

In examining job descriptions for new consultant cardiologist posts, it emerged that some do not include any reference to out-of-hours responsibility and at some hospitals, according to the BCS report, consultant cardiologists are simply not available during the weekend, despite several studies having reported that patients admitted to hospital at weekends are sicker and at higher risk of mortality than patients admitted during the working week. Significant concerns were also raised by cardiologists about the sustainability of rotas to deliver urgent stenting procedures for myocardial infarctions with current levels of staffing, whilst a lack of such 'competent' staff to carry out basic tests which detect damage following a heart attack was cited by the BCS as major barrier to the provision of comprehensive out-of-hours care.

The BCS working group has now made recommendations aimed at addressing the staff shortfall and inconsistencies in on-call practices and to help deliver 'equitable access to prompt, safe, effective, and high-quality care at all times'. The recommendations include:

- Equitable access to the opinion of a consultant cardiologist and that the out-of-hours workload is shared across the consultant cardiology workforce with all consultant cardiologists expected to contribute to both the planning and delivery of out-of-hours care of patients with cardiovascular disease;
- Timely access to appropriate investigations for diagnosing myocardial infarctions including echocardiography and support for catheter laboratory procedures;
- Pathways of cardiovascular care to be agreed between hospitals and across regions to optimise delivery of care and use of resources;
- Cardiac physiology services should be extended over seven days.

The BCS view the creation of new Urgent and Emergency Care Networks in England as an opportunity to redesign and improve out-of-hours cardiology services and that such cardiovascular care should be planned at network or regional level.

While improvements in the delivery of 24/7 emergency stenting treatment was recognized following the introduction of specialist centres, the BCS felt the success of this model should be followed for other elements of the out-of-hours cardiac service, such as the management of complex arrhythmias. Some cardiovascular conditions—such as STEMI, complete heart block, ventricular tachycardia, and

other tachyarrhythmias—that require urgent or emergency specialist attention can be competently identified by ambulance crews, who can then ensure that the patient is taken directly to the most appropriate hospital.



BCS President and consultant cardiologist Dr Sarah Clarke said: 'Patients should be able to access high quality services whatever time of day or night, or whatever day of the week they present to the healthcare system. This report presents challenges to cardiologists, hospitals, ambulance services and commissioners at a time when there are staff shortages and significant financial pressures on the NHS. However, we have a duty to deliver the best possible care to our patients and it is important that clinicians and hospitals collaborate to address the issues raised by this report'.



Professor Nilesh Samani, Medical Director of the British Heart Foundation, said: 'Despite marked progress in the delivery of care to patients with a major myocardial infarction, this report shows that for many other heart conditions, care could be improved - especially when patients present out of hours, at weekends or in non-specialist centres'.

He added that the report and its recommendations present the opportunity to 'address these inadequacies and take action to ensure that cardiac patients receive the same high quality standard of care wherever and whatever time they go to hospital'.



doi:10.1093/eurheartj/ehx070

## Cardiologists of Tomorrow, Russia

### The working group of Young Cardiologists of the Russian Society of Cardiology

"Youth is the time for assimilation of Wisdom" Jean-Jacques Rousseau



**RUSSIAN SOCIETY  
OF CARDIOLOGY**

### Introduction

A story about a young cardiologists group should begin with the words of the great French philosopher—Jean-Jacques Rousseau. It appears that youth and wisdom are not compatible. Indeed, a newly graduated young specialist is just a beginner taking the first steps in his medical career and he has much to learn before gaining practical experience. At

the same time, youth is the best time for education and accumulation of new knowledge and we believe it is especially important for young doctors to be aware of their teachers' experience and wisdom.

## The history of Young Cardiologists in Russia

Despite young age, we have some achievements and facts to be proud of but also many unsolved issues along with future perspectives. The Young Cardiologists section was founded in 2010 by Anna Kontzevaya who became the leader of the Working group for 5 years. Since our creation we have initiated different educational and social activities: internet schools and webinars in collaboration with the Russian Cardiac Society and sessions of experimental studies, clinical cases, and thematic symposia for young specialists at the National Congress of Cardiology.

Unique grant systems have been developed for young cardiologists, providing opportunity to visit major Russian and international conferences and share results of their research work. Young Russian specialists are also involved in the European initiative 'Cardiologists of Tomorrow', taking active part in ESC projects including the online collaborative educational tool the ESC e-learning platform. The First International Forum of Young Cardiologists in 2012 was a truly revolutionary event, organized in Samara and attended by 436 cardiologists from 8 countries including representatives of the ESC 'Cardiologists of Tomorrow' nucleus.

## Working Group of Young Cardiologists today: challenges and perspectives

Nowadays, the Russian Young Cardiac Community includes about 600 professionals, interested in the field of cardiology and representing different regions of our country. We appreciate the immense support from the Russian Society of Cardiology led by Academician Evgeny Shlyakhto that undoubtedly influences a serious approach to practical and scientific activities of young colleagues. New leaders of the Working Group are practicing cardiologists who are also involved in multiple scientific projects who continue innovative traditions for the potential growth of the young cardiac community.

Anna Chernova, Head of the Young Cardiologists Group coordinates research and educational projects and has practical experience in organizing training programs for young professionals. Assistant chairman Ruslan Shepel is responsible for media relations providing new online formats for the education of young cardiologists and internists. The secretary of Working Group, Svetlana Garkina is coordinator of some international projects for Young Cardiologists that contributes to better communication and networking between different countries.

We have ambitious ideas and future plans that require the collaboration of a young cardiac team not only in Russia but in other European countries. A successful research project of the International Russian-Italian genetic laboratory has been initiated. Young cardiologists are participating in large national and European observational registries and provide regular translation of the European clinical guidelines and ESC webinars into Russian, as well as preparing their own comprehensive training programs for young professionals.

It is a pleasure to introduce some national projects focused on young cardiologists activity.

The website of the Russian Society of Cardiology ([www.scardio.ru](http://www.scardio.ru)) is a unique informational portal where multiple scientific, educational, and social programs are represented. Online 'Project Diaries' is a special section where members of a Working Group share news and impressions of conferences and training, participate in social projects, and just talk about what they are most interested in. A frequently encountered situation, when it is difficult for a young doctor to convince patients and their family to follow medical recommendations, is discussed as a part of an interactive project 'Myths and illusions of patients' with clinical examples. There is also an on-site gallery of challenging case reports from interventional cardiology moderated by active young specialists. We are particularly proud to have initiated a series of online publications about our teachers—outstanding Russian clinicians which have contributed much to scientific progress.

Our Working Group is actively cooperating with the Section of young scientists at the Russian Internet Society of Internists and provides support of the web-project 'Learning not for school but for life' ([www.internist.ru](http://www.internist.ru)), where young professionals discuss their science and demonstrate clinical cases from real practice. There are also annual educational forums and practical workshops, where leading experts of the Russian Society of Cardiology share their experience with young audiences, providing training in the form of interactive sessions.

It has become a tradition to organize special competitions for young cardiologists such as the 'Battle of scholars', 'Your own game', 'The twelve labours of Hercules' and others, where participants can demonstrate their theoretical knowledge and practical skills in interactive cardio-quizzes.

For the most ambitious and active members of the Working Group, a new rating system was implemented in 2016. It considers publication and research activities, participation in projects of Russian and European Society of Cardiology and practical achievements. The leaders of the ratings are granted free registration to Russian and European Congresses, participation in training programs and several additional bonuses.

We appreciate the Russian Society of Cardiology for their support and significant contribution to the development of the Working Group of Young Cardiologists. We will continue our active work and implement further scientific projects and practical ideas for young professionals.

