Delegate Brochure

CPD GURUKUL

National CPD Series 2026

HYPERTENSION ACADEMIA

Improving Blood Pressure Control Beyond Prescription

Salt Intake, Medication Adherence & Practical Hypertension Management

Practical Strategies for Consulting Physicians & Diabetologists



14th - 15th November 2026

Dewas, Madhya Pradesh

- Lifestyle Assessment
- Treatment Optimisation
- Patient Adherence
- Better BP Control

Welcome Letter

Dear Doctor,

Warm greetings from CPD Gurukul.

We are pleased to welcome you to **Hypertension Academia 2026**, a Continuing Professional Development (CPD) programme titled **Improving Blood Pressure Control Beyond Prescription: Salt Intake, Medication Adherence & Practical Hypertension Management**, scheduled for **14th–15th November 2026** at **Treepie Safari Lodge, Village Onkara, Tehsil Khategaon, District Dewas, Madhya Pradesh.**

Hypertension remains one of the most important modifiable cardiovascular risk factors encountered in clinical practice. Despite the availability of effective antihypertensive therapies, achieving sustained blood pressure control continues to be a significant challenge.

Excessive dietary sodium intake and poor medication adherence are two frequently overlooked contributors to uncontrolled hypertension. Addressing these factors is particularly important in patients with diabetes, obesity, dyslipidaemia and other cardiometabolic risk conditions.

This CPD programme is designed to strengthen practical hypertension management through evidence-based discussions, expert perspectives, and interactive, case-based learning.

The programme will bring together consulting physicians and diabetologists to explore the relationship between dietary salt intake and blood pressure, recognise medication adherence challenges, and discuss practical approaches to treatment optimisation.

By combining current clinical evidence with real-world experience, this academic initiative aims to give physicians practical strategies they can incorporate into routine patient care.

What Sets This CPD Programme Apart?

- Focused discussions on dietary sodium intake and blood pressure control
- Practical approaches to identifying and addressing medication non-adherence
- Case-based learning reflecting everyday clinical challenges
- Strategies for individualising and optimising antihypertensive treatment
- Emphasis on sustained blood pressure control and long-term cardiovascular risk reduction

We look forward to your active participation and valuable clinical perspectives during this academic programme.

Warm regards,



Dr. Sunil Pandey
Director – Medical Affairs

Why Attend?

- Gain practical insights into the impact of dietary sodium intake on blood pressure regulation.
- Understand how medication adherence influences long-term hypertension control.
- Learn practical strategies for salt-reduction counselling and lifestyle modification.
- Explore approaches to individualising antihypertensive therapy in patients with cardiometabolic risk.
- Participate in interactive case-based discussions addressing real-world treatment challenges.

Academic Highlights

- Understanding salt sensitivity and its clinical relevance in hypertension.
- Identifying excessive dietary sodium exposure in routine practice.
- Recognising medication non-adherence as a contributor to uncontrolled blood pressure.
- Differentiating poor adherence from apparent treatment resistance.
- Integrating lifestyle interventions and pharmacological treatment for sustained BP

SCIENTIFIC AGENDA

Session 1 — 3:00 PM – 5:00 PM

Salt Intake and Hypertension
From Dietary Sodium Exposure to Better Blood Pressure Control

3:00 PM – 3:10 PM	Welcome Note & Programme Overview
3:10 PM – 3:50 PM	Salt Intake and Hypertension: Understanding the Clinical Connection
3:50 PM – 4:30 PM	Translating Salt Restriction into Everyday Clinical Practice
4:30 PM – 5:00 PM	Case-Based Discussion: The Patient with Persistently Elevated BP – is Dietary Salt Contributing?
5:00 PM	Hi-Tea & Networking

Session 2 — 6:00 PM – 8:00 PM

Medication Adherence and Blood Pressure Control
Closing the Gap Between Prescription and Real-World BP Control

6:00–6:10 PM	Clinical Recap
6:10–6:50 PM	Why Good Prescriptions Do Not Always Translate into Good BP Control
6:50–7:30 PM	Improving Long-Term Adherence in Hypertension
7:30–8:00 PM	Expert Panel Discussion: Real-World Challenges in Achieving and Sustaining BP Control

CPD Significance

This Continuing Professional Development programme focuses on improving hypertension management by addressing two important determinants of blood pressure control: dietary salt intake and medication adherence.

Through expert-led discussions and practical clinical examples, the programme aims to strengthen physicians' ability to recognise modifiable barriers, optimise treatment strategies and support sustained blood pressure control.

Key Significance Points:

Clinical Relevance

Addresses common challenges contributing to uncontrolled hypertension in everyday practice.

Therapeutic Insight

Explores practical approaches to treatment adherence, lifestyle modification and antihypertensive optimisation.

Peer Learning

Encourages meaningful scientific exchange through interactive discussions and clinical cases.

Clinical Confidence

Supports evidence-based, individualised and patient-centred hypertension management.

Limited Seats – Book Early!

Registrations will be accepted on a first-come, first-served basis, subject to availability. Early registration will help confirm participation in **Hypertension Academia 2026**, scheduled for **14th–15th November 2026** at **Treepie Safari Lodge, Dewas, Madhya Pradesh**.

Registration Fees (inclusive of GST)				
	Up to 1st November 2026		On Site	
Category	Non Residential	Residential	Non Residential	Residential
Delegate	INR 1,250	INR 4,500	INR 1,500	INR 5,000
Student	INR 1,000	INR 4,000	INR 1,250	INR 4,500

Delegate Participation Benefits

Registered delegates will receive:

- Delegate scientific kit and educational resources
- Access to all scientific sessions
- Participation in faculty-led discussions and interactive case reviews
- Collaborative peer-learning opportunities
- Hospitality during the scientific programme
- Networking opportunities with experienced faculty members and practising clinicians
- Post-event scientific highlights and educational resources

About CPD Gurukul

CPD Gurukul LLP is a continuing professional development and medical education platform focused on developing and executing structured scientific learning programmes for healthcare professionals.

Through multi-city CPD programmes, scientific meetings, expert-led discussions and clinically relevant educational initiatives, CPD Gurukul aims to facilitate evidence-based learning and practical knowledge exchange among healthcare professionals.

Academic Activities Include

- Continuing Professional Development programmes
- Multi-city medical education initiatives
- Speciality-focused scientific meetings
- Faculty-led clinical discussions
- Case-based learning programmes
- Clinical education and knowledge-sharing initiatives

For Advertisement Enquiries, Please Contact:

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