

Activity Report

ESC COUNCIL FOR CARDIOLOGY PRACTICE

FISCAL YEAR 2021 (APRIL 2020 TO MARCH 2021)

Chairperson's Introduction



Dr Marc Ferrini

*Chairperson of the Council for
Cardiology Practice 2020-2022*

Time flies and I just realised that I have almost reached the mid-term of my mandate!

Fate decided that my Chairmanship should come in such a terrible time, which has led us all to change our ways of living, working and communicating.

This did not prevent our Council from moving forwards, growing and progressing, carrying on Riccardo Asteggiano's and Dimitrios Richter's action.

Nearly 2000 members, 4000 followers on our Facebook group, a large participation in publications, webinars and surveys and, finally, creation of our Task Force of Geriatric Cardiology. And I do not forget the e-journal of Cardiology Practice which continues to have an overwhelming success with 40,000 subscribers receiving an up-to-date review article almost every week.

Thanks to your trust and your support, our Council has become a leader in representing the office based clinical cardiologist and improving the standard of care.

I express the wish that we all carry on our successful progression and that a huge number of new members will join and reinforce our community.

Lastly, I am looking forward to meeting you again face to face and to resuming our links of conviviality and friendship before the end of my mandate!

I have my fingers crossed!

Highlights from 2020-2021

➔ Membership has grown to over **1,900 members** in March 2021

➔ Collaborated on **two webinars** aimed at the General Cardiologist

➔ **e-Journal of Cardiology Practice** sent to 40K subscribers on a regular basis

➔ Created the **Task Force on Geriatric Cardiology**

➔ Contributed to the **General Cardiology Programme** at ESC Congress 2020

Council for Cardiology Practice Nucleus 2020-2022



Marc Ferrini
Chairperson



Ruxandra Christodorescu
Chairperson-Elect



Dimitrios Richter
Past Chairperson



Luigina Guasti
Secretary



Konstantinos Toutouzas
Treasurer



François Dievert
Communications Coordinator



Stefano Nistri
Liaison Officer

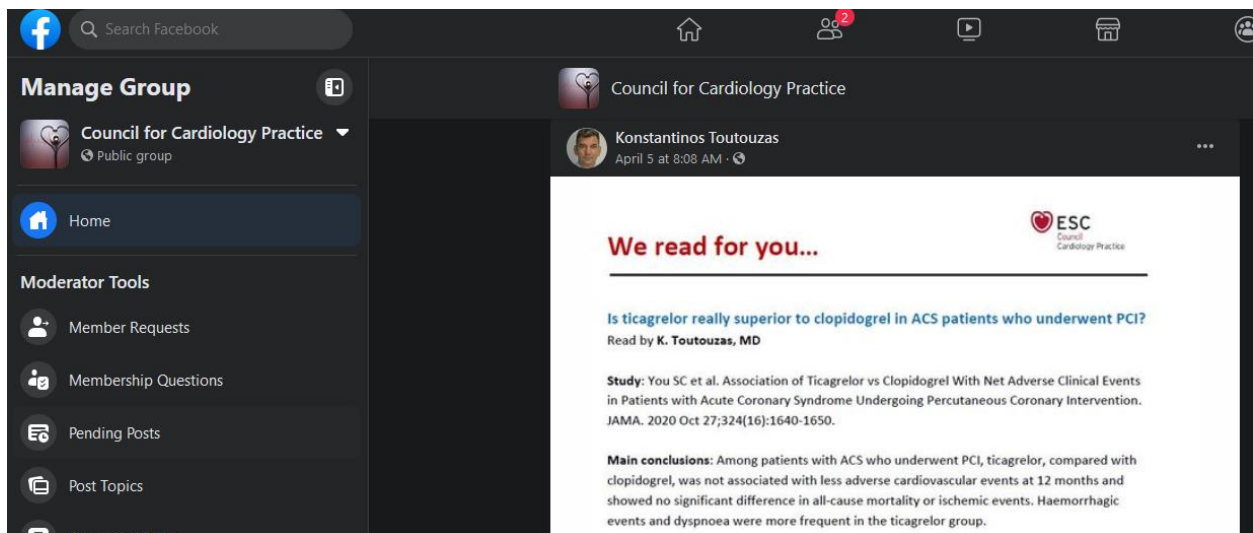


Denis Clement
Editor-in-Chief
e-Journal of Cardiology Practice

Membership

The Council aims to improve the standard of care in the clinical cardiology practice of office-based general cardiologists. As of March 2021, the Council's membership had grown to over 1,900 members.

As almost 60% of the Council members are under 40 years of age, the Council has continued to develop its social media activity with a new *Literature Readings* project, shared via the Council for Cardiology Practice Facebook group. This consists of short, concise summaries of papers that have been selected by the Council Nucleus Members, with an aim to improving daily practice.



Congresses

In 2020, the Council continued to contribute to the ESC Congress scientific programme by co-developing the special track 'General Cardiology for Physicians, Technicians and General Practitioners'.

Research

The Council for Cardiology Practice conducts surveys within the ESC to understand today's management of cardiovascular diseases as well as the knowledge of, and compliance with the ESC Clinical Practice Guidelines by cardiologists throughout Europe.

In 2020, the Council conducted a survey to understand how physicians are tackling digital health and how comfortable they are with digital health tools. The [results of this survey](#) have been published in the EHJ – Digital Health.

Education

E-Journal of Cardiology Practice



The E-Journal keeps professionals up-to-date with recent findings and techniques via an almost weekly email sent to subscribers. In 2021, there were over 40,000 subscribers to the e-Journal. Its success is attributed to the high quality of the submissions that cover a wide range of subjects, along with its visibility on social media.

During 2020-2021, the e-Journal published series on sports cardiology, lipids, abdominal aortic aneurysms and a special short series on digital health.

Geriatric Cardiology Task Force

During 2020-2021 the Council established the [Task Force on Geriatric Cardiology](#), with the aim of promoting healthy ageing, particularly related to CVD prevention and appropriate management of risk factors in the elderly.

During 2020-2021, the task force has contributed to a webinar on hypertension management in the elderly and frail patient and is developing a scientific document on the topic of frailty.

Further involvement in ESC Task Forces

The Council has also been invited to contribute to the Task Force of the European Society of Cardiology on the midterm evolution of cardiovascular medicine, training and education.

Scientific Documents

During 2020-2021 the Council has been leading the development of the following scientific documents:

- **Frailty in Cardiology: definition, assessment, clinical implications for general cardiology** -> publication pending.
- **Late phase of COVID-19 pandemics: clinical implications for general cardiology** -> publication pending.
- [Survey on e-Health Knowledge and usage in General Cardiology](#) -> published in European Heart Journal Digital Health
- **Lights and shadows of Arterial Hypertension management: Results of a large survey from the Council for Cardiology Practice and Council on Hypertension of the European Society of Cardiology** -> publication pending.

Webinars

The Council co-organised the following webinars in 2020-2021:

Date	Title	Presenters	Host	Attendees
May 2020	Translating the Hypertension Guidelines in our daily practice.	Giovanni de Simone Alexandra Konradi	Marc Ferrini	419
March 2021	Hypertension Management in the elderly & frail patient	Luigina Guasti Isabella Sudano	Rosa Maria Bruno	868

Translating the hypertension guidelines in our daily practice: a case-based clinical approach

- **Dr. Marc Ferrini, MD Lyon (Fr)**
Vice-Chair, ESC Council of Cardiology Practice.
- **Pr. Giovanni de Simone, MD, FESC, FAHA Naples (I)**
Chair, ESC Council on Hypertension.
- **Pr. Alexandra Konradi, MD, PhD, FESC Saint Petersburg (R)**
Member of ESC Council on Hypertension

- ✓ The methodology of BP measurements.
- ✓ When to indicate a complete assessment of HMOD?
- ✓ Thresholds and targets of pharmacological treatment.
- ✓ Initial two drugs combination therapy.
- ✓ How to increase patient adherence?
- ✓ Does COVID 19 pandemic makes a change?






Conclusions – Key message 1



- Frailty is common (around 18% among adults over 65yo)
- Frailty often comes with multimorbidity / polytherapy
- Frailty needs to be assessed in cardiology patients → prognostic value !!!

Hypertension management in the elderly and frail patient

ESC Council on Hypertension webinar in collaboration with the ESC Council on Cardiology Practice

Diabetes & CVD Programme

The Council for Cardiology Practice is one of the contributing groups in the [Diabetes & CVD Programme](#). This is a collaborative project that aims to raise awareness and education on Diabetes and cardiovascular risk, addressing new therapeutic strategies in the field.