

Hypertension
Canada

Annual Report 2024



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PRESIDENT'S REPORT

1. Update on 2022-2024 Strategic Plan Priorities:

A) *Be the trusted voice for hypertension and cardiovascular risk:*

- We have reviewed and revamped our website to make it easier for the public to navigate.
- We have had discussions with like-minded partners to provide their hypertension content. So far, we have met with Diabetes Canada, Obesity Canada, the Heart and Stroke Foundation, the Canadian Society of Endocrinology and Metabolism, the Canadian Council of Cardiovascular Nurses, and the Canadian Association of Cardiovascular Prevention and Rehabilitation.
- We have embarked on a new Guidelines process, chaired by Drs. Remi Goupil and Gregory Hundemer. This process will include a Primary Care Guideline/Tool (Chaired by Dr. Kristin Terenzi) and a Comprehensive Guideline. In an exciting development, we have been discussing a partnership with Hypertension Australia to share some of the work and costs of producing guidelines.
- Congresses
 - We held our in-person congress in Montreal on October 23-24 – it was great to see everyone in person.
 - We also held our 2024 congress in Banff on April 3-6 in partnership with Obesity Canada.
 - We have decided to hold a virtual congress in May 2025 (watch for details) with an in-person congress every second year (so, next would be May 2026)
 - Many thanks to Co-Chairs Drs. Dylan Burger and Kristin Terenzi
- A revitalized Canadian Hypertension Coalition: Thanks to our interim Chair, Dr. Norm Campbell and newly selected Chair, Dr. Kara Nerenberg for getting us back into the advocacy game.



B) *Obtain baseline data on blood pressure health in Canada and develop a tracking system to monitor trends over time:*

- Dr. Alexander Leung (Co-chair, Research and Evaluation Committee) has published new data from the Canadian Health Measures Survey (to 2019) in the [Can J Cardiol Open 2024](#). Since the Canadian Health Measures Survey did not operate during the COVID-19 pandemic, we do not yet have information on the impact of the pandemic on BP control rates.
- We have partnered with the May Measurement Month organization to conduct blood pressure screenings in pharmacies across Canada (Co-chair, Dr. Stephanie Gysel). Our plan is to seek funding to conduct screenings all year long, while still contributing to MMM.
- The results of our first efforts at BP screenings on World Hypertension Day in Newfoundland and Labrador have been published by Dr. Tiffany Lee in [Can J Cardiol Open](#) earlier this year.
- The results of pharmacy-based screenings during May Measurement Month were presented at the 2023 Hypertension Canada Congress and the 2024 [European Society of Hypertension](#) meetings. Briefly, we screened 736 individuals in 52 pharmacies in NL, AB, and BC. Overall, 21% had elevated BP, 20% of females screen had elevated BP, and 52% of those with diabetes had elevated BP. This paper, led by postdoctoral fellow Dr. Stephanie Gysel, is currently under review.

2. Update on revenue-generating programs:

(a). Hypertension Canada – Professional Certification Program (HC-PCP)

- Registrations to date: 218 (full program), Level 1: 83, Level 2: 7.
- Total of \$286,040 in revenue to date, and \$34,625 in the past year.
- Total of 40 graduates from the full version of the course, and 59 from the RxPATH study.
- The RxPATH study (a randomized trial of the HC-PCP taken by pharmacists) was published earlier this year, demonstrating a 5mmHg greater lowering of systolic BP in the patients of pharmacists who took the HC-PCP vs those who did not. These results will help us to market the program. A new marketing plan is being implemented.

(b). HC Device Recommendation Program:

- Revenue of \$310,400 in the past year.
- 27 new devices reviewed by the Committee (with our thanks).
- A paper by Dr. Jonathan Chan was published showing that while 9/10 home BP devices sold in pharmacies were Hypertension Canada-recommended (i.e., validated), only 45% of those sold online were validated (yikes!). We will use this information to target consumers, manufacturers and retailers with regards to the HC Device Recommendation Program.
- We are working on a plan to promote the Program.
- Thanks to our Chair, Dr. Swapnil Hiremath.

3. Other initiatives:

- We have obtained funding from Bios/Thermor to conduct a randomized trial of provision of a free home BP device and guidance from a pharmacist, vs. usual care in women with poorly controlled hypertension. This study began January 9, 2024, and is led by postdoctoral fellow Dr. Daniel Burton (supervised by Drs. Paula Harvey, Lisa Dubrofsky, and Ross Tsuyuki), has recruited approximately one third of the target of 368 patients.
- Hypertension in Women: This CIHR Health Systems Impact Fellowship-funded project, entitled "Leveraging Implementation and Behavioural Science to Improve Hypertension Management in Women by Primary Care Clinicians" is being led by Dr. Kaitlyn Watson (fellow), and supervised by Drs. Jeremy Grimshaw and Ross Tsuyuki. Analyses are wrapping up and the first paper "A qualitative study exploring women's perceptions and experiences of managing hypertension in primary care" will be submitted shortly. The end result of this work will provide the basis for implementation strategies for the Hypertension Canada guidelines in women.

This is my last report as President – it's been 4 years and I'm so grateful for everyone's support as we rebuilt Hypertension Canada and are on solid financial footing. I'll be staying on as Past President to support Dr. Laurel Taylor as your new President. As always, we need volunteers, so don't be shy!



Ross T. Tsuyuki, BSc(Pharm), PharmD, MSc, FCSHP, FACC,
FCAHS, ISHF
President



EXECUTIVE DIRECTOR'S REPORT

It has been a very productive year here at Hypertension Canada. In addition to having two conferences, we have also started work on several new projects that we are excited to share with you.

Last October, we had our 2023 Congress at the hotel Omni Mont-Royal in Montréal. We were happy to see so many of our members in attendance at our first in-person event since 2019. The event had a 2-day scientific program that included content for our trainees and sessions in three different tracks (primary care, basic science, and clinical/population science). We received excellent feedback from the delegates through the Congress evaluation and were able to implement it at our subsequent event.

In April, we hosted our 2024 conference in Banff in partnership with Obesity Canada. The event had a 4-day scientific program with 217 speakers that engaged trainees, researchers, and healthcare professionals. In total, about 450 attendees joined us for the event. We also covered registration and travel expenses for 22 trainees from across Canada and organized poster and presentation awards for 8 additional trainees at the event.

In May and June, the office attended both the PharmaChoice conference and the Pharmacy Expo in Halifax to promote our Professional Certification Program amongst pharmacists. Both events were great opportunities to meet pharmacists face-to-face and discuss the benefits of the PCP course. At the Pharmacy Expo, we were also able to connect with representatives from larger pharmacy chains and afterwards, we reached out to everyone we met with to organize follow-up meetings.

In terms of current projects, we have started work on our 2025 Guidelines. Our new Co-Chairs, Dr. Greg Hundemer and Dr. Remi Goupil, have designed a new process that we will be using. We have just started work on our Primary Care Guidelines.

Our advocacy work with the Canadian Hypertension Coalition continues and we are happy to welcome Dr. Kara Nerenberg as the new Chair of the Coalition. We want to sincerely thank Dr. Norm Campbell for his leadership as the interim Chair. His leadership was key in revitalizing the group and recruiting our current members. We also want to recognize Dr. Sachin Pasricha's achievement in recruiting both the Canadian Association of Pharmacy Students & Interns (CAPSI) and the Canadian Nursing Students Association (CNSA) to the Coalition as well.



Last, but certainly not least, we are pleased to welcome Dr. Laurie Taylor as our new President. We thank Dr. Ross Tsuyuki for his many years of leadership as our President and we're happy to say that he will continue on the Hypertension Canada Board in the role of Past President.

In closing, I would like to thank all of our members for being a part of Hypertension Canada and your continued commitment to the mission and vision of the association. We are here to serve you. Please do not hesitate to reach out to any of us should you have any questions or concerns.

Thank you,



Asif Ahmed, MBA, CAE
Executive Director

ABOUT HYPERTENSION CANADA

About Hypertension Canada

Hypertension Canada is the only Canadian non-profit organization dedicated solely to the prevention and control of hypertension and its complications.

Our vision is healthy blood pressure for every Canadian.

Our mission is to advance the healthcare of Canadians by enabling the detection, prevention, and control of high blood pressure and its complications

Seven and a half million people in Canada, about 1 in 4 adults, live with hypertension. Hypertension is also the single most important risk factor for premature death and disability in the world.

At Hypertension Canada, we work with experts to advance research on high blood pressure. We also advocate for the education of both the public and healthcare professionals to ensure Canadians can avoid the potentially deadly complications of high blood pressure.

Canada has become an international leader in the early detection of high blood pressure, its treatment, and overall management. With over 40 years of dedicated volunteers and professionals living our vision and mission for the betterment of Canadians and individuals world-wide, Hypertension Canada has successfully advocated for an improved rate of control and prevention of high blood pressure.



Strategic Plan – 2022-2025

Mission:

Advancing the health of Canadians by enabling the detection, prevention, and control of high blood pressure and its complications

Vision:

Healthy blood pressure for every Canadian.

Mandate:

Hypertension Canada delivers its mission/vision by striving for excellence in three core service areas:

1. Research: knowledge generation through research and innovation.
2. Education: knowledge translation by turning discovery into practice
3. Government & Stakeholder Relations: creating supportive environments through healthy public policy and lifestyles.

Strategic Objectives – 2022-2025

Objective 1: Be the trusted voice for hypertension and cardiovascular risk.

- Make HC's website the single, authoritative point of contact for health care professionals and the general public, to get guidance and information about hypertension.
- Build partnerships with like-minded organizations (e.g., Heart and Stroke Foundation, Diabetes Canada) such that HC provides all of their hypertension content in return for attribution.

Actions:

1. Strike a Hypertension Resources Taskforce with accountability for HC website content.
2. Review resources/content on HC website and update where appropriate.
3. Appoint a web design company to format the new content and optimize the pages for public web traffic. Consider organic and paid options to attract traffic.
4. Consider striking a focus group of healthcare professionals and patients to review the results and provide input.

5. Strike a Hypertension Partnership Taskforce with the following accountability:

- Identify like-minded partners.
- Create a proposal to provide their hypertension content.
- Get Board approval for prospective partners and proposal.
- Reach out to prospective partners with HC's proposal.

Objective 2: Obtain baseline data on Canadian blood pressure health and develop a tracking system to monitor trends over time.

Actions

1. Assign accountability for managing this priority to the Research and Evaluation Committee. The committee is to complete the research below and return to the Board with a recommendation and suggest an appropriate budget.
 - Find out if the Canadian health measures survey is still taking place.
 - If so, determine how to liaise with them to gain access to the data.
 - If not, determine how best to collect this data.
 - i. What are other countries doing? Is there a model we can use?
 - ii. Can we solicit test participants via public survey and then use the pharmacy infrastructure for testing?
2. Support other surveillance measures like May Measurement Month and the pharmacy screening grant.
3. Approve or revise Task Force recommendations and budget.
4. Execute plan.

MVP Statement

By joining HC, you will:

Be welcomed into a community of like-minded individuals, working together to reduce the burden of high blood pressure and its complications.

- Contribute to knowledge transfer and education.
- Access a diverse platform of awards recognizing excellence.
- Showcase the next generation of hypertension professionals.
- Communicate new discoveries in hypertension treatment and management.
- Receive curated knowledge and timely updates.
- Raise your profile and advance your career.

BOARD OF DIRECTORS

2023-2024



Dr. Ross T. Tsuyuki,
BSc(Pharm), PharmD, MSc,
FCSHP, FACC, FCAHS, ISHF
President

Dr. Ross Tsuyuki is a Professor of Medicine (Cardiology) and Director of the EPICORE Centre (a health research coordinating centre) at the University of Alberta and is the Editor-in-Chief of the Canadian Pharmacists Journal. Having previously served on Hypertension Canada's Board of Directors, Dr. Tsuyuki was elected in 2019 and appointed Vice- President. He also serves as a Chair of the Education & Implementation Committee and is a member of the Hypertension Canada Guidelines Committee.

Dr. Tsuyuki's interests are in clinical trials design and execution, hypertension, heart failure, community practice-based research, cardiovascular risk factors, and in the provision of support for clinical researchers through the EPICORE Centre. Dr. Tsuyuki has received several awards for teaching, as well as an appointment as a Fellow of the Canadian Society of Hospital Pharmacists, the American College of Cardiology and the Canadian Academy of Health Sciences. In 2005, he was recognized as the Canadian Pharmacist of the Year by the Canadian Pharmacists Association and the International Society of Hypertension.



Dr. Laurie K. Taylor,
BSc, MBA, PhD
Vice President

Laurie is currently the Corporate Director, Quality, Patient Safety & Experience at Covenant Health, which programs and services across the province of Alberta. Her educational background includes completion of a BSc (Eng), an MBA and a PhD (Business). Following a number of years as an engineer in the oil and gas sector, her MBA led her to a position in healthcare administration. Following completion of her doctoral program at the University of Alberta, Laurie went on to a post-doctoral fellowship at McGill University. She also completed the Harkness Fellowship in Health Policy with The Commonwealth Fund. Previous leadership positions at the Canadian Patient Safety Institute, the Canadian Institutes of Health Research and Alberta Health Services contribute to Laurie's commitment and expertise to foster the mission and vision of Hypertension Canada.



Paul Braconnier
Treasurer

Paul is a retired financial professional, with decades of accounting and project management skills. After spending 10 years with Ernst & Young, with his later years as a Senior Audit Manager and Computer Audit Specialist, he spent the next ten years as controller and chief financial officer in several organizations where he continued to hone his financial skills and project management skills. In 2000 Paul co-founded a clinical contract research organization (CRO) that assisted pharmaceutical and biotechnology companies carry out human clinical trials, ranging from small Phase I studies with a dozen patients to large Phase III studies with upwards of 2,000 patients.

In 2012, after having divested the operations of the CRO, Paul joined TEC Edmonton as an Executive-In-Residence. TEC Edmonton was a joint venture between The University of Alberta and the City of Edmonton, created to assist in the commercialization of technologies invented at the University of Alberta and at the City of Edmonton. He spent two years assisting various constituencies in these organizations streamline their operations and commercializing their technologies.

Having retired in 2014, Paul and his spouse travel and volunteer in various capacities and Paul continues to advise former clients and colleagues on various financial and technology issues in a volunteer capacity.



David G. Henley, Q.C.
Director

David is currently part-time Counsel to Irving Shipbuilding providing support for key legal issues. Previously, he was the Vice President and General Counsel at Irving Shipbuilding from 2015 to 2019 and General Counsel for Acadian Seaplants Limited from 2020 to 2022. From 2001 to 2015, he was a partner in the Halifax office of Stewart McKelvey where he had a broad commercially oriented practice in maritime, construction, energy and natural resources, and environmental law. Before law, David had a career in the army as an artillery officer. He continued to serve in the Army Reserve while practicing law and after returning from a tour in Afghanistan in 2010 was invested as a member of the Order of Military Merit by the Governor-General. He retired from the Army in 2015 as a Brigadier-General after 30 years of full and part-time service. His last position was Deputy Commander for the 5th Canadian Division, essentially the Army in Atlantic Canada. He has written, presented and published papers and contributed to books on various marine and environment subjects. David was a member of the part-time faculty at the Schulich School of Law where he taught Fisheries Law from 2004 to 2015. He was a member of the Transportation Appeal Tribunal of Canada from 2010 to 2017. In addition to the board of Hypertension Canada, David currently serves on the boards for the Chronic Pain Centre of Excellence for Veterans and the Halifax Citadel Society. He was appointed King's Counsel in 2017.



Dr. Shelita Dattani,
Bsc.Pharm., Pharm.D
Director

Dr. Shelita Dattani is the Vice President of Pharmacy Affairs at the Neighbourhood Pharmacy Association of Canada and in this role she leads a team advocating for pharmacy's evidence based role in delivering accessible, high-quality healthcare and building capacity in public health and primary care.

Sheli received her bachelor of science in pharmacy from Northeastern University and her Doctor of Pharmacy degree from the University of North Carolina at Chapel Hill. Sheli is a pharmacist with over 20 years' experience in many sectors of the profession, including community, hospital, academia, industry, group purchasing organizations and professional and pharmacy associations.

Sheli maintains a part-time practice in primary care team based practice, community pharmacy, and remote hospital telepharmacy. Sheli also serves as a lecturer at The Memorial University of Newfoundland and as a guest lecturer at The University of Waterloo in their Doctor of Pharmacy Programs. She is passionate about her continued engagement as a preceptor, teacher and educator and is draws inspiration from her roles supporting students and pharmacists in their professional development. Sheli is committed to contributing to pharmacy's growing role as an integral health care partner.



Kerri Eady,
BA, Hons.
Director

Kerri Eady is currently the Director of Sales and Marketing for Cambridge Brass Inc. Kerri holds a Hons Degree in Managerial Economics from the University of Guelph and her Business Coaching Certification. She is currently pursuing further education in Leadership Coaching and Group Dynamics as well as her Project Management Certification through PMI. Prior to Cambridge Brass, Kerri was the General Manager and Director of Sales for Gemini, Inc., a custom branding and signage solutions manufacturer throughout North America. With nearly 25 years of leadership experience in consumer industries, she has a practiced skill set in marketing and operations strategy, branding and communications as well as training and policy creation being accountable to divisional oversight in multinational organizations. Kerri currently prioritizes her professional time with industry and community volunteer positions, earning her the 2021 Volunteer of the Year and 2022 Mentor of the Year with the Sign Association of Canada.



Dr. Jill Bruneau,
BScN, MHS, PhD
Director

Jill is currently an Assistant Professor and Nurse Practitioner (NP) Coordinator for the Master of Science in Nursing Program, NP Option at Memorial University in Newfoundland and Labrador. Jill is a PhD-prepared nurse practitioner with experience caring for cardiac patients over the past 20 years, and educating NP students for over 12 years. Her dissertation work was focused on cardiovascular health promotion and the development and testing of an intervention for the early detection of cardiac risk factors and management of patients by health care providers using evidenced-based guidelines. Jill has attained numerous scholarships and research grants for her dissertation work and current research initiatives. Jill is currently working on her program of research in the areas of knowledge translation, cardiovascular health promotion, management of risk factors, and timely access of vulnerable groups to appropriate health care services.

In 2018-2019, Jill participated in the Hypertension Canada Task Force Committee with other leaders within the HC community. In 2013, she received the Hypertension Canada, Certificate of Excellence Award, nominated by Lynn Cloutier PhD RN, for her extension work in educating undergraduate and graduate students through guest lectures about hypertension management and prevention. Jill has also participated in various public engagement events promoting effective hypertension management and distributing the excellent materials published by HC. Jill was involved in publishing an article in The Canadian Nurse about the importance of bringing focus to hypertension and another publication for the Canadian Journal of Cardiovascular Nursing about the WHO celebrating world health day April 7, 2013, focusing on hypertension. Jill has been a Hypertension Canada member with regular attendance at the annual HTN Congress for about a decade and, in recent years; have attended through a virtual platform.



Dr. Mohsen Agharazii
Director

Dr. Agharazii is a professor of medicine at Université Laval, a nephrologist, and the director of the Endocrinology-Nephrology research axis at the Chu de Québec Hospital in Quebec City. He has done his medical training at Université Laval, followed by research training in Paris at HEGP and Manhès Hospital under the supervision of Professors Stéphane Laurent, Pierre Boutouyrie and Gérard London.

Over the past decade he has developed his research program which focuses on the mechanisms of large artery remodeling in the context of CKD, both in humans and in animal models. His research has been supported by the Canadian Institute of Health Research, Kidney Foundation of Canada, and Heart and Stroke Foundation and the Canadian Foundation for Innovation. He has received research scholarships from Fonds de recherche du Québec – Santé and he has been awarded with the Université Laval-Amgen Research Chair in nephrology. He is currently the president of the Société Québécoise d'Hypertension Artérielle (2022-2024), and he is the author or co-author of 95 peer reviewed articles in the field of nephrology and hypertension.

COMMITTEE LIST

The role of a committee is to assist the Board in the decision-making process by providing needed information. There are numerous committees that work in different areas. If you're interested in joining any of these committees, contact the office at info@hypertension.ca.

AWARDS COMMITTEE



The Awards Committee does the pre-work of the Board for the selection process for the annual recognition awards. The Committee reviews the submitted nominations, as well as awards policy and criteria.

Members of the 2024 Committee:

- Dr. Remi Goupil (Chair)
- Dr. Swapnil Hiremath
- Dr. Pavel Hamet
- Dr. Ellen Burgess
- Dr. Ross Feldman
- Dr. Donna McLean

Update on Previous Activities, Accomplishments, and Initiatives:

- In 2024, we received several nominations for most of the awards categories (1 Senior Investigator, 2 New Investigator, 2 Certificate of Excellence, 1 Hypertension Innovations Award, 1 Distinguished Service Award).
- The Committee met on February 5th, 2024 (in attendance: R. Goupil, P. Hamet, S. Hiremath; apologies to D. McLean, E. Burgess, R. Feldman).
- The following nominees were selected: Dorothy Morris (Distinguished Service Award), Anne-Monique Nuyt (Senior Investigator Award) and Karen Tran (New Investigator Award).
- Dr. Nuyt and Dr. Tran both presented at the 2024 congress in Banff.

Next Steps and Focus for Next 6 Months:

- In Fall, the first announcement for the 2025 awards will be launched with subsequent reminders before the 2025 Congress.

CANADIAN HYPERTENSION COALITION



The Canadian Hypertension Coalition is Hypertension Canada's advocacy group. The purpose of the Coalition is to prioritize actions for the prevention and control of hypertension. The Coalition brings together various healthcare organizations in order to advocate to the government on behalf of the 7.5 million Canadians who live with hypertension.

Members of the 2024 Executive Committee:

- Dr. Norm Campbell (Interim Chair)
- Dr. Ross Tsuyuki
- Dr. Sachin Pasricha
- Dr. Shelita Dattani
- Manuel Arango
- Patrice Lindsay

Update on Previous Activities, Accomplishments, and Initiatives:

- Dr. Kara Nerenberg selected as the new Chair of the CHC, to assume the Chair position at the September CHC Executive meeting.
- Dr. Sachin Pasricha appointed to the Executive Committee as Trainee Liaison director.
- The Kidney Foundation of Canada became a CHC member organization.
- Special Advisory Committee for CHC established with key global and national leaders in hypertension prevention and control.
- Maintained contact with the Federal Health Ministers office.
- Established an innovative process and committee structure to engage trainees in hypertension prevention and control. The initial focus is on primary care and developing an environmental scan of hypertension education in undergraduate health professional programs.
- Hosted the CHC membership meeting Jan 2024.
- Hosted a World Hypertension Day symposia on HEARTS which featured the hypertension control leads from the WHO, PAHO, Kaiser Permanente and Crowfoot Primary Care and had the new Assistant Deputy Minister of Health (primary care) and Dr. Kristin Terenzi as panelists.

- <https://www.youtube.com/watch?v=GSM4nXscX4c>
- Wrote the FPT Ministers of health regarding the World Hypertension Day symposia on HEARTS to request relevant policy makers to attend. <https://hypertension.ca/wp-content/uploads/2024/06/Canadian-Hypertension-Coalition-HEARTS-Letter.pdf>
- Call for regular surveillance monitoring and evaluation of CVD risk indicators, sent to the FPT Ministers of Health March 28, 2024. Supported by 12 national health organizations. <https://hypertension.ca/wp-content/uploads/2024/07/2024-Canadian-Health-and-Scientific-Organization-letter-to-MOH.pdf>
- Online input provided to PHAC as part of a public request for input on Canada's need for surveillance indicating the need to monitor and evaluate key hypertension indicators.
- Proposal to have Home BP monitors tax deductible sent to Minister of Health. Supported by 18 health organizations and 45 health care professionals. <https://hypertension.ca/wp-content/uploads/2024/07/CRA-Proposal.pdf>
- Letter sent to Federal Minister of Health in support of regulations stopping marketing of unhealthy foods to Canadian children (April 11, 2024). <https://hypertension.ca/wp-content/uploads/2024/07/2024-Canadian-Health-and-Scientific-Organization-letter-to-MOH.pdf>
- Letter sent to Prime Minister to prioritize regulations stopping marketing of unhealthy foods to Canadian children in order to allow the regulations to go into law before the next election cycle.
- Published a history of Canadian hypertension coalitions (CJC).
- Published a call for reestablishing a strong functional governmental, non-governmental Canadian Hypertension Coalition.

Next Steps and Focus for Next 6 Months:

- Transition leadership to Dr. Nerenberg.
- Host an October meeting of the CHC member organizations.
- Initiate an updated Hypertension fact sheet and call to action.
- Look for opportunities to expand the membership of the CHC.
- Work with Hypertension Canada to implement the primary care guidelines (HEARTS).

CANADIAN HYPERTENSION CONGRESS COMMITTEE



The Canadian Hypertension Congress Committee is established to set the goals for and guide the planning of Hypertension Canada's annual scientific congress, the only national congress focused solely on hypertension. Its objective is to build and strengthen the Canadian Hypertension Congress' appeal and value to increase attendance and revenue.

Members of the 2024 Committee:

- Dr. Dylan Burger (Co-Chair)
- Dr. Kristin Terenzi (Co-Chair)
- Dr. Ross Tsuyuki
- Dr. Gemma Cheng
- Dr. Paula Harvey
- Dr. Noriko Daneshtalab
- Dorothy Morris
- Dr. Swapnil Hiremath
- Dr. Joanne Arcand
- Keila Turino Miranda
- Dr. Julie Lavoie
- Dr. Stella Daskalopoulou

Update on Previous Activities, Accomplishments, and Initiatives:

- The 2024 scientific meeting was hosted in Banff, AB from April 3-6. It was held in partnership with Obesity Canada.
- A pre-meeting trainee program was also held jointly with Obesity Canada.

Next Steps and Focus for Next 6 Months:

- Planning of 2025 scientific meeting program (tentatively a virtual meeting).
- Initial planning of 2026 in-person meeting.
- Renewal and expansion of committee membership.

DEVICE RECOMMENDATION PROGRAM COMMITTEE



Hypertension Canada's Device Recommendation Program assists Canadians, healthcare professionals, and organizations in their purchasing decisions related to home, clinical, and ambulatory blood pressure measurement devices. Its goal is to inform healthcare professionals and the public about blood pressure devices that have been properly validated and recommended by Hypertension Canada to improve the accuracy of blood pressure readings.

Members of the 2024 Committee:

- Dr. Swapnil Hiremath (Chair)
- Dr. Ross Tsuyuki
- Dr. Remi Goupil
- Dr. Karen Tran
- Dr. Marcel Ruzicka
- Dr. Jennifer Ringrose
- Dr. Sachin Pasricha
- Dr. Lisa Dubrofsky

Update on Previous Activities, Accomplishments, and Initiatives:

- Assessed 27 devices in the past year, validated 26 devices. Most of these devices were upgrades from the previous "silver" category.
- Developed new universal validation logo that has been distributed to the device manufacturers.
- Held a debate on home vs. ambulatory blood pressure monitoring at the 2024 CHC conference.
- Updated the list of recommended devices on the website so that it now has filters (device type, cuff size, bluetooth capabilities, etc.).

Next Steps and Focus for Next 6 Months:

- Considering holding a follow-up webinar to the May 2023 webinar.
- White paper (Position Statement) on Cuffless BP devices written (under review at journal).

EDUCATION AND IMPLEMENTATION COMMITTEE



The Education and Implementation Committee is established to build Hypertension Canada's value and reputation as the trusted hypertension resource. The Committee creates needs-based educational materials for increased adoption of the Hypertension Canada Guidelines.

Members of the 2024 Committee:

- Dr. Ross Tsuyuki (Chair)

Update on Previous Activities, Accomplishments, and Initiatives:

- Implementation Science Initiative on our Guidelines: Dr. Kaitlyn Watson (research fellow co-supervised by Drs. Jeremy Grimshaw and Ross Tsuyuki and funded by the Health System Impact Fellowship from CIHR) has completed her fellowship and started in a faculty position at the University of Alberta. She is currently analyzing her interviews with family physicians, nurse practitioners, practice nurses, and women with lived experiences to explore their experiences of living with or managing hypertension and the barriers to care for women. The manuscript describing the interviews with women with hypertension has been drafted and should be submitted for publication shortly.
- May Measurement Month: Hypertension Canada contributed about 800 patients to this global BP screening effort last year. We applied for research grants to expand our screening efforts in a pan Canadian pharmacy network to the Heart and Stroke Foundation and CIHR but were not successful. We did, however, receive a CIHR Planning Grant. Since about 50% of people with elevated blood pressure do not know they have it, screening efforts are important to improve BP control. This data also helps us to understand treatment and control patterns in Canada.

Next Steps and Focus for the Next 6 Months:

- Complete the Implementation Science work to inform the next Hypertension Canada Guidelines.
- May Measurement Month: In addition to applying for research grants, partnerships are being sought with BP Device manufacturers and pharmacy chains. Dr. Tiffany Lee (Memorial University) and Postdoctoral fellow Dr. Stephanie Gysel (UAlberta) are working on this project.

FINANCE COMMITTEE



Hypertension Canada's Finance Committee assists the Board in providing financial analysis, advice, and oversight of the organization's budget. The Finance Committee regularly reviews the quarterly financial statements and provides recommendations to ensure HC's financial health.

Members of the 2024 Committee:

- Paul Braconnier (Chair)
- Trevor Hudson
- David Henley
- Henry Lee
- Dr. John Floras

GOVERNANCE COMMITTEE



The Governance Committee is a standing committee of the Board of Directors, established to recommend committee structure and composition, nominees for the board, and standing committee appointments. It also makes decisions on required policies, processes, and bylaw revisions to support the decision-making model.

Members of the 2024 Committee:

- Dr. Laurie Taylor (Chair)
- Dorothy Morris
- David Henley

Update on Previous Activities, Accomplishments, and Initiatives:

- The Governance Committee met three times during the past year.
- The Governance Committee continues to monitor vacant and soon to be vacant Board positions, ensuring Board member profiles are kept up to date to maintain an appropriate mix of competencies is available on the Board.
- The following policies were reviewed and updated as appropriate:
 - Privacy Policy
 - Conflict of Interest Policy
 - Nominations Policy
 - Investment Policy
 - Attendance Policy
- The Terms of Reference were reviewed for the following Committees, with revisions recommended to the Board:
 - Guidelines Committee
 - Research and Evaluation Committee
 - Education and Implementation Committee
 - Awards Committee
 - Device Recommendation Committee

Next Steps and Focus for the Next 6 Months:

- Complete outstanding policy reviews.
- Develop recommendations related to access to information and official languages for Board discussion.

GUIDELINES COMMITTEE



The Guidelines Committee is established to build the Hypertension Canada Guidelines. The Committee encourages innovation in Hypertension Canada's clinical practice guidelines process.

Members of the 2024 Executive Committee:

- Dr. Gregory Hundemer (Co- Chair)
- Dr. Remi Goupil (Co-Chair)
- Dr. Ross Tsuyuki
- Dr. Laurie Taylor
- Dr. Kristen Terenzi
- Dr. Nancy Santesso
- Kerri Eady

Update on Previous Activities, Accomplishments, and Initiatives:

- New Co-Chairs selected (Drs. Goupil and Hundemer).
- Guidelines Executive Committee selected.
- Primary Care Guidelines Subcommittee (chaired by Dr. Kristen Terenzi) selected and held first meeting.

Next Steps and Focus for the Next 6 Months:

- Publish roadmap document outlining our new plans for the guidelines (currently under review at journal).
- Develop primary care guidelines.
- Develop patient/public guidelines.

MEMBERSHIP COMMITTEE



The Membership Committee is a standing committee of the Board of Directors, established to assist the Board in fulfilling its oversight responsibilities in regards to membership reporting, policies, strategies and activities, and overall membership recruitment and retention.

Members of the 2024 Committee:

- Reid McDonald (Chair)
- Dr. Ross Tsuyuki
- Dr. Dylan Burger
- Keila Turino Miranda
- Dr. Jill Bruneau
- Dr. Jonathan Gabor

Update on Previous Activities, Accomplishments, and Initiatives:

- Current Membership is sitting at 131 members.
- Added new members to the Committee.

Next Steps and Focus for the Next 6 Months:

- Circle back to the original member-value proposition to determine where improvements can be made to retaining members.

RESEARCH AND EVALUATION COMMITTEE



The Research and Evaluation Committee's primary goal is to promote hypertension research with a focus on surveillance, treatment, and control. The committee also provides impact numbers on the landscape of hypertension guidelines and identifies the impact of specific health behavior recommendations and/or changes in society.

Members of the 2024 Committee:

- Dr. Alexander Leung (Co-Chair)
- Dr. Stephanie Gysel (Co-Chair)

Update on Previous Activities, Accomplishments, and Initiatives:

- Update of hypertension key indicators in Canadian adults using cycle 6 of the Canadian Health Measures Survey (Leung AA, Williams JVA, Padwal RS, McAlister FA. CJC Open. 2024; doi: j.cjco.2024.05.012, in press).
- Update of epidemiology of hypertension in Canadian children and adolescents (Bushnik T, Ferrao T, Leung AA. Health Rep. 2023;34:3-15. doi: 10.25318/82-003-x202300400001-eng).
- Leung AA, Hiremath S, Williams JVA, Tsuyuki RT. Inaccurate Home Blood Pressure Devices: Implications for Hypertension Prevalence and Treatment. Submitted to CJC Open June 14, 2024.
- Lee TA, King M*, Young SW, Tsuyuki RT. Community pharmacy-based blood pressure screening in Newfoundland and Labrador, Canada for World Hypertension Day 2022: A cross-sectional study. CJC Open 2024;6:728-734. DOI: 10.1016/j.cjco.2023.12.012.
- Lee T, King M, Young S, Tsuyuki RT. A novel screening of adult blood pressure levels in community pharmacies in Newfoundland and Labrador for World Hypertension Day (oral presentation). Presented: Canadian Hypertension Congress, Montreal, QC. October 24, 2023.
- Gysel S, Lee T, Tsuyuki RT. Community Pharmacy-based Hypertension Screening: May Measurement Month 2023 in AB, BC, NL (poster). Presented: Canadian Hypertension Congress, Montreal, QC. October 23, 2023.
- Gysel S, Lee T, Tsuyuki RT. Community Pharmacy-based Hypertension Screening: May Measurement Month 2023 in AB, BC, NL. Manuscript submitted to Canadian Pharmacists Journal Aug 5, 2024.
- Gysel S, Tsuyuki RT. Acceptability of Hypertension Screening in Pharmacies Participating in May Measurement Month. Manuscript submitted to Canadian Pharmacists Journal Jul 7, 2024.
- Gysel S, Lee T, Tsuyuki RT. An Exploration of the Acceptability of Hypertension Screening in Pharmacies During May Measurement Month 2023 (oral presentation). Presented: Hypertension Canada and Obesity Canada Conference, Banff, AB.
- Tsuyuki R, Gysel S, Lee T. Community Pharmacy-Based Hypertension Screening: May Measurement Month 2023 in 3 Canadian Provinces (moderated poster). Presented: 33rd Annual European Society of Hypertension meeting, Berlin, Germany. June 1, 2024. Published: J Hypertens 2024; 24 (e-Supplement 1): e108.
- Validity of Home Blood Pressure Devices Sold in Canada. Chan J, Vandermeer I, Picone D, Tsuyuki R. CJC Open. 2024; 54-56. DOI: 10.1016/j.cjco.2023.10.001.

Next Steps and Focus for the Next 6 Months:

- Planning activities for May Measurement Month 2025.
- Supporting Dr. Tiffany Lee's grant for a pan-Canadian pharmacy surveillance network for the year.



2024 FINANCIAL OVERVIEW

The fiscal year ended on April 30, 2024 and saw a small net loss of about \$25,000. This was the result of a decrease in revenue for the year, along with the increased costs associated with having two in-person conferences in the same fiscal year.

The audit for the 2024 fiscal year has been completed and we have received an unqualified opinion on the financial statements. Once again, there were no unadjusted errors and post-closing adjusting journal entries were minimal and immaterial.

Revenue for the year was \$494,617, a \$336,184 decrease from the prior year. This was the result of a lack of interest in more bulk purchases of the PCP course and corporate sponsorship, along with no future payments for the previous study done with BIOS Medical. Our expenses for the year were \$687,503, as compared to \$565,201 in the prior year, the increase is attributable to the two conferences.

Our balance sheet continues to be strong, with assets of \$3,190,233, an increase of \$6,605 over the prior year. In fiscal 2024, cash balances decreased from \$267,111 to \$119,956. Current liabilities increased from \$85,729 to \$122,987.

In summary, our financial position is stable and we have successfully reversed the deficit that was previously incurred. We are pleased that we have been able to host two different conferences in a small period of time, which were able to bring our members together, while also remaining financially stable. At our 2024 event, we were also able to utilize the Vancouver Fund to cover the costs of hosting an international keynote speaker, as well as provide 22 of our trainees with free registration and travel support.

Paul Braconnier
Treasurer
September 27, 2024

STAFF:

Please feel free to reach out to us if you ever have any questions or concerns



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