Cardiovascular Disorders & Hypertension 2025: From Guidelines to Management

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Podcast
Re-visiting resistant hypertension

Learning Objectives:

- Have knowledge of the updates and latest ESH 2023 and ESC 2024 guidance[1,2]
- Be familiar with the new guidance on positioning of beta-blockers in CVD management
- Be aware of the definition of and latest thinking on the management of resistant hypertension

True resistant HTN:

- Rather than a diagnosis, it is a way to identify those patients that require special attention for the management of their hypertension

Treatment:

- True resistant hypertensive patients are complex and require management by HTN specialist teams
- Lifestyle measures, including pharmacological adherence (fixed-dose combination therapy)
- The sequential addition of antihypertensive drugs to the existing triple combination
- Renal denervation is a therapeutic option

Management:

- ESH 2023 and ESC 2024 guidlines[1,2] have similar guidance;
  - Exclude pseudoresistance :
    - Confirmation of treatment adherence
    - 24h blood pressure monitoring (to exclude white coat HTN)
  - Screening for secondary HTN causes (imaging, blood and endocrine tests, exclusion of obstructive sleep apnoea)

CVD, cardiovascular disease; ESC, European Society of Cardiology; ESH, European Society of Hypertension; HTN, hypertension

1. Mancia G, et al. Rationale of treatment recommendations in the 2023 ESH hypertension guidelines. *Eur J Intern Med.* 2024 Mar;121:4-8. doi: 10.1016/j.ejim.2023.12.015: 2. McEvoy JW et al.2024 ESC Guidelines for the management of elevated blood pressure and hypertension. *Eur Heart J.* 2024 Oct 7;45(38):3912-4018. doi: 10.1093/eurheartj/ehae178. Erratum in: *Eur Heart J.* 2025 Apr 7;46(14):1300. doi: 10.1093/eurheartj/ehaf031.