Looking Ahead to Orlando

It is a great honor to greet you as the new Chair of the 3CPR Council and to offer a hearty thanks to outgoing Chair Evangelos Michelakis, MD, FAHA, for his service to the Council and the AHA. This is an exciting time for our Council. Our recent accomplishments include the formation of a robust early career group under the guidance of Mark Gladwin, MD, FAHA, the growth of our membership and new collaborations with prehospital providers and pulmonary hypertension nursing providers.

We are working hard on the program for Scientific Sessions 2015, and I see some terrific content for this upcoming year, including the results from a number of impactful trials.

Here are some highlights of the program:

- The Resuscitation Science Symposium is a three-day resuscitation track that will include a presentation on the landmark Institute of Medicine report on cardiac arrest. The symposium will be Nov. 7-9.
- A dynamic early career program on Saturday, Nov. 7.
- The annual Courand & Coneore Young Investigator Award competition on Sunday, Nov. 8.
- The Dickinson W. Richards Memorial Award lecture, to be given by Thomas Rea, MD, MPH, from the University of Washington, on Monday, Nov. 9.
- The Kenneth D. Bloch Memorial Lecture in Vascular Biology to be given by Stephen Ascher, MD, on Monday, Nov. 9.

We hope you can join us at Scientific Sessions 2015, Nov. 7-11, in Orlando, Florida. We also welcome you to get involved in the many activities of the 3CPR Council.

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My Career So Far

Interview with Benjamin Abella, MD, MPhil, FAHA

by John Ryan, MD, FAHA

Q. Tell us about your background and how you became involved in the 3CPR Council?

Abella: I went to Johns Hopkins University School of Medicine, at which point I knew that I wanted to follow a career path in clinical investigation, broadly within cardiovascular medicine. I trained in both emergency medicine and internal medicine at the University of Chicago, and am now an associate professor at the University of Pennsylvania and vice chair for Research in the Department of Emergency Medicine. I first became involved with 3CPR in 2004, when I was invited to join the 3CPR Leadership Committee as a young investigator representative. At that point, I had almost no idea what AHA committees or Councils did, or what my role entailed. My understanding of AHA grew quickly, as did my further involvement. It has been a fulfilling experience, full of new professional connections, intellectual stimulation and personal growth.

Q. For young scientists entering the field, what advice would you give them and what sort of help can the AHA offer?

Abella: I think the importance of networking and collaboration is often understated to young investigators. Current scientific efforts require teamwork and broad collaborations more than ever. To build these relationships and to establish a range of mentors from outside your home institution, it is important to find networking opportunities. I think this is one of the most important aspects to AHA participation for junior investigators. Joining an AHA committee, attending Scientific Sessions or other AHA meetings and participating in AHA advocacy efforts are all terrific paths to getting out on the national stage and meeting future mentors, colleagues and fellow travelers in scientific careers. When you go to AHA meetings, be brave. Ask questions, introduce yourself to speakers and mingle. These connections can be so important as your career progresses.

Q. Your work focuses on cardiac arrest, CPR physiology and ischemia-perfusion. What approaches are you specifically using to drive your research?

Abella: I largely do clinical research, with patient enrollment and clinical data collection tools at the bedside. But I am also involved in a variety of translational projects with basic scientists, engineers and industry partners. Many of these connections were made through AHA opportunities.

This hands-on opportunity allows you to model critical scenarios and observe hemodynamic consequences. A total artificial heart mock-circulatory loop paired with axial and centrifugal continuous flow devices will test scenarios such as inadequate preload/afterload conditions, right heart failure and device obstruction.

Visit the Simulation Zone in booth 101 during scheduled sessions or drop by at your convenience to experience the devices on your own. The schedule of sessions will be available for viewing in the Mobile Meeting Guide App (available for download in mid-October) and in the Final Program available on-site.