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Nebraska

ACC

SUPPORTING PHYSICIANS, TRAINEES, AND CARDIOVASCULAR TEAM
MEMBERS WITH EDUCATION, ADVOCACY, & NETWORKING OPPORTUNITIES

Chapter News

Welcome to the Nebraska ACC Newsletter, where we bring you the latest updates and opportunities to stay engaged with the cutting-edge world of cardiovascular medicine.

Mark Your Calendar: Legislative Conference

Date: September 29-October 1, 2024

Location: Washington, DC

This signature three-day event offers cardiovascular clinicians the chance to hear from ACC leaders and staff on health policy issues affecting patients and the profession. You'll also get an opportunity to speak directly with members of Congress and their staff on the final day of the meeting.

Join the ACC Community!

Fellows in Training in the US and Canada receive complimentary membership through their training programs. Contact your training director or administrative staff to add you to the ACC Training Portal. Questions? Reach out to TrainingPrograms@acc.org. [Learn more about membership benefits.](#)

Save the Date: Nebraska Chapter ACC Annual Meeting & FIT Abstract Competition

Date: October 2, 2024

Time: 5:00pm-9:00pm CDT

Join us for an evening of insightful presentations and networking opportunities. Stay tuned for more details.

Newsletter Contributions: We Want to Hear from YOU!

Reach out to our new editor-in-chief, Dr. Nidhish Tiwari, or our executive director, Carmen Chinchilla, if you would like to contribute to the Nebraska ACC Newsletter. We feature four brief articles quarterly: Chapter News, Cardiology Update, FIT Corner, and CVT Corner. Contact CVT Representative Nicole J. Lopez-Schaecher, APRN, to get involved in CVT events.

Let's Strengthen Our Community!

Thank you for your ongoing support and engagement. Together, let's continue to build a vibrant and informative Nebraska ACC community.

Stay Connected!

Please follow us on [X \(formerly Twitter\)](#) and [Facebook](#)!

Empowering Hearts, Igniting Minds, and Shaping Futures- Together, We Lead!



Anuradha Tunuguntla
MD, FACC, FSCAI
Governor, Nebraska ACC



Nebraska
CHAPTER

CARDIOLOGY UPDATE

JULY IS HERE, BUT NOT THE JULY EFFECT... DEBUNKING THE "JULY EFFECT": A NEW ERA IN CARDIOLOGY TRAINING.



**Nidhish Tiwari, MD, FACC,
FASE, FACP**

**Associate Professor of
Medicine,
Associate Program
Director of Cardiovascular
Fellowship.
Director of Heart &
Vascular Clinics, UNMC**

The "July effect"—a notion that has long caused tachycardia among hospital administrators and patients alike—suggests that teaching hospitals experience worse patient outcomes due to the influx of new trainees in July. However, recent cardiology research reveals a different picture, where the "July effect" may be nothing more than a myth.

1

A deep dive into the National Inpatient Sample (NIS) database, encompassing a massive number of heart failure hospitalizations across the US, found no significant difference in length of stay, in-hospital mortality, or total costs between admissions in the first and last quarters of the academic year. This implies that the "July effect" is not a factor in heart failure care, likely due to well-established treatment guidelines and the watchful eyes of experienced physicians guiding new trainees.

Even in the high-stakes world of interventional cardiology, a review of data from the National Cardiovascular Data Registry (NCDR) found no substantial "July effect" in most complications following percutaneous coronary interventions (PCIs). A minor rise in stroke and PCI risk-adjusted mortality was observed early in the academic year, but this was linked to patient-specific factors rather than trainee inexperience. A recent analysis of the Nationwide Readmissions Database (NRD)¹ reiterated this trend, finding no negative impact on outcomes for STEMI patients readmitted during the summer months. This suggests that the transition of new residents and fellows does not compromise the quality of care for these critically ill patients needing time-bound care of the highest acuity. These findings are supported by a recent observational study using the NIS database² which found no evidence of a "July effect" on in-hospital mortality rates for

acute myocardial infarction (AMI) patients in teaching hospitals. The authors attribute this positive trend to a multi-pronged approach to quality improvement in AMI care, including increased attending physician oversight, adherence to best practices, and the use of electronic medical record systems.

Similarly, in structural heart interventions, a comprehensive analysis of the NIS database⁵ from 2012 to 2016 revealed no significant difference in in-hospital mortality or complications following transcatheter aortic valve replacement (TAVR) and MitraClip procedures between the first and last quarters of the academic year. This suggests that the "July effect" does not extend to these complex procedures, likely due to rigorous protocols and intricate teamwork.

There is now accruing evidence to suggest that the "July effect" may be vanishing into the crypts of medical history, especially in cardiology. Advancements in training, standardized care protocols, and heightened supervision have likely minimized any potential negative consequence of new trainees on patient and procedural outcomes. While alertness and oversight remain vital, patients can confidently seek care at teaching hospitals year-round, knowing that the quality of care remains unfailingly high. The question remains: how about the "August Aftermath..."

References

1. Am Heart J Plus. 2022 Jan; 13:100072. doi: 10.1016/j.ahjo.2021.100072. Epub 2021 Nov 27. PMID: 35720432
2. Am J Cardiol. 2022 May 1; 170:160-165. doi: 10.1016/j.amjcard.2022.01.032. Epub 2022 Feb 25. PMID: 35227502.
3. Cardiovasc Revasc Med. 2024 Jan;58:101-103. doi: 10.1016/j.carrev.2023.08.013. Epub 2023 Sep 2. PMID: 37679199.
4. Catheter Cardiovasc Interv. 2023 Jan 8. doi: 10.1002/ccd.30553. PMID: 36617382.
5. Struct Heart. 2022 Mar 17;6(1):100001. doi: 10.1016/j.shj.2022.100001. PMID: 37273471

FIT CORNER

NAVIGATING THE RESEARCH LANDSCAPE: A FELLOW'S GUIDE TO SUCCESS



Surya Aedma, MD
Cardiology Fellow
Creighton University

Fellowship is a unique journey driven by a deep-seated passion for a specific area of cardiology. It's a commitment to three more years of intensive learning and growth, where we evolve as physicians and individuals. As we develop critical thinking skills, we inevitably uncover knowledge gaps and unanswered questions. This is the opportune time to embark on research and contribute to the ever-evolving cardiology field. However, balancing clinical duties with research aspirations can be daunting for Fellows in Training (FITs).

Mentorship: The North Star of Research

Finding the right mentor in the intricate research world is akin to discovering a guiding light. Cardiology, a field rich with discoveries, requires a mentor who can validate ideas and provides a compass for navigating the current landscape. A seasoned mentor offers invaluable guidance, anticipating challenges and sharing insights from their experiences. A successful mentor-mentee relationship often catalyzes productive and fulfilling research during the fellowship.

The Mentee's Toolkit: Time Management and Proactive Learning

For aspiring researchers, time management is a crucial skill. Fellowship is demanding, and patient care must always remain the top priority. However, carving out dedicated research time becomes increasingly feasible as we gain mastery over clinical responsibilities. Starting early is vital to meeting deadlines and achieving meaningful results by the end of the fellowship.

Staying abreast of the latest advancements in cardiology is essential for identifying knowledge gaps and avoiding redundant research ideas. A thorough literature review is the bedrock of any research project, and a firm grasp of statistics is crucial for effective data analysis. While the world of statistics can be daunting, online resources offer accessible explanations of complex methods.

Opportunities Abound: Embracing Collaboration and Growth

As fellows gain familiarity with medical literature, they can explore literature reviews and observational studies. Engaging with existing research provides valuable insights into methodologies and statistical tools used to answer specific questions. The American College of Cardiology (ACC) offers a wealth of resources for fellows, including local chapter events and national conferences. Collaborating with peers on research projects can increase sample sizes and spark new ideas.

Resilience: The Key to Overcoming Rejection

Rejection is an inevitable part of the research process. Not every idea will bear fruit, and setbacks are common. The key is to persevere. Staying motivated and focused throughout the long journey is essential. Challenges and deadlines should be viewed as opportunities for growth, ultimately shaping us into better cardiologists.

Program Support: Fostering a Research-Friendly Culture

Early communication with program directors about research interests is crucial. Demonstrating initial progress can encourage programs to provide dedicated research rotations. While many programs value scholarly activity, research time is often underutilized, making it challenging to allocate for everyone. Programs should strive to foster a research-friendly culture by offering uninterrupted research blocks and incorporating formal research training into the curriculum. In conclusion, the fellowship offers a unique opportunity for passionate cardiologists to contribute to advancing their field through research. With careful planning, effective time management, strong mentorship, and a resilient spirit, fellows can overcome challenges and make meaningful contributions to the ever-evolving world of cardiology.

Find additional information here:

- <https://www.acc.org/Tools-and-Practice-Support/Cardiology-as-a-Career-Path/Career-Paths-in-Cardiology/Careers-in-Clinical-Trials-Research>
- <https://www.jacc.org/doi/full/10.1016/j.jacc.2014.12.023>
- https://journals.lww.com/academicmedicine/FullText/2009/04000/Protecting_an_Endangered_Species__Training.14.aspx?casa_token=VgBlvI1WargAAAAA:Quh3JI4QySIWpLOR5d2mylCnm3iYWso-QYh8RFIk2NIDR0uMjqJw1QgM96hBqEM_wkygR8pOJOR5E8lOdTIZuXA
- <https://www.sciencedirect.com/science/article/pii/S0735109789903616>

CVT CORNER

THE 411 ON CVT: YOUR GATEWAY TO SUCCESS IN CARDIOVASCULAR CARE



Nikki Lopez-Schaecher,
APRN
UNMC

Hello Team! Let's dive into what the CVT section is all about. This is our home within the ACC - a vibrant community for nurses, nurse practitioners, PAs, clinical pharmacists, cardiac rehab specialists, and other dedicated professionals. As a CVT member, you have the swag to shape the future of cardiovascular care through advocacy, education, and professional development.

But we want to take it a step further! We envision this section as a hub for sharing and highlighting your achievements, fostering connections, and providing resources to help you blossom in your career. We want to hear your ideas on how to make this section even better! Keep an eye on your inbox for a SurveyMonkey link, where you can share your thoughts and help us tailor this section to your needs.

In the meantime, I encourage you to explore the diverse workgroups within the CVT Section Leadership Council. Find one that aligns with your passions and interests and become an active participant in shaping the future of cardiovascular care.

Let's work together to make the CVT section a vital resource for your professional journey. Your voice matters, and we're excited to hear from you!

ACC CV TEAM NEWSLETTER

Did you know? The ACC has a monthly newsletter for CV Team Members. Click on the link below to learn more about what is happening on the national stage!

Read the ACC CV Team Newsletter [here!](#)

MARK YOUR CALENDAR!

A promotional banner for the ACC Legislative Conference. On the left, the ACC logo (American College of Cardiology) is shown above the text 'AMERICAN COLLEGE of CARDIOLOGY.' Below this, the words 'LEGISLATIVE CONFERENCE' are written in large, bold, blue letters. Underneath, the dates 'SEPT. 29 - OCT. 1, 2024' are displayed in red. A dark blue button with white text says 'REGISTER NOW'. On the right side of the banner, there is a stylized illustration of a diverse group of people in profile, looking towards the right. In the background, a white silhouette of a domed building, resembling the US Capitol, is set against a blue background.

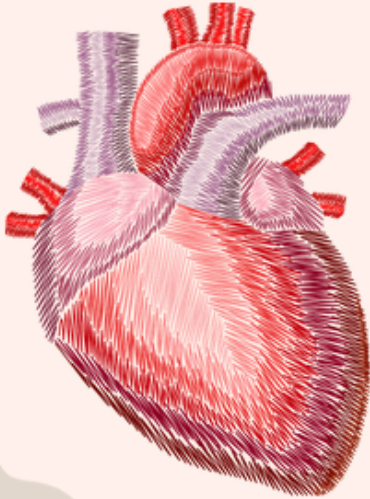
Register at acc.org.

SAVE THE DATE! 2024 NEBRASKA ACC ANNUAL MEETING & FIT ABSTRACT COMPETITION



NEBRASKA
CHAPTER

AMERICAN COLLEGE of CARDIOLOGY®



2024 NEBRASKA ACC ANNUAL MEETING & FIT ABSTRACT COMPETITION

OCTOBER 2ND, 2024

HAPPY HOLLOW CLUB, 1701 S 105TH STREET, OMAHA

NETWORKING RECEPTION, ABSTRACT COMPETITION,

EXHIBITORS-5:00PM-7:00PM CST

DINNER & SPEAKER- PAMELA MORRIS, MD-7:00PM-8:00PM CST

NE ACC BUSINESS MEETING- 8:00PM-8:30PM CST

REGISTER



NEBRASKA
CHAPTER

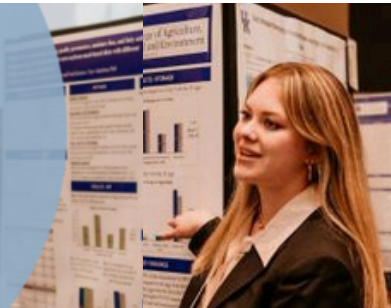
AMERICAN COLLEGE of CARDIOLOGY®

SAVE THE DATE!

FIT ABSTRACT COMPETITION

Happy Hollow Club, 1701 S. 105th Street, Omaha

OCTOBER | 2nd | 2024



Join us for an evening of networking and learning at this year's Nebraska ACC Annual Meeting and FIT Abstract Competition.

The event will take place at Happy Hollow Club, 1701 S 105th Street in Omaha on October 2, 2024 from 5:00pm-9:00pm CDT.

Visit our event page for more information:
www.nebraskacardiology.org/events

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