QUARTET – Quadruple Ultra-low-dose treatment for hypertension

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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.

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.

Supporters:

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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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