QUARTET – Quadruple Ultra-low-dose treatment for hypertension

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THE GEORGE INSTITUTE
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Facts

- Only 1 in 3 people treated for hypertension reach current blood pressure targets.
- 50-75% of patients will need combination therapy to reach current targets.
- 'Therapeutic inertia' leads to the large majority of patients not at target being undertreated.
- A major recent trial indicates that optimum blood pressure targets should be even lower (120mmHg rather than 140mmHg) – bringing in to much greater focus the need for highly effective and tolerable blood pressure lowering strategies.

Supporters:

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National Health and Medical Research Council, (NHMRC) Australia

The George Institute for Global Health

Background:

- Hypertension is common, and while many sufferers receive some treatment most do not achieve blood pressure control.
- Evidence suggests that low dose blood pressure lowering combination therapy could achieve better and quicker BP control with less side-effects than current guideline recommended approaches.
- Combining different medicines into a single pill simplifies treatment and is likely to improve long-term adherence.

Aims:

- This clinical trial will determine if treatment with a combination pill of four ultra-low-doses of blood pressure lowering medicines will lower blood pressure more effectively than standard dose monotherapy.
- We will also determine if it has fewer side-effects than standard dose monotherapy and if it is cost-effective.
- We will investigate if participants and healthcare providers think the ultra-low-dose combination pill is acceptable and if they think it would be useful.

Methods:

- 650 people with high blood pressure will be randomised to receive either the ultra-low-dose combination pill or standard dose irbesartan for 12 weeks.
- We will look at changes in blood pressure, 24 hour ambulatory blood pressure, potential side-effects, and adherence to medicines from the start of the study to the end.
- Participants and healthcare providers will be invited to provide feedback and participate in interviews to determine the acceptability of ultra-low-dose combination pill.

Impact:

- If the intervention tested here is proven to be safe and effective, the trial results could lead directly to improvements in clinical practice and a large reduction in cardiovascular events.
- The results of the current trial would stimulate the development of such products if the results were favourable.

Contact

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