

# WHL educational-knowledge translation, structure, programs and resources

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# World Hypertension League

## Goals and Vision

### **Our Goals:**

- Optimize prevention and control of hypertension through collaborative work with member organizations, like-minded governmental and non-governmental partner organizations, evidence based interventions, and Best Practices.
- Committed to helping member organizations achieve 25-80% hypertension control depending on their resources and existing conditions.

### **Our Vision:**

- Hypertension prevention and control through joint efforts of national and regional leagues and societies and alliances with the World Health Organization (WHO), International Society of Hypertension (ISH), and other aligned organizations.

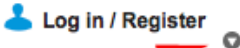
# WHL educational-knowledge translation structure and programs

- Organizational membership (>60 national/international member or partner organizations)
- Website: <http://www.whleague.org/>
- Journal: Journal of Clinical Hypertension
- Newsletter (quarterly)
- World Hypertension Day (week)
- Weekly evidence review on dietary salt (how to reduce dietary salt and outcomes relating to increases or decreases in dietary salt). Email based free subscription
- Regular systematic review of studies on how to reduce dietary salt (JCH)
- Regular systematic review of studies relating to outcomes relating to increases or decreases in dietary salt (JCH)
- Critic of low quality controversial studies on dietary salt (prn JCH)
- Host symposia and talks on hypertension prevention and control and on dietary salt
- Educational video series (ASH)
- Member-founder of the TRUE consortium to develop standards for clinical research on dietary salt




# The Journal of Clinical Hypertension

• The Official Journal of the World Hypertension League offers free access which can be signed up for by:

1. Go to the Journal of Clinical Hypertension Homepage  
[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1751-7176](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1751-7176)
2. Click on the down arrow next to the Log In/Register Option in the upper right corner of the 

1. Choose the register option from the lower left corner of the dropdown



1. On the log in page enter your e-mail address—which will become your user name –and select a password, enter your personal information (This information is not shared with outside parties), select promotional information you might like to receive and hit the submit  on

## Website resource section

<http://www.whleague.org/index.php/j-stuff/publications>

### Publications of interest to prevention and control

- Improving patient care
- Community based programs
- Hypertension prevention and control strategies
- Hypertension management recommendations
- [Dietary sodium recommendations](#)
- Global Burden of Disease Study

Website resource section

<http://www.whleague.org/index.php/j-stuff>

- Focus on the young: Art contest
- Dietary salt reduction in 2018 (brief update and introduction to the issue)
- Sprint and global management of hypertension (discussion of recent evidence on the need to intensify treatment)

# Website resource section

<http://www.whleague.org/index.php/j-stuff>

## Power point slide sets

- **Hypertension** (based on the 2016 fact sheet and call to action)
- **Prevention and control of hypertension: Developing a global agenda** (how to developed a htn prevention and control strategy based on the expanded chronic disease model)
- **Policy Statement of the World Hypertension League on Noninvasive Blood Pressure Measurement Devices and Blood Pressure Measurement in the Clinical or Community Setting** (based on a JCH publication)
- **A Needs Assessment of National Hypertension Organizations for Hypertension Prevention and Control Programs** (based on a WHL survey of what member organizations indicated they need/want)
- **High Blood Pressure in Sub-Saharan Africa: Why Prevention, Detection, and Control are Urgent and Important** (based on a 2015 fact sheet and call to action)

# Website resource section

<http://www.whleague.org/index.php/j-stuff>

## Power point slide sets

- **Dietary salt** (based on the 2016 fact sheet and call to action)
- **A call for quality research on dietary salt** (issue of low quality research driving controversy on dietary salt)
- **A Call to Work to Reduce Dietary Sodium** (based on 2014 fact sheet and call to action)



# Website resource section

<http://www.whleague.org/index.php/j-stuff>

- **Screening for hypertension** (based on a WHL-JCH published resource)
  - Train the trainer program
  - BP measurement assessment tool
  - BP data collection form
  - Power point slide set to support program
  - Video on how to best measure BP
  - Video on why have a BP screening program for your community
- Piloted in Brazil, China and Cameroon

# Website resource section

- Additional publications from WHL relating to prevention and control of hypertension in JCH
  - How to develop a hypertension prevention and control strategy
    - Challenge to member organizations to develop prevention and control strategies.
  - Support for Kaiser Permanente hypertension program
  - Summary of issue and htn control activities in the America's
  - Call to restructure hypertension congresses and meetings to drive a hypertension prevention and control agenda
  - Support for implementation of the WHO PENs program (precursor of the HEARTS program)
  - How to develop a fact sheet and call to action on hypertension
  - Improving Management of Hypertension Globally: Resolve to Save Lives-World Hypertension League Recommended Treatment Protocols.
  - The Global Implications of Blood Pressure Thresholds and Targets: Guideline Conversations from the World Hypertension League.

# Additional publications from WHL relating to prevention and control of hypertension in JCH

- Standards for reporting hypertension surveys
- Policy Statement of the World Hypertension League on Noninvasive Blood Pressure Measurement Devices and Blood Pressure Measurement in the Clinical or Community Setting
- Issues with changing auscultation to automated BP in Brazil
- Call to regulate BP devices and cuffs
- Public use of BP Kiosks
- Implementing standardized performance indicators to improve hypertension control at both the population and healthcare organization levels
- A new Pan American Health Organization (PAHO) – World Hypertension League (WHL) Hypertension Monitoring and Evaluation Framework to aid Hypertension Control Programs
  - This has been pilot tested and is under going additional evaluation for revision this year

# Additional publications from WHL relating to prevention and control of hypertension in JCH

- A needs assessment of African hypertension organizations
- A fact sheet and call to action on hypertension in Africa
- A WHL health care professional knowledge attitude and behavior survey based on the WHO HEARTS program
- Results of the WHL health care professional knowledge attitude and behavior survey in primary care physicians from Ulaanbaatar Mongolia
- Tackling High Blood Pressure in England: A New Approach

# Additional publications from WHL relating to prevention and control of hypertension in JCH

- Proposed Nomenclature for Salt Intake and for Reductions in Dietary Salt
- The World Hypertension League: where now and where to in salt reduction
- Is Reducing Dietary Sodium Controversial? Is It the Conduct of Studies With Flawed Research Methods That Is Controversial? A Perspective From the World Hypertension League Executive Committee
- A Call for Quality Research on Salt Intake and Health: From the World Hypertension League and Supporting Organizations
- Understanding the science that supports population-wide salt reduction programs.
- Recommended standards for assessing blood pressure in human research where blood pressure or hypertension is a major focus (TRUE)
- Assessment of dietary sodium intake using Food Frequency Questionnaire and 24h urinary sodium excretion: A Systematic Literature Review. (TRUE)
- Twenty four hour diet recall and diet records compared with 24-hour urinary excretion to predict an individual's sodium consumption: a systematic review. TRUE
- How much dietary sodium is excreted in 24-hour urine collections: A systematic review and meta-analysis. (TRUE)

# WHL educational-knowledge translation, structure, programs and resources

- WHL structure and programs designed to aid knowledge translation largely at a policy level to NGOs
- Many resources developed to aid policy change and uptake
- Some resources for hypertension screening at a grass roots level
- Several “How to in clinical practice” publications in preparation for team based care, hypertension registries, and algorithms based on experiences in the America’s
- Collaborative research on barriers, challenges, facilitators and opportunities relating to early experience with task sharing, hypertension registries, and algorithms