

Elections to Council Nucleus and Nominating committee 2024-2026

Motivation letter: Why are you interested in joining the Council Nucleus or Nominating committee (250 words max)?

Dear Committee,

I would appreciate if you would consider my application for **the position of the Communications Coordinator**.

Over the last one year I joined the Media Task Force of the ESC Council on Cardiovascular Genomics with a view to disseminate the knowledge of genetics in Inherited Cardiac Conditions and promote the research on this rapidly developed field. I really enjoyed working within this team and writing regularly content on the “Insights” educational section.

Through my career so far, I strived towards planning educational and management projects with excellent feedback and with great impact to patients’ care and colleagues’ daily activities and environment. This was alongside presentations and quality improvement concepts in a local, national and international level. From a very early stage of my career as a doctor, I was given leadership posts in Clinical Governance and Education.

Alongside my clinical duties, I heavily contributed to national training and research by joining -following competitive national elections- the UK national Association of Inherited Cardiac Conditions (AICC) as the “National Trainee Representative in AICC”. I co created the first official website for the organisation <https://www.theaicc.org> which has greatly enhanced equitable access to support education and training. Furthermore, this role intensified further my use of social media as an important channel of wide communication.

My continuous commitment in education and genomics harnessed via my position as a Senior Clinical Lecturer at St George’s University and, specifically as a Module Lead for for the “Advanced Management and Genomics of Inherited Cardiac Conditions” part of the Sports Cardiology Msc Course.

My greatest motivation to join this council comes from the observation that in many countries around the globe, as well as within the same country, there is a lack of well-structured services and knowledge on this field. Sadly, there is limited use of the service resources, mainly restricted to the capital of the country, with obsolete function in developing countries, despite the increasing number of patients whose management should be falling in a multidisciplinary experienced teams. The suboptimal management of the inherited cardiac diseases’ patients and their families not only has a direct health impact to the individuals, but also a major socioeconomic effect.

I would like to combine my passions for the Inherited Cardiac Conditions, Athlete's heart, imaging and Genomics to help build quality services and organize structured according to the European Society of Cardiology standards with equal access for all patients.

it is only over the last couple decades that the Cardiology world gained understanding on the genomics alongside rare cardiovascular diseases and the research in this filed has grown enormously. One may imagine this as the “Big Bang” of Cardiology. The proof is the myriads of discoveries in novel genes and genetic mechanisms over the recent years and the need to update the Cardiomyopathy ESC guidelines in 2023 in order to raise knowledge and awareness on these diseases.

I am extremely keen to spread the knowledge and collaboration in order to develop services and raise awareness towards recognition of the differential diagnosis and

organisation with equitable access for all patients starting with the nucleus and building pillars for its expansion.

My ambition through this position is to "join Forces", to make a change as a team player, doctor, woman in cardiology and through my Master degree in LSE, as a health economist for the sake of patients and their families.

Curriculum Vitae

DIMITRA ANTONAKAKI



Present Position

- **Consultant in Inherited Cardiac Conditions, Sports Cardiology and Cardiac MRI**, National Heart & Lung Transplant Center “Onassis Cardiac Surgery Center”, Athens, Greece
- **Senior Clinical Lecturer (Hons)**, St George’s University of London, UK
- **Module Lead of the Advanced Management of Inherited Cardiac Conditions and Cardiovascular Genomics Module** of the Sports Cardiology Master degree, St George’s University of London, UK
- **Member of the Media Task Force Council of Cardiovascular Genomics of the European Society of Cardiology (ESC)**
- **Honorary Consultant in Inherited Cardiac Conditions**, John Radcliffe University Hospital, Oxford, UK

Training and Education

- 16/09/2005 – 27/07/2011 **Degree in Medicine, National and Kapodistrian University of Athens, Greece. Grade: 8.2/10 (Hons) “Very Good”**
- 08/2020 **Certificate of Completion of Training in Cardiology (CCT)**
- 01/2022 **Master of Science (Msc) in Sports Cardiology** (8 modules and thesis). St George’s University of London (UoL), UK. 2 years duration. Grade: Distinction

- 12/2024-present Student in **Executive MSc Health Economics, Outcomes and Management in Clinical Sciences**. London School of Economics and Political Sciences (LSE), UK
- **EECG** (European Exam in General Cardiology)- previously KBA (Knowledge-based assessment)
- **Level 3 CMR**, awarded body: EACVI (European Association of Cardiovascular Imaging)
- **Level 2 Cardiac CT**, awarded body: SCCT (Society of Cardiovascular Computed Tomography)
- **Transthoracic Echocardiography**, awarded body: EACVI (European Association of Cardiovascular Imaging)
- **Cardiopulmonary Exercise Test (CPET)** awarded body: POETTS (perioperative Exercise Testing & Training Society)

Professional history – POSITIONS & APPOINTMENTS

*08/2020-04/2022 **Post-CCT Fellow in Inherited Cardiac Conditions and Multimodality CV Imaging***

St Bartholomew's Cardiothoracic Centre

Barts NHS Trust

Address: W Smithfield, London, UK. EC1A7BE

*09/2019-08/2020 **Fellow in Inherited Cardiac Conditions and Multimodality CV Imaging***

St Bartholomew's Cardiothoracic Centre

Barts NHS Trust

Address: W Smithfield, London, UK. EC1A7BE

*05/2018- 09/2019 **SpR(Specialty Registrar) General Cardiology***

St George's University Hospital Cardiothoracic Centre

Address: Blackshaw Road Tooting, London, UK. SW170QT

*08/2017-05/2018 **SpR(Specialty Registrar) General Cardiology***

Royal Free Hospital

Address: Pond street, London, UK. NW32QG

*07/2016-08/2017 **SpR(Specialty Registrar) General Cardiology***

Broomfield Hospital

Mid Essex Hospitals Trust

Address: Court Road Broomfield, Chelmsford, Essex, UK. CM17ET

08/2015-08/2016 **SpR(Specialty Registrar) in Cardiothoracic Intensive Care**
St George's University Hospital Cardiothoracic Centre
Address: Blackshaw Road Tooting, London, UK. SW170QT

08/2013-08/2015 **General Medical Training (CMT) rotation South West London Deanery**

- Respiratory, Cardiology, Acute Medical Unit (AMU)

Kingston Hospital NHS Foundation Trust

Address: Galsworthy Road, Kinston Upon Thames, UK. KT27QB

- Infectious diseases, Acute Medical Unit

St George's University Hospital Cardiothoracic Centre

Address: Blackshaw Road Tooting, London, UK. SW170QT

03/2012 – 07/2013 **Rural General Practitioner**

Megalopoli Health Centre and Karytaina Rural Surgery

Address: Th. Avgerinou Megalopoli , Greece. 22200

31/01/2012 – 01/03/2012 **Specialty Training post for one month Clinical**

Rotation Internal Medicine, General Surgery, Pediatrics and Emergency

Panarcadian District General Hospital of Tripoli "Evaggelistria"

Address: Erythros Stavros terminal, Tripoli, Greece. 22100

Post Graduate Degrees

- 01/2022 **Master of Science (Msc) in Sports Cardiology** (8 modules and thesis). St George's University of London (UoL). 2 years duration. Grade: Distinction
- 12/2024-present Student in **Executive MSc Health Economics, Outcomes and Management in Clinical Sciences**. London School of Economics and Political Sciences (LSE), UK

Professional memberships

AICC (Association for inherited Cardiac Conditions) 469

BSE (British Society of Echocardiography) 29232

Society of Cardiovascular Magnetic Resonance (SCMR) 17765751

SCCT (Society of Cardiovascular Computed Tomography)

ESC/EACVI professional -silver - European Society of Cardiology 679956

EAPC (European Association of Preventive Cardiology) 679956

ESC WG Myocardial & Pericardial diseases ESC

GEnotes: Cardiology Working Group in Genomics Education Programme (NHS England)

European Society of Cardiology Activities

- **Discussant**, EAPC Journal Club discussant, 03/2024
- **Speaker**, ESC Preventive Cardiology Conference, Athens, Greece 25-27/04/2024: "Left ventricular Hypertrophy and Sports when to worry"
- **Speaker**, EAPC/ACC Sports Cardiology Course 2024, London, UK (future presentation TBA)
- **Speaker**, ESC Congress 2023, Amsterdam, Netherlands 25-28/08/2023: "Time for a pit stop? Detraining for differential diagnosis between benign and malignant arrhythmias"
- Media Task Force Member of the ESC Council on Cardiovascular Genomics, **Bimonthly Contributor and Reviewer to the Educational Section** "Cardiovascular Genomics insight"

PRESENTATIONS (only the National and International mentioned)

- 08/2023: "**Time for a pit stop: Detraining for differential diagnosis between benign and malignant arrhythmias**" ESC Congress 2023, Amsterdam, Netherlands
- 09/2022: "**Reading an athlete's ECG with the experts, What are the borderline findings and what to do?**" 3rd International Congress in Sports Cardiology, Athens, Greece
- 02/2022: "**The role of CMR in Hypertrophic cardiomyopathy and Arrhythmogenic cardiomyopathy**", National 5th webinar organised by the 2nd Department of Cardiology of the University Hospital of Ioannina, Greece
- 11/2021: "**Cardiac imaging, Cardiomyopathies and Sports cardiology**".
- Multimodality imaging in Hypertrophic Cardiomyopathy and athlete's Heart, International course, organised by St George's University of London, UK
- 06/2021: "**The role of CMR in Cardiomyopathies**", National meeting, Ioannina, Greece
- 05/2018: "**Multiculprit AMI**", International conference, Euro-PCR, Paris, France

- 26-28/04/2017: "**Vast improvement of placement and management of chest drains**", International Forum on Quality and Safety in Healthcare (BMJ/IHI), London, UK
- 04/2017: "**The fluid challenge technique and diagnosis of fluid responsiveness: a systematic review and metanalysis of the literature**", International congress, ESICM, Milan, Italy
- 06/2016: "**Out of Hospital Cardiac arrest patient's outcome over the last 5 years in SGH CTITU**", National annual Spring Conference, Belfast, UK
- 11/2015: "**3D atrial strain demonstrates benefit of early ablation in paroxysmal atrial fibrillation**", International conference, Euroecho Seville, Spain
- 09/2015: "**Indexing of global and regional longitudinal strain a step towards improving the correlation with ventricular volumes and ejection fraction**", International Congress, Korean Society of Echocardiography in Seoul, South Korea

Other (Inter)national Committee(s) Participation

- **GENotes Working Group**

Ongoing project since Dec 2021

Aim of the project: I am part of the GeNotes working group and I am contributing to the HEE Genomics Education Programme. GENotes is being developed as an online genomics resource for clinicians, providing 'just in time' clinical information, underpinned by opportunities to access broader genomics education.

The resource is divided into two types of documents, Tier 1 and Tier 2. Tier 1 documents are based on clinical presentations, supplying 'just in time' information for use in the clinic: when genetic testing is appropriate; what test to order; how to order it etc. They also contain links to underpinning Tier 2 documents, with more detailed information about different genetic conditions, technologies, basics of genetics etc. I have written the Tier one document for HCM and I am currently writing the Tier two document for HCM.

- **AICC Trainee Representative UK 2022-2024**

I have been the AICC (Association of Inherited Cardiac Conditions) National trainee representative. Within this role, I was working towards promoting and supporting the structured completion of training for trainees in ICCs, as we integrated the new Cardiology Training Curriculum. Moreover, I had been working on the creation of a national nucleus of educational resources, opportunities for research and networking for trainees and actively engaging the charity organisations and the patients within this effort. I was working in this group towards updating the 2014 ICC subspecialty specifications on the NHS previous Standard Contract. I have also helped organising the AICC 2021, 2022 and 2023 conference.

Fellowships / Honours

- Awarding body: European Society of Cardiology (ESC)
Description and purpose of award: scholarship to study Executive MSc Health Economics, Outcomes and Management in Clinical Sciences
Year received: 2024
- Awarding body: Onassis Foundation
Description and purpose of award: scholarship (50% of the study fees living expenses) to study Executive MSc Health Economics, Outcomes and Management in Clinical Sciences
Year received: 2024
- Awarding body: St Georges' University of London.
Description and purpose of award: Full-fee scholarship to study Sports Cardiology Msc.
Year received: 2019
- Awarding body: ESC Congress 2019
Description and purpose of award: Educational Grant
Year received: 2019
- Awarding body: 2nd award for QUIP nominated by Kingston Foundation Trust for the design of the QUIP which lead to the vast improvement of placement and management of chest drains. I also presented this audit/QUIP at the International Forum on Quality and Safety in Healthcare (BMJ/IHI), London, UK 26-28/04/2017 2017. The award included an amount of money which

I donated this to the respiratory department to buy a BiPAP machine for our patients.
- Awarding body: EFG EUROBANK
Description and purpose of award: Prize for the Medical student who received the highest GPA to enter University, <10% of medical students of the first academic year nationally obtained this award
Year received: 2006
- Awarding body: Greek Government from Lifelong Learning and Religious Affairs Ministry Scholarship awarded by the Greek government from Lifelong Learning and Religious Affairs Ministry.
Description and purpose of award: Awarded to the top 300 students entering University nationally in Greece.
Year received: 2005

Major Publications (5-10 most important publications in the field)

- Category of publication: Original research

Date of publication: 27/02/2024

Journal title: **European Journal of Preventive Cardiology**

Publication title: **Prevalence and clinical significance of electrocardiographic complete right bundle branch block in young individuals**

Authors: Hamish MacLachlan, Dimitra Antonakaki, Raghav Bhatia, Saad Fyyaz, Nikhil Chatrath, Emmanouil Androulakis, Sarandeep Marwaha, Joyee Basu, Chris Miles, Harshil Dhutia, Abbas Zaidi, Navin Chandra, Nabeel Sheikh, Sabiha Gati, Aneil Malhotra, Gherardo Finocchiaro, Sanjay Sharma, Michael Papadakis

- Category of publication: Original research

Date of publication: 06/10/2021

Journal title: Frontiers in Cardiovascular Medicine

Publication title: **Myocardial Perfusion Imaging After Severe COVID-19 Infection Demonstrates Regional Ischemia rather than Global Blood Flow Reduction**

Authors: G.Thornton, A.Shetye, D.Knight, K.Knott, J.Artico, H.Kurdi, S.Yousef, D.Antonakaki, Y.Razvi, L.Chacko, J.Brown, R.Patel, K.Vimalesvaran, A.Seraphim, R.Davies, H.Xue, T.Kotecha, R.Bell, C.Manisty, G.Cole, J.Moon, P.Kellman, M.Fontana, T.Treibel.

- Category of publication: Case report

Date of publication: 21/05/2021

Journal title: Revista Espanola de Cardiologia (Engl Ed)

Publication title: **Saw-tooth cardiomyopathy: cardiomyopathies baring their teeth**

Authors: AG Ropero, D. Antonakaki, K. Savvatis

- Category of publication: Systematic review and Metanalysis

Date of publication: 20/08/2020

Journal title: Int J Cardiol . 2020 Aug 1;312:110-116.

Publication title: **Prognostic value of cardiovascular magnetic resonance T1 mapping techniques in non-ischemic dilated cardiomyopathy: A systematic review and meta-analysis**

Authors: Chiao A., Antonakaki D, Basmbani A., Karvounis C, Rimoldi O., Karamitsos T.

- Category of publication: Systematic review and metanalysis

Date of publication: 22/04/2017

Journal title: Crit Care . 2017 Aug 4;21(1):207. doi: 10.1186/s13054-017-1796-9.

Publication title: **What is the impact of the fluid challenge technique on diagnosis of fluid responsiveness: a systematic review and meta-analysis'**

Authors

L. Toscani, H. Aya, D.Antonakaki, D. Bastoni, X. Watson, N. Arulkumaran, A. Rhodes, M. Cecconi

- Category of publication: Cross Sectional Study

Date of publication: 13/01/2016

Journal title: J Clin Neurophysiol. 2016 Oct;33(5):431-442

Publication title: **Ophthalmological assessment of OCT and electrophysiological changes in migraine patients**

Authors: Verroiopoulos G, Nitoda E, Ladas ID, Brouzas D, Antonakaki D, Moschos MM

- Category of publication: Case Report

Date of publication: 20/11/2015

Journal title: Perfusion. 2016 Jul;31(5):431-2

Publication title: **Epstein-Barr futile myocarditis requiring urgent orthotopic heart transplantation**

Authors: Antonakaki D, Mirza SA, Sundar S, Grapsa J

- Category of publication: **Book chapter "Arrhythmogenic cardiomyopathy"**

Date of publication: 2022, ISBN: 9789925588473

Book title: Clinical Cardiology

Editor: Broken Hill Publishers Ltd

TEACHING EXPERIENCE:

12/2022- present: Senior Clinical lecturer in Msc in Sports Cardiology. Lead of the module of Advanced management of Inherited Cardiovascular Diseases and Cardiovascular Genomics

06/2023: ECG course. "ECG in athletes". International course organised by the University of St George's (UoL), London, UK

09/2021-07/2022: Set up and coordination of teaching in CMR on a monthly basis (10 webinars in total) focused on Cardiomyopathies. This was at a National level and the audience was cardiologists and radiologists, consultants and trainees from all over Greece, with local and international speakers.

08/2021: "Clinical application of CMR in the most common Cardiomyopathies" Local lecture as a guest speaker, at Lister Hospital, Stevenage, UK.

09/2019- 04/2022: Formal teaching at UCL (University College London) for medical students every 12 weeks on cardiomyopathies' topics.

09/2019-04/2022: Bedside teaching at UCL (University College London) for medical students once every 7-9 weeks.

08/2018-09/2019: Regular teaching on general cardiology topics every 13weeks for the medical staff in St George's Hospital Cardiology unit.

08/2017-05/2018: Bedside teaching and podcasts for medical students as part of UCL (University College London) and Bart's Medical School hospital rotation. Co-organiser of the Cardiology Registrar teaching at Royal Free Hospital.

10/2016-03/2017: Organising and delivering regular ECG teaching to 3rd year medical students (St Bartholomew's Hospital medical school at Broomfield Hospital).

08/2015-08/2016: South West London Deanery Teaching days. 4 sessions for Foundation Year 1 and Foundation Year 2 doctors.

Major Research Interest(s)

- Sports cardiology
- Cardiac MRI in Sports Cardiology, Rare and Inherited Cardiovascular Conditions
- Genomics in Inherited Cardiac Conditions and Rare Cardiovascular Diseases