

**Title: Management and Treatment of Hypertension (MTH)**

Duration	One-day training Workshop
Language	English (also available in other languages)
CPD	5 credited hours – IFPH
Location & Dates <i>IFPH reserves the right to alter dates, content, venue and facilitator with a reasonable notice time</i>	Istanbul (First Saturday & Sunday every month) London (Second Saturday & Sunday every month) Dubai (Third Saturday & Sunday every month) Brunei (Fourth Saturday & Sunday every month)
Please note	<i>ON-Demand: IFPH and potential participant/partner can agree other duration/date/locations than those stated above</i>
Delivery Type	Group - Live
Prerequisites	None
Who should take this training-workshop?	Nutritionists, dietitians, health educators, health professionals, nurses and public health practitioners, who are working in a community, but not limited to the following individuals: Community Health Workers, Diabetes Educators, Family Physicians, Health Promoters
Fees in GBP (£)	- - - (to be decided)
Email	apply@ifph.org
Including coffee breaks and a lunch daily	

**Abstract**

Approximately one billion people worldwide have high blood pressure (*systolic 140mmHg/diastolic 90 mmHg*). The number is expected to increase to 1.56 billion people by the year 2025. That translates to about 1 out of every 4 adults being afflicted with hypertension. Hypertension is prevalent in developing as well as in developed countries. Prolonged uncontrolled or inadequate treatment of hypertension is a major risk factor for the occurrence of heart attack, stroke, kidney failure and other cardiovascular diseases.

Statistics showed alarming double-digit figures. With the steadily aging population across the globe and fast-paced lifestyles leading to unhealthy diets and lack of exercise, the increasing trend is expected to continue.

Natural experiments have shown rapid reductions in hypertension after dietary improvements in populations. Unfortunately, both the optimal dietary targets and evidence based interventions to achieve them have been unclear for decades. Numerous arrays of specific nutritional factors have been considered over time. This has caused confusion and often misguided dietary priorities.

On this background the International Forum for Public Health – IFPH is organizing this one-day training workshop on “Management and Treatment of Hypertension –

MTH". It focuses on the Medical Nutrition Therapy for Hypertension; Lifestyle Modifications for Hypertension; Nutrition Management and Treatment of Hypertension (*DASH diet*); Medical Management; and Pharmacologic therapy.

### **Aim**

The aim of MTH is to share ideas and build consensus on the need for a concerted effort to strengthen human and institutional capacity to combat hypertension as health threat and to formulate bold action plan to make it happen.

### **Workshop Specific Aims:**

This One-day training workshop is aiming to cover critical updates on Medical Nutrition Therapy for Hypertension; Risk factors for and adverse prognosis in Hypertension; Homeostatic Control of Blood Pressure; Lifestyle Modifications for Hypertension; Nutrition Management and Treatment of Hypertension (*Lifestyle modifications, Weight Reduction, Changing dietary patters (DASH diet)*); Medical Management; Pharmacologic therapy; Patient education about treatment.

### **Learning objectives**

By the end of this workshop the participants should be able to:

1. Summarise key critical updates on the management of hypertension;
2. Appraise the modifiable and non-modifiable risk factors;
3. Advice on possible means to prevent/control hypertension;
4. Evaluate evidences related to Medical Nutrition Therapy in Hypertension;
5. Aware of current recommendation associated with hypertension;
6. Critically discuss and promote lifestyle/dietary modification strategy to prevent/manage hypertension.

### **Outline of Management and Treatment of Hypertension -Workshop**

- Welcome and introduction to workshop
- Workshop 'Pre-Test'
  - Medical Nutrition Therapy for Hypertension
    - Hypertension Definition and Classification
    - Prevalence and Incidence
  - Manifestations of Target Organ Disease from Hypertension
  - Atherosclerosis as the underlying cause of Hypertension and CVD
  - Risk factors for and adverse prognosis in Hypertension
  - Pathophysiology
  - Homeostatic Control of Blood Pressure
  - Renin-Angiotensin Cascade
  - Management and Treatment of Hypertension
    - Nutrition Management of Hypertension
    - Lifestyle Modifications for Hypertension Prevention and Management
    - Weight Reduction: Weight Management Treatment Algorithm
    - Other dietary Factors (Salt restriction, Potassium, Calcium, Magnesium and PUFAs)
  - Changing dietary patterns (DASH diet)
    - Daily Nutrient Goals Used in the DASH studies
  - Medical Management
    - Assessment and History
    - Lifestyle changes

- Treatment of Blood Pressure in Children and Adolescents
- Treatment of Blood Pressure in Older Adults
  - Pharmacologic therapy
  - Patient education about treatment
- Post-test
- Workshop Evaluation Questionnaire