



HYPERTENSION CANADA

ANNUAL REPORT 2023





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1. Update on 2022-2024 Strategic Plan Priorities:

A) *Be the trusted voice for hypertension and cardiovascular risk:*

- We have reviewed and revamped our website to make it easier for the public to navigate.
- We have begun discussions with like-minded partners to provide their hypertension content. So far, we have met with Diabetes Canada, Obesity Canada, the Heart and Stroke Foundation, the Canadian Society of Endocrinology and Metabolism, the Canadian Council of Cardiovascular Nurses, and the Canadian Association of Cardiovascular Prevention and Rehabilitation.

B) *Obtain baseline data on blood pressure health in Canada and develop a tracking system to monitor trends over time:*

- Dr. Alexander Leung (Co-chair, Research and Evaluation Committee) has received new data from the Canadian Health Measures Survey and is working on the analysis of blood pressure control.
- We have launched a new initiative, partnering with the May Measurement Month organization to conduct blood pressure screenings in pharmacies across Canada (new Co-chair, Dr. Stephanie Gysel). Several grants have recently been submitted for this program.

MESSAGE FROM THE PRESIDENT

2. Revenue-generating programs:

A) *Hypertension Canada – Professional Certification Program (HC-PCP)*

- Registrations to date: 160 (full program), Level 1: 74, Level 2: 7.
- Total of \$242,165 in revenue to date, and \$150,825 in the past year.
- Servier (Gulf States): We are delivering a modified version of the PCP (without certification) in the Middle East. 78 physicians are currently enrolled.
- Bulk purchases from pharmacy chains: Shoppers Drug Mart has purchased some registrations (45 as a start), and we have approached other chains for bulk purchases.
- We are discussing expanding the program to nurses and other healthcare professionals.
- RxPATH (randomized trial of the HC-PCP in Alberta) has been completed, was presented as a late-breaking trial at the International Society of Hypertension meeting in Kyoto, Japan in October 2022 (and won the best poster award). The main results showed a 4.5mmHg greater systolic blood pressure reduction in the patients of pharmacists who had taken the HC-PCP compared to those who did not. The manuscript is being submitted shortly.

B) *HC Device Recommendation Program:*

- Revenue of \$299,785 in the past year.
- We held a symposium "The Problem of Unvalidated Home Blood Pressure Devices: Implications for Public Health and Practice" on May 6, 2023 to raise awareness of the importance of device validation.
- Many thanks to Dr. Swapnil Hiremath for his leadership of this committee.

3. Financial position: I am pleased to report that we are in a strong financial position. We have "repaid" our "debts" from our restructuring in 2020 – more on this from Paul Braconnier in our financial report.
4. The 2023 Canadian Hypertension Congress and Young Investigator Forum was held in-person on October 23-24 at the Omni Mont-Royal in Montreal.
5. Board of Directors: I would like to convey my thanks to our fabulous Board members: Paul Braconnier, Jill Bruneau, Shelita Dattani, Kerri Eady, David Henley and our new Vice President, Laurel Taylor.

6. Update on 2022-2024 Strategic Plan Priorities:

- We have just launched a randomized trial of the provision/use of a home BP monitor vs. usual care in women with uncontrolled blood pressure. This study is being conducted in 40 community pharmacies in Ontario and is funded by Bios/Thermor. Investigators are myself, Dr. Daniel Burton (postdoctoral fellow), Dr. Lisa Dubrofsky, and Dr. Paula Harvey.
- Our study of implementation of the Hypertension Canada guidelines using an implementation science approach is nearing completion. Investigators are Dr. Kaitlyn Watson (postdoctoral fellow), Dr. Jeremy Grimshaw, and myself.
- We are exploring Hypertension Specialist Certification by the Royal College of Physicians and Surgeons of Canada. This is being led by Dr. Januvi Jegastheswaran.
- We are resuming our advocacy efforts and have launched the Canadian Hypertension Coalition. It is being led by Dr. Norm Campbell as the interim Chair.

7. Need for volunteers – we are volunteer-driven and our programs depend on you. Please contact me if you see anything you're interested in working on (or have suggestions).

Respectfully submitted,



Ross T. Tsuyuki, BSc(Pharm), PharmD, MSc, FCSHP, FACC, FCAHS, ISHF
President



EXECUTIVE DIRECTOR'S REPORT



It has been yet another very busy year for all of us here at Hypertension Canada. We have been focused on completing a lot of tasks that were in progress since my last report to you. In addition to that, we have started work on numerous new projects and initiatives.

Last October, our President, Dr. Ross Tsuyuki, and I, along with many other Hypertension Canada members, attended the 29th Scientific Meeting of the International Society of Hypertension in Kyoto, Japan. We had the opportunity to meet with the representatives from different hypertension societies across the world and exchange ideas about future projects. We were happy to hear that many of these societies viewed Canada as a success story when it came to improved hypertension control rates. Dr. Tsuyuki also won the best poster presentation award in the population science category. Overall, we believe that our participation in this event helped to strengthen Hypertension Canada's global profile.

We held our first in-person event since the pandemic, the 2023 Canadian Hypertension Congress and Young Investigator Forum, at the Omni Mont-Royal in Montreal. I also want to inform you that we are planning to hold a joint Congress with Obesity Canada on April 3-6, 2024. Make sure to save the date.

With the help of our website taskforce, we revamped our website earlier this year as part of our strategic plan. The objective was to make HC's website the single, authoritative point of contact for healthcare professionals and the general public, to get guidance and information about hypertension. We launched the new website in May to coincide with our May Measurement Month activities.

Speaking of May Measurement Month, this year we partnered with London Drugs on a May Measurement Month initiative where we had hypertension screening events at their locations in Alberta and British Columbia. This took place over the month of July, and we were able to screen over one thousand Canadians and collect their blood pressure data. Dr. Tiffany Lee and Dr. Tsuyuki are currently working on submitting proposals for an expanded version of this project that would take place in all Canadian provinces. We're happy to help support this project, as it aligns with our second strategic objective: to obtain baseline data on blood pressure health in Canada and develop a tracking system to monitor trends over time.

As part of our strategic objective to be the trusted voice for hypertension and cardiovascular risk, we reached out to multiple organizations, including Heart & Stroke, Diabetes Canada, Obesity Canada, the Canadian Congenital Heart Alliance, the Canadian Council of Cardiovascular Nurses, the Canadian Association of Cardiovascular Prevention and Rehabilitation, the Canadian Society of Endocrinology and Metabolism, the Canadian Nurses Association, and the Chronic Disease Prevention Alliance of Canada for providing hypertension-related content for their website in return for attribution. We received positive feedback from almost all of them and have started meeting with them to discuss how to achieve this objective.

We are happy to inform you that we now have a new membership database, Member 365, which is an all-in-one membership management software that automates member applications and renewals, email communication, events, CRM, and more. We completely transitioned to the new database in January of this year.

In terms of current projects, we have been working with Ontario Health to help them develop their Hypertension Quality Standard. The purpose of the Hypertension Quality Standard is to outline what high quality care looks like for people with hypertension, as well as where there are gaps in how care is delivered. This was a project that was started pre-pandemic with the previous management but was postponed due to Covid-19. We had a great meeting to relaunch the project on July 5th and plan on continuing to support its development.

We have also just begun the process of putting together the 2025 Guidelines. The Guidelines Committee identified that they would like to make the process of forming the Committee more equitable, so an application form was developed and sent out over the summer. We also solicited applications for the incumbent Co-Chairs of the Committee, and we want to thank our previous Co-Chairs, Dr. Doreen Rabi and Dr. Stella Daskalopoulou for all of their hard work on the 2020 Guidelines. We have received a great number of applications and are now working with the Co-Chairs to identify both the next two Co-Chairs and the members of the Committee.

In closing, I would like to thank you, our members, for being a part of Hypertension Canada and your continued commitment to the mission and vision of the association. I would also like to thank my team, Anna Stoutenburg and Jonathan Roberts, for their dedication and hard work. We are here to serve you. Please do not hesitate to reach out to any of us should you have any questions or concerns. Looking forward to seeing you in Montréal.



Asif Ahmed, MBA, CAE
Executive Director



ABOUT HYPERTENSION CANADA

About Hypertension Canada

Hypertension Canada is the only Canadian non-profit organization dedicated solely to the prevention and control of hypertension and its complications.

Our vision is healthy blood pressure for every Canadian.

Our mission is to advance the healthcare of Canadians by enabling the detection, prevention, and control of high blood pressure and its complications

Seven and a half million people in Canada, about 1 in 4 adults, live with hypertension. Hypertension is also the single most important risk factor for premature death and disability in the world.

At Hypertension Canada, we work with experts to advance research on high blood pressure. We also advocate for the education of both the public and healthcare professionals to ensure Canadians can avoid the potentially deadly complications of high blood pressure.

Canada has become an international leader in the early detection of high blood pressure, its treatment, and overall management. With over 40 years of dedicated volunteers and professionals living our vision and mission for the betterment of Canadians and individuals world-wide, Hypertension Canada has successfully advocated for an improved rate of control and prevention of high blood pressure.

Who we are
TODAY

Strategic Plan – 2022-2025**Mission:**

Advancing the health of Canadians by enabling the detection, prevention, and control of high blood pressure and its complications

Vision:

Healthy blood pressure for every Canadian.

Mandate:

- Research: knowledge generation through research and innovation.
- Education: knowledge translation by turning discovery into practice
- Government & Stakeholder Relations: creating supportive environments through healthy public policy and lifestyles.

Strategic Objectives – 2022-2025

Objective 1: Be the trusted voice for hypertension and cardiovascular risk.

- Make HC's website the single, authoritative point of contact for health care professionals and the general public, to get guidance and information about hypertension.
- Build partnerships with like-minded organizations (e.g., Heart and Stroke Foundation, Diabetes Canada) such that HC provides all of their hypertension content in return for attribution.

Actions:

1. Strike a Hypertension Resources Taskforce with accountability for HC website content.
2. Review resources/content on HC website and update where appropriate.
3. Appoint a web design company to format the new content and optimize the pages for public web traffic. Consider organic and paid options to attract traffic.
4. Consider striking a focus group of healthcare professionals and patients to review the results and provide input.

5. Strike a Hypertension Partnership Taskforce with the following accountability:

- Identify like-minded partners.
- Create a proposal to provide their hypertension content.
- Get Board approval for prospective partners and proposal.
- Reach out to prospective partners with HC's proposal.

Objective 2: Obtain baseline data on Canadian blood pressure health and develop a tracking system to monitor trends over time.

Actions

1. Assign accountability for managing this priority to the Research and Evaluation Committee. The committee is to complete the research below and return to the Board with a recommendation and suggest an appropriate budget.
 - Find out if the Canadian health measures survey is still taking place.
 - If so, determine how to liaise with them to gain access to the data.
 - If not, determine how best to collect this data.
 - i. *What are other countries doing? Is there a model we can use?*
 - ii. *Can we solicit test participants via public survey and then use the pharmacy infrastructure for testing?*
2. Approve or revise Task Force recommendation and budget.
3. Execute plan.

MVP Statement

By joining HC, you will:

Be welcomed into a community of like-minded individuals, working together to reduce the burden of high blood pressure and its complications.

- Contribute to knowledge transfer and education.
- Access a diverse platform of awards recognizing excellence.
- Showcase the next generation of hypertension professionals.
- Communicate new discoveries in hypertension treatment and management.
- Receive curated knowledge and timely updates.
- Raise your profile and advance your career.

BOARD OF DIRECTORS

2022-2023



Dr. Ross T. Tsuyuki,
BSc(Pharm), PharmD, MSc,
FCSHP, FACC, FCAHS
President

Dr. Ross Tsuyuki is Professor and Chair, Department of Pharmacology in the Faculty of Medicine and Dentistry, University of Alberta. He is also a Professor of Medicine (Cardiology) and Director of EPICORE Centre (a health research coordinating centre) and the Editor-in-Chief of the Canadian Pharmacists Journal. His clinical practice is in the Heart Function Clinic at the Mazankowski Alberta Heart Institute. Having previously served on Hypertension Canada's Board of Directors, Dr. Tsuyuki was elected in 2019 and appointed Vice-President. He also serves as a Co-Chair of the Education & Implementation Committee and is a member of the Hypertension Canada Guidelines Committee.

Dr. Tsuyuki's interests are in clinical trials design and execution, hypertension, heart failure, community practice-based research, cardiovascular risk factors, and in the provision of support for clinical researchers through the EPICORE Centre. Dr. Tsuyuki has received several awards for teaching, as well as an appointment as a Fellow of the Canadian Society of Hospital Pharmacists, the American College of Cardiology and the Canadian Academy of Health Sciences. In 2005, he was recognized as the Canadian Pharmacist of the Year by the Canadian Pharmacists Association.



Dr. Laurie K. Taylor, BSc,
MBA, PhD
Director

Laurie is currently the Corporate Director, Quality, Patient Safety & Experience at Covenant Health, which provides acute and continuing care programs and services across the province of Alberta. Her educational background includes completion of a BSc (Eng), an MBA and a PhD (Business). Following a number of years as an engineer in the oil and gas sector, her MBA led her to a position in healthcare administration. Following completion of my doctoral program at the University of Alberta, Laurie went on to a post-doctoral fellowship at McGill University, focusing on physician practice patterns during both programs. She was subsequently awarded a Harkness Fellowship in Health Policy with The Commonwealth Fund. She has experience in academia, research and healthcare administration.



Paul Braconnier, CA
Treasurer

Paul is a retired financial professional, with decades of accounting and project management skills.

After spending 10 years with Ernst & Young, with his later years as a Senior Audit Manager and Computer Audit Specialist, he spent the next ten years as controller and chief financial officer in several organizations where he continued to hone his financial skills and project management skills.

In 2000 Paul co-founded a clinical contract research organization (CRO) that assisted pharmaceutical and biotechnology companies carry out human clinical trials, ranging from small Phase I studies with a dozen patients to large Phase III studies with upwards of 2,000 patients.

In 2012, after having divested the operations of the CRO, Paul joined TEC Edmonton as an Executive-In-Residence. TEC Edmonton was a joint venture between The University of Alberta and the City of Edmonton, created to assist in the commercialization of technologies invented at the University of Alberta and at the City of Edmonton. He spent two years assisting various constituencies in these organizations streamline their operations and commercializing their technologies.

Having retired in 2014, Paul and his spouse travel and volunteer in various capacities and Paul continues to advise former clients and colleagues on various financial and technology issues in a volunteer capacity.



David G. Henley, Q.C.
Director

David currently works both as part-time General Counsel to Acadian Seaplants Limited and part-time Counsel to Irving Shipbuilding providing support for key legal issues. Previously, he was the Vice President and General Counsel at Irving Shipbuilding from 2015 to 2019. From 2001 to 2015, he was a partner in the Halifax office of Stewart McKelvey where he had a broad commercially oriented practice in maritime, construction, energy and natural resources, and environmental law. Before law, David had a career in the army as an artillery officer. He continued to serve in the Army Reserve while practicing law and after returning from a tour in Afghanistan in 2010 was invested as a member of the Order of Military Merit by the Governor-General. He retired from the Army in 2015 as a Brigadier-General after 30 years of full and part-time service. His last position was Deputy Commander for the 5th Canadian Division, essentially the Army in Atlantic Canada. He has written, presented and published papers and contributed to books on various marine and environment subjects. David is an associate of the Marine Environmental Law Institute and was a member of the part-time faculty at the Schulich School of Law where he taught Fisheries Law from 2004 to 2015. He was a member of the Transportation Appeal Tribunal of Canada from 2010 to 2017. He was appointed Queen's Counsel in 2017.



Dr. Shelita Dattani, Bsc.Phm.,
Pharm.D
Director

Dr. Shelita Dattani is the Vice President of Pharmacy Affairs at the Neighbourhood Pharmacy Association of Canada and in this role she leads a team advocating for pharmacy's evidence based role in delivering accessible, high-quality healthcare and building capacity in public health and primary care.

Sheli received her bachelor of science in pharmacy from Northeastern University and her Doctor of Pharmacy degree from the University of North Carolina at Chapel Hill. Sheli is a pharmacist with over 20 years' experience in many sectors of the profession, including community, hospital, academia, industry, group purchasing organizations and professional and pharmacy associations.

Sheli maintains a part-time practice in primary care team based practice, community pharmacy, and remote hospital telepharmacy. Sheli also serves as a lecturer at The Memorial University of Newfoundland and as a guest lecturer at The University of Waterloo in their Doctor of Pharmacy Programs. She is passionate about her continued engagement as a preceptor, teacher and educator and is draws inspiration from her roles supporting students and pharmacists in their professional development. Sheli is committed to contributing to pharmacy's growing role as an integral health care partner.



Dr. Jill Bruneau, BScN, MHS,
PhD
Director

I am currently an Assistant Professor and Nurse Practitioner (NP) Coordinator for the Master of Science in Nursing Program, NP Option at Memorial University in Newfoundland and Labrador. I am a PhD-prepared nurse practitioner with experience caring for cardiac patients over the past 20 years, and educating NP students for over 12 years. My dissertation work was focused on cardiovascular health promotion and the development and testing of an intervention for the early detection of cardiac risk factors and management of patients by health care providers using evidenced-based guidelines. I have attained numerous scholarships and research grants for my dissertation work and current research initiatives. I am currently working on my program of research in the areas of knowledge translation, cardiovascular health promotion, management of risk factors, and timely access of vulnerable groups to appropriate health care services.

In 2018-2019, I participated in the Hypertension Canada Task Force Committee with other leaders within the HC community. In 2013, I was the recipient of the Hypertension Canada, Certificate of Excellence Award, nominated by Lynn Cloutier PhD RN, for my extension work in educating students, both undergraduate and graduate students through guest lectures about hypertension management and prevention. I have also participated in various public engagement events promoting effective hypertension management and distributing the excellent materials published by HC. I was involved in publishing an article in The Canadian Nurse about the importance of bringing focus to hypertension and another publication for the Canadian Journal of Cardiovascular Nursing about the WHO celebrating world health day April 7, 2013, focusing on hypertension. I have been a Hypertension Canada member with regular attendance at the annual HTN Congress for about a decade and, in recent years; have attended through a virtual platform.



Kerri Eady, BA, Hons.
Director

Kerri Eady is currently the General Manager and Director of Sales for Gemini, Inc., a custom branding and signage solutions manufacturer throughout North America. Kerri holds a Hons Degree in Managerial Economics from the University of Guelph and her Business Coaching Certification. She is currently pursuing further education in Leadership Coaching and Group Dynamics as well as her Project Management Certification through PMI. Prior to Gemini, Kerri was the VP of Sales and Marketing for an aftermarket automotive company with international reach facilitating business development, product development, sales and marketing strategy execution. With nearly 25 years of leadership experience in consumer industries, she has a practiced skill set in marketing and operations strategy, branding and communications as well as training and policy creation being accountable to divisional oversight in multinational organizations. Kerri currently prioritizes her professional time with industry and community volunteer positions, earning her the 2021 Volunteer of the Year and 2022 Mentor of the Year with the Sign Association of Canada.



COMMITTEE LIST

The role of a committee is to assist the Board in the decision-making process by providing needed information. There are numerous committees that work in different areas. If you're interested in joining any of these committees, contact the office at info@hypertension.ca.

AWARDS COMMITTEE

The Awards Committee does the pre-work of the Board for the selection process for the annual recognition awards. The Committee reviews the submitted nominations, as well as awards policy and criteria.

Members of the 2023 Committee:

- Dorothy Morris (Co-Chair)
- Dr. Remi Goupil (Co-Chair)
- Dr. Swapnil Hiremath
- Dr. Pavel Hamet
- Dr. Ellen Burgess
- Dr. Ricky Turgeon
- Dr. Ross Feldman
- Dr. Donna McLean

Update on Previous Activities, Accomplishments, and Initiatives:

- The award categories were sent out to membership with four reminders.
- While the categories are not always filled with nominations, this year we had far less nominees than in the previous 10 years. Only one nominee was received for the Jacques de Champlin New Investigator Award and one for the Certificate of Excellence. No nominations were received for the Outstanding Volunteer Award, Senior Investigator Award, Distinguished Service Award, George Fodor Award, or Hypertension-Innovations Award.

- The Committee met virtually on July 27th. In attendance were Ricky Turgeon, Swapnil Hiremath, Remi Goupil, and Dorothy Morris. Apologies were sent by Donna McLean, Ellen Burgess, Pavel Hamet, and Ross Feldman.
- Dr. Remi Goupil was introduced and welcomed to the Committee. He will take over as Chair in 2024.
- Dr. Gregory Hundemer, a rising star in the field of hypertension research from the University of Ottawa, will be honored with the New Investigator Award. He will present his work on primary aldosteronism at the 2023 Congress in Montreal.
- Jennifer Pulis from BIOS Medical will receive the Certificate of Excellence.

Next Steps and Focus for the Next Year:

- As the next Congress will be taking place in the spring of 2024, the next Awards cycle will begin relatively soon after the 2023 Congress in October.

CANADIAN HYPERTENSION CONGRESS COMMITTEE

The CHC (Canadian Hypertension Congress) Planning Committee is established to set the goals for and guide the planning of Hypertension Canada's annual scientific congress, the only national congress focused solely on hypertension. Its objective is to build and strengthen the Canadian Hypertension Congress' appeal and value to increase attendance and revenue

Members of the 2023 Committee:

- Dr. Dylan Burger (Co-Chair)
- Dr. Kristin Terenzi (Co-Chair)
- Dr. Ross Tsuyuki
- Dr. Gemma Cheng
- Dr. Paula Harvey
- Dr. Noriko Daneshtalab
- Dorothy Morris
- Dr. Swapnil Hiremath
- Dr. Joanne Arcand
- Keila Turino Miranda
- Dr. Julie Lavoie
- Dr. Stella Daskalopoulou

Update on Previous Activities, Accomplishments, and Initiatives:

- The 2022 Congress was held virtually with around 200 participants.
- The 2023 Congress is to be held in-person in Montreal, QC (October 23-24) with the theme "The Changing Landscape of Hypertension."

Next Steps and Focus for the Next Year:

- Successful delivery of 2023 Congress.
- Work with Board of Directors, Executive Director, and Senior Operations Coordinator on 2024 conference with Obesity Canada.
- Develop Scientific Program for 2024 Meeting.

DEVICE RECOMMENDATION PROGRAM COMMITTEE

Hypertension Canada's Device Recommendation Program assists Canadians, healthcare professionals, and organizations in their purchasing decisions related to home, clinical, and ambulatory blood pressure measurement devices. Its goal is to inform healthcare professionals and the public about blood pressure devices that have been properly validated and recommended by Hypertension Canada to improve the accuracy of blood pressure readings.

Members of the 2023 Committee:

- Dr. Swapnil Hiremath (Chair)
- Dr. Ross Tsuyuki
- Dr. Mark Gelfer
- Dr. Remi Goupil
- Dr. Laura Kuyper
- Dr. Karen Tran
- Dr. Marcel Ruzicka
- Dr. Jennifer Ringrose
- Dr. Sachin Pasricha
- Dr. Lisa Dubrofsky

Update on Previous Activities, Accomplishments, and Initiatives:

- The relaunch of the program has been successful. The silver category is being phased out and most device manufacturers have submitted revised applications to upgrade their devices.
- The new checklist for the assessment of reports (published and unpublished) has been implemented successfully.
- The webinar on importance of BP devices being validated was conducted on May 8th 2023, with excellent attendance and an excellent Q&A session.

Next Steps and Focus for the Next Year:

- Continue with the phasing out of silver program completely over next few months.
- Plan for expansion of the Committee with members having expertise in Pediatric blood pressure, and blood pressure in Pregnancy measurement.

EDUCATION AND IMPLEMENTATION COMMITTEE

The Education and Implementation Committee is established to build Hypertension Canada's value and reputation as the trusted hypertension resource. The Committee creates needs-based educational materials for increased adoption of the Hypertension Canada Guidelines.

Members of the 2023 Committee:

- Dr. Ross Tsuyuki (Chair)

Update on Previous Activities, Accomplishments, and Initiatives:

- Dr. Kaitlyn Watson (research fellow co-supervised by Drs. Jeremy Grimshaw and Ross Tsuyuki) is currently working on the Implementation Science Initiative. She was funded by the Health System Impact Fellowship from CIHR. She is currently in Phase 2 of the project, which involves conducting interviews with family docs, nurse practitioners, practice nurses, and women with lived experiences. This is to explore their experiences of living with or managing hypertension and the barriers to care for women. To date, we have completed 9 interviews (4 patients, 1 NP, 3 physicians, and 1 RN), and have about 4 interviews scheduled. We are still recruiting and are specifically looking for clinicians working in rural communities or that do not have a special interest in hypertension (to ensure we get a representative sample). So please help us identify primary care clinicians if you can. Dr. Watson has also applied to continue this work through the CIRH Early Career Researcher Program, which would support her salary for the next 4 years.

- Dr. Tsuyuki was approached to be the Canadian coordinator for May Measurement Month. This year, they partnered with community pharmacies in BC, Alberta, and Newfoundland/Labrador and screened about 800 individuals. The next step is to formalize the network of pharmacies, apply for research grants to support the initiative, and have a greater presence in 2024. Since about 50% of people with elevated blood pressure do not know they have it, screening efforts are important to improve BP control.

Next Steps and Focus for the Next Year:

- Complete the Implementation Science work to inform the next set of Hypertension Canada Guidelines.
- May Measurement Month: In addition to applying for research grants, partnerships are being sought with BP Device manufacturers and pharmacy chains. Postdoctoral fellow Dr. Stephanie Gysel is coordinating this project.

FINANCE COMMITTEE

Hypertension Canada's Finance Committee assists the Board in providing financial analysis, advice, and oversight of the organization's budget. The Finance Committee regularly reviews the quarterly financial statements and provides recommendations to ensure HC's financial health.

Members of the 2023 Committee:

- Paul Braconnier (Chair)
- Trevor Hudson
- David Henley
- Henry Lee
- Dr. John Floras

GOVERNANCE COMMITTEE

The Governance Committee is a standing committee of the Board of Directors, established to recommend committee structure and composition, nominees for the board, and standing committee appointments. It also makes decisions on required policies, processes, and bylaw revisions to support the decision-making model.

Members of the 2023 Committee:

- Dr. Laurie Taylor (Chair)
- Dorothy Morris
- David Henley

Update on Previous Activities, Accomplishments, and Initiatives:

- The Governance Committee met 7 times this past year.
- The committee has reviewed/ revised all current policies and developed 2 new policies that have been reviewed and approved by the Hypertension Canada Board:
 - o Media Policy
 - o Expense Reimbursement Policy
- The Governance Committee continues to review vacant/soon to be vacant Board positions and develop calls for nominations as appropriate.
- The Committee interviewed Dr. Mohsen Agharazii as part of the HC Board recruitment processes.
- The Committee worked to identify a new chair for the Awards Committee
- The Committee developed the HC Advisory Council Terms of Reference template for approval.
- The Committee undertook research to review current legal requirements for non-profits regarding access to information and official languages.

Next Steps and Focus for the Next Year:

- Complete outstanding policies for approval.

GUIDELINES COMMITTEE

The Guidelines Committee is established to build the Hypertension Canada Guidelines. The Committee encourages innovation in Hypertension Canada's clinical practice guidelines process.

Members of the 2020 Committee:

- Dr. Doreen Rabi (Co- Chair)
- Dr. Stella Daskalopoulou (Co-Chair)

Update on Previous Activities, Accomplishments, and Initiatives:

- The Chairs have collaborated on with other international guideline leaders on the development of a consensus paper outlining the importance and best practices in the measurement of Blood Pressure (<https://www.sciencedirect.com/science/article/pii/S0002934322008907>)
- Dr. Rabi has published a paper in Canadian Primary Care Today on Hypertension Management in 2023 (<https://canadianprimarycareday.com/article/view/1-2-rabi>)
- Placed a call for expressions of interest to join the Hypertension Canada 2025 Guidelines Committee.
- Leadership succession planning underway.

Next Steps and Focus for the Next Year:

- In the coming year the primary focus will be identifying new members for the committee with a focus on transdisciplinary and diverse membership.
- Complete scoping, review and guideline drafting activities prior to September 2024.
- Integrate new leadership team (incoming Chairs) in the development process.

MEMBERSHIP COMMITTEE

The Membership Committee is a standing committee of the Board of Directors, established to assist the Board in fulfilling its oversight responsibilities in regards to membership reporting, policies, strategies and activities, and overall membership recruitment and retention.

Members of the 2023 Committee:

- Reid McDonald (Chair)
- Dr. Ross Tsuyuki
- Dr. Dylan Burger
- Keila Turino Miranda
- Dr. Donna McLean

Update on Previous Activities, Accomplishments, and Initiatives:

- Created a new membership category: Lifetime Honorary Membership, which recognizes those that have made sustained contributions to Hypertension Canada throughout its history.

Next Steps and Focus for the Next Year:

- Determine specific groups to target for member expansion
- Improve member-value proposition to improve retention of members throughout the renewal cycle

RESEARCH AND EVALUATION COMMITTEE

The Research and Evaluation Committee's primary goal is to promote hypertension research with a focus on surveillance, treatment, and control. The committee also provides impact numbers on the landscape of hypertension guidelines and identifies the impact of specific health behavior recommendations and/or changes in society.

Members of the 2023 Committee:

- Dr. Alexander Leung (Co-Chair)
- Dr. Stephanie Gysel (Co-Chair)

Update on Previous Activities, Accomplishments, and Initiatives:

- Dr. Stephanie Gysel has joined the Committee as Co-Chair.
- For May Measurement Month 2023, we worked on an initiative to increase hypertension screening within community pharmacies. We were able to screen over 1000 Canadians in Alberta, British Columbia, and Newfoundland and gained valuable data on blood pressure in Canada.
- Work continues with the update on the prevalence, awareness, treatment, and control rates for hypertension in Canada using the Canadian Health Measures Survey with data up to cycle 6 (2018-2019).

Next Steps and Focus for the Next Year:

- The Committee will be doing some restructuring work, including updating its Terms of Reference and recruiting new members.
- The Committee will also focus on collaborating more with Dr. Ross Tsuyuki and the office to ensure that the Committee has the support that it needs for the work being done on the Canadian Health Measures Survey.

2023 FINANCIAL OVERVIEW

Our results for the fiscal year ended on April 30, 2023 ended strong despite a slight drop in revenue and an increase in expenses. The revenue drop can be attributed to a reduction in grants and sponsorships. The increase in expenses is due to program development costs which were \$0 for the prior year. We are back doing what our mandate says, educating people about hypertension.

The audit for the 2023 fiscal year has been completed and we have received an unqualified opinion on the financial statements. Once again, there were no unadjusted errors and post-closing adjusting journal entries were minimal and immaterial.

Net income for fiscal 2023 was \$295,466, comprised of operational income of \$206,939 and an unrealized gain of \$88,527, as the financial markets continue to recover. Revenue for the year was \$772,140, a \$79,924 decrease from the prior year. Our expenses for the year were \$565,201, as compared to \$365,887 in the prior year, the increase is attributable to program development costs of \$134,873.

Our balance sheet continued to strengthen with assets of \$3,124,967, an increase of \$350,497 over the prior year. In fiscal 2023, cash balances decreased from \$353,950 to \$267,111, even after refunding \$250,000 to the Research Fund. Current liabilities increased from \$36,573 to \$85,729, contributing to strong liquidity. As a reminder, a significant amount was transferred from the Research Fund in previous years in order to fund operational needs.

In summary, our financial position continues to improve and we continue to reverse the deficit incurred in previous years. While the financial markets continue to show volatility in the current economic environment our operational focus and financial prudence has contributed to organizational stability and a positive outlook for our future.

Paul Braconnier, CA
Treasurer
September 21, 2023





STAFF:

Please feel free to reach out to us if you ever have any questions or concerns



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