Recommandations HTA ESH 2023

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2023 ESH Guidelines for the management of arterial hypertension

The Task Force for the management of arterial hypertension of the European Society of Hypertension

Endorsed by the European Renal Association (ERA) and the International Society of Hypertension (ISH)

Classification de l'HTA

TABLE 1. Classification of office BP and definitions of hypertension grades

Category	Systolic (mmHg)		Diastolic (mmHg)
Optimal	<120	and	<80
Normal	120–129	and	80–84
High-normal	130–139	and/or	85–89
Grade 1 hypertension	140–159	and/or	90–99
Grade 2 hypertension	160–179	and/or	100–109
Grade 3 hypertension	≥180	and/or	≥110
Isolated systolic hypertension[a]	≥140	and	<90
Isolated diastolic hypertension[a]	<140	and	≥90

The BP category is defined by the highest level of BP, whether systolic or diastolic.
[a]Isolated systolic or diastolic hypertension is graded 1, 2 or 3 according to SBP and DBP values in the ranges indicated. The same classification is used for adolescents ≥16 years old (Section 15.1).

In addition to grades of hypertension, which are based on BP values, it is recommended to distinguish stage 1, 2, and 3 hypertension. Stage 1: Uncomplicated hypertension without HMOD, diabetes, CVD and without CKD ≥ stage 3 Stage 2: Presence of HMOD, diabetes, or CKD stage 3 Stage 3: Presence of CVD or CKD stage 4 or 5	I	C

HMOD : hypertension-mediated organ damage

Qui et quand dépister ?

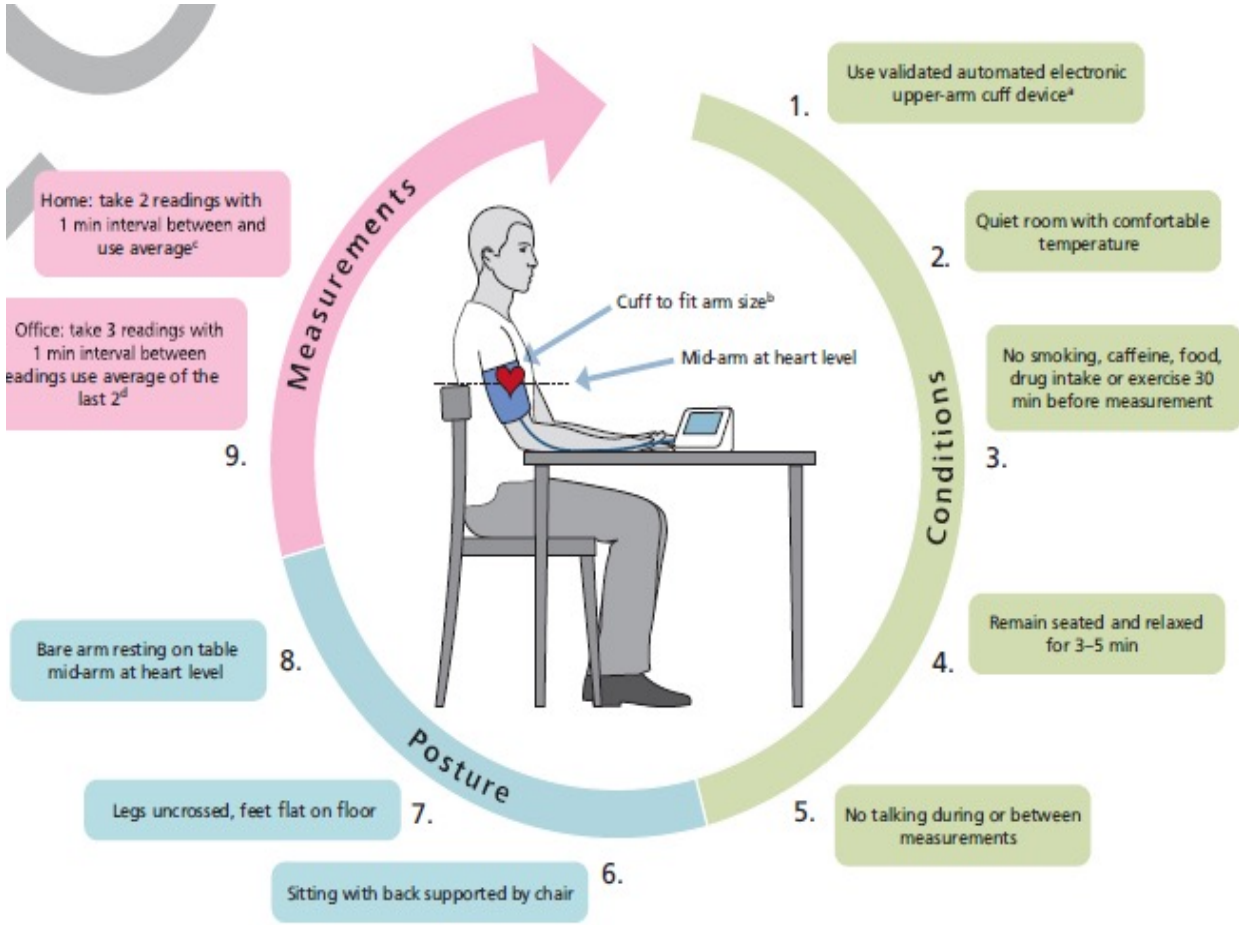
Recommendations and statements	CoR	LoR
Case finding or opportunistic screening for hypertension is recommended in all adults.	I	C
Regular BP measurements are recommended in adults from the age of 40 years or earlier in patients at high-risk.	I	C
In individuals without hypertension, intervals for repeated BP measurement should be scheduled depending on the BP level, the risk of hypertension and CV risk. In patients with high risk, annual follow-up is recommended.	I	C

NPO les enfants à 3 ans
+/- jeune adulte 18 ans
En cas de contraception

Diagnostic de l'HTA

Office BP measurements

Recommendations and statements	CoR	LoE
Ofiice BP is recommended for diagnosis of hypertension, because it is the one method by which hypertension-related risk, benefits of antihypertensive treatment, and treatment-related BP thresholds and goals are based.	I	A
Office BP measurements should be performed in standardized conditions, using a standard measurement protocol. Triplicate measurements should be taken and the average of the last two should be referred to as the representative value.	I	C
It is recommended to diagnose hypertension during at least 2 separate office visits (within 4 weeks) unless office BP indicates grade 3 hypertension (≥180/110 mmHg) or patients presents with hypertension related symptoms or there is evidence of HMOD or CVD.	I	C
At the first office visit, BP should be measured in both arms. A consistent between-arm SBP difference >15-20 mmHg suggests atheromatous disease and is associated with increased CV risk. All subsequent measurements should be made on the arm with the highest BP readings.	I	C
Out-of-office BP is a source of multiple BP-related information before and during treatment. It is therefore recommended to obtain additional information on BP values by ABPM or HBPM or both if available.	I	C



Diagnostic de l'HTA

Devices for BP measurement

Recommendations and statements	CoR	LoR
Automatic electronic, upper-arm cuff devices are recommended for office and out-of-office BP measurement (home and ambulatory).	I	B
Hybrid manual auscultatory devices with LCD or LED display, or digital countdown, or shock-resistant aneroid devices can be used for office BP measurement if automated devices are not available.	I	B
Only properly validated devices should be used. www.stridebp.org	I	B
Cuffless BP devices should not be used for the evaluation or management of hypertension in clinical practice.	III	C

Place de la mesure ambulatoire ?

HBPM is recommended in addition to OBPM to improve CV risk prediction due to better reproducibility and prognostic value than OBPM, although lacking data on treatment benefit from RCTs.	II	B
HBPM is recommended to identify white-coat hypertension or masked hypertension.	I	B
HBPM is recommended for long-term follow-up of treated hypertension because it improves BP control, especially when combined with education and counselling.	I	B
HBPM should be performed using automated upper arm-cuff BP monitors validated according to an established protocol. www.stridebp.org	I	C
Home BP should be monitored for 7 (not fewer than 3) days with duplicate morning (with 1 minute between them) and evening measurements before office visits. Average home BP should be calculated after discarding readings of the first day.	I	C

ABPM is recommended in addition to OBPM to improve CV risk prediction due to better reproducibility and prognostic value than OBPM, although lacking data on treatment benefit from RCTs.	II	B
ABPM is recommended to identify white-coat hypertension, masked hypertension and nocturnal BP phenotypes. Repeated ABPM may be necessary because these phenotypes have a limited reproducibility.	I	B
ABPM should be used to diagnose true resistant hypertension.	I	B
ABPM should be measured using upper arm-cuff automated BP monitors validated according to an established protocol. www.stridebp.org	I	C
The recommended frequency of measurements is 20 minutes during day and night to minimize the risk of missing day or night periods.	I	C

Quels examens complémentaires ?

TABLE 8. Selected standard laboratory tests for work-up of hypertensive patients[a]

- Hemoglobin and/or hematocrit
- Fasting blood glucose and HbA1c
- Blood lipids: total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides
- Blood potassium and sodium
- Blood uric acid
- Blood creatinine (and/or cystatin C) for estimating GFR with eGFR[a] formulas
- Blood calcium
- Urine analysis (first voided urine in the morning), multicomponent dipstick test in all patients, urinary albumin/creatinine ratio, microscopic examination in selected patients

eGFR, estimated glomerular filtration rate; HDL, high-density lipoprotein; LDL, low-density lipoprotein.
[a]Can be adapted according to the clinical circumstance.

TABLE 9. Assessment of hypertension-mediated organ damage (HMOD)[a]

Basic screening tests for HMOD recommended for all hypertensive patients	Aim
12 lead ECG	Measure HR and AV conduction, detect cardiac arrhythmias, myocardial ischemia and infarction, screen for LVH
Urine albumin : creatinine ratio (UACR)	Detect and classify CKD
Serum creatinine and eGFR	Detect and classify CKD
Extended screening for HMOD	
Echocardiography	Evaluate structure and function of the ventricles and left atrium, detect valvular disease, aortic root diameter and ascending aortic aneurysm
cfPWV or baPWV	Evaluate aortic/large artery stiffness
Carotid artery ultrasound	Determine carotid intima-media thickness, plaque and stenosis
Coronary artery calcium scan	Determine the presence and extent of coronary calcium to predict CAD events
Abdominal aorta ultrasound	Screen for aortic aneurysm
Kidney ultrasound	Evaluate size and structure of kidney, detect renovascular disease, determine RRI (by spectral doppler ultrasonography)
Spectral doppler ultrasonography	Diagnosis of renovascular disease and determination of RRI
ABI	Screen for LEAD
Retina microvasculature	Detect microvascular changes
Cognitive function testing (MMSE, MoCA)	Screen for early stages of dementia
Brain imaging (CT, MRI)	Detect structural brain damage

[a]Can be adapted according to the clinical circumstance.

Evaluer le risque cardiovasculaire !

Hypertension disease staging	Other risk factors, HMOD, CVD or CKD	BP (mmHg) grading			
		High-normal SBP 130–139 DBP 85–89	Grade 1 SBP 140–159 DBP 90–99	Grade 2 SBP 160–179 DBP 100–109	Grade 3 SBP ≥ 180 DBP ≥ 110
Stage 1	No other risk factors[a]	Low risk	Low risk	Moderate risk	High risk
	1 or 2 risk factors	Low risk	Moderate risk	Moderate to high risk	High risk
	≥3 risk factors	Low to moderate risk	Moderate to high risk	High risk	High risk
Stage 2	HMOD, CKD grade 3, or diabetes mellitus	Moderate to high risk	High risk	High risk	Very high risk
Stage 3	Established CVD or CKD grade ≥4	Very high risk	Very high risk	Very high risk	Very high risk

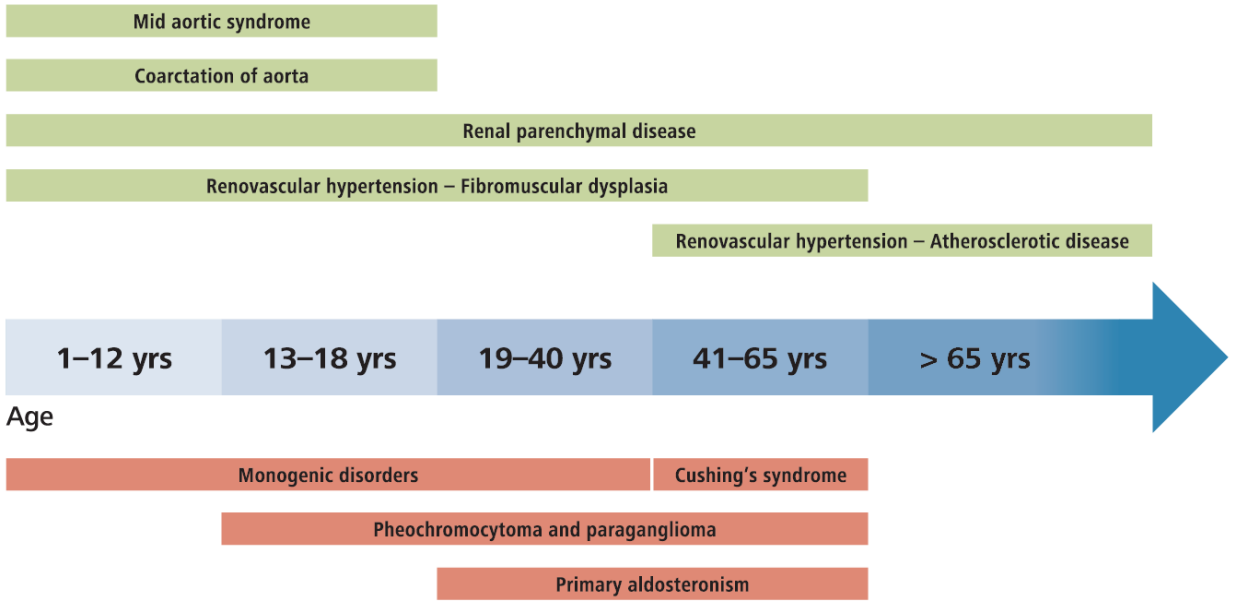
	<50 years	60–69 years	≥70 years
	<2.5%	<5%	<7.5%
	2.5 to <7.5%	5 to <10%	7.5 to <15%
	≥7.5%	≥10%	≥15%

Complementary risk estimation in Stage 1 with SCORE2/SCOR2-OP

Bilan d'HTA secondaire pour qui ?

TABLE 13. Patient characteristics that should raise the suspicion of secondary hypertension

Younger patients (<40 years) with grade 2 or 3 hypertension or hypertension of any grade in childhood
Sudden onset of hypertension in individuals with previously documented normotension
Acute worsening of BP control in patients with previously well controlled by treatment
True resistant hypertension hypertension
Hypertensive emergency
Severe (grade 3) or malignant hypertension
Severe and/or extensive HMOD, particularly if disproportionate for the duration and severity of the BP elevation
Clinical or biochemical features suggestive of endocrine causes of hypertension
Clinical features suggestive of renovascular hypertension or fibromuscular dysplasia
Clinical features suggestive of obstructive sleep apnea
Severe hypertension in pregnancy (>160/110 mmHg) or acute worsening of BP control in pregnant women with preexisting hypertension



Ne pas oublier la prise de toxique : parmi les 4 causes les plus fréquentes d'HTA secondaire

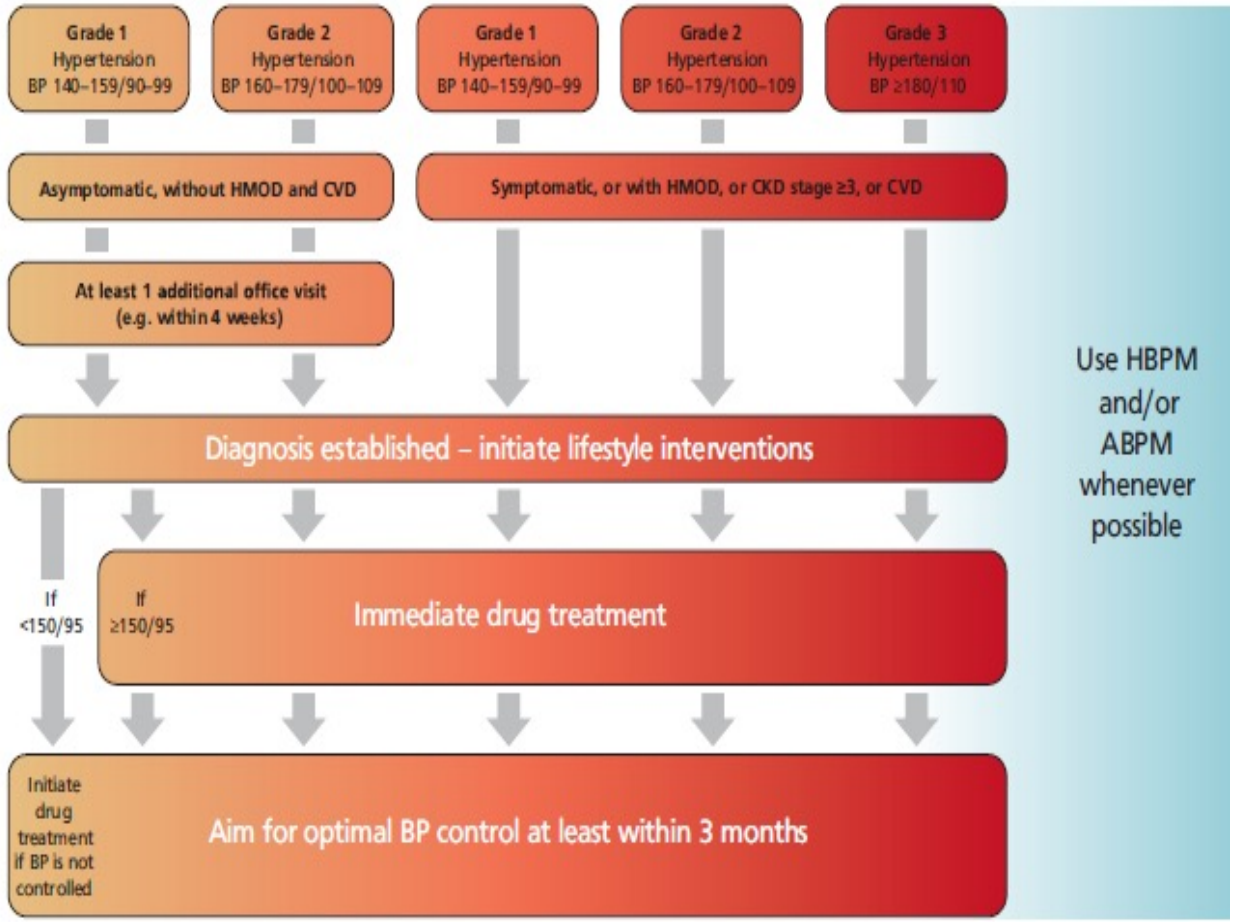
NPO COP chez la femme jeune !

Quand initier le traitement?

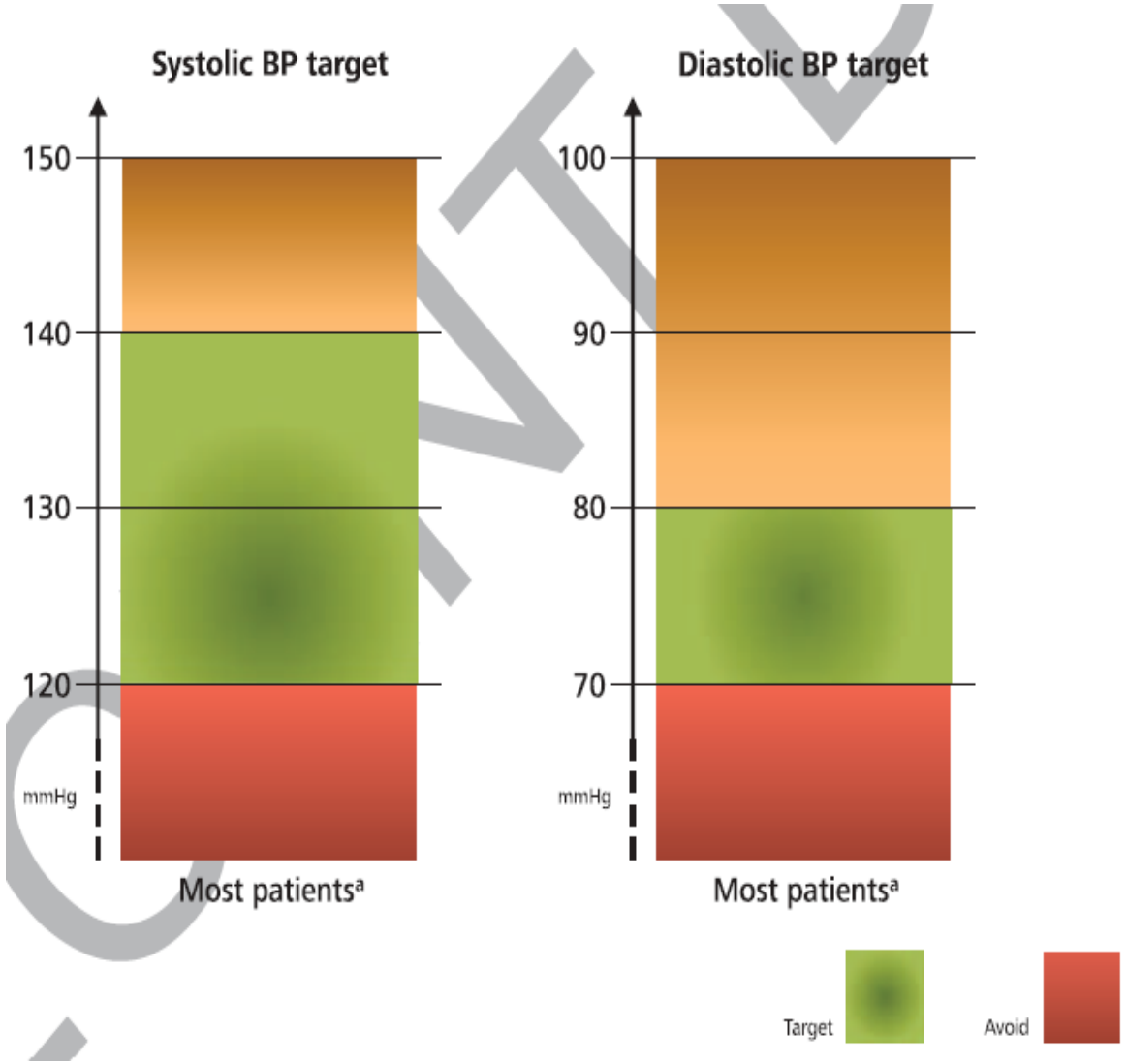
Mesures hygiéno-diététiques systématiques !!

Office BP thresholds for drug treatment initiation

Recommendations and statements	CoR	LoE
In patients 18 to 79 years, the recommended office threshold for initiation of drug treatment is 140 mmHg for SBP and/or 90 mmHg for DBP.	I	A
In patients ≥80 years, the recommended office SBP threshold for initiation of drug treatment is 160 mmHg.	I	B
However, in patients ≥80 years a lower SBP threshold in the range 140 – 160 mmHg may be considered.	II	C
The office SBP and DBP thresholds for initiation of drug treatment in frail patients should be individualized.	I	C
In adult patients with a history of CVD, predominantely CAD, drug treatment should be initiated in the high-normal BP range (SBP ≥130 or DBP ≥80 mmHg).	I	A

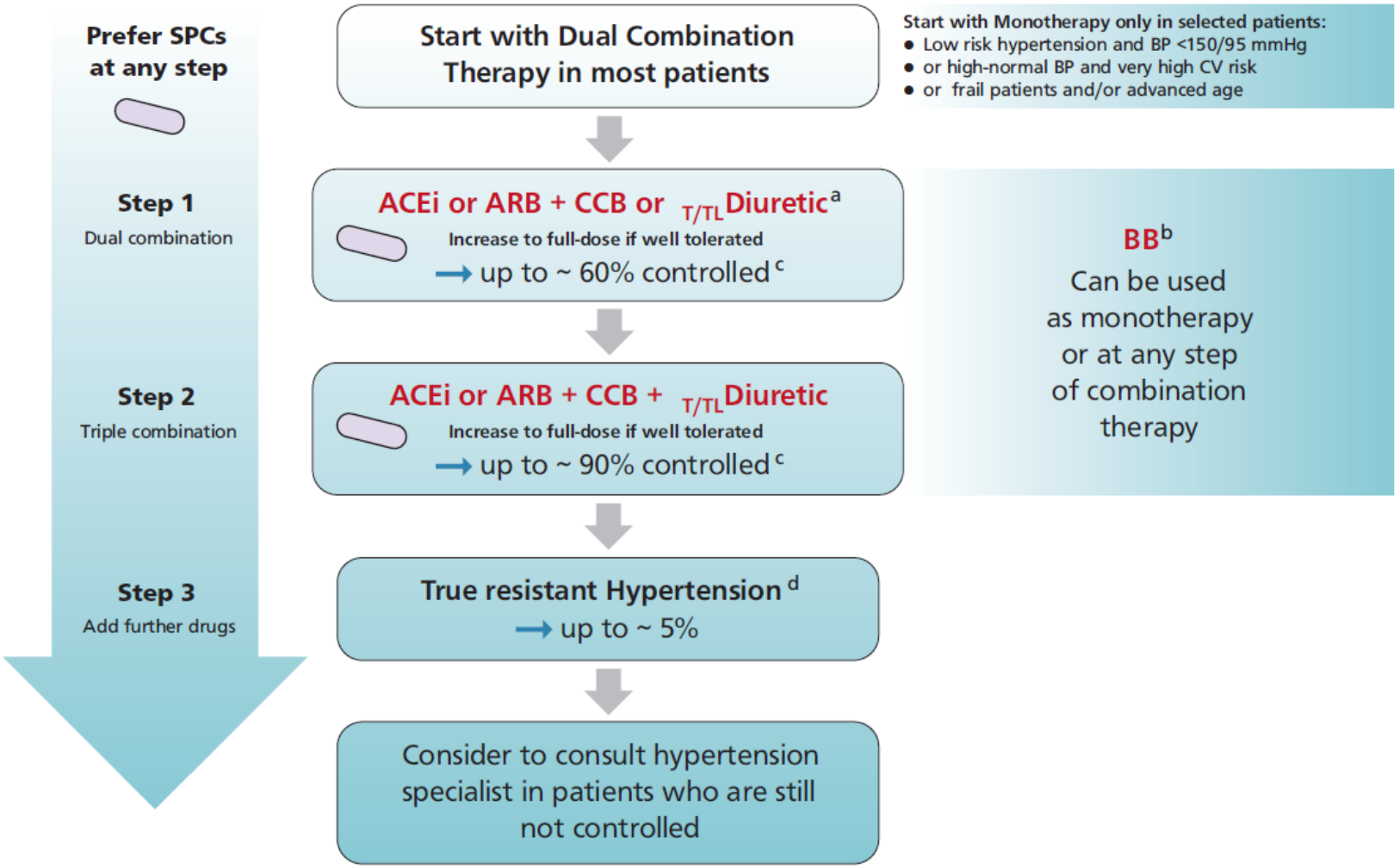


Objectifs tensionnels

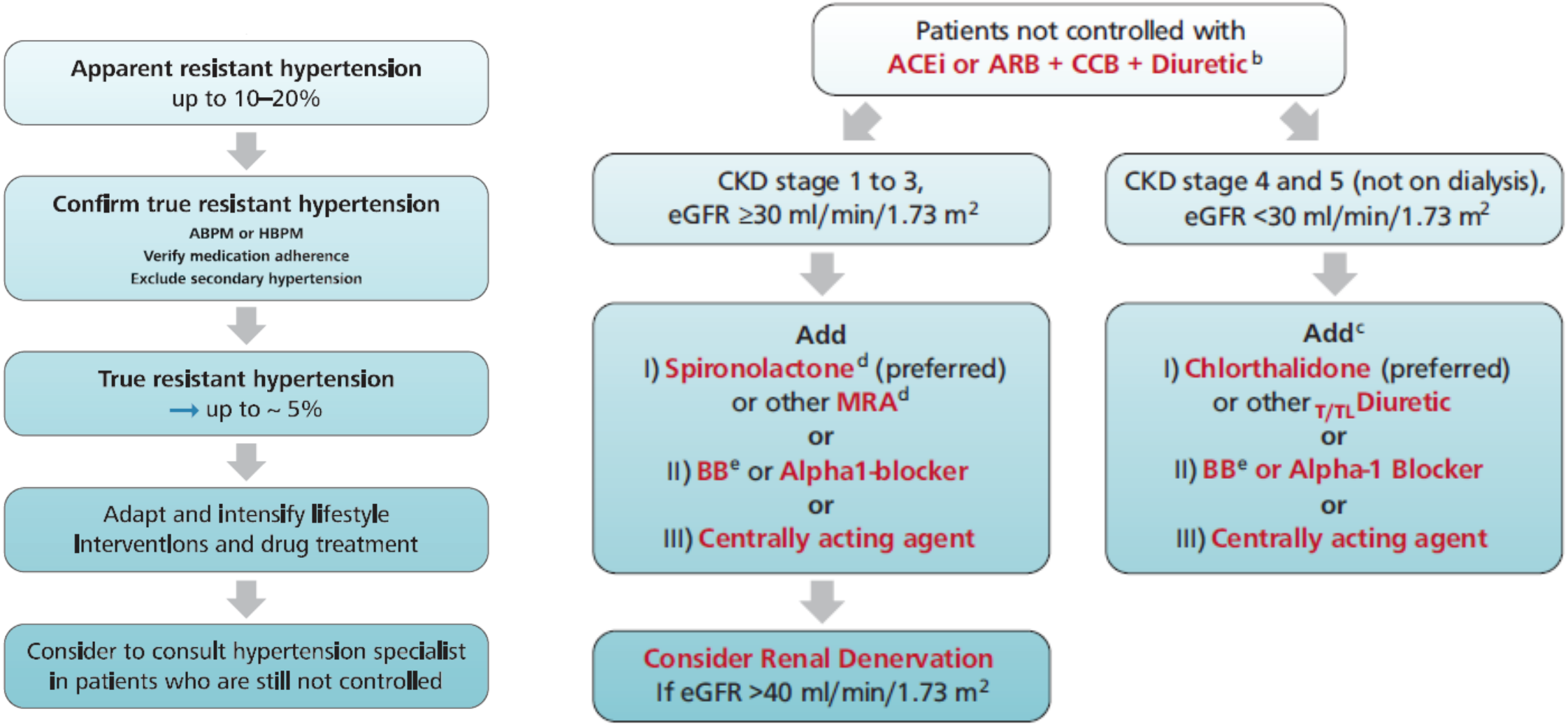


Patients ≥80 years old		
Office BP should be lowered to a SBP in the 140 to 150 mmHg range and to a DBP <80mmHg.	I	A
However, reduction of office SBP between 130 to 139 mmHg may be considered if well tolerated, albeit cautiously if DBP is already below 70 mmHg.	II	B
Additional safety recommendations		
In frail patients, the treatment target for office SBP and DBP should be individualised.	I	C
Do not aim to target office SBP below 120 mmHg or DBP below 70 mmHg during drug treatment.	III	C
However, in patients with low office DBP, i.e. below 70 mmHg, SBP should be still lowered, albeit cautiously, if on-treatment SBP is still well above target values	II	C
Reduction of treatment of can be consider in patient aged 80 years or older with a low SBP (< 120 mmHg) or in the presence of severe orthostatic hypotension or a high frailty level	III	C

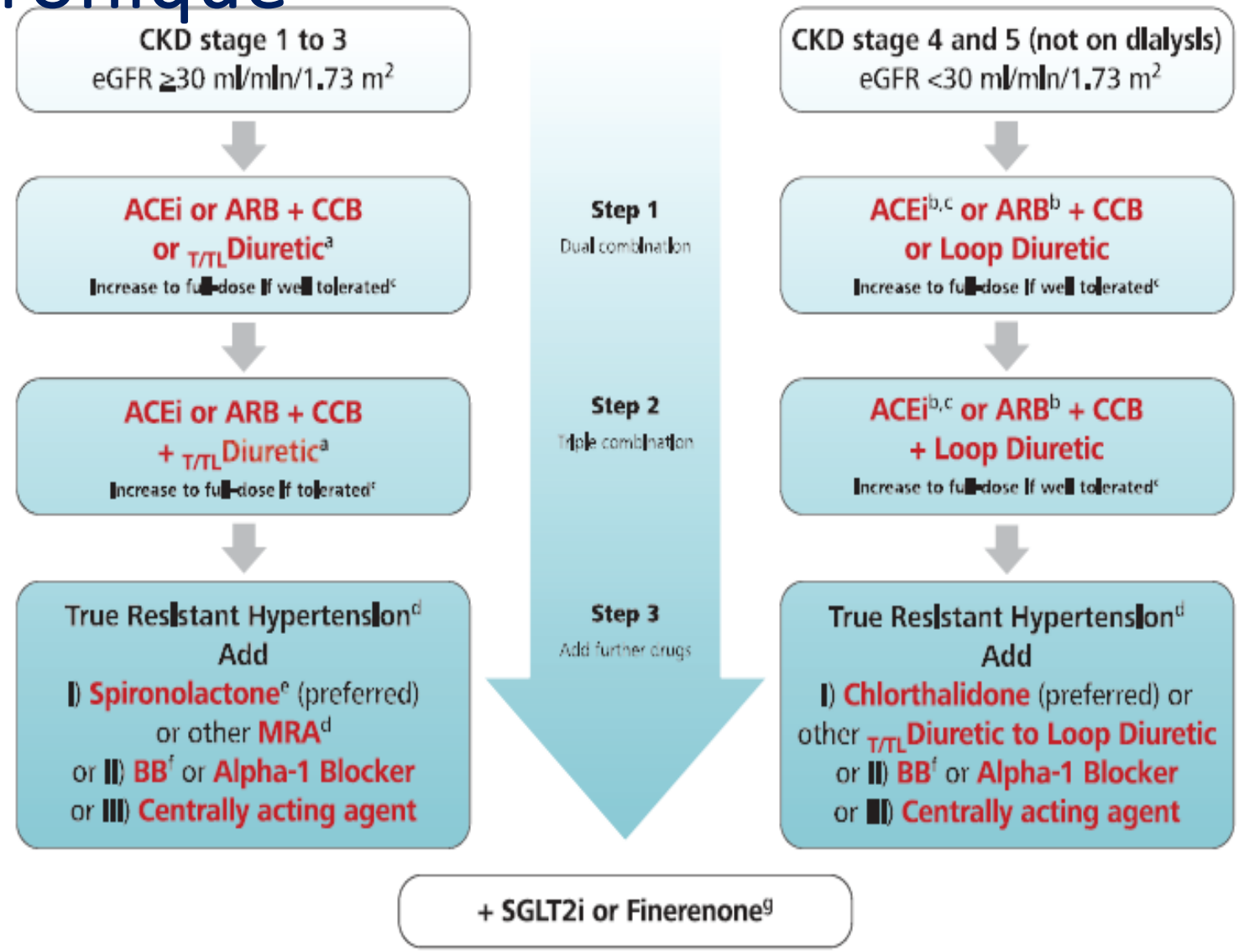
Traitement initial de l'HTA



HTA Résistante

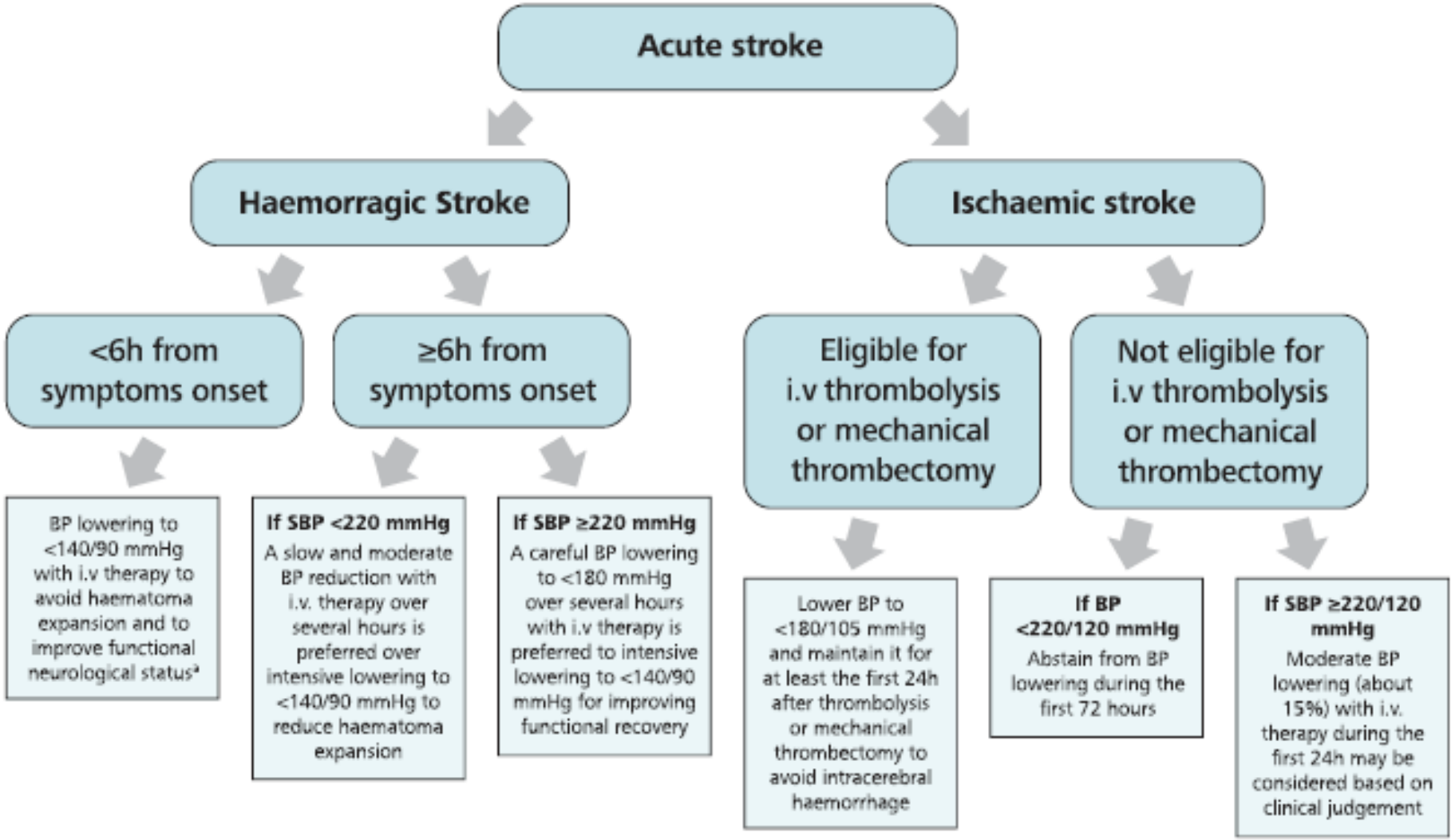


HTA et Insuffisance Rénale Chronique



SGLT-2 inhibitors are recommended for patients with diabetic and non-diabetic nephropathies CKD if eGFR is at least 20 or 25 ml/min/1.73². [a]	I
The non-steroidal MRA finerenone is recomended in patients with CKD and albuminuria associated with type 2 diabetes mellitus if eGFR is at least 25 ml/min/1.73² and serrum potassium <5.0 mmo/L.	I

HTA et Accident Vasculaire Cérébral



Conclusion

•La place de la mesure ambulatoire de la pression artérielle est renforcée ?

•Les appareils « *cuffless* » sont exclus des options de mesure de la pression artérielle.

•Il est recommandé d'introduire un traitement anti-HTA chez les patients en prévention secondaire dès que la pression artérielle dépasse 130/80 mmHg en particulier chez les coronariens.

•En cas d'HTA résistante avérée, si le DFG est < 30 ml/min/1,73m², un double blocage du néphron est recommandé, en associant un diurétique de l'anse et un diurétique thiazidique

•En cas d'HTA résistante avérée, si le DFG est > 40 ml/min/1,73m², une dénervation rénale peut être proposée au patient.

•La finerenone et les ISGLT2 entrent dans les recommandations chez les patients avec une MRC

MERCI

de votre attention