

Dear ESC nominating committee members,

**RE: ESC Councillor 2024-26 mandate- letter of motivation**

I am writing to express my keen interest in the position of Councillor at the European Society of Cardiology (ESC). Over the last 10 years, I have served the ESC on a range of different boards and committees, and I am eager to continue to contribute to the society's mission and vision.

**Professional Background:** I am Professor in Cardiovascular Nursing and Head of the Centre for Cardiovascular Health at Edinburgh Napier University. My academic journey includes a Bachelor of Arts (Honours) in Nursing (Queen Margaret University, Edinburgh) and a PhD in Secondary Prevention of Cardiovascular Disease (University of Sydney). Subsequently, I undertook a post-doctoral fellowship at the University of Sydney (2012-16), before returning to the UK to take up the position of Professor at Edinburgh Napier University in 2016. Over the years, I have diligently pursued research excellence, have published 150 peer-reviewed papers and have an H-Index of 48 (Scopus). My dedication to cardiovascular research is further underscored by the £5 million in research grants I have successfully obtained in the past five years.

**Leadership and Advocacy:** My commitment to the field of cardiovascular health extends beyond research. I have the honour of serving as the Past President of the Association of Cardiovascular Nursing and Allied Health (ACNAP) of the ESC. During my tenure as President of ACNAP, I led initiatives that bolstered the society's influence and impact, particularly notable as I was president during the COVID-19 pandemic. Currently, I am privileged to lead the ESC Patient Forum, working closely with patients to weave a golden thread of patient-centred care throughout the ESC. In 2023, I was elected to Fellowship of the Royal Society of Edinburgh, Scotland's National Academy of Science and Letters. I am also the first nurse to serve as the National Health Service Research Scotland Cardiovascular Clinical Network Lead (2021-present).

**Research Impact:** My research has pioneered the use of technologies, including smartphone apps, to prevent and manage cardiovascular diseases. I am led a James Lind Alliance Priority Setting Partnership to identify key research priorities in digital health for heart health. I have also significantly contributed to the understanding and management of atrial fibrillation, a vital area in cardiovascular health. My work has not only been published in high-impact journals but has also influenced global guidelines and policies. For instance, my research was cited as Class 1 Level B evidence in the ESC guidelines on the management of atrial fibrillation (2020), showcasing the practical implications of my contributions. Furthermore, my role as a mentor has allowed me to guide and support aspiring researchers. I have supervised the successful completion of 11 PhD students, and 3 Honours students, all of whom have achieved Upper Class Honours.

**Community Engagement and Mentorship:** Engaging with the community is a cornerstone of my work. I have actively participated in numerous community events related to secondary prevention and atrial fibrillation screening, working consistently to raise awareness about cardiovascular health. I have championed the development of new clinics in Scotland, and link with policymakers to improve access to healthcare. I am passionate about patient and public involvement in research and have established a national cardiovascular patient and public involvement group.

**Vision for the ESC:** If appointed as a Councillor, my vision would be to strengthen the ESC's position through my work as a global leader in cardiovascular research and education. I am deeply committed to promoting multidisciplinary collaboration, fostering innovation, and advocating for patient-centred care. By leveraging my expertise in technology-driven healthcare solutions and my passion for patient advocacy, I aim to enhance the ESC's efforts in advancing cardiovascular health worldwide. I am confident that my diverse experiences, research accomplishments, and leadership skills will enable me to continue to make significant contributions to the society's objectives. Thank you for considering my application.

Yours sincerely,

Lis Neubeck  
Professor Lis Neubeck, PhD, BA (Hons), RN, FESC, FIPC (Hon.), FRSE