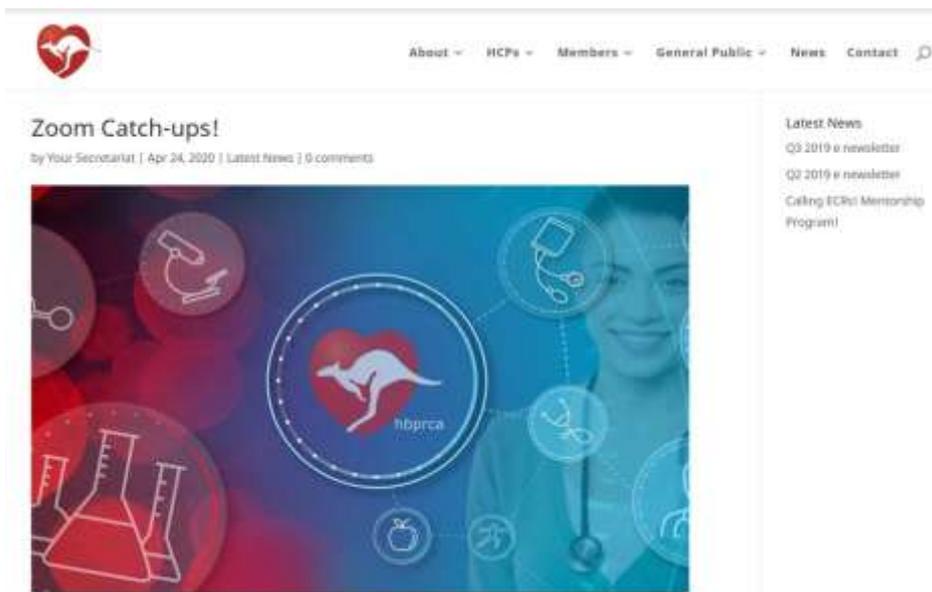




Dear Colleagues,

I do hope that this newsletter finds you all well.

While the COVID-19 pandemic has caused significant disruption to our daily life rest assured that your Executive has been active over recent months, coming up with ways to operate in these, need I say, “unprecedented”, times. A special thanks to the Early Career Researcher Committee who have embraced the situation and established regular catch ups and organized guest presentations via Zoom. Keep an eye on your inbox or preferred social media platform for details of upcoming initiatives.



The council has been proactive during the crisis, in line with other societies issuing a statement regarding the use of ACE inhibitors and angiotensin receptor blocking drugs click [HERE](#) to view. Congratulations to our members Fadi Charchar, Markus Schlaich and Alta Schutte for their work on the recently released Global Hypertension Practice Guidelines which can be viewed [HERE](#). This initiative aimed to address hypertension diagnosis and management across the globe, with a particular emphasis on practical solutions for low-income countries.

For those of you who didn't update your calendars after COVID-19 took hold, yes, many of us would be in Glasgow right now for the Joint Meeting of the ESH and ISH. The meeting has been rescheduled to April 11-14 2021, more information is available [HERE](#).

The World Hypertension League has also announced that it will postpone the celebration of World Hypertension Day (WHD) until October 17, 2020.

### **Winter School**

The Early Career Researcher (ECR) Committee have put together an exciting program for the inaugural online Hypertension Winter School. The purpose of the Hypertension Winter School is to provide an overview of the pathophysiology, management, and treatment of high blood pressure. The Hypertension Winter School will be held on Thursday 16th July and Friday 17th of July. For those of you who cannot attend, presentations will be uploaded to the HBPRCA website. More details will be released shortly, look out in your inbox and on social media for more information.

### **Diversity and Inclusion Policy**

Research has shown that organisations with diversity are more effective, successful, and profitable. This HBPRCA Diversity and Inclusion Policy sets out our commitment to diversity and inclusion in our activities and programs. The policy outlines the strategies that we will use to ensure we value and respect the diversity of our members and that of the communities in which we operate. A special thanks to Genevieve Gabb, Francine Marques, Michael Stowasser and Science Technology Australia for their input and to Anastasia Mihailidou for editing and incorporating all valued comments from the Council. The Diversity and Inclusion Policy can be found on our website [HERE](#).

### **Virtual Annual Scientific Meeting**

The Executive recognise the importance of our Annual Scientific Meeting and are in the process of organising an on-line event for later in the year. Stay tuned for details.

### **HBPRCA Mentor-Mentee program**

The HBPRCA mentor-mentee program represents a great opportunity for students and ECRs to gain mentorship from more senior HBPRCA members and a fabulous way for more senior members to become even more connected to the HBPRCA membership.

To date there have been 25 mentor-mentee pairings. Each year at the Annual Scientific Meeting, meet-ups are arranged to give mentor-mentee pairs the opportunity to catch up face-to-face.

We encourage all students and ECRs to fill out the application form available here: <https://www.hbprca.com.au/wp-content/uploads/2020/02/Mentoring-application-form-for-website.pdf>

For our regular members of the HBPRCA, we would love you to sign up as a mentor and you can do this by emailing [revathy.carnagarin@uwa.edu.au](mailto:revathy.carnagarin@uwa.edu.au)

To hear more about the benefits of mentoring, please see our recent discussion with Dr Francine Marques: <https://www.youtube.com/watch?v=OtJMQgokNSM&t=2s>

### **Social Media**

We would also like to encourage our members to follow us on Twitter [@HBPRCA](#) where you can receive reminders of upcoming relevant webinars and interesting information, especially since it is the preferred platform for the journals. Special thanks to Dr. Anastasia Mihailidou for not only keeping us up to date on all the hypertension relevant news from across the globe but also engaging national and international academic leaders who now are regularly checking our social media platforms to keep informed & redistributing to their networks across the world. If you are unsure

whether you should join then view her presentation on the website [HERE](#). Anastasia has also been invited to moderate the International Society for Tele-Medicine and eHealth (ISfTeH) webinar entitled "Hypertension Management, Telemedicine in a Pandemic & Beyond" Date: 4 June 2020, 2.00am EST but it will be recorded. Register [HERE](#).

**Zoom Catchups hosted by our ECR Committee.**

Our ECR Committee had organised bi-weekly Zoom catch-ups to help members stay connected and support each other through Covid-19. Over the past few weeks, they had special guest speakers join and discuss designated topics.

Due to the easing of restrictions, the Zoom catchups will conclude after the upcoming two scheduled meetings. On Thursday June 4<sup>th</sup> we will be joined by Dr. Jonathan Mynard and on Thursday June 18<sup>th</sup> we will be joined by Kerry Doyle and Prof. Gemma Figtree from the ACvA.

Recordings of all the guest speakers can be viewed on the website [HERE](#).



*Dr. Jonathan Mynard*



*Kerry Doyle*



*Prof. Gemma Figtree*