

Title:

No more than 30 words and not in CAPITALS

Treatment of white coat Hypertension in the Very Elderly Trial (HYVET 2) – A UK feasibility study for a randomised controlled trial

Abstract:

No more than 250 words. Your abstract must fit into the box.

Introduction: The treatment of hypertension in older people was controversial until results from the Hypertension in the Very Elderly Trial (HYVET) demonstrated benefit in those 80 years or older. The HYVET ambulatory blood pressure (BP) sub study analysis of a small representative sample reported up to 60% of patients in the main study may have had white coat hypertension (WCH) [1], defined as clinic BP readings $\geq 140/90$ mmHg and ambulatory BP readings $< 135/85$ mmHg. Currently treatment is not recommended for such individuals.

This study serves as a prelude to a definitive randomised controlled trial (HYVET 2) to determine whether the treatment of WCH in the very elderly is feasible and outweighs any adverse events.

Methods: Open-label study assessing the feasibility of a randomised controlled trial to treat WCH in primary care in 100 patients aged ≥ 75 years with equal randomisation to a treatment arm (indapamide and perindopril) and control arm (no treatment). Recruitment from May 2018; 52 weeks' follow up.

Results: Will report patient recruitment, adherence and withdrawal rates, willingness of GPs to recruit and randomise patients and the frequency of a composite of cardiovascular events.

Conclusions: It is unknown whether older adults with WCH benefit from treatment. This feasibility study will inform the planning of a definitive trial in an attempt to address this research question.

References: 1. Bulpitt CJ et al. Hypertension. 2013 Jan;61(1):89-94.

Key words: White Coat Hypertension, Elderly

Disclosures: Study funded by a research grant from the Dunhill Medical Trust. Authors declare no competing interests.

