

The ESC Council of Hypertension for the implementation of the 2024 Hypertension Guidelines

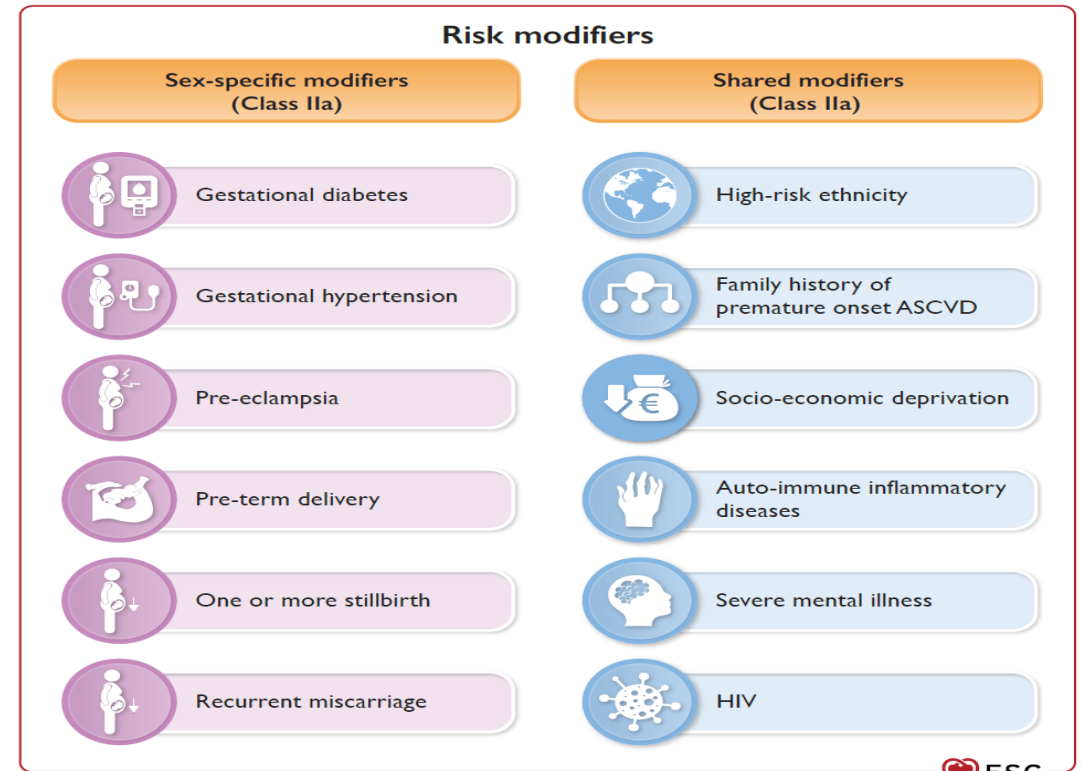
Eva Gerds MD PhD FESC FAHA

Professor of Cardiology
University of Bergen, Norway
Chairperson-elect ESC CHT

02.07 2025

2024 ESC GL on elevated BP and hypertension

- Early diagnosis of HT
- Earlier initiation of treatment
- Improved CV risk assessment
 - Female specific risk factors
 - Non-traditional risk factors
 - More widely use of CV imaging to identify high-risk individuals
- More intensive blood pressure treatment



ESC

CHT implementation of ESC 2024 HT GL

Planned implementation activities

- Increase awareness of HT across the ESC communities
 - HT common among patients with CVD
 - May complicate diagnosis and management
- CHT participation as board members of other ESC communities
- Scientific documents
 - Series of 4 papers in EJPC coming up
- Sessions on hypertension at ESC meetings
 - ESC congress
 - Joint sessions at community congresses (EuroPrevent, EACVI, Heart and Stroke)
- World hypertension day/month activities

CHT implementation of ESC 2024 HT GL

Implementation challenges

- Most patients with hypertension managed in primary health care
 - GPs/Cardiologists in clinical practice
 - Not members of ESC or more influenced by non-ESC GLs
- Many cardiologists think of HT as a GP or nephrology condition
 - Define the role in a multidisciplinary team
- National variation in
 - BP measurement as part of primary CVD prevention
 - Drug re-imbursement
 - Re-imbursement for target organ damage (OD) screening
 - ESC must work with EU to improve this



CHT implementation of ESC 2024 HT GL

Implementation challenges

- National societies of cardiology GL endorsement
 - 35 countries (June 11, 2025)
- Endorsement process – Norwegian experience
- Relation with ESH

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, Giuseppe; Kreutz, Reinhold; Brunström, Mattias; More

Journal of Hypertension. 41(12):1874-2071, December 2023.

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

McEvoy JW, McCarthy CP, Bruno RM, Brouwers S, Canavan MD, Ceconi C, Christodorescu RM, Daskalopoulou SS, Ferro CJ, Gerdts E, Hanssen H, Harris J, Lauder L, McManus RJ, Molloy GJ, Rahimi K, Regitz-Zagrosek V, Rossi GP, Sandset EC, Scheenaerts B, Staessen JA, Uchmanowicz I, Volterrani M, Touyz RM; ESC Scientific Document Group.

Eur Heart J. 2024 Oct 7;45(38):3912-4018. doi: 10.1093/eurheartj/ehae178.



Thank you for your attention