

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 ≥ 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

