

## Hypertension in adults (update) Committee meeting

**Date:** 25/04/2018

**Location:** NGC Boardroom, Royal College of Physicians, 11 St Andrew's Place, London NW1 4LE

**Minutes:** Confirmed

**NICE** National Institute for Health and Care Excellence

<b>Committee members present:</b>	
Anthony Wierzbicki (Chair)	(Present for notes 1–5)
Liz Clark	(Present for notes 4–5)
Elizabeth Denver	(Present for notes 1–5)
Mark Glover	(Present for notes 1–5)
Judith Magowan	(Present for notes 4–5)
Terry McCormack	(Present for notes 1–5)
Irene McGill	(Present for notes 1–5)
Richard McManus	(Present for notes 1–5)
Lucy Pollock	(Present for notes 1–5)
Mark Shapley	(Present for notes 1–5)
Alison Warren	(Present for notes 1–5)
Bryan Williams	(Present for notes 1–5)

<b>In attendance:</b>		
Catherine Baden-Daintree	Senior Medical Editor, NICE	(Present for notes 1–5)
Rebecca Boffa	Senior Research Fellow, NGC	(Present for notes 1–5)
Serena Carville	Guideline Lead, NGC	(Present for notes 1–5)
Margaret Constanti	Senior Health Economist, NGC	(Present for notes 1–5)
Meredith Faust	Project Manager, NGC	(Present for notes 1–5)
Beatriz Ferrer-Quiles	Information Specialist, NGC	(Present for notes 1–5)
Christopher Floyd	Clinical Trainee, NGC	(Present for notes 1–5)
Audrius Stonkus	Trainee Research Fellow, NGC	(Present for notes 1–5)
Rafina Yarde	Research Fellow, NGC	(Present for notes 1–5)

**Observer:**

David Wright

Research Fellow, University Oxford and Oslo

**Apologies:**

Caroline Kier

Guideline Commissioning Manager, NICE

**1. Welcome and objectives for the meeting**

The Chair welcomed the committee members and attendees to the sixth meeting on Hypertension in adults. The committee members and attendees introduced themselves.

The Chair informed the committee that apologies had been received. These are noted above.

The Chair outlined the objectives of the meeting, which included reviewing the evidence for relaxation therapies and monitoring blood pressure, reviewing diagnostic recommendations and their rationale, and the protocol for malignant hypertension.

**2. Confirmation of matter under discussion, and declarations of interest**

The Chair confirmed that, for the purpose of managing conflicts of interest, the matters under discussion were relaxation therapies, monitoring blood pressure, diagnostic recommendations and malignant hypertension.

The Chair asked everyone to declare verbally any interests that have arisen since the last meeting.

Name	Role with NICE	Type of interest	Description of interest	Relevant dates			Comments
				Interest arose	Interest declared	Interest ceased	
Terry McCormack	Committee member	Direct non-financial non-specific	I am a committee member of the NICE Venous Thromboembolism Update Guideline Committee.		04/2018		No action other than the process of open declaration
		Indirect	I gave a talk on atrial fibrillation		04/2018		No action

		financial non-specific	management at a Primary Care Cardiovascular Society meeting. The Whitby Group Practice research fund received my speaker fee from Boehringer Ingelheim.				other than the process of open declaration
Bryan Williams	Committee member	Direct non-financial non-specific	Endocrine and haemodynamic changes in resistant hypertension, and blood pressure responses to spironolactone or amiloride: the PATHWAY-2 mechanisms substudies. Bryan Williams, Thomas M MacDonald, Steve V Morant, David J Webb, Peter Sever, Gordon T McInnes, Ian Ford, J Kennedy Cruickshank, Mark J Caulfield, Sandosh Padmanabhan, Isla S Mackenzie, Jackie Salsbury, Morris J Brown, for The British Hypertension Society programme of Prevention And Treatment of Hypertension With Algorithm based Therapy (PATHWAY) Study Group*Lancet Diabetes Endocrinol 2018. Published Online April 11, 2018. <a href="http://dx.doi.org/10.1016/">http://dx.doi.org/10.1016/</a>	04/2018	25/04/2018		No action other than the process of open declaration

The Chair and a senior member of the Developer's team noted that the following members would not participate in a part of the meeting:

- Richard McManus and Bryan Williams should withdraw from making recommendations for question 1.1 In adults with suspected primary hypertension, what is the best method of measuring blood pressure (home, ambulatory or clinic measurement) to establish the diagnosis and predict cardiovascular events?
- Bryan Williams should withdraw from making recommendations for question 2.1 In adults with treated primary hypertension, what is the best method of measuring blood pressure (home, ambulatory or clinic measurement) to assess the response to treatment and predict cardiovascular events?

### **3. Minutes of last meeting**

The Chair asked the committee if it wanted any changes made to the minutes of the last meeting. The committee agreed that the minutes were a true and accurate account of the meeting.

The Chair confirmed that all matters arising had been completed or were in hand.

### **4. Questions and discussion**

- A. Rafina Yarde, Research Fellow at the NGC, presented the clinical evidence for the review question 'What is the clinical and cost-effectiveness of relaxation therapies for the management of primary hypertension in adults?' The committee asked questions about the clinical evidence.
- B. Margaret Constanti, Senior Health Economist at the NGC, presented the health economic evidence for the review question 'What is the clinical and cost-effectiveness of relaxation therapies for the management of primary hypertension in adults?' The committee asked questions about the clinical evidence.
- C. The committee discussed the recommendations and write-up for review question 1.1: In people with suspected hypertension, which test is most accurate in identifying whether hypertension is present, as indicated by the reference standard, ambulatory blood pressure measurement?
- D. Rafina Yarde presented the clinical evidence for the review question 'In adults with treated primary hypertension, what is the best method of measuring blood pressure (home, ambulatory or clinic measurement) to assess the response to treatment and predict cardiovascular events?' The committee

asked questions about the clinical evidence.

E. Rebecca Boffa, Senior Research Fellow at the NGC, led a discussion on finalising the malignant or accelerated hypertension review protocol. The committee discussed and finalised the protocols.

**5. Any other business**

None.

**Date of next meeting:** 26/04/2018

**Location of next meeting:** NGC Boardroom, Royal College of Physicians, 11 St Andrew's Place, London NW1 4LE