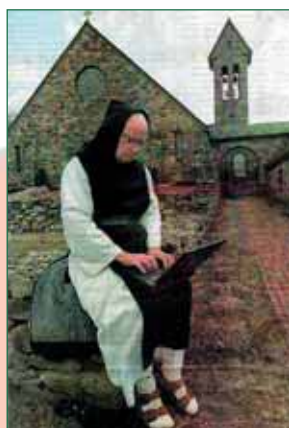




## TABLE OF CONTENTS

- ♥ *The role of journal editors as educators in professional and research communities* p. 5
- ♥ *Mortality from AMI in Croatia* p. 7
- ♥ *Minutes of the meeting of the Management Board of the CCS on 18<sup>th</sup> Dec 2009* p. 11
- ♥ *Conclusions of the WG for Prevention and Rehabilitation of CVD of the CCS on 23<sup>rd</sup> Oct 2009* p. 15
- ♥ *Postgraduate course "Sports cardiology"* p. 17
- ♥ *Recognition to the Koprivnica General Hospital* p. 19
- ♥ *Interview with Dr. Jović* p. 20
- ♥ *Measuring pulmonary function on occasion of the 2009 WHD* p. 21
- ♥ *Risk factors for occurrence of CVD in police employees* p. 23
- ♥ *20 years of invasive cardiology in the Dubrava Clinical Hospital* p. 26
- ♥ *Psychology of coronary heart disease* p. 27
- ♥ *Guidelines for authors* p. 28
- ♥ *The efficacy and safety of valsartan in the treatment of hypertension* p. 29



Specijalni članak

Special article

## Uloga europskih nacionalnih časopisa u edukaciji

### The role of European national journals in education

*Peter Mills<sup>(\*)</sup>, Adam Timmis<sup>(a)</sup>, Kurt Huber, Hugo Ector<sup>(b)</sup>, Patrizio Lancellotti, Izet Mašić, Mario Ivanuša, Loizos Antoniades, Michael Aschermann, Jørgen Videbæk, Alexandras Laucevičius, Pirjo Mustonen, Jean-Yves Artigou, Panos Vardas<sup>(c)</sup>, Christodoulos Stefanadis, Massimo Chiarello, Leonardo Bolognese, Giuseppe Ambrosio<sup>(d)</sup>, Ernst E. van der Wall, Piotr Kulakowski<sup>(e)</sup>, Fausto J. Pinto<sup>(f)</sup>, Eduard Apetrei, Rafael G. Oganov, Gabriel Kamensky, Thomas F. Lüscher, René Lerch, Habib Haouala, Vedat Sansoy, Valentin Shumakov, Carlos Daniel Tajer<sup>(+)</sup>, Chu-Pak Lau<sup>(+)</sup>, Manlio Márquez<sup>(+)</sup>, Rungroj Krittayaphong<sup>(+)</sup>, Kaduo Arai<sup>(+)</sup>, Fernando Alfonso<sup>(g)</sup>*

*European Society of Cardiology (ESC) National Society Cardiovascular Journals Editors and <sup>(+)</sup>ESC Affiliated Societies Cardiovascular Journals Editors, see Appendix for complete affiliations*

<sup>(\*)</sup> Education Editor, Heart (UK)

Editors Network Task Force:

- (a) Editor-in-Chief, Heart (UK)
- (b) Editor-in-Chief, Acta Cardiologica (BE)
- (c) Editor-in-Chief, Hellenic Journal of Cardiology (GR)
- (d) Former Editor-in-Chief, Gionale Italiano di Cardiologia (IT)
- (e) Editor-in-Chief, Kardiologia Polska (PL)
- (f) Editor-in-Chief, Revista Portuguesa de Cardiologia (PT)
- (g) Editor-in-Chief, Revista Espanola de Cardiologia (ES) and chairperson of the Editors' Network

This manuscript will be simultaneously published in all ESC National Societies and ESC Affiliated Societies' cardiovascular journals that consented to publication.

**M**reža urednika Europskog kardiološkog društva (ESC) definirala je svoju misiju u izjavi objavljenoj u nacionalnim kardiološkim časopisima Europe u 2008. godini<sup>1</sup>. Mreža sada razmatra načine kako bi njihove publikacije mogle imati širi utjecaj na području poslijediplomske edukacije.

**T**he Editors' Network of the European Society of Cardiology (ESC) defined its mission in the statement published across the national cardiac journals of Europe in 2008<sup>1</sup>. The Network is now considering ways in which their publications can have a broader influence in the field of post-graduate education.



Prijeko je potrebno da kardiolozi nastave s učenjem tijekom svoje cijele profesionalne karijere. Doista, još je Hipokrat prepoznao potrebu za poslijediplomskim obrazovanjem davno prije no što su to prepoznale medicinske obrazovne ustanove i odjeli za odnose s javnošću. "Ars longa, vita brevis" latinski je prijevod Hipokratovog priznanja da za liječnike potreba trajnog učenja medicine traje tijekom njihove cijele profesionalne karijere. U srednjovjekovnim vremenima je u sklopu sveučilišta postavljen temelj moderne etičke medicinske prakse; dugotrajna budućnost medicinske profesije se temeljila na konceptu liječnika kao muškaraca i žena od nauke i znanja, a ne ljudi koji dijele neznanstvene ljekovite pripravke.

Kako se onda moderni urednik nacionalnog kardiološkog časopisa, pognut nad ekranom računala, može poistovjetiti sa svojim srednjovjekovnim prethodnicima, opatima zaduženima za sveučilišne biblioteke koji su odabirali knjige za znanstveno školovanje? Najočiglednija razlika je, naravno, ta što internet modernim autorima omogućava da s lakoćom pristupe uredniku, zbog čega urednik ima obvezu načiniti procjene mnogo većeg broja rukopisa nego što su to morali njegovi prethodnici (**slika na naslovnici**). Međutim, akademski trud je potencijalno veoma vrijedan što omogućava uredniku da prikupi trenutna saznanja koji to pisci kombinirajući znanje kardiovaskularne medicine i stil kojim se prenosi to znanje, da bi ga mogli autoritativno prenijeti na liječnike željne znanja.

Koje su značajke liječnika koji žele učiti? Kod odrasle osobe prednost ima samousmjereni pristup, prema kojem sami identificiraju svoje potrebe za znanjem, formuliraju ciljeve učenja, identificiraju sredstva za postizanje tih ciljeva te sami procjenjuju svoje učenje<sup>2</sup>. Medicinski časopisi pružaju gotov izvor koji zadovoljava potrebe samousmjerenog učenja, naročito posredstvom njihovih komentara i preglednih članaka, no vrijednost sredstva je u ključnoj ovisnosti o kvaliteti sadržaja, koji naposljetku ovisi o tri čimbenika:

1. *Odabir teme*: Idealno, ovo bi trebalo biti u skladu s kurikulumom ESC čija je namjera stvoriti okvir za kontinuiranu medicinsku edukaciju općih europskih kardiologa. Kako bi se sveobuhvatno pokrile teme potrebno je obrađivati i teme iz matičnih i rubnih područja, te će postojati potreba za ažuriranjem znanja, naročito u područjima u kojima otkrića napreduju najbrže.

2. *Odabir autora*: Urednici su u položaju da bez premeditacije odabiru radove od trenutno aktivnih autora, onih najspособnijih u podučavanju drugih sukladno njihovim specijaliziranim stručnim znanjem i vještinama pisanja. Jasna prezentacija mora biti spojena s intelektualnom čvrstinom kako bi se tvrdnje potvrdile dokazima koji proizlaze iz kritične procjene relevantne literature.

3. *Prezentacija*: Trebala bi biti kreirana tako da pomaže čitatelju, koristeći dobro strukturirani sadržaj, relevantne ilustracije, prikaze sažetaka u kućicama te označene reference koje čitatelja upućuju na izvorni materijal.

Međutim, odrasli koji žele učiti zahtjevaju od medicinskih časopisa više od visoke kvalitete komentara i preglednih članaka. Potrebne su edukativne povratne informacije od strane akreditiranih organizacija kako bi objedinili svoje učenje i dobili bodove iz kontinuirane medicinske edukacije (CME) koja je u mnogim zemljama postala nužan uvjet za liječnike praktičare. Na primjer, Europski odbor za

The need for Cardiologists to continue to learn throughout their professional life will remain essential. Indeed recognition for the need for postgraduate education was highlighted by Hippocrates long before it was espoused by the Medication Educationalists and Public Relations Departments. "Ars longa, vita brevis" is the Latin translation of Hippocrates' recognition that for a doctor, the need to continue learning the art of medicine, lasts for all of our professional life. In medieval times, the foundation of modern day ethical medical practice was laid within the heart of the Universities; the long term future of the medical profession was founded in the concept of doctors as men, and women, of learning and knowledge, rather than the purveyors of non-scientifically based remedies.

So how does the modern day Editor of a National Cardiology Journal, crouched over his computer screen, relate to his medieval predecessor, the Abbot in charge of the University Library selecting the books for scholarly enterprise? The most obvious difference, of course, is that the Internet provides modern day authors with an easy access to the Editor and consequently the Editor is obliged to make judgements on a much larger number of manuscripts than his predecessor would have been asked to do (**Figure on front page**). The academic effort however is potentially very valuable, allowing the Editor to accumulate a current wisdom of which writers combine both the knowledge of cardiovascular medicine with the style with which to communicate that knowledge, in an authoritative way to doctors who wish to learn.

What are the characteristics of doctors who wish to learn? As adults, they prefer a self-directed approach, in which they identify their own learning needs, formulate learning objectives, identify resources to achieve these objectives and evaluate their own learning<sup>2</sup>. Medical journals provide a ready resource for meeting the aims of self-directed learning, particularly through their commentary and review articles, but the value of the resource is critically dependent on the quality of the content, which in turn depends on three factors:

1. *Subject selection*: Ideally this should be curriculum-based, the core curriculum of the ESC intending to provide a framework for the continuing medical education of the general European Cardiologist. Both mainstream and more peripheral subject matter are required for comprehensive educational coverage, and so there will be a need for updates, particularly in areas where new discoveries are proceeding most rapidly.

2. *Author selection*: Editors are in an unrivalled position to select from currently active authors, those best able to educate others based on their subspecialty expertise and writing skills. Clear presentation must be coupled with the intellectual rigor to back up assertions with evidence derived from critical appraisal of the relevant literature.

3. *Presentation*: This should be designed to help stimulate the reader, using highly structured content, relevant illustrations, summary box displays, and annotated references that allow the reader to refer back to source material.

Adults who wish to learn, however, require more of medical journals than high quality commentary and review articles. They also require educational feed-back provided by accrediting organisations in order to consolidate their learning and acquire the continuing medical education (CME) credits that in many countries are becoming an essential requirement for practising doctors. The European





akreditaciju u kardiologiji (EBAC) zahtjeva da kardiolozi zarade minimalno 250 CME bodova tijekom razdoblja od pet godina, od kojih 125 moraju biti "vanjski CME bodovi" od službeno planiranih vanjskih aktivnosti, uključujući edukativne članke<sup>3</sup>. Politika EBAC akreditacije za CME članke je sažeta u **tablici 1** i uključuje zahtjev za "objektivnu procjenu načina", preporučujući uporabu pitanja s višestrukim izborom odgovora (MCQ) koja su dostupna "on-line". Članci od ~3.500 riječi i 6 MCQ se smatraju ekvivalentom jednog sata edukativne aktivnosti i ostvaruju 1 CME bod.

Board for Accreditation in Cardiology (EBAC), for example, requires that cardiologists earn a minimum of 250 CME credits over a period of 5 years, 125 of which must be "external CMEs" from formally planned external activities, including educational articles<sup>3</sup>. The EBAC accreditation policy for CME articles is summarised in **Table 1** and includes a requirement for "an objective evaluation instrument", recommending the use of a multiple choice questionnaire (MCQ) made available on-line. Articles of ~3,500 words and 6 MCQs are considered equivalent to 1 hour of educational activity and provide 1 CME credit.

**Table 1. Summary EBAC criteria for accreditation of CME articles**

- Internationally recognised authors
- Disclosure of conflicts of interest
- No advertising within article
- Provision of objective evaluation instrument (MCQs)
- Web-based system for provision of CME certificate if  $\geq 60\%$  of questions are answered correctly

Gotovo svi nacionalni kardiološki časopisi u Europi objavljuju visokokvalitetne pregledne članke<sup>4-7</sup> (**tablica 2**). *Heart*, međunarodni kardiološki časopis sa sjedištem u Velikoj Britaniji, predvodi na području edukacije temeljene na časopisima u posljednjih deset godina<sup>8</sup>, te trenutno sadrži >95% edukativnih članaka koji zaslužuju CME bodove na EBAC web stranici. Njegov edukativni dio funk-

Nearly all the national cardiac journals of Europe carry high quality review articles<sup>4-7</sup> (**Table 2**). *Heart*, the UK-based international cardiac journal, has been a leader in the field of journal-based education for 10 years<sup>8</sup>, and currently accounts for >95% of educational articles attracting CME credits on the EBAC web site. Its educational section runs semi-autonomously within the journal under the di-

**Table 2. Questionnaire on Education Issues : ESC National Society Cardiovascular Journals**

**A) Currently Published Articles:**

84% Journals publish Editorials (63% peer-reviewed)  
 92% Journals publish Review Articles (83% peer-reviewed)  
 82% Journals publish Supplements (62% peer-reviewed)

**B) Clinical Practice Guidelines (CPG):**

79% Journals publish CPG:  
 - 67% National CPG  
 - 73% ESC CPG:  
 - 50% translated into national languages  
 - 36% in English  
 - 14% translated into national languages and in English

**C) Continuous Medical Education (CME)**

42% Journals have CME programs  
 32% Journals obtain national CME credits  
 76% Journals would be interested in obtaining ESC CME credits

**D) Interest in Additional Educative Material:**

92% Journals interested in ESC joint educative papers  
 92% Journals interested in "occasional" publication of educative material directly organized by the ESC  
 71% Journals consider that educative material need not to be distinct/country focused  
 82% Journals believe that both undergraduate and postgraduate education should be covered

ESC= European Society of Cardiology. A 38 item questionnaire was devised by the Editor's Network Nucleus and sent to ESC National Journal Editors (44 National Societies and 16 Affiliated Societies). Data was obtained from 38 National Journals (33 National Society Journals - 75% response rate - and 5 Affiliated Societies Journals)



cionira poluautonomno u sklopu časopisa i pod vodstvom je vlastitog urednika i tima stručnih savjetnika. Edukativni članci su u časopisu *Heart* besplatno dostupni preko web stranica časopisa i ESC<sup>9,10</sup>, a ti su članci među najčitanijima od svih radova u časopisima, te se konstantno pojavljuju u vrhu od prvih deset preuzimanja časopisa putem web stranice tijekom 2008. godine<sup>11-15</sup>. Visokokvalitetan edukativni sadržaj uz mogućnost dobivanja lokalnih CME bodova također je dostupan i u drugim nacionalnim kardiološkim časopisima<sup>16,17</sup> (tablica 2), a Mreža urednika sada omogućava stvarnu mogućnost proširenja ovih edukativnih inicijativa preko nacionalnih kardioloških časopisa u Europi<sup>10</sup>.

rection of a dedicated editor and a team of specialist advisors. Education in *Heart* is available for free access via the *Heart* and ESC web sites<sup>9,10</sup> and its articles are among the most highly accessed of all the journal's papers, consistently appearing in the top ten web-downloads during 2008<sup>11-15</sup>. High quality educational content with provision of local CME credits is also available in other national cardiac journals<sup>16-17</sup> (Table 2) and The Editors' Network now provides a real opportunity to extend these educational initiatives throughout the national cardiology journals of Europe<sup>10</sup>.

Received: 12<sup>th</sup> Oct 2009

E-mail: [adamtimmis@mac.com](mailto:adamtimmis@mac.com)

## Literature

1. Alfonso F, Ambrosio G, Pinto FJ, Van der Wall EE, Kondili A, Nibouche D, Adamyan K, Huber K, Ector H, Masic I, Tarnovska R, Ivanuša M, Stanek V, Videbæk J, Hamed M, Laucevičius A, Mustonen P, Artigou J-Y, Cohen JY, Rogava M, Böhm M, Fleck E, Heusch G, Klawki R, Vardas P, Stefanadis C, Ten-czer J, Chiariello M, Elias J, Benjelloun H, Rødevand O, Kulakowski P, Apetrei E, Luson VA, Oganov RG, Obradovic V, Kamensky G, Kenda MF, Höglund C, Lüscher TF, Lerch R, Jokhadar M, Haouala H, Sansoy V, Shumakov V, Timmis A. European National Society cardiovascular journals. Background, Rationale and Mission Statement of the "Editors' Club" (Task Force of the European Society of Cardiology). *Heart*. 2008;94:e19.
2. Kaufman DM. ABC of learning and teaching in medicine: Applying educational theory in practice. *BMJ*. 2003;326:213-216.
3. European Board for Accreditation in Cardiology. <http://www.ebac-cme.org/index.php> (accessed 18/9/09).
4. Ramos PM, Martínez VB, Granada JQ, Juanatey JR. [Advances in hypertension and diabetes in 2007]. *Rev Esp Cardiol*. 2008;61 Suppl 1:58-71.
5. Selton-Suty C, Juillière Y. Non-invasive investigations of the right heart: How and why? *Arch Cardiovasc Dis*. 2009;102:219-32.
6. Maas AH, Franke HR. Women's health in menopause with a focus on hypertension. *Neth Heart J*. 2009;17:68-72.
7. Stefanatou A. Smoking cessation in cardiovascular patients. *Hellenic J Cardiol*. 2008;49:422-31.
8. Timmis AD. Education in *Heart*: 10<sup>th</sup> anniversary. *Heart*. 2009;95:1555.
9. *Heart*. <http://heart.bmj.com> (accessed 18/9/09).
10. European Society of Cardiology. <http://www.escardio.org/membership/national-societies/Pages/journals.aspx> (accessed 18/9/09).
11. Peter R, Cox A, Evans M. Management of diabetes in cardiovascular patients. *Heart*. 2008;94:369-375.
12. Grayburn PA. How to measure severity of mitral regurgitation. *Heart*. 2008;94:376-383.
13. Konstantinides SV. Acute pulmonary embolism revisited. *Heart*. 2008;94:795-802.
14. Wu AH. Cardiotoxic drugs: clinical monitoring and decision making. *Heart*. 2008;94:1503-1509.
15. Jukema JW, Berghaanu SC. Statins: established indications and controversial subgroups. *Heart*. 2008;94:1656-1662.
16. Cruz-González I, Solís J, Inglessis-Azuaje I, Palacios IF. Patent foramen ovale: current state of the art. *Rev Esp Cardiol*. 2008;61:738-51.
17. Badimon L, Vilahur G. Coronary atherothrombotic disease: progress in antiplatelet therapy. *Rev Esp Cardiol*. 2008;61:501-13.

## Appendix

Journal names (by alphabetic order of country origin and members (Editors-in-chief of the Editors' Network)

National Society Name	National Society Journal	Editor-in-Chief
Austrian Society of Cardiology	Journal für Kardiologie*	Kurt Huber
Belgian Society of Cardiology	Acta Cardiologica	Hugo Ector Patrizio Lancellotti
Association of Cardiologists of Bosnia and Herzegovina	Medicinski Arhiv	Izet Mašić
Croatian Cardiac Society	Kardio list	Mario Ivanuša
Cyprus Society of Cardiology	Cyprus Heart Journal	Loizos Antoniadis
Czech Society of Cardiology	Cor et Vasa	Michael Aschermann
Danish Society of Cardiology	Cardiologisk Forum	Jorgen Videbæk
Estonian Society of Cardiology	Seminars in Cardiovascular Medicine**	Alexandras Laucevičius
Finnish Cardiac Society	Sydänääni (Heart Beat)	Pirjo Mustonen
French Society of Cardiology	Archives des maladies du cœur et des vaisseaux Pratique	Jean-Yves Artigou
Hellenic Cardiological Society	Hellenic Journal of Cardiology	Panos Vardas Christodoulos Stefanadis
Italian Federation of Cardiology	Journal of Cardiovascular Medicine Giornale Italiano Di Cardiologia	Massimo Chiariello Leonardo Bolognese
Latvian Society of Cardiology	Seminars in Cardiovascular Medicine**	Alexandras Laucevičius
Lithuanian Society of Cardiology	Seminars in Cardiovascular Medicine**	Alexandras Laucevičius
Netherlands Society of Cardiology	Netherlands Heart Journal	Ernst E. van der Wall



Polish Cardiac Society  
Portuguese Society of Cardiology  
Romanian Society of Cardiology  
Russia Fed Society of Cardiology

Slovak Society of Cardiology  
Spanish Society of Cardiology  
Swiss Society of Cardiology

Tunisian Society of Cardiology  
Turkish Society of Cardiology  
Ukrainian Association of Cardiology  
British Cardiovascular Society

Kardiologia Polska - Polish Heart Journal  
Revista Portuguesa de Cardiologia  
Revista Româna de Cardiologie  
Cardiovascular Therapy and Prevention  
Rational Pharmacotherapy in Cardiology  
Kardiológia  
Revista Española de Cardiología  
Kardiovaskuläre Medizin  
Médecine Cardiovasculaire  
Cardiologie Tunisienne  
Archives of the Turkish Society of Cardiology  
Ukrainian Journal of Cardiology  
Heart

Piotr Kulakowski  
Fausto J. Pinto  
Eduard Apetrei  
Rafael G. Oganov  
Rafael G. Oganov  
Gabriel Kamensky  
Fernando Alfonso  
Thomas F. Lüscher  
René Lerch  
Habib Haouala  
Vedat Sansoy  
Valentin Shumakov  
Adam Timmis

**Affiliated Society Name**

Argentine Society of Cardiology  
Hong Kong College of Cardiology  
Mexican Society of Cardiology  
Heart Association of Thailand  
Venezuelan Society of Cardiology

**Affiliated Society Journal**

Revista Argentina de Cardiología  
Journal of the Hong Kong College of Cardiology  
Archivos de Cardiología de México  
Thai Heart Journal  
Avances Cardiológicos

**Editor-in-Chief**

Carlos Daniel Tajer  
Chu-Pak Lau  
Manlio Márquez  
Rungroj Krittayaphong  
Kaduo Arai

\* Not official National Society journal, but major cardiology journal in Austria

\*\* Common journal for the Baltic countries

**Uvodnik**

**Editorial**

# Uloga urednika časopisa kao edukatora stručnih i istraživačkih zajednica

# The role of journal editors as educators in professional and research communities

**Ana Marušić**

*Co-editor in Chief, Croatian Medical Journal, Croatia  
Member, International Committee of Medical Journal Editors  
Past President, Council of Science Editors  
Past President, World Association of Medical Editors*

**K**lub urednika Europskog udruženja nacionalnih kardiovaskularnih časopisa (ENSCJ), koji okuplja više od 40 urednika i njihove časopise, predstavlja najbolji primjer kako urednici, ako udruže snage, mogu utjecati na područje istraživanja<sup>1</sup>. Naročito važna je njihova edukativna uloga, što je naglašeno u novom priopćenju o inicijativi razvoja sustava ocjenjivanja kontinuirane medicinske edukacije (CME) za pojedine članke u časopisima ENSCJ<sup>2</sup>.

U edukacijskoj ulozi u vlastitim znanstvenim zajednicama, urednici časopisa imaju dva strateška alata: urednički integritet i politiku uslužnosti autorima<sup>3</sup>. Kako bi razvili sustav dodjeljivanja CME bodova člancima u svojim časopisima ENSCJ urednici se moraju pobrinuti da su ti članci dobro napisani te da su studije ili problemi dobro predstavljeni, a također moraju imati pouzdanja u pravovaljanost predstavljenog istraživanja.

Poboljšanje kvalitete objavljenih članaka te time i učinkovitosti prijenosa podataka o istraživanjima može se postići isključivo aktivnom suradnjom urednika s autorima članaka. Umjesto da se žale kako su dobili loše napisane tekstove, urednici bi se trebali aktivno uključiti u politiku uslužnosti autorima<sup>3</sup>. Bez obzira na važnost i utjecaj časopisa

**T**he Editors' Club of the European National Society Cardiovascular Journals (ENSCJ), gathering more than 40 editors and their journals, is the best example how editors can make an impact on the research field if they join their efforts<sup>1</sup>. Particularly important is their educational role, as emphasized in their most recent communication about the initiative to develop continuing medical education (CME) credit systems for their journals for particular articles<sup>2</sup>.

In their role of educators in their own scientific communities, journal editors have two strategic tools: their editorial integrity and author-helpful policy<sup>3</sup>. To develop a system of awarding CME credits to the articles in their journals, ENSCJ editors have to ensure that these articles are well written and the research or problem well presented, as well as to be confident in the validity of the research presented.

The increase in the quality of the published articles and thus an effective transfer of research information can be achieved only by active work of editors with the journal authors. Instead of complaining that they get poorly written manuscripts, editors should get engaged in a proactive, author-helpful policy<sup>3</sup>. Regardless of the journal's impor-