

How does ACNAP foresee the role of specialized nurses in the implementation of 2024 ESC Guidelines for the management of elevated blood pressure and hypertension?

Leonie Klompstra
ACNAP President

Priorities for implementation

1. What is the role in the guidelines for nurses (and allied professionals)?
2. Leadership & education
3. Focus on the role of the multidisciplinary teams
4. Awards

What is the role of nurses?

In 2022, a survey was conducted for nurses and allied professionals (n=546) on the use and implementation of the ESC Clinical Practice Guidelines and ACNAP publications in clinical practice.

The results showed a certain lack of knowledge and low level of implementation for some of the ESC Guidelines and ACNAP documents.



RESEARCH ARTICLE

Healthcare Professionals' and Policy Makers' Views on Implementing a Clinical Practice Guideline of Hypertension Management: A Qualitative Study

Ping Yeln Lee¹, Su May Liew², Adina Abdullah², Nurdiana Abdullah², Chirk Jenn Ng², Nik Sherina Hanafi², Yook Chin Chia², Pauline S. M. Lai², Stalla S. L. Wong³, Ee Ming Khoo^{2*}

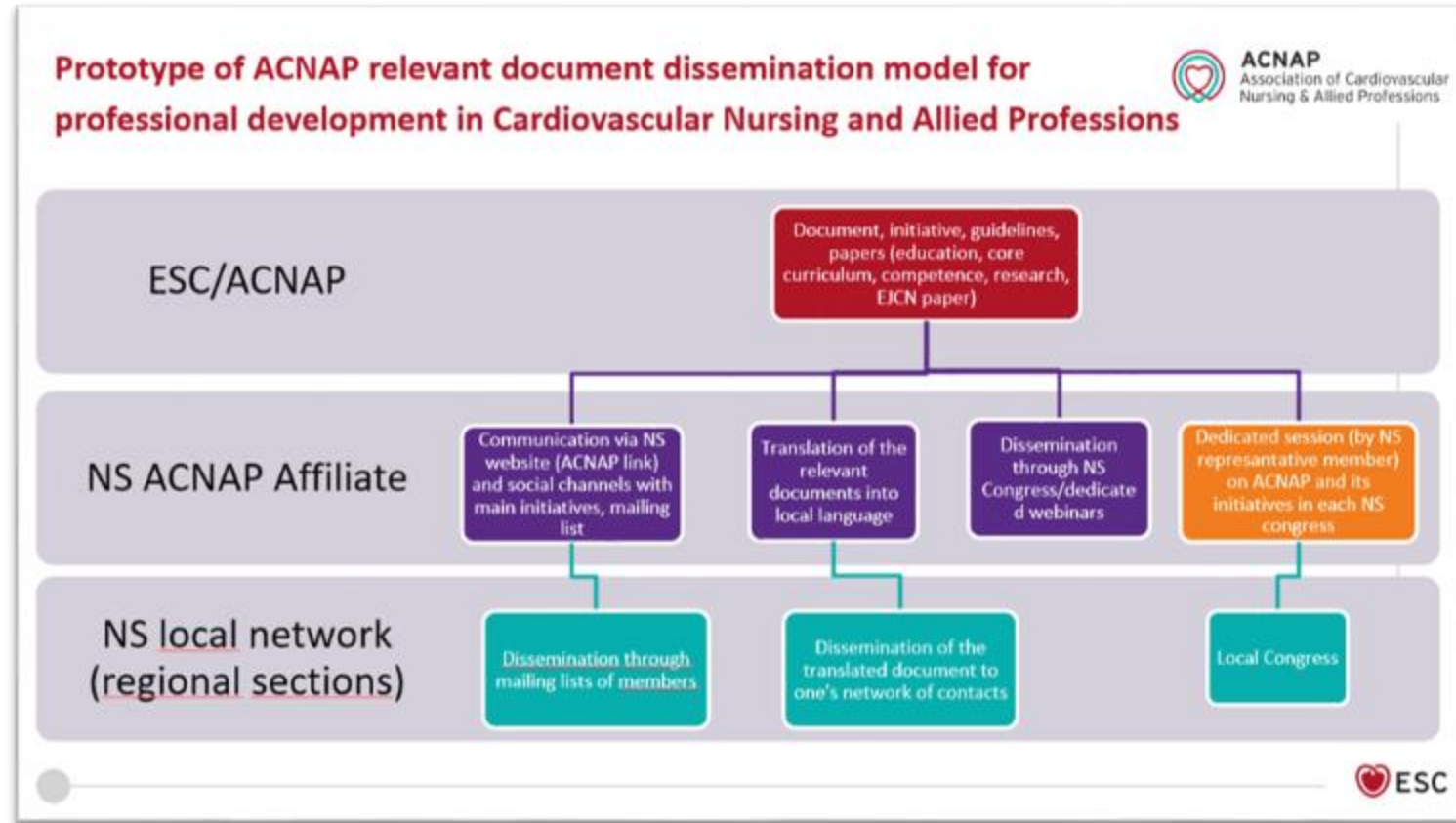
“In my opinion, guidelines may be not suitable for nurses to use because a lot of information are more for doctors. It is too detail. Especially, this is about medications and type of medications..”

What is the role of nurses?

ACNAP National Cardiovascular Nursing & Allied Professions Societies Committee

**A crucial role in supporting
best evidence-based practice**





Belgian Working Group on Cardiovascular Nursing

“Throughout the past years, we have participated in many ACNAP activities, such as the train the trainer sessions for implementing the summary cards of the ESC guidelines. Inspired by this session, we decided to translate the available ESC guideline summary cards into French and Dutch to make them available for the nurses in our country.”

What is the role for nurses?

Nurses appearance in the ESC guidelines for the management of elevated BP and hypertension
2018: 8 times; 2024: 2 times

Number of appearances of different terms in the most recent European Society of Cardiology atrial fibrillation guidelines

Year	Multidisciplinary	Team ^a	Nurse ^b	Allied professionals
2010	0	0	0	0
2012	0	0	0	0
2016	16	30	5	5
2020	15	17	7	1
2024	26	35	7	1



European Journal of Cardiovascular Nursing (2025) 00, 1–13
<https://doi.org/10.1093/eurjcn/zvaf083>

SPECIAL ARTICLE

A multidisciplinary team approach in the 2024 ESC guidelines for the management of patients with Atrial Fibrillation—what is the role of nurses and allied professionals? A Clinical Consensus Statement of the Association of Cardiovascular Nursing and Allied Professions (ACNAP) and the European Heart Rhythm Association (EHRA) of the ESC

Lien Desteghe ^{1,2,3,4†}, Geraldine Lee ^{5†}, Sotiris Antoniou ⁶, Jose L. Merino ⁷,
Lis Neubeck ^{8,9}, Catherine Ross ⁸, Emma Svennberg ¹⁰,
and Jeroen M. Hendriks ^{11,12,13*}

Physician level
Provide information on the risks of hypertension and the benefits of treatment, as well as agreeing a treatment strategy to achieve and maintain BP control using lifestyle measures and a single-pill-based treatment strategy when possible (information material, programmed learning, and computer-aided counselling)
Empowerment of the patient
Feedback on behavioural and clinical improvements
Assessment and resolution of individual barriers to adherence
Collaboration with other healthcare providers, especially nurses and pharmacists

A key role for nurses and pharmacists in the longer-term management of hypertension

- The important role of nurses and pharmacists in the education, support, and follow-up of treated hypertensive patients is emphasized as part of the overall strategy to improve BP control.

Bryan Williams, et al., 2018 ESC/ESH Guidelines for the management of arterial hypertension: The Task Force for the management of arterial hypertension of the European Society of Cardiology (ESC) and the European Society of Hypertension (ESH), *European Heart Journal*, Volume 39, Issue 33, 01 September 2018, Pages 3021–3104

Recommendation Table 36 — Recommendations for multi/interdisciplinary blood pressure management (see Evidence Table 49)

Recommendation	Class ^a	Level ^b
Multidisciplinary approaches in the management of patients with elevated BP and hypertension, including appropriate and safe task-shifting away from physicians, are recommended to improve BP control. <small>227,229,230,1012–1014,1016</small>	I	A



ESC

European Society
of Cardiology

European Heart Journal (2024) 45, 3912–4018
<https://doi.org/10.1093/eurheartj/ehae178>

ESC GUIDELINES

2024 ESC Guidelines for the management of elevated blood pressure and hypertension

Developed by the task force on the management of elevated blood pressure and hypertension of the European Society of Cardiology (ESC) and endorsed by the European Society of Endocrinology (ESE) and the European Stroke Organisation (ESO)

Nurses as guideline implementers

- Conduct BP screening and risk assessments
- Lead lifestyle modification programs
- Monitor medication adherence and side effects
- Use digital platforms for remote follow-up
- Participation in cardiovascular rehabilitation programs

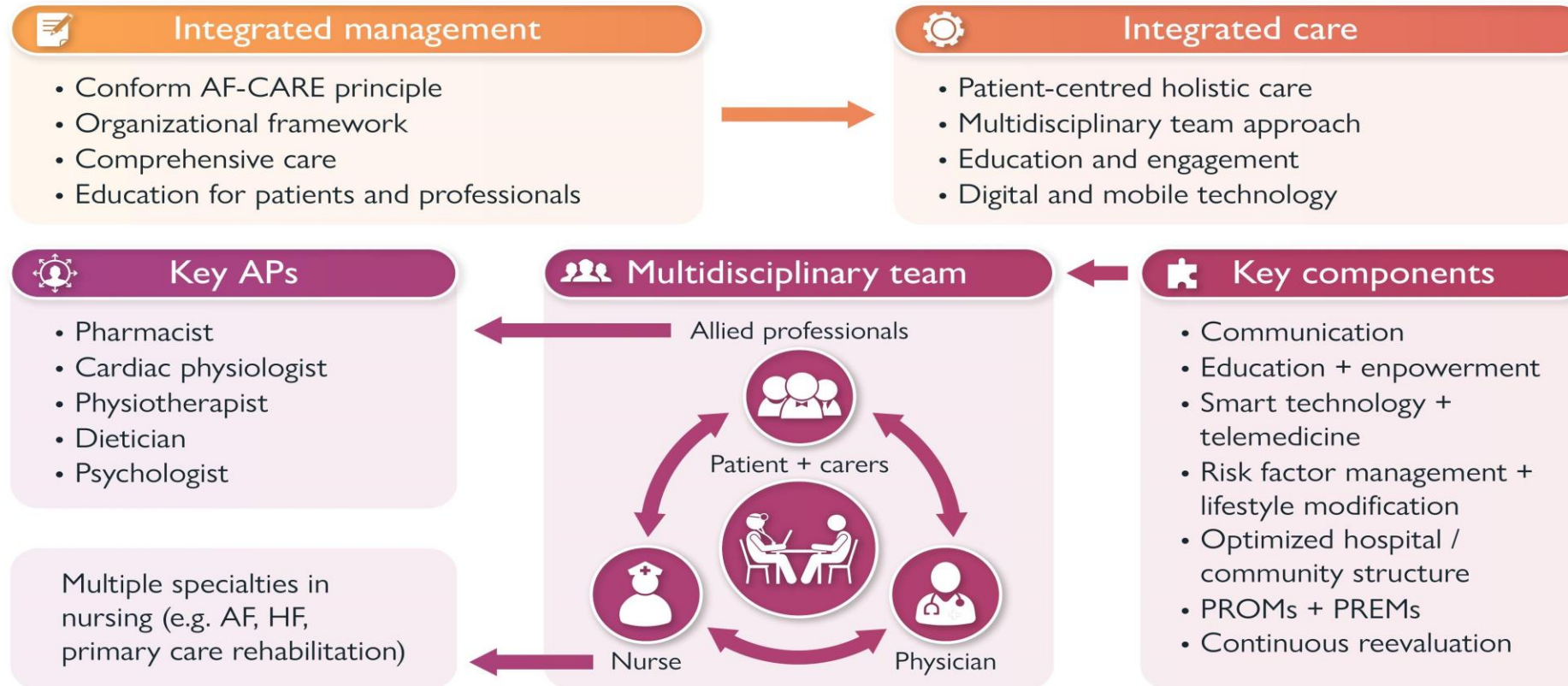
Patient education and empowerment

- Facilitate shared decision-making
- Provide tailored education on hypertension
- Use motivational interviewing to support behaviour change



What is the role of nurses?

A multidisciplinary team approach in the 2024 ESC guidelines for the management of patients with atrial fibrillation (AF) - what is the role of nurses and allied professionals?



Holistic integrated care with a structured multidisciplinary approach, active patient engagement, the provision of comprehensive care and treatment, supported by digital technology is required to optimize the treatment and outcomes of patients with AF

Leadership and education

ACNAP 2025: leadership

Cardiovascular
Round
Table



ACNAP 2025

Annual Congress of the Association of Cardiovascular Nursing and Allied Professions

12-14 JUNE

SOPHIA ANTIPOLIS, FRANCE

EUROPEAN HEART HOUSE



#ACNAP2025



Theme 2025

Transforming healthcare for a sustainable future.



ACNAP Leadership Course

An online course in early 2026

Championing the essential role that nurses and allied professionals have in the development and use of high-quality evidence



Jeroen Hendriks



Angela Massouh



Sandra Lauck

Cardiovascular
Round
Table

ESC Mentoring Platform

ESC Mentoring Platform

A personalised mentoring experience for ACNAP Silver Members

Cardiovascular
Round
Table



Education

EAPC Certification in Preventive Cardiology

Certification organised by the European Association of Preventive Cardiology (EAPC)



The EAPC Certification programme seeks to set a standard for competency and excellence in the field of preventive cardiology across Europe and beyond. It has been meticulously developed to accurately reflect clearly defined assessment goals and evaluate the necessary knowledge, skills and clinical competencies that are required for preventive cardiology practice.

The EAPC Certification programme is designed for physicians but also nurses and other allied healthcare professionals.

The programme is set out in two parts:

- the exam - intended to test the theoretical knowledge of the candidate
- the logbook - demonstrating the training, skills and experience of the candidate

Education

ESC patient guidelines

	BP measured at the doctor's office (mmHg)	BP measured at home (mmHg)
Not elevated	Less than 120/70	Less than 120/70
Elevated	More than 120/70 but less than 140/90	More than 120/70 but less than 135/85
Hypertension	Equal to or more than 140/90	Equal to or more than 135/85

ESC Clinical Practice Guidelines for the Management of Elevated Blood Pressure and Hypertension: **What Patients Need to Know**



Image is for illustrative purposes only

Home BP monitoring



Use a validated BP monitor



Measure BP in a quiet room
after 5 mins of rest with arm
and back supported



Obtain two readings
on each occasion,
1-2 mins apart



Obtain readings morning
and evening for at least 3
and ideally 7 days



Record your readings
and show them to your
healthcare team

Multi-disciplinary teams

ACNAP 2026

Theme 2026

Working Together:
multidisciplinary care & research

Recommendation Table 36 — Recommendations for multi/interdisciplinary blood pressure management (see Evidence Table 49)

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ACNAP 2026

ANNUAL CONGRESS OF THE ASSOCIATION OF
CARDIOVASCULAR NURSING AND ALLIED PROFESSIONS



**12-13
JUNE**

**SOPHIA-ANTIPOLIS
FRANCE**
EUROPEAN HEART HOUSE

Awards

ACNAP National Cardiovascular Nursing and Allied Professions Societies Award

The most successful in implementing the ESC Guidelines and ACNAP documents in its country, to support clinical practice and scientific knowledge.

1st award: Presentation of the project at ACNAP Congress

A free registration to ACNAP Congress & 4 Free Silver Memberships for one year

2nd award: Presentation of the project at ACNAP Congress

A free registration to ACNAP Congress & 2 Free Silver Memberships for one year



1st award: Mrs. Zoe McCrudden

2nd award: Mrs. Rebecca Hyland

Thank you for your attention



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ACNAP
Association of Cardiovascular
Nursing & Allied Professions