Profile

The Hypertension Committee of the Hungarian Society of Cardiology was established in January 1984, and it immediately joined the World Hypertension League. Initially, the activities of the Committee focussed on the organisation of scientific sessions, symposia and joint meetings with other medical societies, with the aim of providing up-to-date information to professionals, e.g. clinicians, family physicians and health care officers. The Council of the Committee issued a consensus statement on the detection, treatment and follow-up of hypertensive patients. The next task has been to enhance public awareness of this health problem; therefore, several members of the Council have been delegated to a special committee established within the framework of the National Health Care Program. Based on the suggestions of this committee, a nationwide campaign was started in October 1988 for the detection and treatment of hypertension in the community. The initial goal of this programme was mass screening of the population, based on existing methods such as the compulsory chest radiograph programme introduced in Hungary more than 40 years ago. To promote its success, leaflets were issued and distributed among physicians and health care professionals, training courses were organised for nurses, and the mass media were mobilised to call public attention to hypertension as a significant health hazard. This was combined with recommendations for changing lifestyle and dietary habits, particularly since obesity is a serious problem in Hungary. Unfortunately, the campaign...

to be continued on page 2

WHL News

Following the change of address in May (see impressum), the WHL Newsletter Editorial Office in Heidelberg has another change to announce in this issue. Rolf Badenhoop, M.D., the outgoing editor, has left Heidelberg to take up a new important position. We are grateful to him for his work and wish him all the best for the future. The new editor, Reinhard Baildon, M.Sc., M.D., has studied kinesiology in Canada and medicine in the FRG. He has had an active interest in projects in preventive medicine for over 10 years and also has several years of clinical experience. By taking on this new responsibility he hopes to serve further the international medical community engaged in the control and treatment of hypertension. The goals of the Editorial Board continue to be information exchange among member organisations of the WHL and the wider spread of information on hypertension control in the general population by providing a forum for international cooperation and exchange of ideas.

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The campaign against smoking has only been marginally integrated into these efforts. In the present phase of the National Health Care Programme, increasing attention is being paid to the education of patients with established hypertension in the self-measurement of blood pressure; the Hypertension Committee has made considerable efforts to increase the availability of suitable sphygmomanometers.

A further important task of the Committee is to participate in international projects. So far, successful collaboration has been established with several COMECON countries in genetic and intervention studies. The quality of hypertension care is being assessed in several population groups in Hungary in a WHO/WHL project. Such collaborative activities are expected to improve the efficacy of our work at home, for the benefit of the population.

Section II describes the repercussions of patient education on the treatment of hypertension. Non-pharmacological treatment, adherence to medication, self-monitoring of blood pressure, addressing the entire risk profile, and practice organisation and management for patient education are discussed. Under the heading Patient Education Beyond the Individual Setting, various chapters deal with involving spouses and families, working with groups of patients, in-hospital information, and physician-patient workshops. How to address larger audiences through community programmes and whether patient education and public education are separate, overlapping or complementary issues are treated subsequently.

Section III deals with the actual teaching of patient education, e.g. Teaching Doctors to Teach Patients, Objectives for Teaching Patient Education and Initiating Faculty Development. In Section IV, short reports on the present state of patient education in selected countries are presented. An appendix offers a selection of annotated references for recommended reading on patient education.

The guiding principle throughout the volume is the concept that teaching the teacher is the key to patient education. Doctors and nurses should learn how to establish an interactive relationship with patients; education is more than information, it is more than the mere distribution of leaflets and booklets. This publication is intended to serve as the technical background document for further, practical actions of the WHL in this domain. It is available at a price of £ 19.00. A limited number of complementary copies are available on request from the Secretariat of the WHL.

WHL workshop: Patient Education


The proceedings of the Workshop on Patient Education organised by the World Hypertension League in December 1988 have been published under the title “Educating the Hypertensive Patient: Teaching the Teacher”. The 120 page volume consists of four parts. Under Basics, the objectives and methods of patient education are defined and described. Diabetes is given as an example of how patients can be taught to manage their disease, and a conceptual framework is given for interactive patient education in practice and in clinic settings.

WHL Council Conference

The 13th WHL Council Conference will be held in Barcelona, Spain, on September 29, 1991 in conjunction with a workshop on the economics of hypertension control. There will also be a meeting of the Spanish League against Hypertension and a WHO/WHL meeting on the Hypertension Management Audit Project in the days before and after the Council Conference. Further information will be given in the next issue of the Newsletter.
Library

Pharmacology of Antihypertensive Therapeutics


This handbook with contributions by 55 internationally renowned authorities in the field presents a complete discussion of all classes of antihypertensive drugs. The editors start out with some comments on the epidemiology of hypertension and general considerations in the treatment of this condition. Also included are guidelines for drug therapy in mild hypertension and in the older patient as well as a timely discussion of the dangers of overtreatment.

This is followed by descriptions of all drugs with known antihypertensive properties, their structure, clinical application, side effects and other relevant clinical, pharmacological and pharmacokinetic data. The researcher will especially appreciate the extensive documentation in this handbook. In a special chapter, natural agents used in antihypertensive treatment are discussed.

The last chapter adds an interesting comparison of historical and current views towards hypertension in eight different countries. Whereas British medicine can look back at more than 250 years of hypertension research but takes a very cautious attitude towards drug treatment, physicians in the USA prefer early and energetic treatment of even mild hypertension.

The handbook will be most useful to experimental pharmacologists. Interested clinicians will find a wealth of up-to-date information on currently used drugs as well as on those about to become available. Access to all this is aided by a cross-referenced catalogue of drugs with international generic and trade names.

1. Prize of a painting competition initiated among local school children on the occasion of the third German National Blood Pressure Conference held in Heidelberg from May 3 - 5, 1990. The picture was painted by Anne Scheuing, 9 years old. It depicts good and bad lifestyles and was intended to symbolise the advantages of a relaxed and healthy lifestyle according to the artist.

Scientific News

Science for People

The third German National Blood Pressure Conference was held in Heidelberg, FRG, from May 3 to 5, 1990. Its slogan was “Science for People”. Over 600 participants attended the plenary sessions and 20 workshops. Located in the historic congress center in downtown Heidelberg, the conference provided an opportunity to discuss new developments in research and treatment of hypertension and its sequelae.

A national Committee on Cardiovascular Disease was formed by five medical organisations to increase cooperation in risk factor management, and a political forum called on the government of the FRG to increase funding for preventive health measures and to support the efforts of the medical community by passing appropriate laws on smoking (in the FRG you are still allowed to smoke in hospitals, for example!) and food labelling.

Concurrent with the conference ran an arts contest from the local school children. The winning entry is depicted above. During the conference the population of Heidelberg was invited to have their blood pressure and lipid levels evaluated and to participate in a physician-patient seminar on the control of high blood pressure.

Through this combination of a scientific exchange with political discussions on the one
hand and an invitation to the general public to participate on the other, the National Blood Pressure Conference intended to increase awareness of the magnitude of the problem and facilitate the development of appropriate solutions for the FRG.

Newsletter questionnaires

The replies to our questionnaire about the Newsletter have been numerous and the answers very encouraging. We would like to follow up on some of the helpful comments and criticisms. One problem has been the rather short notice for meetings announced in the calendar, particularly in the last issue due to a delay in printing. Without losing all topicality, we will try to remedy this in future editions. To broaden the scope of the announcements, the editorial office would also appreciate receiving notes on upcoming meetings from our readers. For events outside the USA and Europe these are difficult for us to obtain otherwise. So let us know what's happening where you are!

Calendar

XII Congress of the European Society of Cardiology (ESC)
September 16–20, 1990
Stockholm, Sweden
Information:
ECCO
22, rue Juste Olivier
1260 Nyon, Switzerland

Meeting of the Polish Hypertension Society
October 18–20, 1990
Gdansk, Poland
Information:
Prof. Barbara Krupa-Wojciechowska
Medical Academy in Gdansk
2nd Dept. of Internal Medicine
80–211 Gdansk, Debinki 7, Poland

Journées de l’Hypertension Artérielle
December 13–14, 1990
Paris, France
Information:
Convergences-HTA 90
120, avenue Gambetta,
75020 Paris, France

International Symposium on Multiple Risk Factors in Cardiovascular Disease
December 10–12, 1990
Washington DC, USA
Information:
Giovanni Lorenzini
Medical Foundation
c/o Marjorie G. Horning, Ph. D.
Baylor College of Medicine,
Room 826 E,
One Baylor Plaza
Houston, Texas 77030, USA

4th International Symposium on Cardiovascular Pharmacology
April 22–25, 1991
Geneva, Switzerland
Information:
ISCP ‘91
c/o AKM Congress Service
Clarastrasse 57
P. O. Box 6
4005 Basel, Switzerland

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