

Primary Care  
Clinical Trials Unit



NUFFIELD DEPARTMENT OF  
**PRIMARY CARE**  
HEALTH SCIENCES



**OPTimising Treatment for Mild Systolic hypertension in the Elderly (OPTiMISE)**

## LAUNCH EVENT

**Date:** Friday 24th February 2017

**Time:** 12:00-14:00 (lunch included)

**Venue:** St. Luke's Chapel, Radcliffe Observatory Quarter, Woodstock Road,  
Oxford

**Agenda:** Including Site Initiation Training

**Sponsor:** University of Oxford **Funder:** NIHR CLAHRC **Recruitment Target:** 540

**Chief Investigators:** Dr James Sheppard, Professor Richard McManus

**Background:** Evidence suggests that large reductions in blood pressure, and too many drug prescriptions may be associated with an increase in serious falls and death in the elderly.

**The Study:** Assessing the safety of reducing medication in older patients (<80 years) with controlled systolic blood pressure (<150 mmHg), who are receiving  $\geq 2$  antihypertensive medications. Systolic blood pressure control at three month follow-up will be compared between those randomly allocated to either reduction of blood pressure medication or usual care.

**Practice Involvement:** *All Baseline and Follow-up visits will be conducted by a Research Facilitator.* The practice will invite patients, obtain informed consent and conduct a 4-week safety visit.

**If you are interested in attending the launch event and finding out more about OPTiMISE please contact: [optimise@phc.ox.ac.uk](mailto:optimise@phc.ox.ac.uk)**

