possible
- Listing of authors in alphabetical order – approved.

4.m – ESH Annual Meetings beyond 2028 (J. Danser)

- Meetings for 2027 (Basel) and 2028 (Glasgow) were decided this year.
- Plan at least 4-6 years ahead.
- Meetings should be evenly spread across Europe.
- The non-chosen conference bids from the 2027/2028 candidate cities (Lisbon, Rotterdam, Gothenburg, Paris) should be used for future meetings; they are all new cities where the meeting has never been held.
- Proposal for future meetings: (decision to be made during the December Council meeting):
2029 – Lisbon
2030 – Rotterdam
2031 – Gothenburg
2032 – Paris
- This approach ensures that there are candidate hosts secured for at least the next four years, meaning a new round of bids will likely not be required until 2028. This will also create ample opportunities for additional “new cities” to participate in the future.
- For the next bidding round, ESH could consider broadening the voting process beyond Council members and opening it to the entire ESH community; the new membership policy may help support this.
- **Action:** Assess whether all four bids meet the required quality standards and confirm with the presenters whether their proposals would also remain valid for a later year.

5. WORKING GROUP REQUESTS/PROJECTS (A. Persu)

A. Persu updated the Council on the ESH Working Groups and the board election status within the groups. The following new Chairs were mentioned:

HT and the Heart – Miguel Camafort
Endocrine HT – Laurence Amar
Small Arteries – Michalis Doulas
Children & Adolescents – Dorota Drozd

The Council approved the creation of a new Working Group for general practitioners and team-based care, with R. de Pinho as chair and discussed the need to include nurses as WG members.

They also approved a proposal to simplify the name of the WG on Blood Pressure Monitoring and Cardiovascular Variability to WG on Blood Pressure Monitoring.

The Council agreed to a new position paper by the WG on Hypertension and the Kidney. *Suggested title:* Hypertension-associated nephropathy: a consensus statement

Endorsed by other entities: EuReCa-M WG of the ERA (still awaiting final approval by ERA council).

Suggested target Journal: Hypertension

Expected month/year of submission to Journal: 12/2025

Lead author(s): Dominique Guerrot, Liffert Vogt

6. ANY OTHER ISSUES (M. Doulas, C. Delles)

The Council also discussed the European Union's consultation on non-communicable diseases and the need for ESH to register in the European Transparency Register.

M. Burnier addressed the need for EBAC recognition. E. Rodilla volunteered to take responsibility for EBAC having already covered this position for the Spanish society.

7. DATES FOR FUTURE COUNCIL MEETINGS (T. Weber, C. Delles)

- Vienna – December 20, 2025
- Gdańsk – January 31, 2026

8. CLOSURE OF THE MEETING (T. Weber)

Due to time, not all items on the Council Meeting agenda were covered, these will be taken up again during the next Council meeting.

T. Weber thanked everyone for the good and fruitful discussions and closed the Council.

Thomas Weber
ESH President

Christian Delles
ESH Secretary