

CARDIOLOGY



Washington
CHAPTER

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GOVERNOR'S CORNER

GAUTAM NAYAK, MD, FACC



"This crisis will form a new foundation for how care is delivered."

Like many of you, I think I was simply in denial. Even in February, I had little concept of the scope and breadth of the COVID-19 crisis. I was too focused on the day to day stresses of being a cardiologist. I'm now sobered by what has become a life altering series of months, not only for me and my family, but for my colleagues and our patients. Nothing will be the same.

However, out of adversity comes strength. This crisis will form a new foundation for how care is delivered. I'm incredibly proud of the ACC. Our professional society has been in front on informing, advocating, and inspiring. I also

know that it will take hard work and collaboration to maintain what we've gained and re-build all we've lost. It needs to come from us, the cardiovascular professionals caring for patients day and night.

The day I stepped into this role in April is emblematic. I had the incredible opportunity to participate in a webinar on COVID-19 with Dr Ning Zhou from Wuhan in collaboration with Dr David Zhang in Tacoma. This came on the heels of transferring a sick patient earlier in the day from Wenatchee to Drs. Jamie McCabe and Mark Reisman at UW for a TAVR /complex PCI. The next day, I spoke to Dr. Dierdre Mooney at Providence in Spokane about a mutual patient she is evaluating for transplant. Reflecting on those 24 hours, it dawned on me how lucky I am to

practice cardiology in this beautiful state, with amazing partners in Wenatchee and global cardiology thought leaders around Washington. It seems unlikely any other scenario would allow me the type of collaboration I have daily with many of you. It is humbling and empowering, and a big reason I am excited about serving as your ACC chapter President for the next three years.

I have been in Wenatchee at Confluence Health since 2009. Prior to this, I completed my training and served as a cardiologist with the US Navy for 10 years in Bethesda, Maryland. I was born and raised in Kansas City, but have never felt more at home than I have in Washington. I'd like to specifically thank my predecessor Eugene Yang for his friendship and tireless efforts in transforming the chapter. I would also like to salute his predecessors Tim Dewhurst and Mike Ring, who laid the foundation. Jennifer Beckman has done great work as our CV Team liaison, and many thanks to Katie Bates for her willingness to fill Jen's shoes. Our legislative accomplishments spearheaded

by Jim McCrae continue to be fundamental to our chapter mandate. And finally, all of this happens because of the hard work of Lianna Collinge and her team at AMI. We are indeed lucky.

Let's continue to build this chapter and our state cardiovascular community together. In the coming months, you'll see our plans to leverage the current crisis to our advantage in connecting cardiologists and CV Team members.

I am always open to your ideas and frankly, need your help. Please email, call or text me at any opportunity if you have thoughts on how I can serve you better or if there are ways the ACC can advocate on your behalf. Although I'm a bit isolated in Wenatchee at times, there are advantageous to being in the middle of the state. Connecting with all of you is why I agreed to tackle this role.

Let's do it together.

Gautam Nayak, MD FACC

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CVT CORNER

KATIE BATES, DNP, ARNP

Greetings Cardiovascular Team Members! I'm thrilled to be assuming the role of the CVT Liason for our Washington state ACC chapter. I want to especially thank our past CVT Liason Jennifer Beckman MSN, ARNP, CHFNP, for her guidance and support as I transitioned into this role and for all her work in building our cardiovascular team.

ACC activities will look different this year, but my hope is that many of our virtual options will provide you with even more opportunities for education and involvement in our state and national organization. Stay tuned for more details on our annual CVT meeting this Fall, with a variety of virtual educational options. We are planning for this to include more concise but high-yield presentations and discussions about current cardiovascular topics, designed and led by CVT members.

My vision for our cardiovascular team is to expand membership in all regions of Washington state, but I can't do this alone. I will be looking for interested members to join a CVT committee with the task of designing CVT activities, connecting members, and strengthening our voice. Providing cardiovascular care looks different in the various regions of our state and we need this variety to strengthen our network of CVT leaders in Washington state.

Our lives have changed significantly over the past few months as COVID-19 has affected the way we work, play, and care for our families. Out of these challenging times however, have emerged new technologies and practice models that may change the way we provide cardiovascular care forever. CVT members will undoubtedly be at the forefront of these innovations and I am excited to see where the future takes us – or should I say, where we take the future?



I look forward to working with you,
Katie Bates, DNP, ARNP
Confluence Health Cardiology
Wenatchee, WA
Katie.bates@confluencehealth.org

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:

7/28

WA HAPPY HOUR WEBINAR:
THE GENERAL CARDIOLOGIST IN 2020 - MAINTAINING
RELEVANCE IN AND ERA OF SPECIALIZATION

Location: Virtual | 5:15 -6:15 PM

AUGUST:

8/14

FIT EVENING NETWORKING WITH WA ACC
LEADERS POST-SAILING DAY

Location: TBD | 5:00 - 6:30 PM

8/25

WA HAPPY HOUR WEBINAR:
VIRTUAL CARE IN THE ERA OF COVID - BEYOND THE TECH
AND INTO THE WEEDS

Location: Virtual | 5:15 - 6:15 PM

EVENTS AND ANNOUNCEMENTS

SEPTEMBER:

9/18-9/19

3RD ANNUAL CV SUMMIT

Location: The Woodmark Kirkland
1200 Carillon Point Kirkland, Washington 98033

By Invitation only

9/26

VIRTUAL ANNUAL FALL CVT SYMPOSIUM
SATURDAY

Location: Virtual | 8:00 AM - 12:00 PM

NOVEMBER:

11/7-11/8

VIRTUAL ANNUAL MEETING

Location: Virtual | 8:00 AM - 12:00 PM (Both Days)