

ISH COMMITTEE, PARTNER AND AFFILIATED SOCIETY REPORTS

From evidence to impact: developing the next generation of global hypertension leaders

A REPORT FROM THE FOUNDATION FOR CIRCULATORY HEALTH AND THE BRITISH & IRISH HYPERTENSION SOCIETY



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Having spent my professional life involved in hypertension research and clinical care, it is increasingly clear to me that while our scientific understanding of hypertension has advanced enormously, our ability to translate this knowledge into effective, scalable models of care has lagged behind. Despite an ever-growing library of clinical guidelines issued by every local clinic, national society and international organisation, including the International Society of Hypertension, blood pressure control remains inadequate in most communities across the world. Inadequate education of those responsible for delivering patient care together with patients who are largely ignorant of their condition contribute to this ongoing problem.

The persistent gap between evidence and impact is not primarily a failure of science. Rather, it reflects shortcomings in how health systems globally have often struggled to prioritise the prevention and management of hypertension. I believe it is this systemic challenge, spanning limitations in hypertension education, variability in the implementation of public health strategies, and therapeutic inertia in clinical practice, that has contributed to the current global burden of high blood pressure.

Over many years of delivering lectures at hypertension meetings and clinical update events, I have increasingly questioned whether traditional

educational models truly lead to sustained changes in clinical practice. It's time for a new approach. Physicians and healthcare workers need more than just knowledge - they must develop the skills to translate that knowledge into practice and be the agents of change. These are skills honed by those in marketing and communication. Those responsible for blood pressure control need to learn these skills to sell their product (blood pressure control) to health care providers, physicians, allied healthcare workers and patients. To have a sustainable global impact, our message must reach people living with high blood pressure in a way that is understandable, relevant and motivates them to take action.

With these challenges in mind, we developed the Emerging Hypertension Leaders Summer School, an initiative funded by the Foundation for Circulatory Health and designed to complement existing scientific and medical education by explicitly combining clinical knowledge with communication and leadership skills. The inaugural Summer School was held in Cambridge, UK in September 2025 under the direction of the Foundation for Circulatory Health and the British and Irish Hypertension Society (co-directors Peter Sever and Ian Wilkinson) and brought together 33 mid-career physicians from the UK and Asia. The three-day residential programme combined expert-led teaching on hypertension management with interactive sessions on communication skills



and engagement. What struck me most was not simply the enthusiasm of the participants, but their willingness to challenge their own assumptions about how hypertension care is delivered and to propose new, locally relevant practical solutions.

Early outcomes from our Summer School delegates have been encouraging. Several delegates have since initiated local education programmes, delivered award-winning presentations at national meetings, and engaged in an ongoing mentorship programme fostered through an online international community of practice. These experiences reinforce our belief that focused, immersive education, coupled with sustained peer and faculty support, can act as a catalyst for meaningful change. Our ambition is that these clinicians will continue to work together and support each other to become the next generation of hypertension leaders.

Building on this inaugural event, the 2026 Emerging Hypertension Leaders Summer School will take place from 3–5 August 2026 at

Trinity Hall, Cambridge, UK. We have expanded the programme to 40 fully funded places and warmly welcome applications from international delegates. The teaching faculty has expanded to include colleagues with direct experience of delivering hypertension care in low- and middle-income settings, reflecting our commitment to foster international collaboration and shared learning.

Looking ahead our vision is to co-host future Summer Schools with national and regional hypertension societies, and we welcome expressions of interest from potential partners.

Hypertension remains the leading modifiable risk factor for premature morbidity and mortality globally. Closing the gap between what we know and what we do will require not only scientific innovation, but also sustained investment in people, valuing and supporting clinicians and nurturing the hypertension leaders of the future. We hope that initiatives such as the Emerging Hypertension Leaders Summer School can contribute, in a small but meaningful way, to our collective global effort to create sustainable improvements in hypertension care worldwide.

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