

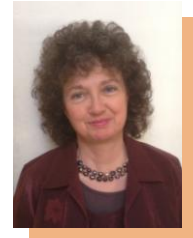
## Curriculum Vitae

### Dr Myra Tilney

MD FRCP FRCPE FACP FEFIM MBA

Consultant Physician, Dept. of Primary Care

Senior Lecturer, Dept. of Medicine, Faculty of Medicine and Surgery, Mater Dei Hospital, University of Malta



**National CVD Prevention Coordinator  
for Malta**

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### Short CV

I read medicine at the University of Malta, subsequently training in Malta, Belgium and the United Kingdom. I am a Consultant Physician, in the Department of Primary Care, where my work focuses on cardiovascular disease and its prevention, often in the setting of multimorbidity within the community. I also provide a Lipid Clinic at Mater Dei University Hospital. I promote evidence-based cardiovascular prevention in my undergraduate and postgraduate teaching and practice, and also in public engagement aimed at improving cardiovascular health in the community.

After clinical training, quality improvement methodologies attracted my interest; these were applied to various areas, including the management of hypertension, and clinical service provision. I have served on boards targeting quality improvement, and have been an organiser, invited speaker and chair in various national and international conferences. I was a member of the board formulating national practice guidelines for the management of hypertension. In recent years, I have become interested in the use of e-health and mobile technologies and their potential in cardiovascular prevention. I conducted patient surveys assessing their use of mobile technology, and am currently focusing on communication across the primary-secondary care interface in cardiovascular patients.

Contributions to development:

- founder member, Maltese Cardiac Society
- proponent and participant in establishing formal structured postgraduate training, including cardiology (as General Secretary, Medical Association of Malta and Board member, Association of Physicians of Malta).
- proponent of real-time video-linked educational updates and Seminars, linking our postgraduate centre as the first overseas partner (as Overseas advisor to the Royal College of Physicians of Edinburgh)

Cardiology and medicine permeate my life as my husband is a consultant cardiologist, and one of our two sons qualified as a doctor last year. We enjoy swimming in our deep blue sea-and mountain walking.

## Addendum to Dr Myra Tilney's Curriculum Vitae

### Selected Peer-reviewed Journals

- Tilney MK, Grech V, Car J. An exploratory study of medical outpatients' use of mobiles and internet in Malta. *Malta Medical Journal* 2012, Vol 24:129
- Tilney MK. An Assessment of Quality of Care in Hypertension. *Malta Medical Journal* Volume 2009 Vol 21S;21
- Tilney MK. Cautionary tales from a Schedule V clinic...illustrated pitfalls accumulated over a five year period. *Malta Medical Journal* 2009 Vol 21;29
- Tilney MK. Improving Service Delivery in an Outpatient Setting. *Malta Medical Journal* 2006 Vol 18S; 38
- Tilney MK. Clinical Quality Improvement and Medicine; *European Journal of Internal Medicine*. 2004, *EJIM*15; 487-495
- Azzopardi J, Ellul A, Calleja N, Tilney M, Vassallo J, Cachia M, Fava S, Schranz A. Cardiovascular risk factors in Maltese patients with newly diagnosed Type 2 Diabetes presenting to the Diabetes clinic at St Luke's Hospital in 2003. *Malta Medical Journal* Vol 15.Issue 2 Dec 2003:24
- Tilney MK. Perceptions of Managers and Providers regarding the Challenges facing a small island state in Improving clinical quality. *Malta Medical Journal* Vol 15.Issue 2 Dec 2003:87
- Tilney MK. A Systems Approach to Quality Improvement in Clinical Practice. *Malta Medical Journal* Vol 15.Issue 2 Dec 2003;16