NATIONAL CONSENSUS GUIDELINE WORKSHOP ON TREATMENT OF HYPERTENSION

A workshop was held on May 17, 1998 at National Institute of Cardiovascular Diseases, Karachi, which was dedicated to developing national consensus on guidelines for management of Hypertension. The participants included professors of various disciplines of medicine from all parts of Pakistan. The purpose was to generate recommendations on the management of Hypertension which would be in line with the international recommendations but suitable to the socio-economic conditions prevailing in Pakistan. The task of the workshop was divided amongst a) General physician's groups and b) Subspecialty group. Each subgroup was headed by a Chairman and Co-chairman. They were given a working paper to develop into recommendations. At the end of the workshop various chairman presented the summary of their discussions.

A working draft was developed which gave the broad structure of recommendations. It was concluded that the recommendations of the workshop will be published in two formats. a) As an Algorithm on the management of Hypertension for use by general physicians. The algorithm would be simple, clear of ambiguities and representative of present knowledge regarding Hypertension. This Algorithm will then be published in a Calendar form for easy use in the physicians office. This has been finalized and is in the press.

b) The recommendations of the workshop's working paper will be published for the general physician use. This would included definition of Hypertension, its categorization, detection and treatment including prevention. The document would also cover aspects of Hypertension in the subspecialty areas such as pre and post surgical management, Nephrology, Cardiology, Diabetes, Neurology and Obstetrics and Gynaecology i.e. pregnancy. Special document concerning definition, detection, management and prevention of hypertension in childhood would be generated. These documents will be published by the end of the current year. The workshop was a great success and all the speakers appreciated the hand out of recent literature on Hypertension. The plea to generate local data on hypertension was made by the Founder-President of PHL. The workshop was extensively reported in the local and national dailies.
NATIONAL TASK FORCE ON CLINICAL GUIDELINES FOR THE MANAGEMENT OF HYPERTENSION CONSTITUTED

Prof. Azhar Masood A. Faruqui
Dr. Ejaz Ahmad Vohra
Dr. Mohammad Ishaq
Dr. M. Azeef Mulla
Prof. Ashfaq Ahmed Khan
Prof. C. W. Veilani
Prof. Ali Muhammad
Prof. Farooq Nazir
Prof. Nazir A. Memon
Dr. Masood H. Jafry
Maj. Gen. Masood ur Rehman Khan
Prof. Meharullah Shah Hashmi

Local Chapters of PHL launched

Local Chapter of Pakistan Hypertension League was launched at Rawalpindi/Islamabad at the Federal Court Auditorium Services Hospital, Islamabad on 12 July, 1998. The day long workshop followed at which papers regarding epidemiology by Prof. Azhar Masood A. Faruqui, Founder-President PHL, work up of patients with hypertension (Dr. Zareena Muzaffar) selection of treatment of hypertension (Dr. Nusrat Araz) methods of blood pressure recording (Dr. Manzoor Qazi) were presented. Dr. Brig. Ashur Khan, Co-Convenor of the PHL Local Chapter Islamabad/Rawalpindi, Dr. Shaukat M. Malik, Col. Majeedul Haq and Dr. Sarmad Maqbool participated in the second session and discussed Anti-Hypertensive treatment, side effects of treatment, life style modifications, target organ damage and cardiovascular adaptation to hypertension. The sessions were well attended. The launching ceremony was chaired by Federal Secretary of Health, Mr. Hasan Raza Pasha. The welcome address was given by Dr. Shaukat M. Malik and Keynote address by Founder-President of Pakistan Hypertension League, Prof. Azhar Masood A. Faruqui.

Local Chapter of PHL was launched on April 22, 1998. A large number of General Practitioners of the city, distinguished members of PHL, Prof. Noor Muhammad Memon, Prof. Ali Muhammad Choudry, Prof. Abdul Fateh Qureshi, Prof. Abdul Lateef Soomro, Prof. Nazir Ashraf Legari attended. Prof. Nazir Ahmed Memon outlined the aims of PHL and rules of membership to the audience. Prof. Jan Muhammad Memon (Convenor) outlined program of future activities. Prof. Nooruddin Jaffer from Baqai Medical University outlined the various aspects of Hypertension. A Question-Answer Session followed in which all of the participants took part.

Pakistan Hypertension League Peshawar Local Chapter was launched on June 6, 1998 at Hotel Pearl Continental, Peshawar, under the convenorship of Dr. Saeed-ul-Majeed, who informed the gathering that Hypertension was the major cause of morbidity and mortality in the developing world. He said that 17.9% of population in Pakistan above the age of 15 years had Hypertension and one in three persons above the age of 45 years had Hypertension. Dr. Saeed-ul-Majeed said that PHL Peshawar Chapter would help create mass awareness about Hypertension in the general public through workshops, multidisciplinary group consisting of general physicians and cardiologists, Gynaecologist, Nephrologist, surgeons, pediatricians, public bodies and Journalists. The event was reported in Dawn, a national Newspaper.

Karachi: Local Chapter of PHL was launched on 19th February, 1998, at the Jinnah Post Graduate Medical Center at its 35th Annual Medical Symposium. In first week of March 1998, a seminar on Hypertension was held in the Medical Unit III, Lecture Hall, Members of the Faculty, General Practitioners, postgraduate students and residents attended the meeting. Prof. Mashhoor Alam Shah discussed various aspects of hypertension including its prevention.

EXPERT SUBCOMMITTEE ON CLINICAL EVALUATION AND WORK UP

Prof. Shehryar A. Shaikh
Dr. Abdul Samad E. Jaffer
Prof. Asadullah Kundi
Dr. Asrar Husain
Prof. Farooq Nazir
Dr. Feroz Memon
Dr. Khaliq Soomro
Dr. Masood H. Jafry
Prof. Mashhoor Alam Shah

EXPERT SUB COMMITTEE ON TREATMENT OF HYPERTENSION

Prof. Ashfaq A. Khan
Dr. Abul Hakeem Shaikh
Prof. M. Azeef Mulla
Prof. Anwarul Hassan Gillani
Prof. Afza Khan
Prof. C. W. Veilani
Prof. Hussein Shaikh
Prof. Hamayun Maqbool
Dr. Masood Ahmed

Prof. Mumtaz Hasan
Prof. Kiflumuddin Aziz
Prof. W.A. Shibli
Prof. Sarwar Shera
Dr. Shaukat M. Malik
Prof. Shaukat Ali Syed
Prof. Shehryar A. Shaikh
Prof. S.M. Rabb
Prof. Sadiq Shaikh
Prof. Tariq Nisar

Prof. Muhammad Sharif Monga
Prof. Muhammad Zia Yaqub
Dr. Majeedul Haq
Prof. Nazem A. Jaffer
Prof. Nazem Ahmed
Prof. Sharif Choudhry
Dr. Shehbaz A. Keshari
Dr. Zia ur Rehman Siddiqui

Prof. Masood Hussain
Prof. Meharullah Shah Hashmi
Prof. Mansoor Beig Mirza
Prof. Mohammad Ishaq
Prof. Muhammad Rashid Khan
Prof. Muhammad Ashraf Mirza
Dr. Roshan Hidai
Dr. Shariatiullah Siddiqui
Prof. Tariq Nisar
This was seconded by Dr. Samad Shera and adopted by the House. Dr. Samad Shera suggested that the date and theme should be announced for the PHL symposium to be held in Lahore in October, 1998. After some discussion the Convener of PHL symposium, Prof. Mumtaz Hasan announced a tentative date of 24-25 October, 1998.

Mr. Shaukat Ali Jawaid pointed out that 85% people of the rural areas are unaware of hypertension. While PHL has nominated coordinators in big cities, is there any programme to set up such centers in district level as well as in rural areas? The General Secretary underlined that the aim of PHL is to start public awareness centers at district levels and in rural areas in cooperation with the Local Chapters.

In free discussion period Mr. S. N. Muneer informed that even business community, which is rather educated is not fully aware of hypertension. He stressed the need for public awareness in all sections of the population. Mr. Adbur Rehman H. Habib appreciated the services of PHL and suggested

### Local Chapters of PHL Established

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Coordinator</th>
<th>Chapter Secretary</th>
<th>Chapter Treasurer</th>
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<tbody>
<tr>
<td>Karachi</td>
<td>Dr. Shaukat M. Malik</td>
<td>Brig. Muhammad Ashar Khan</td>
<td>Dr. Shahnaz Ahmed Kashfi</td>
</tr>
<tr>
<td>Rawalpindi/Islamabad</td>
<td>12th July, 1998</td>
<td>Dr. Qaiser Memon</td>
<td>Dr. Nusrat Ali</td>
</tr>
<tr>
<td>Hyderabad</td>
<td>Dr. Aftab</td>
<td>Dr. Muhammad Ashar Khan</td>
<td>Dr. Nusrat Ali</td>
</tr>
<tr>
<td>Quetta (To be Launched)</td>
<td>Dr. Mehmood Ali Shah Hashimi</td>
<td>Dr. Nusrat Ali</td>
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<tr>
<td>Lahore</td>
<td>Dr. Asghar Ahmed Khan</td>
<td>Dr. Bilal Zafar Khan</td>
<td>Dr. Ishaq Ali</td>
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<tr>
<td>Peshawar</td>
<td>Dr. Saeed-ul-Majeed</td>
<td>Dr. Ishaq Ali</td>
<td>Dr. Zia-ur-Rehman Siddiqui</td>
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<tr>
<td>(To be Launched)</td>
<td>Dr. Mehmood Ali Shah Hashimi</td>
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Committee Life Style Modification,
A View of the Participants

that close integration between local chapters and the Center be ensured. Mr. Justice S. Ahmed Sarwana suggested that the phrase "Just do it!" could be used as a catch phrase when the doctor's advise exercise or other lifestyle modifications to prevent hypertension. Shakh Aftab Ahmed pointed out the need for blood pressure check up in rural and urban areas. He extended the help of Faran Club. Mr. Iqbal Lanewala stressed the need for more media propaganda and interaction with masses.

"Fateh" for the sad demise of Mr. Yousuf Zia was offered by the general body and message of sympathy was extended to the breved family. The meeting adjourned with a vote of thanks to the Chair.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Details</th>
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<tbody>
<tr>
<td>International Health Promotion Conference</td>
<td>September 23-25, 1998</td>
<td>Cardiff, Wales, UK</td>
<td>Information: Conference Office, Health Promotion Wales, Ty Glass Avenue, Llanishen, Cardiff, Wales, UK Fax: (+44) 122-736000 E-mail: <a href="mailto:Conference.98@hpo.wales.nhs.uk">Conference.98@hpo.wales.nhs.uk</a></td>
</tr>
<tr>
<td>Sixth National Workshop on 24th-ABPM and Diagnostics in Hypertension</td>
<td>October 3-4, 1998</td>
<td>Bremerhaven, Germany</td>
<td>Information: Prof. Dr. M. Anlauf, Hochdruckliga, PO Box 102040, 69010 Heidelberg, Germany Internet: <a href="http://www.hochdruckliga.de/R-R-Liga">http://www.hochdruckliga.de/R-R-Liga</a></td>
</tr>
<tr>
<td>International Congress on Atherosclerosis, Hypertension and Coronary Heart Disease</td>
<td>October 14-16, 1998</td>
<td>New Delhi, India</td>
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<tr>
<td>22nd Annual Scientific Meeting of the German Hypertension Society – Hypertension League jointly with the Austrian and Swiss Hypertension Societies</td>
<td>November 25-28, 1998</td>
<td>Freiburg, Germany</td>
<td>Information: Prof. Dr. G. Bonner, Hochdruckliga, PO Box 102040, 69010 Heidelberg, Germany Fax: (+49) 6221-402274 Internet: <a href="http://www.paritael.org/RR-Liga">http://www.paritael.org/RR-Liga</a></td>
</tr>
<tr>
<td>48th Annual Scientific Session, American College of cardiology</td>
<td>March 7-10, 1999</td>
<td>New Orleans, LA</td>
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<tr>
<td>39th Annual Conference on Cardiovascular Disease Epidemiology and Prevention</td>
<td>March 24-27, 1999</td>
<td>Orlando, FL</td>
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