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Hypertension guidelines: Global review

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Since the mid-nineties, many professional bodies have issued their guidelines for the management of high blood pressure. In the current era, however, modern telecommunication has made the dissemination of these guidelines easy and fast. It resulted, however, in creating confusion, where recommendations are conflicting or variable. This review presents the history of hypertension guidelines, worldwide, their agreements and variations, the queries addressed and those which are not. The hypertension guidelines started as a disease-oriented targeting to control blood pressure, widened to have more logic by approaching absolute cardiovascular risk, rather. Recently, multiple bodies have issued cardiovascular prevention guidelines, combating multiple cardiovascular risk factors. This made the job of any practitioner difficult to follow which mandated a way to simplify the path from detection to control, in real practice. The cardio-metabolic risk guideline is a novel approach to fill in this need. In conclusion, though the disparities are many, all join the same concept. Disparities, however, may leave a lot of confusion among practitioners that need to be considered by guideline developers. Translational guidelines, however, may abridge it.

Biography

Bader Almustafa is a graduate from medical school in 1989 and has done his Post-graduate training in Clinical Pathology, Family Medicine, Chronic Care and Hypertension in multiple institutions in KSA, UK, USA and Italy. Currently, he is a Senior Consultant, Family Physician and Clinical Hypertension Specialist in Qatif Primary Health Care, KSA. He has taken multiple leading responsibilities in multiple institutions. Currently, he is also the General Secretary of the Saudi Hypertension Management Society, and the Middle East Representative of the World Hypertension League. He has developed and adapted multiple clinical and professional guidelines, and is engaged in multiple national and international scientific committees. He has carried out hundreds of training, quality improvement and research works in the management of hypertension and cardio-metabolic risk. He has multiple published articles and books in the field of Primary Care and Preventive Cardiology, in particular. He has led and contributed in multiple international, regional and local work related to this field. He has been honoured many times for his work, regionally and internationally.

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