

Agenda

National Hypertension Taskforce Meeting 4

Date: Thursday 07 December 2023
 Time: 2:00 – 4:30pm AEDT
 Location: Mawby Theatre, Melbourne Business School, 200 Leicester St, Carlton, Melbourne.
 Hybrid Link: **Join on your computer, mobile app or room device**
[Click here to join the meeting](#)

Attendees:

Alta Schutte	Co-Chair, National Hypertension Taskforce, UNSW; The George Institute
Markus Schlaich	Co-Chair, National Hypertension Taskforce, UWA
Andrea Sanders (V)	Stroke Foundation
Andrew Goodman (V)	University of Queensland
Audrey Lee (V)	Consumer Advisor, SPHERE
Belinda Bennett (V)	Consumer Advisor, SPHERE
Breonny Robson (V)	Kidney Health Australia
Catherine Shang	Australian Cardiovascular Alliance
Charlotte Hespe	University of Notre Dame
Sam Flood (proxy)	Pharmaceutical Society of Australia
Garry Jennings	National Heart Foundation of Australia
Geoff Cloud (V)	Stroke Society of Australiasis
James Sharman	Menzies Institute for Health and Medical Research
Jamie Vandenberg	ACvA Board Director
Jason Kovacic	ACvA President
Jun Yang (V)	Hudson Institute
Kayla Viney	Stroke Foundation
Kerry Doyle	Australian Cardiovascular Alliance
Lisa Murphy	Stroke Foundation
Mark Li (proxy)	Pharmacy Guild
Mark Nelson (V)	University of Tasmania
Meng Hsu	Australian Cardiovascular Alliance
Nigel Stocks (V)	University of Adelaide
Sharon James (V)	Australian Primary Health Care Nurses Association
Stephen Nicholls	Cardiac Society of Australia and New Zealand

Invited Working Group Members

Liz Halcomb (V)	University of Wollongong
Quynh Dinh (V)	La Trobe University
Martin Schultz (V)	University of Tasmania

Apologies: Anthony Rodgers, Zoe Girdis, Taskeen Khan (ex officio), Jonathan Golledge, Michael Stowasser, Tim Usherwood, Natalie Raffoul, Ruth Webster, Niamh Chapman, Nelson Wang, Clara Chow

Agenda

Time	Program	Leader
2:00 – 2:05	Welcome and Acknowledgement of Country	Markus
2.05 – 3.05	<p>National Hypertension Roadmap publication</p> <ul style="list-style-type: none"> • Discussion of feedback and issues raised • Discussion of way forward • Timeline to publication <ul style="list-style-type: none"> ○ Endorsement <p>Alta presented changes and updates to the Roadmap publication after input/feedback from the group.</p> <p>Comments from the group included:</p> <ul style="list-style-type: none"> • The Roadmap needs to align and support the implementation of the National Preventive Health Strategy 2021-2030 • There are a large number of GPs not putting BP data into the right field on practice software to be extracted. GPs need education and incentives e.g. perhaps to include as part of PIPQI program • Single pill combinations need to align with what is available on the PBS to ensure equitable access for those at highest risk of high BP • Include comments on the MyMedicare scheme - set for release in 2024, and designed to support continuity of care <p>Alta thanked everyone for their feedback and input on the draft Roadmap. The plan is to finalise the paper for submission in early January 2024. The current format may not work for MJA and Alta will make enquiries to the Editor of MJA and the Hypertension Journal to see if they could provide feedback on suitability.</p> <p><u>ACTION:</u> Taskforce members to provide comments and confirm affiliations for the Roadmap publication</p> <p><u>ACTION:</u> Alta to finalise comments from the Taskforce members on the Roadmap paper</p> <p><u>ACTION:</u> Alta to follow up with journals on suitability of article format for publication</p>	Alta/Markus
3:05 – 3:30	Afternoon Tea	
3:30 – 4:20	<p>Working Group Updates (10min discussion per Working Group)</p> <p>See Working Group slides attached for more details.</p>	

- **WG1: Simplified BP Management Tools**

Goals of the Working Group

- Develop a one-pager treatment protocol that is aligned with PBS and current guidelines
- Gather input and support from all relevant stakeholders to ensure a unified approach
- Address current barriers to achieving optimal BP control

Recommendations and actions

- Hold a focus group with primary care for co-design and ensure adherence to one-pager. This could be rolled out with new, validated BP monitors with training provided to accurately measure BP.
- There is overlap between Working Group 1 (focused on tools and management) and Working Group 4 (BP measurement)
- Working Group 1 and 4 to work together.

- **WG2: Increasing patient activation and engagement**

Goals of the Working Group

- Engagement with other working groups to advise on consumer-friendly resources and engagement strategies.
- Developing a national consumer network that is interested in Hypertension, ensuring diverse representation (geography, demographics etc). Alta has funding as part of her Synergy grant – this is being led by Dr Carissa Bonner.

Recommendations and actions

- Working Group 2 could join forces with Working Group 1 to develop a patient-facing version of the one-pager protocol
 - Empower consumers to self-care

- **WG3: Raising and maintaining awareness**

Goals of the Working Group

- The group has been tasked to map already existing Australian and global initiatives for hypertension awareness

Recommendations and actions

- It was noted that the Working Group lacks marketing and public health campaign expertise. Perhaps for a target call in future?

Charlotte

Liz

Lisa/Quynh

- Funding sources for an effective campaign were discussed. Suggestions included government, industry and philanthropy.
- It was discussed whether there was an opportunity to raise awareness through the merging of opportunistic screening programs such as May Measurement Month and Stroke Foundation's 'Australia's biggest BP check'.

- **WG4: Systems and data-based approach to BP management**

Goals of the Working Group

- To embed better BP measurement within general practice in TAS and scale nationally with digital architecture enabling near to real time BP/CVD risk and outcome data
- To embed an evidence-based prescribing tool to assist GPs

Recommendations and actions

- The WG raised that while there is existing national data sources, there is a lack of a national database infrastructure for CVD
- WG member and currently scoping existing national level data sources and their appropriateness to leverage.

- **WG5: Improving detection and screening of raised BP**

Goals of the Working Group

- Scale up opportunistic community-based screening programs, diverse in geography and ethnicity.
 - Settings to consider: remote, regional, culturally diverse, workplaces, allied health etc.
 - Combine MMM and Australia's Biggest BP Check and other initiatives where feasible – take an Australian coordinated approach
 - A coordinated approach could work. SF's Australia's Biggest BP Check traditionally focuses on pharmacies; whereas MMM is general population

Recommendations and actions

- Each working group member to identify a setting in which they could lead/shape BP screening in 2024
- Identify potential volunteers who can support a scaled-up initiative, in the absence of any funding e.g. celebrity champion?
- There are complementary activities between Opportunistic Screening programs and Raising Awareness – particularly on working

Jim

Jun/Martin

together to define the target audience in the first instance e.g. targeting those with highest risk.

ACTION: WG3 members to attend the next meeting for WG5.

4:20 – 4:25

Engagement activities update

- Government

Kerry D updated the Taskforce on the following ACvA Government engagement activities and meetings.

- Kerry outlined the Cardiovascular Health Research Leadership Forum (CV HRLF) that serves as the ACvA government engagement platform. The CV HRLF has been endorsed, as a strong model by the Health Chief Executives Forum, and has representation from senior health officials from all jurisdictions and also the Heart and Stroke Foundations, AIHW, Safety and Quality Commission, NCR and consumers groups.
 - Alta, Markus, and James Sharman were invited to present to the CV HRLF on the Hypertension Taskforce and data linkage initiatives at the meeting in July 2023.
- The ACvA has coordinated and arranged a written update on the progress of the National Hypertension Taskforce since its launch by Minister Mark Butler in December 2022. This has been provided to Minister Butler's Office, following this, ACvA, and the Co-chairs of the Taskforce were invited to brief the Minister's advisor. In this meeting, we were advised that it would be important to align Taskforce activities with Federal Government processes and policy agendas, prioritising the National Health Reform Agenda, Strengthening Medicare Report and Improving Access to Medications. As per the meeting, progress will be updated as appropriate to the Minister's advisor.
- An event under the auspices of the Parliamentary Friends of Heart and Stroke Foundation is being planned for 18 March 2024, where the Roadmap will be officially launched. It will be a combined event with all major stakeholders. This follows on from a meeting in Tasmania, held with and at the request of Senator Wendy Askew, co-chair of this Parliamentary Friends Group. The meeting, held on 1 November 2024 covered data and hypertension work being led from Tasmania.
- RACGP & ACRRM

Kerry
Alta/Markus/
Nigel
Group
discussion

4:25 – 4:30

- Nigel Stocks and Charlotte Hesse emphasised the need to communicate and work with RACGP to establish common goals. This includes information sharing with the RACGP College groups and Committees.
 - The group noted that letters to the RACGP and ACRRM has been sent but the Taskforce has yet to hear a response.
 - Nigel has contacts with the ACRRM that can be approached should a follow up be required
 - Others?
- Other business
- Remaining priorities identified and next steps
 - Next meeting

Alta/Markus

ACTION: ACvA to set up Taskforce meetings for 2024. Next meeting June 2024.