Dear Friends and Colleagues,

The 2016 BHS, now BIHS Congress is now over. This was a terrific event held in Dun Laoghaire outside Dublin, from 19-21 September 2016. The meeting was attended by 151 delegates and, I believe, was a terrific success. There were several important and indeed fundamental developments in the Society, which took place this year.

Our Society is of course now the British and Irish Hypertension Society. This follows the ballot during Summer 2016, when a clear majority of voters wished to adopt the new name to reflect the large membership and contribution from our members in Ireland. As usual there was robust discussion regarding the name change, democracy prevailed and henceforth in an anti-Brexit stance, we become more international and more inclusive.

The second major development was the inauguration of the Young Investigator network. The launch meeting was on the Monday morning and was an energetic opening and beginning for the new young members group. Young is defined by working in a training grade rather than age, and any member below the rank of Senior Lecturer/Consultant/Senior Nurse/GP, was welcomed. There was a fair sprinkling of older members as well. Professor Una Martin gave a terrific talk on achievements and pitfalls in career progression and yours truly followed up with a talk entitled “How to sit in the front of the plane.”

The 2016 Congress itself had many highlights. These included Paul Whelton’s Pickering lecture, Tony Heagerty’s reappraisal of the J-shaped curve, and really so many terrific talks by learned members that it is hard to pick a favourite.

We inaugurated the “poster storm”. Researchers were given one minute to present their work on one slide, and this proved a truly exciting session. As is usually the case, enthusiasm of speakers and presenters meant that the session was packed.

Altogether I thought the Dun Laoghaire meeting was a great event and many of us agreed. Next year, we will be in Glasgow, and plans are already well underway. One of the notable features of the Dublin meeting was the collection of presentations on high blood pressure in Ireland. We have seen for many years our own data from the United Kingdom. While these might not be brilliant, there is still some way to go in the Irish Republic, to achieve similar levels of blood pressure awareness and treatment. The BIHS is setting up a special interest group, “High blood pressure in Ireland”. We will inaugurate a working group which will report to the BIHS Executive.
The special interest group will develop close liaison with agencies in Ireland, in particular the High Blood Pressure Council of the Irish Heart Foundation, Chaired by Professor Eamon Dolan. This should launch early in 2017. If there are any members who have not yet announced themselves with their interest in this group please contact myself or Jackie Howarth.

The nurses, so fundamental to the BIHS, will be reenergised with the development of a special interest group for nurses, it’s first meeting to be held in 2017.

Within the working groups there are of course important developments. The Blood Pressure Measurement Group will revise its monitor list. The importance of atrial fibrillation has been recognised internationally and this is emerging as a key area for device validation, one that will grow rapidly in the near future. Within the guidelines working party, Professor Neil Poulter will hand over the Chairmanship to Professor Franco Cappuccio. Neil is just taking up Presidency of the International Society of Hypertension and Franco will take the lead on the new BIHS Guideline for UK and Ireland.

The Society and Committee thanked Professor Una Martin and Carmel McEniery for their hard work over the last 3 years as ordinary members on the Executive and Dr Terry McCormack, who has stepped down after 4 sterling years as the Society Secretary. There are plenty of tasks lined up for both Una and Terry, so their ongoing presence will be evident.

To the Committee we welcome Dr Chris Clark from Exeter, and Dr Adam Greenstein from Manchester and of course Carmel McEniery, who takes over as Secretary. I think Carmel is a terrific appointment and indeed all 3 new positions on the Committee will, I am sure, make major and sustained contributions to the Society.

During 2016 the Young Investigator Network will hold a ballot to elect a ninth member of the Executive, so that the views of the younger members of the Society are well represented. Overall, I believe the Society is in very good shape. New and younger members are always required, and every member is reminded to promote the importance and value of our Society among their trainees and their colleagues. There is much to be done before next year’s Annual Congress and the working groups are rolling up their sleeves as I write.

For me, our Annual Congress is always the greatest event of the year. It is never trumped (ha ha!) by any other event and I look forward to it greatly every year. I am sure you all do too.

Associate Professor,
Dr Adrian Brady, President

In this Issue

• Your BIHS Executive Committee
• Newly Elected and Conferred BIHS Fellows
• ASM Awards and Prizes
• Collaborative Research Working Party
• TIME Study
• Hypertension Referral Centres Update
• BIHS Young Investigator Network
• Malawi Project
• BIHS Hypertension Masterclass programme
• ESH 2017 Call for Abstracts
• British Heart Foundation
• Change of Email Addresses

Calendar of Events
Details of these and other events can be found via the BIHS website

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertone 2016 40th Annual Conference German Society of Hypertension</td>
<td>1st - 3rd December 2016</td>
</tr>
<tr>
<td>Motto: “Hypertension in Motion”</td>
<td></td>
</tr>
<tr>
<td>10th International Meeting of the French Society of Hypertension</td>
<td>15th - 16th December 2016</td>
</tr>
<tr>
<td>Management of Hypertension in Primary Care</td>
<td>6th - 8th February 2017</td>
</tr>
<tr>
<td>XXVI European Stroke Conference (ESC)</td>
<td>24th - 26th May 2017</td>
</tr>
<tr>
<td>ESH 2017</td>
<td>16th - 20th June 2017</td>
</tr>
<tr>
<td>British and Irish Hypertension Society Annual Scientific Meeting 2017</td>
<td>11th - 13th September 2017</td>
</tr>
</tbody>
</table>
Your BIHS Executive Committee

President
Associate Professor Dr Adrian Brady

Vice President
Professor Francesco P Cappuccio

Secretary
Dr Carmel McEniery

Treasurer
Mrs Naomi Stetson

Ordinary Member
Dr Chris Clark

Ordinary Member
Dr Adam Greenstein

Ordinary Member
Dr Paul Robinson

Ordinary Member
Dr Wayne Sunman

Newly Elected BIHS Fellows

Members pictured right were awarded Fellowship of the Society at the Annual Scientific Meeting.

They are now entitled to use the letters FBIHS after their name

Alan MacDiarmaid Gordon
Manish Saxena
Alice Stanton

Albert Ferro
Alan Jardine
Jamil Mayet

Details on how to apply for Fellowship, can be found on the Members’ Area of the website. Applications for the 2017 Fellowship awards should be sent to the secretariat by 22 May 2017.

Fellowship was also conferred on the following members whose application was approved in 2014:

Ferruccio de Lorenzo and Dame Anna Dominiczak (in absentia)

Issue 21
**Annual Scientific Meeting Awards and Prizes**

**Sir George Pickering Lecture**
*Professor Paul Whelton, USA*
Presented with an engraved vase

**Young Investigator Award**
*Viknesh Selvarajah, USA*
Presented with his certificate and prize money of £250. He will also receive funding to support a trip to present his work at the Council for High Blood Pressure Research of America at their Annual Meeting.

**Young Investigator Award**
*Conor Kerley, Australia*
Presented with his certificate and prize money of £250. He will also receive funding to support a trip to present his work at the High Blood Pressure Research Council of Australia at their Annual Meeting.

**Young Investigator Poster Prize**
*Helen Warren*
Presented with her certificate and prize money of £100

**Nurses/AHP Research Award**
*Amira Obeid*
Presented with her certificate and prize money of £100

**Dr Robert Grayson Award for Research into Diseases of the Aorta or Blood Vessels**
*Fu Liang Ng*
Presented with his certificate and prize money of £150 by Mrs Grayson.

**Visiting Young Investigator**
*from the High Blood Pressure Research Council of Australia*
Presented with a gift to commemorate her visit to the BIHS Annual Scientific Meeting.

**Visiting Young Investigator**
*from the Council for High Blood Pressure Research, America*
Presented with a gift to commemorate his visit to the BIHS Annual Scientific Meeting.
Call for Participation in New Research into Blood Pressure Lowering Effects of Sunlight

The BIHS Collaborative Research Working Party has been approached by Dr Ken Raj who is a scientist at Public Health England and is in the process of establishing a multidisciplinary research programme on the blood-pressure lowering effects of sunlight. This proposed research programme is in response to a call by the National Institute for Health Research (NIHR), which is timely, as recent results from his research show that UVA (in sunlight) irradiation on skin is effective in stimulating a powerful dilator of the blood vessel, with the potential to reduce blood pressure. As such, he plans to respond to the NIHR call by establishing a programme that includes (1) basic biological research to deepen our understanding of this phenomenon, (2) clinical research to determine the effectiveness, (3) population dosimetry to determine typical UVA radiation doses in various demographic groups in the country (4) sociological research into the best demographic-specific interventions that will affect behavioural change and (5) technological interventions to harness this feature of UVA.

Dr Raj is actively seeking clinical expertise to participate in and lead section (2) and demographic experts in section (4). This is a very important part of the study, without which the gap between laboratory and the public cannot be linked, and it is certain that without expert involvement and advice, this study will not be carried out properly and correctly.

Members who would like to take part are encouraged to register their interest with bihs@in-conference.org.uk on behalf of the Working Party by Friday 25th November so that we can coordinate our contributions to this project. A more detailed outline of the proposal is available on request from Jackie or directly from Dr Raj at Ken.Raj@phe.gov.uk.
TIME - Is dosing time important for treating hypertension?  
A study update

The TIME (Treatment In Morning vs Evening) study continues to recruit patients taking once daily antihypertensive medication. The aim is to establish whether night time dosing is better (or worse) than morning in preventing myocardial infarction, stroke, and vascular deaths. Recruitment to the study is open to anyone in the UK who takes antihypertensive treatment once daily. The aim is to recruit at least 10,000 treated hypertensive participants and follow them up until sufficient end-points have occurred to analyse the study.

Patients are invited by General Practitioners and Hypertension clinics writing to their treated hypertensive patients and displaying posters in their waiting areas. It is hoped that the pre-consented database, UK Biobank, will soon also play a part in study recruitment. To date, 12001 people have registered their interest on the study website and 8231 participants have been randomised.

Patients register themselves directly for the study at www.timestudy.co.uk, where they can read more detailed information. Study participants need to have regular access to the internet, as this study is done entirely through a secure website and all contact is via the website and email.

If this study shows that the time of day patients take their medication does influence their risk of major cardiovascular events, it could provide very cost-effective health benefits. Given the prevalence of hypertension in the population, even a modest effect could translate into important benefits.

TIME is a British Hypertension Society Research Network Study. It is led by Professor Tom MacDonald with a team based at the University of Dundee. The study is funded by a British Heart Foundation research grant.

Anyone who is interested in finding out more about this can contact the co-ordinating centre in Dundee via www.timestudy.co.uk.

Example of a TIME recruitment poster.

Hypertension Referral Centres - Updates

As you are aware, the BIHS website hosts a list of hypertension referral centres run by BIHS members. We rely on members to advise us of any updates but we are aware that much of the information on the list is now incorrect. If appropriate to you, could you please take a couple of minutes to check your entry on the list and let us know of any changes in your clinic information: http://bhsoc.org/about-us/uk-hypertension-referral-centres/
The 2016 Annual Scientific Meeting of the British and Irish Hypertension Society was accompanied by the launch of the Young Investigator (YI) Network.

An inaugural meeting for young investigators kicked off the conference on Monday, 19th of September featuring career advice from President Dr Adrian Brady and Prof Una Martin, a fun speed-networking session and a fellowship workshop.

Throughout the three-day conference young investigators showcased their research through two exclusive oral sessions dedicated to young talent. The first ever BIHS poster-storm session was a great success, giving poster presenters one-minute to present an overview of their work. We also enjoyed increasing BIHS’ presence on social media during the conference!

At the Annual Business Meeting, the BIHS Constitution was amended to allow a YI member to join the BIHS Executive Committee in 2017 to represent the needs and interests of the young investigators. The aims of the BIHS YI Network were outlined to include the following:

- To promote research conducted by early career scientists, clinicians, nurses and allied health care professionals within the Society
- To facilitate communication about BIHS activities amongst its YI members
- To increase visibility of young investigators through the BIHS website & social media
- To provide better opportunities for networking amongst YI members within the Society as well across other scientific and clinical societies
- To attract new Young Investigators and increase their involvement in the Society

Overall, the launch of the YI Network was met with overwhelming support. Young Investigator representatives remain dedicated to laying the foundations for the first Young Investigators Executive Committee member who is to be elected in 2017. Simultaneously, we would like to encourage all young investigators to get involved and be a part of this exciting time within the Society. The YI Network needs you!

Whether you attended our 2016 conference or not, please get in touch to share ideas or ask any queries:

Drs James Sheppard, Helen Warren and Kate Witkowska (current YI representatives)
Contact email: bihs@le.ac.uk
BIHS Malawi Project: Visit by Naomi Stetson, Jill Bunker and Simon Thom accompanied locally by Lucia Mbulage

Our first visit was on 25th October 2016. We attended a presentation by Prof. Thom on hypertension at Queen Elizabeth Central Hospital (QECH) medical annex from 8:00am to 9:00am. From there, we visited Chilomoni health centre and we met nurses and a clinician. Our second visit was on 26th and we visited South Lunzu health center in the morning followed by Ndirande health centre in the afternoon. On 27th we visited Mpemba health centre and on Friday, we visited QECH hypertension clinic, Blantyre District Office (DHO) maintenance department and Limbe health centre.

Activities Included:

• A donation of the following items to each of the visited hypertension clinic was made;
  • 2 automated blood pressure monitors
  • 1 A and D manual blood pressure monitor
  • 1 weighing scale
  • 1 Littmann’s stethoscope

• A mentorship session during the hypertension clinic to the nurses, clinicians and supporting staff on how to manage the hypertensive clients.
• A presentation on what is hypertension, and how to manage hypertension using diet and life style modification and medication was made to nurses, clinicians and supporting staff.
• A demonstration on how to use the donated monitors and weighing scale and on how to get accurate results was made.
• Followed up the previously donated machines that were not working and were sent to maintain ace office for repairing.

Reported by: Lucia Davie Mbulaje
BIHS Hypertension Masterclass programme

The BIHS Educational Programmes Working Party is seeking enthusiastic clinicians, scientists and educators to help deliver Hypertension Masterclass events at local centres. We will be aiming to deliver two Masterclass events yearly, with each event focussing on a specific theme related to hypertension that will of particular interest and expertise to the local host.

Masterclass events will consist of combining cutting edge updates on novel therapeutic developments and recent trials in hypertension; difficult cases with case-based discussions; measurement and assessment; mechanisms and basic science; and other topics related to the core theme. Themes that masterclass events could be based around include:

- Sleep and lifestyle modification
- Resistant hypertension and devices
- Endocrine hypertension
- Renal
- Cardiac and vascular disease
- Special groups [elderly; children; pregnancy]

Suggestions for alternative themes are welcomed and encouraged to fit in with local expertise and interest. We invite expressions of interest from potential hosts who can contact BIHS Educational Programmes Working Party lead for Masterclasses, Dr Vikas Kapil [v.kapil@qmul.ac.uk] or BIHS Executive Assistant, Jackie Howarth [bihs@le.ac.uk] for informal discussions and further details.

Vikas Kapil

---

ABSTRACT SUBMISSION IS NOW OPEN: Deadline: December 12th, 2016
Visit the Congress website: www.esh2017.eu

British Heart Foundation

The British Heart Foundation has recently launched its new campaign called Blood Pressure: How Can We Do Better in collaboration with the following organisations:

- Public Health England (PHE)
- National Cardiovascular Intelligence Network (NCVIN)
- Royal College of General Practitioners (RCGPs)
- Stroke Association
- Blood Pressure UK
- British and Irish Hypertension Society

Customised packs are available to CCGs via the above link. They give CCGs and GPs clear tangible actions they can take to improve the detection and management of high blood pressure at a local level.

---

Change of Email Addresses

In line with the change of name to the British and Irish Hypertension Society, please note the new generic email addresses. These are the same as before with the addition of the letter ‘i’:

bihs@le.ac.uk - BIHS Information Service, Jackie Howarth
bihs@in-conference.org.uk – In Conference, BIHS Secretariat