

# HOPE 4 - Heart Outcomes Prevention and Evaluation 4 Study

**Purpose:** To improve the control of blood pressure and CVD risk factors in people 50 years or older with new or poorly controlled hypertension in the community

**Trial Design:** Community based cluster randomized controlled study, with interventions of task sharing with non-physician health workers (NPHW) provision of free CV medications (anti-hypertensives ACEI/ARB/CCB/HCTZ, statin – atorvastatin or rosuvastatin), and enhancing adherence (family/friends – called treatment supports). N= 1371 consented.

**Primary Endpoints:** Reduction in FHRS and percent with controlled high blood pressure.



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Primary Endpoint at 12 months	Intervention 14 Communities n=644 participants	Control 16 Communities n=727 participants
<b>Change in Framingham Risk Score reduction (estimated 10 yr. risk of CV disease – from baseline to 12 mos.)</b>	-11.17% or a RR of 34.2% (p<0.001)	-6.4% AAR (p<0.001)
<b>Controlled hypertension at 12 months</b>	80%	48%
<b>Key Points:</b> this comprehensive model of care led by NPHWs, using guiding algorithms and involving PCPs and family with the provision of free medications resulted in a > 40% reduction in FHRS and a doubling in the change in BP control. This study addressed barriers to adherence, and used treatment supporters to assist participants in following recommended treatments.		