Cardiovascular Disorders and Hypertension 2025: From Guidelines to Management

From 16 June to 28 November 2025

MeδEA
Medical Education Academy

Overview

In contrast to the last iteration of the European Society of Hypertension (ESH)/European Society of Cardiology (ESC) guidelines (2018) [Williams, 2018], the ESH 2023 guidelines [Mancia, 2023] provide a more personalised approach to hypertension treatment including recommending β-adrenergic receptor blockers (beta-blockers) as a first-line management option within the antihypertensive agents [Kario, 2023; Mahfoud, 2024], as opposed to their previous iteration primarily in patients with cardiovascular (CV) co-morbidities. The emphasis is now on the magnitude of the BP reduction rather than the treatment given. A number of novel treatments have also been identified as potential new therapies for hypertension [Kanbay, 2023; Blazek, 2023; Ghatage, 2021] including RNA-based therapeutics [Addison, 2023] as well as strategies to improve management of blood pressure (BP) and reduce CVD and treat coronary artery disease (CAD) such as the use of telehealth and artificial intelligence (AI). Medication-based treatment of CAD may also be supplemented by lifestyle modification and invasive procedures [Doenst, 2022; Reed, 2022]. Managing CAD risk factors, lifestyle modification, polypharmacy, awareness and treatment of co-morbidities and factors indicating coronary revascularisation should all be considered in the CAD treatment regimen [Braun, 2018].

Learning Objectives

At the end of the blended learning journey, participants should be able to:

1. Appreciate the novel and up-and-coming treatments and management strategies for hypertension
2. Have knowledge of the updates and latest ESH 2023 guidance
3. Be familiar with the new guidance on positioning of beta-blockers in CVD management
4. Be aware of the definition of and latest thinking on the management of resistant hypertension
5. Be informed about current, recommended treatments for patients with CAD
6. Have an understanding of the most recent implementation and intervention strategies to improve BP control and reduce CVD

Target Audience

Clinicians (including cardiologists, internists, and general practitioners), nurse practitioners and other HCPs who manage patients with CVD and hypertension.

Language

The official language of this educational programme will be English. Simultaneous translation into Russian and Chinese will be provided

Continuing Medical Education (CME)

The **CARDIOVASCULAR DISORDERS AND HYPERTENSION 2025: FROM GUIDELINES TO MANAGEMENT** will be submitted for CME accreditation from the European Accreditation Council for Continuing Medical Education (EACCME) and/or the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) and for Continuing Professional Development (CPD) credits.

CME Provider

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E-learning Activities

This learning journey is a structured educational programme comprising:

Live Webinar	Podcast & Infographic	Podcast & Infographic	Video Interview
Launch 20 June	Launch 31 July	Launch 10 October	Launch 28 November
Hypertension: novel treatments and new positioning of beta-blockers in CVD management	Re-visiting resistant hypertension	CAD treatments	Implementation and intervention strategies to improve BP control and reduce CVD

CLICK HERE to view info and agenda

OR SCAN

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