



My name is Izabella Uchmanowicz, and I am from Poland. I completed my Master's degree in nursing and nursing education at Wroclaw Medical University in 1995. After graduating, I left Poland and I studied English as a second language at Cuyahoga Community College in Cleveland, Ohio, USA. During my stay in the USA, I passed the NCLEX nursing exam. In 1997 I came back to Poland, working for several years as a medical representative at Alcon.

In 2001 I started working as a lecturer at Wroclaw Medical University, teaching students cardiovascular nursing. In 2008 I obtained a PhD in the field of social medicine, dissertation title: "Influence of diabetes on the quality of life of patients after coronary artery angioplasty in various clinical forms of ischemic heart disease". That year I joined CCANP after applying for a CCNAP post-doc grant, which was my first major contact with the Council. I received the post-grant at the congress in Dublin, and during this time I met many people from around the world, who are still my friends today.

My research is mostly devoted to heart failure and the problems of patients living with the disease, mainly self-care and adherence to medication. I am especially interested in studies of elderly people with cardiovascular disorders, and my main interests are frailty syndrome and nutritional problems within this population. These interests resulted in my habilitation dissertation, which is titled: Frailty in cardiovascular disease at Pomeranian Medical University in Szczecin, Faculty of Public Health. I hold a certificate of specialisation in Cardiac Nursing and Epidemiology from the Center of Postgraduate Training for Nurses and Midwives in Warsaw, which I gained in 2012, and 2016. I am currently employed at Wroclaw Medical University as an Associate Professor, and am also Head of the Faculty of Postgraduate Studies and the Public Health Department. I am a former (2013-2015) President of the Nurses' and Medical Technicians' Section of the Polish Cardiology Association. I was

also a member (2012-2016) of the National Societies' Committee of the Council on Cardiovascular Nursing and Allied Professions (CCNAP) of the ESC, a member (2012-2016) of the Education Committee of the Council on Cardiovascular Nursing and Allied Professions, and a member (2014-2016) of the Patient Care Committee of Heart Failure Association of the ESC.

Last year I joined the CCNAP Board as Congress Coordinator. I believe that the CCNAP's goals, namely to promote and organise research and education for cardiac nurses, to gather and exchange information regarding research and activities by international networking, to design and co-ordinate scientific research are important for each and every one of us who is devoted to working for cardiovascular care.