

eINFO



REGISTER NOW FOR OUR OCTOBER WEBINAR!

 Hypertension CANADA

What is the role of the Pharmacist in Hypertension Control?

Free webinar
October 23, 2024 at 12:00 pm – 1:00 pm EST

Speakers

 Dr. Stephanie Gysel University of Alberta	 Dr. Tiffany Lee Memorial University
 Dr. Ross Tsuyuki University of Alberta	 Dr. Sadaf Faisal Canadian Pharmacists Association

Make sure to join us for an engaging webinar on the role that the pharmacists play in hypertension control. You won't want to miss it! Our speakers will be presenting on the following topics:

- Screening for hypertension and May Measurement Month
- Evidence for pharmacists in the diagnosis, treatment, and control of hypertension
- A future vision of pharmacists in the detection, treatment, and control of hypertension

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NEW ARTICLE SHOWS THAT BLOOD PRESSURE CONTROL IN CANADA NEEDS IMPROVEMENT

A recent article published in the Canadian Journal of Cardiology reviewed the hypertension data from the Canadian Health Measures Survey (cycles 1-6, from 2007-2019) and found that, while treatment and control rates were high in those with a prior history of heart attack or stroke, patients without a history of heart attack or stroke were three times more likely to have their hypertension uncontrolled. This is why hypertension is labeled as the “silent killer”, as it often goes undetected. Nearly half of those surveyed who had hypertension, but did not have any comorbidities, were overlooked for treatment, and even those who were treated still had poorly controlled hypertension. This group (those who have hypertension with no comorbidities) represents over five hundred thousand Canadians.

It is important to note that in this latest survey, overall, only about two-thirds of Canadians have their blood pressure controlled. While this study shows that this trend has been consistent over time, it is important to note that only pre-pandemic data was used. The Canadian Health Measures Survey was not able to collect data during the pandemic, so cycle 7 (running from fall 2022 to fall 2024) will not include the pandemic data from 2020 until fall 2022. That said, data from the latest cycle can help determine the effects of the pandemic on blood pressure control rates.

NOVA SCOTIA PHARMACISTS CAN PRESCRIBE FOR HYPERTENSION IN PILOT PRIMARY CARE CLINIC PROGRAM

Nova Scotia has recently expanded its pilot primary care clinic program, with 14 new pharmacies joining the project. With the additions to the program, there will be 45 community pharmacies involved across the province of Nova Scotia. This program has widened the scope of practice for the pharmacists who are involved, giving them the ability to prescribe for chronic diseases, hypertension being one of them. Allison Bodnar, the CEO of the Pharmacy Association of Nova Scotia, noted that, “This project has transformed the way primary care is delivered in Nova Scotia. In a year and a half, community pharmacy primary care clinics have contributed to the decrease of emergency room visits by close to 10 per cent, provided over 190,000 services to Nova Scotians, and revitalized the pharmacy profession.”

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A REMINDER FOR LAPSED MEMBERS

A Hypertension Canada membership provides you with:

- Discounted rates on our annual conference
- The ability to apply for (or have your students apply for) trainee registration and travel awards for our annual conference
- 30 copies of printed educational resources
- Opportunities for volunteer work that builds experience and helps to advance your career (for example, being a part of our Guidelines Committee)
- The ability to be considered for one of our annual awards
- Discounts through the partners in our affinity program (like Goodlife fitness)
- And much more

Anyone interested in becoming a member can see our membership options and sign up for a membership [here](#).

WE WANT TO HEAR FROM YOU!

We invite you to share your valuable insights and expertise as a contributor to a future edition of eINFO. As healthcare professionals on the front lines of treating and managing hypertension, your experiences and research are essential in advancing the collective knowledge of our community. Whether it's a new approach to managing resistant hypertension, innovative treatment strategies, or an analysis of recent clinical trials, your input will help healthcare professionals across Canada learn more about hypertension. Becoming a contributor is also an excellent opportunity to showcase your achievements, so we encourage you to submit your recent work along with a small amount of commentary that we can put in the next issue. If you'd like to be a contributor, reach out to us at anna.stoutenburg@hypertension.ca.