

# eINFO



## THIS IS THE LAST CHANCE TO REGISTER FOR OUR 2024 CONFERENCE!



**SECURE YOUR SPOT TODAY!**



Our 2024 conference with Obesity Canada is less than 2 weeks away, so make sure to [register now](#) so that you don't miss out! Our [conference program](#) has over 100 sessions with presenters who are leaders in the fields of hypertension and obesity. Family doctors will be happy to hear that the program has been certified by the College of Family Physicians of Canada and the Alberta Chapter for up to 19.50 Mainpro+ credits. Similarly, pharmacists should know that the program has been approved by the Canadian Council on Continuing Education in Pharmacy (CCCEP) for 49.37 CEUS. Join us in picturesque Banff and earn your credits at the same time! You can also get discounts on your travel costs by using the codes for flights and your shuttle [here](#). We hope to see you in Banff!

[CLICK HERE  
TO REGISTER](#)

[CLICK HERE TO VIEW  
THE PROGRAM](#)

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## **HYPERTENSION: INTRODUCING A NEW STANDARD FOR HIGH-QUALITY CARE IN ONTARIO**

Ontario Health has released a [Hypertension quality standard](#). Hypertension is the most common modifiable risk factor for death or disability, and two-thirds of people in Ontario aged 65 years and older had a diagnosis of hypertension in 2021. Ontario data shows that to improve patient outcomes, better care is needed for people with hypertension. The quality standard describes seven key opportunities to improve care. Accompanying materials include a patient guide with helpful self-management resources, a placemat for clinicians, and technical specifications for indicators to support implementation. Dr. Lisa Dolovich will be presenting a session on the new quality standard at our upcoming conference in Banff. Please share the [Hypertension quality standard](#) with your networks. To learn more, please [register](#) for a webinar on March 28, 2024, from 12:30 to 1:30 p.m. ET. For more information, please contact [QualityStandards@OntarioHealth.ca](mailto:QualityStandards@OntarioHealth.ca).

## **EVALUATING SEX AND GENDER CONSIDERATIONS IN HYPERTENSION RESEARCH**

A [recent study](#) published in the Journal of the American Heart Association (whose authors include two of our members, Dr. Sofia Ahmed and Keila Turino Miranda) highlights the lack of sex and gender considerations in antihypertensive medication literature that informs hypertension guidelines. Despite known differences in how hypertension affects men and women, the study found that most literature informing international guidelines does not commonly incorporate these factors. Only 81% of the studies reviewed reported participant sex, and a mere 0.6% stratified adverse events by sex. The findings call for greater attention to sex and gender in research to optimize hypertension management strategies.

## **CCCN'S 2024 ANNUAL SPRING CONFERENCE**

Registration is now open for the 2024 Canadian Council of Cardiovascular Nurses conference in Calgary from May 24-25. The program is in its final stages of completion and is available for viewing. Don't miss out on this great opportunity to network with colleagues from across the country and attend a great educational program. [Click here](#) for more information, to see the program and to register.



## OUR UPCOMING WEBINAR ON THE HEARTS PROGRAM FOR MAY MEASUREMENT MONTH

On May 22nd from 11-12:15 pm ET, we will be hosting a webinar on the HEARTS program. High blood pressure is the single most important reversible risk for death globally. As a result, the World Health Organization (WHO) developed HEARTS, a state-of-the-art highly systematic primary care intervention to control hypertension. HEARTS provides more effective and less expensive care and is designed to strengthen primary care. HEARTS is based on the Kaiser Permanente hypertension intervention which improved hypertension control to 90%, with reduced rates of stroke and heart disease. The Pan American Health Organization (PAHO) successfully introduced HEARTS with 33 countries implementing the intervention. The PAHO intervention has expanded to include lipids and diabetes. The Crowfoot Primary Care Network (PCN) in Calgary has launched a Canadian version of HEARTS that includes home blood pressure monitoring. We invite you to join us for this webinar on HEARTS that includes representatives from the WHO, PAHO, Kaiser Permanente, and the Crowfoot Primary Care Network. This webinar will demonstrate how the HEARTS program can be implemented in Canada to enhance hypertension control and reduce cardiovascular disease, while strengthening primary care and reducing costs. You can [click here](#) to register.

## 2024 BIHS ANNUAL SCIENTIFIC MEETING

The British and Irish Hypertension Society (BIHS) will be holding its 2024 annual scientific meeting from September 9-10 in Manchester. This year, their program will focus on novel antihypertensive therapies, including newer weight loss drugs, and the Pickering lecture will be given by Professor Sadaf Farooqui FRS. [Click here](#) to find more details and register.

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## 2024 CBITN AND IBTN CONFERENCE

There are opportunities for our members to participate in the upcoming CBITN (a CIHR funded Clinical Trials Training Platform) and IBTN (the largest global network on behaviour change intervention development and testing) 2024 conference in Montreal. More specifically, they are seeking the expertise of our members for two key activities:

1. Your participation in the CBITN Networking Event on May 16th, 2024 from 12–4pm ET. As part of their funding mandate from CIHR, they aim to connect their outstanding CBITN cohort of pan-Canadian mentees (graduate students and fellows) with experts in healthcare, academia, industry, government, policy, and more, through a series of structured networking activities. CBITN believes that our members would be able to provide excellent insights to these fantastic individuals. There is a possibility that this will be a hybrid event.
2. Contribution of a real-world problem that can be addressed with a Behaviour Change Intervention. As part of their activities around the conference, CBITN runs an international summer school, where 36 outstanding students from around the globe come together to learn about how to develop and test behavior change interventions. As part of this, the students are clustered into 6 groups and across the week they develop a research protocol to address a specific question. To enhance the context of the work, CBITN invites our members to suggest health-related questions that they think could require a behavioral solution. For example, how to implement a new handwashing protocol in a clinical setting. If your question is selected, CBITN will be able to provide you with the insights from the group work. If you also attend the networking event, you would be able to discuss this with some of the team members that worked on it.

If you are interested in participating in either of these opportunities, please email us at [anna.stoutenburg@hypertension.ca](mailto:anna.stoutenburg@hypertension.ca) by March 27th, 2024.

## WE WANT TO HEAR FROM YOU!

Is there something that you would like to see in a future eINFO issue? If so, we encourage you to reach out and let us know at [anna.stoutenburg@hypertension.ca](mailto:anna.stoutenburg@hypertension.ca)