

COMMITTEE REPORTS

Promoting women in hypertension research: science, communication and capacity building

NIAMH CHAPMAN

Chair of the ISH Women in Hypertension Research Committee (Australia), writes about plans for the committee over the next two years.



**Women in
Hypertension
Research**

The Women in Hypertension Research Committee (WiHRC) has the mission to encourage, support and inspire women in hypertension research. As Deputy Chair of the WiHRC, I had the fortune of learning from the leadership of Professor Muscha Steckelings where the WiHRC launched a dedicated network, delivered talks in hypertension sessions at international meetings, completed a scientific review and provided several valuable career development sessions.

These achievements are the result of a collective effort from previous committee members and the generous leadership of Muscha. It has been a joy to be part of such a productive and enthusiastic committee and my hope is to sustain

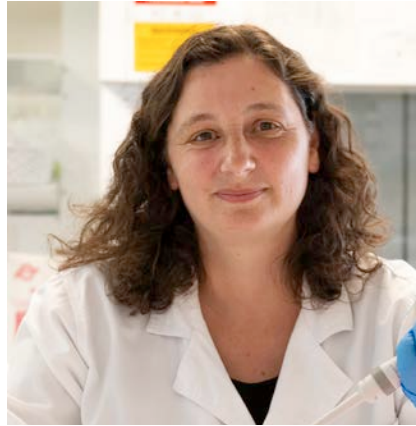
the momentum of the committee. For my term as Chair, the WiHRC will focus on three core activities of science, communication and capacity building.

Scientific activities to support a women-focused research agenda to address knowledge gaps in hypertension

On behalf of the WiHRC, Dr Lizzy Brewster recently led a comprehensive review of hypertension in women, highlighting knowledge gaps in the field, and the lack of consideration of female-specific risk factors for hypertension in clinical guidelines. [This review](#) summarises known differences in hypertension, draws attention to the important link between reproductive health and cardiovascular health for clinical history taking and highlights knowledge gaps to improve our understanding of hypertension among women. This work demonstrates a need for a women-focused research agenda for hypertension, which will be a major focus on the committee for the next two years led by Dr Lizzy Brewster as the Science Working Group Lead.



From left to right: Ulrike Steckelings (Denmark/Germany), Lizzy Brewster (Netherlands-Suriname), Hind Beheiry (Sudan).



Top row from left to right: Yan Li (China), Joanne O'Donnell (Australia), Mansi Patil (India)
Bottom row from left to right: Ching Siew Mooi (Malaysia), Buna Bhandari (Nepal), Pensee Wu (UK)

Communications to increase the visibility of women in hypertension research

Through the launch of the Women in Hypertension Research (WiHR) Network we have reached more than 135 ISH members to encourage, support and inspire women in hypertension research. A specific component of this is celebrating women's success through the 'Spotlights' and providing detailed insight into the barriers women overcome to pursue research careers as shown in the 'Lived Experience' articles. Recent spotlight features on new committee members and previous Lived Experience articles from Anna Shalimova (Ukraine), Amela Jusic (Bosnia and Herzegovina), Lucia Davie Mbulaje (Malawi) and Hind Beheiry (Sudan) can be found on the [WiHR webpage](#).

The WiHRC will continue to celebrate the achievements of women in hypertension research across all ISH communications platforms. The

communications working group of the WiHRC will be led by Dr Mansi Patil, who made a substantial contribution to committee communications for the last two years.

Capacity building to support women to progress in research

The previous committee delivered well attended career development sessions both virtually and in-person at the ISH Kyoto meeting. These sessions and the networking afterwards highlighted the demand for practical advice to support career progression. The WiHRC hopes to offer a career development session in Cartagena, Colombia 2024. In addition, we hope to offer virtual sessions outside of ISH meetings. Dr Ching Siew-Mooi is leading the capacity building working group to develop these activities, which we look forward to sharing with you in the future.

Please email wihrc@ish-world.com if you are interested in joining the WiHR Network or would like to find out more about our activities.

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