



Date: August 19th, 2025

Summary of the First Education Pillar Meeting

Present (15): Jasmine Grewal, Mansi Patel, Candice Silversides, Beatriz Fernandez Campos, Dave Javier, Sarah Blissett, Jennifer Oakes, Rohan D'Souza, Valerie Rychel, Laura Chisick, Elisabeth Bedard, Samuel Siu, Arsha Karbassi, Janine Hutson, Maria Luz Garagiola

Absent (13): Markus Schwerzmann, Natalie Bottega, Jonathan Windram, Keivan Alizadeh, Alexandra Saunders, Lisa Albertini, Angela Kealey, Emily Walker, Michelle Keir, Emilie Laflamme, Annie Dore, Alvan Buckley, Nazneem Wahab

In this meeting, the group focused on the Education Pillar of the Canadian Cardiac Obstetrics Network (CanCOB). The goal was to review proposed initiatives, brainstorm new ideas, and determine next steps. Dr. Sarah Blissett will be the lead for this pillar.

Key Discussion Points:

1. Refresher on CanCOB Mission/Vision/Values and Pillars
2. Reviewed Educational Initiatives
Each is listed below with action items, leads, and next steps.

- **Educational Videos (Lead: Dr. Dave Javier + Volunteers)**
 - Short, accessible videos for both patients and clinicians (topics: condition overviews, lifestyle tips, clinical guidelines, new ESC guideline summaries).

- Potential hosting on a CanCOB YouTube channel to increase patient engagement or on the CanCOB website to avoid unrelated advertisements.
 - Include fertility and reproductive health content, identified as a key gap.
 - Feature conference coverage (e.g., ESC/CCS highlights) and “difficult case” discussions.
 - Next Steps: Interested members to form a working group to outline format and initial content plan.
- **Social Media Ambassadors**
 - Idea to recruit professionals to share content and coverage from conferences, and brief reels/podcasts (e.g., Instagram reels, guideline discussions).
 - Next Steps: Identify social media ambassadors.
- **Podcasts (Leads: Dr. Beatriz Fernandez Campos and Dr. Jasmine Grewal)**
 - Audio-based discussions to share expert perspectives, highlight new guidelines, summarize conference takeaways, and review complex cases.
 - Podcasts may feature case submissions from members for interactive learning.
 - Could serve as an ongoing series to build a community of learners across Canada and internationally.
 - Suggested topics include ESC/AHA guideline updates, fertility issues, and medication use in pregnancy.
 - Next Steps: Develop a content plan and determine logistics.
- **One-Page Summaries**
 - Short, standardized PDFs with both patient-friendly and provider-focused versions for each cardiac condition/topic on the website.
 - Members are each assigned 1–2 topics to update. Templates provided, and old versions to be revised with current literature and guidelines.
 - Dr. Janine Hutson proposed adding content on common cardiac medications in pregnancy.
 - Due September 30, 2025.
- **Risk Calculators**
 - Online tools embedded on the CanCOB website (WHO, CARPREG I & II, others) for clinicians, with the option of simplified patient-facing versions in the future.
 - Can consider linking calculators with existing Canadian guideline algorithms for consistency and clinical relevance.



- Next Steps: Collaborate with ThoughtShop to link calculators on website.
- **Additional Suggestions for the CanCOB Website (Overseen by Mansi Patel, Dr. Jasmine Grewal, Dr. Candice Silversides, Dr. Rohan D'Souza)**
 - Linking CanCOB's website to trusted existing resources and websites (e.g., Easy Maternity project).
 - Dr. Élisabeth Bédard highlighted the need for bilingual (French/English) content and shared her ongoing Quebec project with patient engagement.
 - Multiple members emphasized engaging patients early in shaping website design and content.
 - Dr. Élisabeth Bedard offered her patient cohort, for an existing related project, (~200 women) for consultation. She will also invite her design contacts (graduate students) to aid in the development of the website.
 - Engage patients at each site to collect feedback on the website.
- **Collaborations** - With groups like the Marfan Foundation, Fontan network, and OB societies for wider resource sharing

3. Leads

- Education Pillar Lead: Dr. Sarah Blissett.
- Video/YouTube Channel: Dr. Dave Javier (with support from others).
- Podcasts: Dr. Beatriz Fernandez Campos and Dr. Jasmine Grewal.
- Website & Patient Engagement: Dr. Élisabeth Bédard to collaborate and involve her design contacts and patient cohort, as mentioned above.

4. Next Steps

- Explore social media outreach and ambassador role for CanCOB.
- Engage additional members (not present due to holidays/clinical work).
- Identify leads and working groups for individual initiatives.

