Russian Society of Cardiology: an example of a successful National Cardiac Society membership scheme

President of the Russian Society of Cardiology
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Russian Society of Cardiology (RSC)
- is an all-Russian organization uniting more than 6500 specialists in cardiology and related medical areas;
- first professional organization of cardiologists was set up in the USSR in 1963. In 2013, RSC celebrated its 50th anniversary.

Russian cardiology has a great history:
1905 - N.Korotkov developed a sound method for measuring of blood pressure. This was the beginning of studies in hypertension.
1912 - N. Anitchkov published his work about «Anitchkov cells». He discovered the leading role of cholesterol in the pathogenesis of atherosclerosis.
1961 – E.Chazov successfully used fibrinolysin for the first time (ESC Gold Medal in 2013).
Increased number of registered members 2011 - 2015

The third largest National Cardiac Society in ESC

<table>
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<tr>
<th>Year</th>
<th>Members</th>
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<tbody>
<tr>
<td>2011</td>
<td>1167</td>
</tr>
<tr>
<td>2016</td>
<td>6512</td>
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RSC: keys to success in organization

- Widespread of Regional Branches throughout the country (11 time zones!)

- Democratic pattern of relationship between Regional Branches and the Board

- Wide representation of the Regional Branches in the Board (4/5 of members)

- Common membership in RSC and associated public organizations

- Election of chairpersons throughout the whole RSC structure every 3 years
RSC: structure

President

Presidium of the Board
5 Vice-Presidents
Secretary General
(25 persons)

Board (121 persons)

Executive Director

Moscow Regional Branch
St. Petersburg Regional Branch
Samara Regional Branch
Ekaterinburg Regional Branch
Krasnoyarsk Regional Branch
Vladivostok Regional Branch

29 Sections, 4 Working Groups

www.scardio.ru
Public organizations/societies associated with RSC

- National Medical Chamber
- The Society of Experts in Heart Failure
- The Russian Medical Society on Arterial Hypertension
- All-Russian Antihypertensive League
- National Medical Society of Preventive Cardiology
- Russian National Society of Atherosclerosis
- Russian Society of Cardio-Somatic Rehabilitation and Secondary Prevention
- National Society of Atherothrombosis
- National Internet Society of Internal Medicine Specialists
On the basis of inter-disciplinary interaction the Russian Society of Cardiology is realizing:

**Strategic projects**

- Active efforts aimed at reducing cardiovascular morbidity and mortality

- Development and implementation of postgraduate medical education programmes for physicians and nurses

- Development of guidelines and introduction of new methods of diagnosis and treatment into clinical practice

- Healthy lifestyle advocacy and socially-oriented events

[Source: www.scardio.ru]
Increase in RSC registered members: “laws of attraction”

- Support in everyday clinical practice - guidelines
- Assistance in continuous medical education
- Support for young cardiologists
- Access to international integration
- Broad spectrum of social activities
Changing in guidelines’ strategy in RCS

Previously – parallel actions in different directions

Endorsement of ESC guidelines

Now – concentrated actions in one direction

Endorsement of ESC guidelines

Development and implementation of own guidelines

Distribution and implementation of ESC guidelines
ESC guidelines implementation

Translation into Russian language

- Translated full texts are published in official journal
- Translated pocket guidelines are distributed at the events
- Summary cards translation

Distribution

- Full text and pocket guidelines are available on the web-site www.scardio.ru
- Distribution of the paper version at the congresses and events

Learning

- Joint session on new guidelines at National congress
  “Russian Cardiovascular Days”: clinical cases format
- Translated subtitles to ESC webinars based on Guidelines “Battle of scholars”: competition of young cardiologist based on guidelines

www.scardio.ru
Distribution of translated ESC guidelines: web-site www.scardio.ru
Special section with pdf-files of translated ESC guidelines, links on the recent ESC guidelines at the main page
Distribution of translated ESC guidelines: President's monthly mailing

Every month to all members (6 112)

Active links on the recent guidelines translation
RSC registered members: laws of attraction

- Support in everyday clinical practice
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- Support for young cardiologists
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- Broad spectrum of social activities
Goals of Russian Continuous Medical Education Project
(Ministry of Health and National Medical Chamber)

- Support and enhance practical training of doctors within their postgraduate education and qualification improvement
- Systematize the initiatives being realized in the sphere of postgraduate education of cardiologists
- Strengthen the role of RSC as the leader uniting the efforts in the area of postgraduate education of doctors
- Implementation of “credit system” in CME in Russia

To increase the role of professional medical associations in development of postgraduate education
RSC in Continuous Medical Education

**Educational events**
held by RSC and accredited by CME Coordination Council of the Ministry of Health

**Programmes of Distant Education**, 
being developed by RSC experts and accredited by CME Coordination Council of the Ministry of Health

Educational credits taken in account in the programmes of qualification improvement
In 2014 the RSC Educational Council has accredited in framework the CME Pilot Project of the Ministry of Health:

- **62** educational events (8 congresses and conferences, 54 training courses);
- in **27** cities of Russia;
- with **8000** participants having got educational credits.

**Within the year of 2015**

**72** CME accredited educational events in different Russian regions
Adaptation and integration ESC educational technologies

In 2015, the second version of ESCel was launched. It allows translation into other languages.

Translation into Russian of the most required courses is planned.

Posting of the final versions and start of their translation are awaited.
Russian translation of subtitles to ESC webinars on guidelines.

2749 clicks to the link of webinar with translated subtitles
ESC guidelines as a part of the learning process

Russian Cardiovascular Days – annual educational event fully based on the ESC guidelines (clinical case discussion format)

- Joint ESC-RSC sessions focused on recent guidelines
- “Battle of scholars”: competition of young cardiologists’ teams in the knowledge of ESC guidelines (two-stages, teams from different regions)
**RSC registered members: laws of attraction**

- Support in everyday clinical practice
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Young specialists support is a strategic goal for RSC

- Specialized educational events for training scientific/practical skills in young specialists

- Travel grants to participate in Russian/international congresses

- Active involvement into RSC activities

Educational events

Grant support for young scientists

Active participation in RSC life
Travel grant for young cardiologists in 2013-2015

Russian National Congress of Cardiology

To authors of oral and poster presentations and participants of Young Scientist’s Contest

93 grants

Russian Cardiovascular Days

Regional quote, on application by chairmen of regional RSC offices

180 grants

Special events for young specialists

Individual applications

110 grants

ESC Congress

To authors of accepted oral and poster presentations

43 grants

Totally 426 travel grants within 3 years
RSC registered members: laws of attraction

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The biggest number of ESC webinars listeners are from Russia

Percentage of countries in ESC webinars from Jan 1 to Oct 31, 2015

- Russia: 12.3%
- United Kingdom: 9.6%
- Germany: 6.0%
- France: 4.3%
- Greece: 4.3%
- Singapore: 4.2%
- Italy: 4.1%
- Egypt: 2.9%
- Spain: 2.6%
- Saudi Arabia: 2.6%
- Brazil: 2.5%
- India: 2.3%
- Ukraine: 2.0%
- Poland: 1.9%
- Bulgaria: 1.9%
- Romania: 1.9%
- United States: 1.7%
- Portugal: 1.7%
- Mexico: 1.3%
- Netherlands: 1.3%
RSC registered members: laws of attraction

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World Health Day on April 7, 2015 – RSC event in Saint-Petersburg and the Leningrad Region
RSC draws attention to prevalence of cardiac diseases in women: Go Red for women as a part of the Day of Moscow in September 2015
## Future directions of RSC activities in the interests of healthcare development

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<tr>
<th>Systems and strategies</th>
<th>Research projects and surveys</th>
<th>Economic efficiency and education in healthcare economics</th>
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<td>Development and support of a database of healthcare systems and medical services for cardiovascular patients</td>
<td>Comparative studies of healthcare systems, health economy</td>
<td>Networking with institutions engaged in healthcare management, registries, clinical trials and new technologies development</td>
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<tr>
<td>Geography of medical institutions and analysis of their work, database of the main innovations and funding possibilities in healthcare policies</td>
<td>Development of joint applications for funding of scientific projects</td>
<td>Development of educational projects in the sphere of health economy and management</td>
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