

## Mehak Tahir

### Guidelines and Practice Committee

I would be highly motivated to take on the role of Resident Doctor representative for Guidelines and Practice committee within the British Cardiovascular Society. As a cardiology registrar, I have developed a strong interest in evidence-based medicine and its translation into clear, practical guidance that can improve patient care. I am particularly passionate about ensuring that guidelines reflect real-world clinical challenges and support clinicians in delivering equitable, high-quality care.

Currently, I am leading both a local and national quality improvement project focused on hormone replacement therapy (HRT) prescribing in women with ischaemic heart disease. This work has highlighted significant variation in practice as well as the uncertainty clinicians face due to the lack of unified, cardiology-specific guidance in this area. This has further inspired me to review national and international guidelines that impact our practice.

I am especially keen to build on this work by collaborating with the British Cardiovascular Society to develop a formal statement addressing HRT use in women with cardiovascular disease, similar to the work produced by the British Menopause Society. I believe this is an important and currently underrepresented area within cardiovascular guidelines, with the potential to significantly improve outcomes and quality of life for women.

Moreover, I would bring enthusiasm, initiative and a strong commitment to advancing inclusive, evidence-based practice while representing the perspectives of resident doctors in shaping future guidance.