

Activity Report

ESC COUNCIL FOR CARDIOLOGY PRACTICE
FISCAL YEAR 2022 (APRIL 2021 TO MARCH 2022)

Chairperson's Introduction



Dr Marc Ferrini

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

The two years of my mandate are ending

It has been a difficult time for all of us, confronted with the isolation and the impossibility of joining together, but all these vicissitudes did not prevent our Council from going on working.

Our different publications, surveys and webinars continued to strengthen the links from all our members and contribute to maintain our presence within the ESC community. We have been approached to participate in the ESC Guidelines' task forces, and to collaborate with other groups in joint operations such as webinars and publications.

The creation of our Task force in geriatric cardiology, driven by Luigina Guasti and the ambitious "Imaging project" developed by Stefano Nistri are some of our sources of satisfaction.

Finally, the project of our "new" journal promoted by Denis Clement is now starting and will represent one of our crucial projects during the next two years.

I hope we will meet again (at least!) during the next Barcelona congress to continue the discussion. I know that the next "team" to whom I pass now the torch will continue to keep the fire burning!

Thank you for your past and future contribution to our Council.

Highlights from 2021-2022

➔ Membership has grown to over **2,200 members** in March 2022

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

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

➔ Contributed to the **General Cardiology Programme** at ESC Congress 2021

➔ Six Scientific **Publications**.

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 Dievart
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 2022, the Council's membership had grown to over 2,200 members.

The Council has continued to develop its social media activity via its *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.

Council for Cardiology Practice

We read for you...

[A big step in the treatment of Heart Failure!](#)
Read by Marc Ferrini

S.D. Anker, J. Butler, G. Filippatos, M. Packer, et al
Empagliflozin in Heart Failure with a Preserved Ejection Fraction
for the EMPEROR-Preserved Trial Investigators*
N Engl J Med, August 27, 2021, DOI: 10.1056/NEJMoa2107038

Main conclusion: Less primary events in the empagliflozin group (415/2997-13.8% patients) than in the placebo group ones (511/2991-17.1% patients) (HR: 0.79; 95% [CI], 0.69 to 0.90; P<0.001). Effect mainly related to a lower risk of hospitalization for Heart Failure (HF) (407 with empagliflozin and 541 with placebo (HR, 0.73; 95% CI, 0.61 to 0.88 P<0.001) and consistent in patients with or without diabetes. Uncomplicated genital and urinary tract infections and hypotension were reported more frequently with empagliflozin.

Type of study
Double-blind trial, comparing Empagliflozin (10 mg once daily) and placebo, in addition to usual therapy in 5988 class II–IV HF patients with an ejection fraction (EF) > 40% Primary outcome event: cardiovascular death or hospitalization for HF, at a median follow up of 26.2 months.

Main message for clinical practice
First CRT demonstrating an efficacy in HF patients with EF>40%. Empagliflozin reduced the combined risk of cardiovascular death or hospitalization for HF, regardless of the presence or absence of diabetes, essentially by reducing HF hospitalizations.

40 2 Comments 6 Shares

Congresses

In 2021, 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**'. The track included these sessions:

- [Meet the Experts: cardiomyopathies and sudden cardiac death](#)
- [Meet the Experts: thoracic aortic diseases – a clinical appraisal for cardiology practice](#)
- [When and how to allow sport activities: a general cardiologist's perspective](#)
- [Are we following the 2018 ESC/ESH Guidelines on Management of Arterial Hypertension in Elderly Patients?](#)

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 2022, 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 2021-2022, the e-Journal published series on COVID-19, on electrophysiology, on prosthetic heart valves and on arterial hypertension.

Scientific Documents

During 2021-2022 the Council has been leading the development of the following scientific documents:

- **Survey on e-health knowledge and usage in general cardiology of the Council of Cardiology Practice and the Digital Health Committee** -> Published in the European Heart Journal Digital Health, April 2021

- **Frailty in Cardiology: definition, assessment, clinical implications for general cardiology** -> published in the European Journal of Preventive Cardiology. July 2021

- **Late phase of COVID-19 pandemics: clinical implications for general cardiology** -> published in ESC Heart Failure, June 2021

- **[Survey on arterial hypertension management: A report from the ESC Council for Cardiology Practice and the ESC Council on Hypertension.](#)**
Published in European Heart Journal Open (2021), August 2021

The Council is also involved in the development of scientific documents lead by other ESC Councils as well as ESC Guidelines.

A joint project with EACVI is ongoing with the aim of educating general cardiologists in CCT and CMR report analysis. It will lead to two publications and two webinars.

Webinars

The Council developed the following webinars in 2021-2022:

Date	Title	Presenters	Host	Attendees
September 2021	Antithrombotic treatment in the elderly	Bruna Gigante Dimitrios Richter	Luigina Guasti	498
December 2021	Aortic stenosis treatment options - which therapy for which patient?	Stephan Windecker Dimitrios Richter	Alec Vahanian	572
January 2022	The acceleration in digital healthcare: challenges and barriers	Emma Svennberg Dimitrios Richter	Isabelle van Gelder	300

Using Artificial Intelligence to Reduce the Risk of Nonadherence in Patients on Anticoagulation Therapy
 Daniel L. Labovitz, MD; Laura Shafiq, MSc; Morayma Reyes Gil, PhD; Deepthi Virmani, MBBS; Adam Hanina, MBA

Background and Purpose—This study evaluated the use of an artificial intelligence platform on mobile devices in measuring and increasing medication adherence in stroke patients on anticoagulation therapy. The introduction of direct oral anticoagulants, while reducing the need for monitoring, have also placed pressure on patients to self-manage. Suboptimal adherence goes undetected as routine laboratory tests are not reliable indicators of adherence, placing patients at increased risk of stroke and bleeding.

Methods—A randomized, parallel-group, 12-week study was conducted in adults (n=28) with recently diagnosed ischemic stroke receiving any anticoagulation. Patients were randomized to daily monitoring via an artificial intelligence platform (intervention) or to no daily monitoring (control). The artificial intelligence application visually identifies the pill, the container, and the confirmed ingestion. Adherence was measured by pill counts and plasma sampling in both groups.

Results—For all patients (n=28, mean (SD) age was 57 years (13.2 years) and 53.6% were women. Mean (SD) cumulative adherence based on the artificial intelligence platform was 90.5% (7.5%). Plasma drug concentration levels indicated that adherence was 100% (15 of 15) and 50% (6 of 12) in the intervention and control groups, respectively.

Conclusions—Patients, some with little experience using a smartphone, successfully used the technology and demonstrated improvement in adherence based on plasma drug concentration levels. For patients receiving direct oral anticoagulants, adherence improved to 67%. Real-time monitoring has the potential to increase adherence and change behavior, particularly in patients on direct oral anticoagulation therapy.

ESC Council Cardiology Practice **ESC Council Stroke**

Computer vision and neural networks confirm medication ingestion Real-time data are encrypted and transferred to cloud-based dashboards

Single drug therapy enables direct patient feedback via a self-help tool

Data can be exported at any time for patient and clinician performance

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 early 2022, the Council conducted a survey to understand how physicians are implementing the 2020 ESC Heart Failure Guidelines into daily practice. The results of the survey are under analysis.