

CARDIOLOGY



California
CHAPTER

THE OFFICIAL QUARTERLY NEWSLETTER

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WWW.CAACC.ORG



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PRESIDENT'S CORNER

PRANAV M. PATEL, MD, FACC



with concerns for shortages of medical equipment, disease transmission (to themselves, patients, colleagues and their families), new practices (Telehealth), financial fears and increased stress. These additional physical and mental stressors are causing concern for even more burnout within the HCP community.

This is the time to consider methods, techniques and plans to ease and correct these wellness and burnout issues. Organizations such as the ACC, American Medical Association and the National Academy of Medicine (NAM) highlighted a few strategies that are worthwhile examining and may be able to assist with tackling burnout and improve wellness. The following are strategies from NAM that may help clinicians:

- **Meet basic needs:** Eat, drink, sleep, and exercise regularly. Becoming biologically deprived is risky and may compromise your ability to care for patients.
- **Take breaks:** Give yourself a rest from patient care with comforting, fun, or relaxing activities. Taking appropriate rest leads to proper care of patients after your break.
- **Stay connected:** Give and receive support from your colleagues to avoid isolation, fear, and anxiety. Partner

The California American College of Cardiology (ACC) website on Wellness has a quotation from the Greek physician Herophilus that is an important one as it was in the past:

"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

The health of our colleagues in medicine has been under attack for years (from the burden of electronic medical records, prior authorization, and increasing work demands). Now during this novel Coronavirus (COVID-19) pandemic healthcare professionals (HCP) are caring for patients and putting in long hours

with colleagues to support each other and monitor each other's stress, workload, and safety. Contact family and loved ones for support.

- **Respect differences:** Recognize and respect differences in yourself, your patients, and your colleagues, such as needing to talk versus needing to be alone.
- **Stay updated:** Rely on trusted sources of information and participate in meetings where relevant information is provided.
- **Perform self check-ins:** Monitor yourself over time for any symptoms of depression or stress, such as prolonged sadness, difficulty sleeping, intrusive memories, and/or hopelessness. Talk to a peer or supervisor, advise management so that they can provide support interventions, or seek professional help.
- **Honor your service:** Remind yourself and others of the important and noble work you are doing. Recognize colleagues for their service whenever possible.

We should take every opportunity to promote wellness. These should be part of daily conversations with colleagues and we should monitor each other as we do our patients. We can provide education on these strategies and make sure support is available for all who need it. Wellness help and toolkits to help you and your colleagues are available from the California and national ACC websites and members are willing to assist in

any way if you reach out to us.

With the Covid-19 crisis we are also seeing a greater appreciation and trust for HCP. There is a recognition that HCP have shown great strength, character and resilience at this time of crisis. This reliance on HCP has also given us the ability to help influence policies regarding public health, diversity, equality and social justice. We can help to define and establish fairness within a society (including in wealth, gender and race); and have a better chance to lead by example by encouraging and developing diversity and inclusion (D&I) within our own membership. One of the best ways to bring about permanent change is through grassroots engagement. If we can aggressively develop diversity and inclusion within individual ACC state chapters, we can mobilize individuals and empower our own members to take actions and promote sustainable social change.

Successful diversity and inclusion will require us to recognize our own implicit biases regarding social justice. Such implicit bias from personal beliefs, values, attitudes, and perceptions will need to be examined and challenged through a process of critical reflection so as to have successful diversity and inclusion.

The California and national ACC D&I committees have worked to provide resources and toolkits to develop a substantial D&I in our practices and states. It is essential to start developing D&I within your own practices.

The ACC has set out 3 objectives to help with developing D&I goals:

1. Enhance the culture within cardiology and the perceptions of the field to be inclusive, professional, equitable and welcoming.

2. Realize and sustain the value of diversity over the long-term by implementing structures and continuous improvement programs within the ACC.

3. Engage and leverage all available talent by attracting and providing value to underrepresented groups in cardiology across the 'career life-span'.

In order to try and meet these objectives it is suggested that we consider a step by step approach to developing D&I within practices and communities. Its membership. These may include the following:

I. Advance our D&I culture and identify barriers to change: we should try to make the cardiovascular field inclusive, effective, equitable, respectful and supportive with regards to our work environment. We should be welcoming and responsive to all persons of diverse backgrounds, experience, ideas, and perspectives.

II. Gradually start changing the culture of our membership by socializing and educating each other about D&I.

III. Encourage inclusion of a diverse and membership:

a. Encourage diverse candidates for committees and leadership roles

b. Develop a deep pipeline within our profession by reaching out to high school (or younger) and college students

c. Try and develop and nurture your role as a mentor

IV. Develop a diverse team that surrounds and encourage diverse leadership

V. Champion Diversity & Inclusion in your profession and the broader community

It is essential for us all to now improve diversity and inclusion within our membership. A priority would be to recognize implicit bias and commit to change. Individuals and groups can use priorities and goals outlined by the ACC's Diversity and Inclusion strategy to develop and undertake their own D&I activities.

Pranav M. Patel, MD, FACC

President, California chapter ACC

Governor, Southern California ACC

Chief, Division of Cardiology

University of California, Irvine

CVT CORNER

TRACY FINEGAN, ANCP-BC, AACC

We hope this finds you safe and healthy. Here is some of the latest information for you and your cardiovascular practice.

FREE ACC MEMBERSHIP THROUGH 2021 FOR NON-PHYSICIAN MEMBERS OF THE CARDIOVASCULAR CARE TEAM

Share the free membership code, **HereForYou** with all of your nonmember colleagues. This code will give them free membership through December 2021! [Visit Here](#) : Benefits include: - Free digital access to JACC - Clinical Guidelines - Discounts on live courses and education - In-person and online networking opportunities

The more CV Team members we have, the greater impact we can have within the ACC and in the field of cardiology.

- Looking to get more involved with the ACC and our CA chapter? Did you know we now have a CVT Council in California to increase our voice within the chapter and nationally? Do you have the desire to be a leader in the cardiovascular field? Then join our CVT Council! If interested, please email Lianna Collinge at lianna@caacc.org.
- Join the discussion - CV Team Section Member Hub Group: [Please join our Member Hub Group](#).
- Please check-out our new [CV Team Section Webinar page](#)- for information regarding relevant upcoming webinars. Archived webinar recordings are also available on this webpage.

- The CV Team Section had two featured articles in the latest issue of Cardiology Magazine. Below are blurbs to share via your local networks. Nurse-led Sedation in TAVR: Optimizing Resources, Outcomes

[Nurse-led Sedation in TAVR: Optimizing Resources, Outcomes](#) June 1, 2020

Highlights from Cardiology Magazine: Recently, the COVID-19 pandemic has significantly delayed "elective" procedures - including TAVR at many centers.

[The Emerging Role of Advanced Practice Registered Nurses in Cardiology: Insights from the ACC APRN Survey](#) June 1, 2020

Highlights from Cardiology Magazine: Advanced practice registered nurses (APRNs) continue to assume an increasing role in the care of individuals with cardiovascular disease.

- The COVID-19 pandemic continues to evolve, and the ACC is working to help members on the front lines to manage the virus so they can do what they do best: help and heal patients. ACC's COVID-19 Hub curates ACC clinical guidance and practice; clinical perspectives and front-line experience; regulatory and reimbursement updates; and more. Please visit these websites for more:

CA ACC Chapter at CA ACC Chapter [COVID-19 Hub](#) . National ACC at [ACC's COVID-19 Hub](#). Members can also discuss COVID-19 preparedness and treatment on [ACC Member Hub](#).

NEWS YOU CAN USE

CARE OF THE ATHLETIC HEART GOES VIRTUAL

Our Sports Cardiology community can connect, learn from one another, and be supported and engaged through [Care of the Athletic Heart Virtual](#) on Saturday, June 20.

The virtual program will include a combination of live and on demand sessions, along with live chat and Q&A opportunities.

Learn from sports cardiology experts about fundamental CV diagnostic and management strategies through cases, research, and treatment options, as well as a focus on the impacts of COVID-19.

[Register today](#) and follow the conversation using #ACCAthleticHeart and #ACCEd on Twitter.

SUMMER COVID-19 EDUCATION SERIES

The COVID-19 pandemic continues to profoundly change the health care landscape and the impact on patients with heart disease.

The disproportionate effects on minority and vulnerable communities; and the acute cardiac complications as a result of the virus require us all to pivot and rethink how we provide care. To help you learn, help and heal during this unprecedented time, ACC is offering a free weekly summer educational series on COVID-19 and cardiovascular disease. The series is designed to unite and support the health care community and develop solutions that address key clinical and operational concerns and challenges together. All content is available on demand after each session.

[Learn more](#) and follow Summer Series conversations using #ACCEd on Twitter.

COPING WITH POSTPONED PROCEDURES: CORONAVIRUS & YOUR HEART

INFOGRAPHIC NOW AVAILABLE

Many non-urgent tests and procedures have been put on hold because of COVID-19. Potential delays can worry patients living with a heart condition.

ACC's [CardioSmart](#) team has created a second [Coronavirus & Your Heart Infographic](#) to help patients cope with postponed procedures. The infographic describes the balancing act of managing patients' health care needs while also protecting them and their care team. It also offers patients tips on what they can do while they wait for their test or procedure.

To access additional patient resources on this topic, visit [CardioSmart.org/Coronavirus](#).

ACC STANDS WITH ABC, AHA TO DENOUNCE RACISM AND VIOLENCE

ACC was proud to stand with the Association of Black Cardiologists and the American Heart Association June 5th to denounce the recent and ongoing incidents of racism and violence. As noted in the [joint letter](#): "The profound grief and stress triggered by these events, as well as the consequences for black lives, contribute significantly to cardiovascular risk. Each episode has emotional and physiological effects on individuals and all communities." [In a message to all members](#), ACC President Athena Poppas, MD, FACC, notes that pervasive societal issues like

the COVID-19 pandemic and ongoing racism and violence affect everyone and require a response. "We must persevere in our commitment to creating a profession – and a society – that recognizes and values every human being, that promotes diversity, that encourages and enables inclusion, and fights to address disparities," she said. "We cannot fully achieve our mission without also tackling underlying factors that literally discriminate against those providing or receiving care. This work must continue for as long as it is needed."

YOUR WELLNESS: RESOURCES FOR HEALTH CARE WORKERS DURING COVID-19

Throughout the COVID-19 pandemic, many health care workers have been working longer hours and more shifts that are stressful and physically demanding. This is affecting the well-being of the entire health care workforce.

Many resources have been developed to support the well-being of health care workers, including counseling resources and peer-to-peer programs.

[Learn more](#) about these resources and visit ACC's [Clinician Well-Being Portal](#) for more well-being resources

EVENTS AND ANNOUNCEMENTS

JULY:

7/11

ACC IOWA CHAPTER FIT:
EDUCATION LECTURE SERIES

Location: ZOOM | 7:00 AM - 10:00 AM | [View Info Here](#)

7/16

FIT WEBINAR
RISING SUB-SPECIALITIES WITHIN CARDIOLOGY

Location: ZOOM | 6:30 PM - 7:30 PM | [REGISTER HERE](#)

7/18

ACC IOWA CHAPTER FIT:
EDUCATION LECTURE SERIES

Location: ZOOM | 7:00 AM - 10:00 AM | [View Info Here](#)

7/25

ACC IOWA CHAPTER FIT:
EDUCATION LECTURE SERIES

Location: ZOOM | 7:00 AM - 10:00 AM | [View Info Here](#)

EVENTS AND ANNOUNCEMENTS

AUGUST:

8/1

24TH ANNUAL HEART FAILURE 2020:
UPDATED ON DIAGNOSIS AND THERAPY VIRTUAL
BROADCAST FROM LOS ANGELES

Location: Virtual | 5:00 PM - 6:30 PM | [REGISTER HERE](#)

SEPTEMBER:

9/25

14TH ANNUAL WOMEN AND ISCHEMIC HEART DISEASE
SYMPOSIUM

Location: Virtual | 9:00 AM - 1:00 PM | [REGISTER HERE](#)

OCTOBER:

10/4 - 10/6

ACC'S 2020 VIRTUAL LEGISLATIVE CONFERENCE

Location: Virtual | [View Info Here](#)

NOVEMBER:

11/10 - 11/13

31ST ANNUAL CARDIOVASCULAR INTERVENTIONS

Location: [Hilton La Jolla Torrey Pines](#) | [REGISTER HERE](#)