

Women in Cardiology Committee

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Supporting Statement:

While pursuing a cardiology career has always felt like the right choice for me, the undeniable gender imbalance within the specialty has made it challenging to find relatable role models and support in navigating the complexities of managing career transitions. This experience motivated me to take on the role of Regional Representative for Women in Cardiology (WIC) in Severn, which I have held since 2022 while training in Interventional Cardiology and now pursuing a Clinical Research Fellowship at Royal United Hospitals Bath NHS Foundation Trust.

In my role as regional WIC rep, I have focused on providing informal, confidential support to current and aspiring female cardiologists, addressing concerns relevant to their professional and personal journeys. To enhance the visibility of women in cardiology, foster meaningful mentorship, and encourage junior colleagues to pursue the specialty, I have organised multiple networking events, contributed to career fairs, and delivered both regional and national talks on the opportunities and challenges within cardiology.

Despite the progress made in recent years, my work at the regional level has reinforced my awareness of the persistent barriers that discourage skilled and capable trainees from entering the field. These concerns often relate to radiation exposure, maintaining work-life balance and the impact of career breaks on training. As an elected WIC Committee member, my aim is to challenge these obstacles by:

1. **Enhancing awareness of radiation protection** among early-career cardiologists by developing additional learning resources. This initiative will empower trainees to practise safely in the catheterisation lab and advocate confidently for adequate radiation safety measures.
2. **Expanding further the regional WIC programme** to create structured networking and mentorship opportunities for medical students and early-career doctors, facilitated by established female cardiologists. By increasing the visibility of women in the field, I hope to provide aspiring cardiologists with relatable role models and a supportive professional network.
3. **Developing a peer-led return to work mentorship scheme**, to offer personalised support to colleagues resuming their careers.

Through these efforts, I am committed to fostering a more inclusive and supportive environment within cardiology, ensuring that talented individuals feel encouraged to pursue and thrive in this rewarding specialty.