

# ESH PRACTICE GUIDELINES on HOME BLOOD PRESSURE MONITORING

**Milan, June 20, 2019**

**Istituto Auxologico Italiano**

 **ISTITUTO  
AUXOLOGICO  
ITALIANO**  
Istituto di ricovero e cura a carattere scientifico



**FINAL PROGRAMME**

**Thursday, June 20, 2019**

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08.30-09.00 **Welcome and Introduction**  
G. Parati, G.S. Stergiou, G. Mancia

**SESSION 1: ROLE OF HBPM IN CLINICAL PRACTICE**

*Chairpersons:* G. Head, J. Redon

09.00-09.15 **Position of HBPM in current hypertension guidelines**  
*Speaker:* G. Mancia  
*Discussants:* G. Parati, G.S. Stergiou

09.15-09.25 **Preclinical organ damage**  
*Speaker:* T. Ohkubo  
*Discussants:* K. Kario, T. Niiranen, G. Mancia

09.25-09.35 **Prognostic value**  
*Speaker:* A. De La Sierra  
*Discussants:* Y. Imai\*, T. Niiranen, T. Ohkubo, G.S. Stergiou, G. Mancia, G. Parati

09.35-09.45 **Diagnostic value**  
*Speaker:* K. Kario  
*Discussants:* Y. Imai\*, A. Kollias, T. Niiranen, T. Ohkubo, R. McManus\*, G.S. Stergiou, G. Parati

09.45-10.15 **Discussion**

10.15-10.35 *Coffee*

**SESSION 2: HBPM METHODOLOGY**

*Chairpersons:* G. Bilo, J. Topouchian

10.35-10.45 **Measurement procedure**  
*Speaker:* S. Omboni  
*Discussants:* R. Asmar, J. Sharman, A.J. Ramirez

10.45-10.55 **Devices for HBPM**  
*Speaker:* R. Asmar  
*Discussants:* A. Kollias, P. Palatini, G. Parati, A. Shennan\*, J. Topouchian, J. Wang, W. White\*

10.55-11.05 **Device Validation Protocols**  
*Speaker:* G.S. Stergiou  
*Discussants:* E. O'Brien\*, P. Palatini, G. Parati, R. Asmar, J. Sharman

11.05-11.15 **Cuff design for home BP monitors**  
*Speaker:* P. Palatini  
*Discussants:* R. Asmar, G. Bilo, G. Parati

11.15-11.25 **Monitoring schedule**  
*Speaker:* T. Niiranen  
*Discussants:* R. McManus\*, T. Ohkubo, G.S. Stergiou

11.25-11.55 **Discussion**

### SESSION 3: PRACTICAL ASPECTS OF HBPM IN HYPERTENSION MANAGEMENT - PART 1

Chairpersons: G. Parati, N. Postel Vinay

- 11.55-12.05 **HBPM and treatment titration**  
*Speaker:* J. Mant  
*Discussants:* J. Mant, T. Ohkubo, Y. Imai\*, K. Kario, B. Waeber\*
- 12.05-12.15 **Treatment adherence and hypertension control**  
*Speaker:* J. Wang  
*Discussants:* A. Mihailidou\*, J. Wang, R. McManus\*, S. Omboni, C. Giannattasio, G. Parati
- 12.15-12.25 **Telemonitoring of Home BP. eHealth and mHealth solutions**  
*Speaker:* G. Parati  
*Discussants:* N. Postel-Vinay, D. Pellegrini, C. Torlasco, S. Omboni, R. McManus\*, T. Mengden
- 12.25-12.55 **Discussion**
- 12.55-14.00 *Lunch*

### SESSION 4: PRACTICAL ASPECTS OF HBPM IN HYPERTENSION MANAGEMENT - PART 2

Chairpersons: A.J. Ramirez, G.S. Stergiou

- 14.00-14.10 **Cost-effectiveness, patients' preference and barriers for use**  
T. Mengden  
*Discussants:* R. McManus\*, A. De la Sierra, M. Myers\*, P. Muntner\*, Y. Li
- 14.10-14.20 **Home BP monitoring in children, pregnancy, renal disease**  
*Speaker:* TBD  
*Discussants:* A. Kollias, A. Ntineri\*, G. Stergiou, P. Padfield\*
- 14.20-14.30 **Home versus ambulatory BP monitoring**  
*Speaker:* P. Gosse  
*Discussants:* A. De la Sierra, R. McManus\*, Y. Li, A. Mihailidou\*, P. Muntner\*, M. Myers\*, G.S. Stergiou, G. Parati, E. O'Brien\*, E. Manios
- 14.30-15.00 **Discussion**

## SESSION 5: NEW FRONTIERS IN HBPM

Chairpersons: G. Bilo, M. Burnier

### 15.00-15.10 **HBPM and arrhythmias**

*Speaker:* A. Kollias

*Discussants:* P. Gosse, S. Hoshida\*, G.S. Stergiou

### 15.10-15.20 **Nocturnal home BP monitoring**

*Speaker:* K. Asayama

*Discussants:* K. Asayama, K. Kario, A. Kollias, T. Ohkubo, G. Parati, G.S. Stergiou, M. Weber\*, Y. Imai\*

### 15.20-15.30 **Home BP variability**

*Speaker:* G. Bilo

*Discussants:* G. Parati, Y. Imai\*, A. Kollias, T. Ohkubo, G.S. Stergiou, K. Kario

### 15.30-15.40 **Home BP monitoring in clinical research**

*Speaker:* M. Burnier

*Discussants:* K. Kario, J. Wang, W. White\*, G.S. Stergiou, G. Parati, J. Topouchian, S. Manios

### 15.40-15.50 **Home BP in Developing Countries**

*Speaker:* A. Schutte

*Discussants:* J. Parra Carrillo\*, A. Octavio\*, E. Silva\*

### 15.50-16.20 **Discussion**

### 16.20-16.40 **Conclusions**

G. Parati, G.S. Stergiou, G. Mancia

\*Y. Imai, R. McManus, A. Mihailidou, M. Myers, P. Muntner, A. Ntineri, E. O'Brien, W. Sebba-Barroso, E. Silva will not be able to take part in the Symposium in person, but will contribute to the paper preparation.