WHL NE
Letter

News from the World Hypertension League (WHL).
An organization in official relations with the World Health Organization

No. 32, December 1993

Profile

Over the past 15 years hypertension affairs in The Netherlands have been dealt with by two independent institutions: The Hypertension Committee of the Dutch Heart Foundation and The Dutch Hypertension Society, both founded in 1915. The members of the Heart Foundation's Committee were selected not only from specialists in the field of hypertension, but also from general practitioners and representatives from basic sciences.

The principal goal of the Committee was to advise the Board of the Heart Foundation on both scientific and public matters concerning hypertension. In addition, the Committee acted as an independent review body for the Scientific Council of the Foundation and was involved twice yearly in the evaluation of grant applications for research projects dealing with all aspects of high blood pressure, such as epidemiology, pathophysiology and treatment.

Each year the Heart Foundation emphasizes one particular topic in cardiovascular medicine; hypertension has been "topic of the year" in 1983 and in 1990. In those years the Foundation organized symposia not only for specialists and general practitioners, but also for patients. The latter occasions are intended to draw public awareness to the problem and to consequences of hypertension and to provide adequate information regarding the optimal management of this and other risk factors.

On a regular basis the Heart Foundation publishes leaflets and bulletins to be used in hospitals, health care centers etc. for patient education and counseling. The Hypertension Committee has been involved in the preparation of several of these educational booklets.

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WHL News

WHL Welcomes New Members

WHL membership is increasing rapidly. Since August 1993, four hypertension societies have joined the WHL: The National Committee of the National Heart Foundation of Bangladesh, the Lebanese Hypertension League, the Mexican Hypertension League, and the Nigerian Hypertension Society. We would like to extend a hearty welcome to our new members. The WHL now has 60 member organizations.

WHL "In Focus Statements" available in Portuguese

The Portuguese League against Hypertension has translated the WHL "In Focus Statements" and published them in a booklet. The booklet is available from Dr. Rasiklal Ranchhod, Portuguese League against Hypertension, Campo Grande, 28-4°C, 1700 Lisbon, Portugal.

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Profile continued

The Hypertension Committee does not organize scientific meetings for researchers in the field of hypertension. That is the prerogative of the Dutch Hypertension Society, an independent organization in The Netherlands. Nevertheless, the Hypertension Committee of the Heart Foundation and the Dutch Hypertension Society have kept up good contacts which may be exemplified by the fact that the Chairman of the Society has usually been a member of the Heart Foundation's Committee.

As of 1992, the Hypertension Committee has ceased to exist due to a reorganization of the Scientific Advisory Board of the Heart Foundation. The Dutch Hypertension Society was founded in 1975 by Professors Willem Birkenhager and Pieter van Zwieten, who later became Vice-President and President respectively of the Scientific Council of the International Society of Hypertension. The Dutch Society has so far acted as a rather informal institution that on a regular basis organizes scientific meetings where both clinical and experimental work in the field of hypertension is presented. A few times such meetings have been organized together with hypertension societies from other countries such as Belgium, Switzerland and Germany. The next joint meeting with the Germans is scheduled for 1994.

Through some of its members the Society is associated with the Dutch Organization for Scientific Research and there is a strong link with investigators in the field of renal physiology. Now that the Hypertension Committee of the Heart Foundation no longer exists, a representative of the Foundation will become officer at large in the Board of the Hypertension Society. This way, the Society will continue to disseminate scientific knowledge while the bond with the Heart Foundation will guarantee that matters of public interest will also find their way. Through the Foundation the Society also has ties with the World Hypertension League.

Scientific News

The Patient Education Project – Teaching the Teacher

Active participation of the patient is an important component of the therapeutic process. Patients can (and should) be educated to take an active part in the management of their disease. However, education of the patient requires special skills and knowledge; these first should be taught to the prospective educator.

The Patient Education Project (PEP), launched in 1989 as a joint WHL-WHO study, concentrates on teaching physicians how to teach their hypertensive patients.

In a preparatory stage, the principal investigator in each center discusses with his collaborators how best to adapt the principles of patient education to the local cultural context, and draws up a patient education manual. The personnel (physicians and nurses) are randomized to an education and a routine group. The education group attends a “teaching the teacher” course on the principles and practice of patient education. Teaching is based on material produced by the World Hypertension League and on patient education material available from the respective national high blood pressure education program.

To evaluate the effect of the course offered to the physicians and allied personnel, treatment results are evaluated in the two groups. After completion of the study, patients under treatment in the routine group will undergo the same education procedures as those treated by the education group of physicians.

The pilot stage of the project has started in six centers. Continuation and expansion is planned, provided adequate funding can be assured.

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Long ago, Chirreee doctors dicoorrcr'ed tb*t
sotüe polfitt 6üc*! ai llekuan { H t }
can br*ng dr'.rln rhc biq{d Pctsrr€
Poster by Di Yuancang from China.
The Patient Education Project – *Teaching the Teacher*
A joint WHL-WHO project

**Promotion of patient education by:**
- training of health personnel in methods of patient education;
- development of patient education models in various sociocultural settings;
- evaluation of the models’ effectiveness;
- eventual expansion of patient education programs.

**Design:**

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Medical Staff

Course on patient education

Patients

Treatment Results

Treatment Results

Comparison

Patients
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**Centers participating in pilot stage:**

**Canada**  
Dr. Arun Chockalingam  
Canadian Coalition for High Blood Pressure Prevention and Control, 1375 Talcy Crescent  
Orleans, ON K4A 3C4

**China**  
Prof. Liu Lisheng  
Cardiology Dept. & Hypertension Div.  
Fu Wai Hospital  
Beijing 100037

**Cuba**  
Dr. Alfredo Duenas  
Institute of Cardiology,  
17 No. 702 esq. a A, Vedado,  
Plaza de la Revolucion  
C. de la Habana 10400

**Ghana**  
Dr. S. R. A. Dodu  
University of Ghana Medical School, Department of Medicine and Therapeutics  
P.O. Box 4236, Accra

**India**  
Dr. S. Padmavati  
All India Heart Foundation  
4874 (1st floor) Ansari Rd.  
24 Daryaganj  
110002 New Dehli

**Russia**  
Dr. A. Britov  
Cardiology Research Center  
Pedroverigsky Lane 10  
Moscow 101837

**Hungary**  
Dr. Jenő Duba  
National Institute of Cardiology  
IX, Haman Kato ut. 29  
1450 Budapest

**Progress:**

* The project has started in the above centers.  
* The baseline surveys have been completed.  
* Canada and Ghana have produced professional education kits to be used in the project.

**Background:** (1) WHO/WHL project protocol; (2) “Educating the Hypertensive Patient” J. Human Hypertension, suppl. 1, 1990 (both obtainable on request from the WHL Secretariat)
Call for collaboration

It is now possible to diagnose certain forms of human hypertension with molecular biological techniques. One such genetic form of hypertension is glucocorticoid-remediable aldosteronism (GRA). This is caused by a gene mutation. Direct genetic testing for the gene duplication which characterizes the disorder is now available. An international registry for GRA has been established at the Brigham and Women's Hospital, Harvard Medical School, in Boston, Massachusetts, USA. The Registry will provide centralized coordination for efforts to accomplish individual and family screening for GRA, and establish a scientific data base. In addition it will provide information for patients and referring doctors about GRA. If you have such patients you can call from the United States and Canada, toll-free, at 1-800-GRA-2262, or contact

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Harvard Medical School, 221 Longwood Avenue
Boston, Massachusetts 02115, USA
Telephone: (+1) 617-732-5893
Telefax: (+1) 617-732-5764

Impressum

The objectives of the WHL are to promote the detection, control and prevention of arterial hypertension in populations. The World Hypertension League (WHL) is a federation of leagues, societies and other national bodies devoted to this goal. Individual membership is not possible. The WHL is a division of the International Society of Hypertension (ISH), and is in official relations with the World Health Organization (WHO).

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P. Sleight (Oxford), President Elect
G. Fodor (St. John's), Vice-President
A. Amery (Leuven), Past President
C. Lenfant (Bethesda), Special Advisor
T. Strasser (Geneva), Secretary General
H. Ibsen (Glostrup), Treasurer
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The WHL Newsletter is published with the support of Les Laboratoires Servier and their continuing commitment to care in hypertension.

Calendar

3rd IUPHE South East Asia Conference on Health Education: “People's Involvement in Health and Development of Women and Children”
January 20–22, 1994
Madras, India
Information: Dr. Sumathy, SE Asia Regional Bureau, Y-137, Anna Nagar
Madras-600 040, Tamil Nadu, India

43rd Annual Scientific Session of the American College of Cardiology
March 13–17, 1994
Atlanta, Georgia, USA
Information: Meeting Services Department
American College of Cardiology
9111 Old Georgetown Rd.
Bethesda, MD 20814, USA

34th Annual Conference on Cardiovascular Disease Epidemiology
March 16–19, 1994
Tampa, Florida, USA
Information: AHA, Scientific & Corporate Meetings, 7272 Greenville Avenue, Dallas, TX 75231, USA

International Society for the Study of Hypertension in Pregnancy Meeting
March 16–19, 1994
Sydney, Australia
Information: Noni Zounis
International Professional Travel Pty. Ltd.
135 Macquarie Street
Sydney, NSW 2000, Australia

15th Scientific Meeting of the International Society of Hypertension
March 21–24, 1994
Melbourne, Australia
Information: Congress Secretariat,
P. O. Box 29
Parkville, 3052 Victoria, Australia

International Congress on Treatment of Chronic Diseases “Patient Education”
June 1–4, 1994
Geneva, Switzerland
Information: Prof. Jean Philippe Assal,
Policlinique Médicale Hôpital Cantonal
Bd. de la Cluse, Geneva, Switzerland