

Curriculum Vitae

Lis Neubeck, PhD, FESC, FRSE, FIPC
Application for the position of councillor



Personal Information:

Place and Date of Birth: Edinburgh, 19/11/1972

Nationality: British/Australian

Current Position and Professional Address

Professor of Nursing, Head of the Centre for Cardiovascular Health, Edinburgh
Sighthill Campus, Sighthill Court, Edinburgh, EH11 4BN

Education and Postgraduate Training

BA (Hons) Nursing Studies, 1994, Queen Margaret University, Edinburgh

PhD "Increasing Access to Secondary Prevention of Cardiovascular Disease"

European Society of Cardiology Activities

I have a sustained and influential record of leadership within the European Society of Cardiology. I served as President of the Association of Cardiovascular Nursing and Allied Health from 2020 to 2022, where I strengthened multidisciplinary representation, expanded the visibility and contribution of nurses and allied professionals across Europe, and enhanced integration with ESC strategy and governance structures. I contributed to Board-level engagement, advanced the Society's commitment to patient-centred care, and supported the delivery of ESC Congress activities and scientific programmes, including acting as Local Host for the ACNAP Congress in 2023 and leading the development of the ACNAP Core Curriculum. I now lead the ESC Patient Forum from 2024 to 2026, driving a strategic agenda that embeds patient involvement, equity, and lived experience across ESC initiatives, education, research priorities, and public communication, alongside serving as Co-Chair of the ACNAP Congress Committee from 2024 to 2026 and as Editor-in-Chief of the ACNAP Handbook. My ESC activity demonstrates high-level leadership, delivery, and influence across professional groups, countries, and organisational structures, and I have consistently advanced the ESC mission through collaboration, implementation-focused thinking, and a clear commitment to improving cardiovascular outcomes for populations across Europe.

Participation in Other International Scientific Committees

I contribute to international and national scientific leadership through my membership of the Global Heart Hub Clinical Advisory Specialist Panel, where I provide expert guidance on cardiovascular practice across global settings, and through my role on the World Heart Federation Roadmap on Atrial Fibrillation Writing Committee, where I helped shape internationally endorsed recommendations to improve AF detection, management, and prevention. I also play a leading role in shaping cardiovascular strategy within Scotland, serving on the Scottish Cardiac Society Executive Committee, acting as a Trustee for Scottish Heart and Arterial Disease Risk Prevention, contributing to the Scottish Heart Disease Action Plan Taskforce, and participating as a member of the Chief Scientist Office Health Improvement, Protection, and Services Research Committee.

Editorial Boards

Consultant Editor, British Journal of Cardiac Nursing, Editorial Board Member European Journal of Cardiovascular Nursing and European Heart Journal- Digital Health

Leadership and Management Experience

I am a senior clinical academic nurse leader with over 30 years of experience in cardiovascular health and a strong and proven commitment to advancing the mission and strategic priorities of the European

Society of Cardiology. I am Professor of Cardiovascular Nursing and lead the Centre for Cardiovascular Health at Edinburgh Napier University, where I drive strategic direction, lead research development, and build multidisciplinary capacity across nursing, medicine, public health, digital health, behavioural science, and implementation science. This reflects the ESC focus on excellence, collaboration, and measurable improvements in cardiovascular outcomes.

I am the National Health Service Scotland Cardiovascular Research Clinical Network Lead from 2021 to the present, where I set national research priorities, strengthen clinical research infrastructure, and lead collaborative cardiovascular studies across a whole-country system. I have secured more than £8 million in research funding and completed a competitive National Health and Medical Research Council of Australia Early Career Fellowship in 2016, demonstrating sustained leadership, research excellence, and the ability to mobilise resources. These capabilities are essential for effective ESC governance.

I hold international academic leadership positions as Honorary Professor at the Susan Wakil School of Nursing and Midwifery in the University of Sydney. I have held elected leadership positions including Past President of the Australian Cardiovascular Health and Rehabilitation Association from 2015 to 2017 and Past President of the Association of Cardiovascular Nursing and Allied Health of the European Society of Cardiology from 2020 to 2022. In these roles I strengthened multidisciplinary representation, elevated the visibility of nurses and allied professionals across Europe, and contributed to ESC board level engagement. I now lead the European Society of Cardiology Patient Forum from 2022 to 2026, shaping patient involvement, equity, and strategic direction at a European level and directly advancing ESC priorities in participation, inclusion, and societal impact.

I serve on national and international committees, influence policy and guideline development, and lead cross sector collaborations with NHS, government, industry, and third sector organisations. My leadership is recognised through prestigious research awards and through election as a Fellow of the Royal Society of Edinburgh.

Fellowships and Honours

I am recognised nationally and internationally as a leading authority in cardiovascular health. I have received major awards for research excellence, including the RACGP and MDA National Best General Practice Research Article Award in 2015 and the Cardiac Society of Australia and New Zealand Nursing Prize in 2013, demonstrating scientific impact that aligns with the ESC commitment to advancing evidence based cardiovascular care. I am a Fellow of the European Society of Cardiology and an Honorary Fellow of the National Institute of Preventive Cardiology, reflecting peer acknowledgement of my contribution to cardiovascular science and practice. My leadership in translating evidence into clinical and population benefit was recognised as a finalist in the Scottish Knowledge Exchange Awards for Knowledge Exchange Champion in 2021 and in the Times Higher Education Awards for Knowledge Exchange and Transfer Initiative of the Year in 2021. I was highly commended in the Scottish Women's Health Awards for Services to Medicine in 2023. In 2023, I was elected to Fellowship of the Royal Society of Edinburgh, Scotland's national academy of science and letters, becoming the only practising nurse to achieve this distinction and demonstrating the influence, credibility, and leadership expected of an ESC Councillor. In 2024, I received the Royal College of Nursing Outstanding and Lifetime Achievement Award, further confirming my sustained and high-level contribution to cardiovascular health.

Honorary Memberships

I hold a range of honorary and visiting appointments that reflect my international standing in cardiovascular health. I am an Honorary Professor at the Sydney Nursing School, Susan Wakil School of Nursing and Midwifery, Charles Perkins Centre, University of Sydney, and an Honorary Senior Research Fellow at the George Institute for Global Health. I also serve as a Visiting Professor at the Department of Nursing, Faculty of Nursing and Midwifery at Wroclaw Medical University, and have previously held an Adjunct Professorship at Flinders University in Adelaide. In recognition of my contributions to cardiovascular prevention, I was awarded an Honorary Fellowship of the National Institute of

Prevention and Cardiovascular Health. I am also a Fellow of the Royal Society of Edinburgh and a Fellow of the European Society of Cardiology, distinctions that underscore my leadership and influence across clinical, academic, and professional communities internationally.

Top 10 Most Relevant Publications

1. Lowres, N., Neubeck, L., Salkeld, G., Krass, I., McLachlan, A. J., Redfern, J., ... & Freedman, S. B. (2014). Feasibility and cost-effectiveness of stroke prevention through community screening for atrial fibrillation using iPhone ECG in pharmacies. *Thrombosis and haemostasis*, 111(06), 1167-1176. Cited by 601
2. Neubeck, L., Freedman, S. B., Clark, A. M., Briffa, T., Bauman, A., & Redfern, J. (2012). Participating in cardiac rehabilitation: a systematic review and meta-synthesis of qualitative data. *European journal of preventive cardiology*, 19(3), 494-503. Cited by 432
3. Lau, J. K., Lowres, N., Neubeck, L., Brieger, D. B., Sy, R. W., Galloway, C. D., ... & Freedman, S. B. (2013). iPhone ECG application for community screening to detect silent atrial fibrillation: a novel technology to prevent stroke. *International journal of cardiology*, 165(1), 193-194. Cited by 406
4. Woodruffe, S., Neubeck, L., Clark, R. A., Gray, K., Ferry, C., Finan, J., ... & Briffa, T. G. (2015). Australian Cardiovascular Health and Rehabilitation Association (ACRA) core components of cardiovascular disease secondary prevention and cardiac rehabilitation 2014. *Heart, Lung and Circulation*, 24(5), 430-441. Cited by 353
5. Coorey, G. M., Neubeck, L., Mulley, J., & Redfern, J. (2018). Effectiveness, acceptability and usefulness of mobile applications for cardiovascular disease self-management: Systematic review with meta-synthesis of quantitative and qualitative data. *European journal of preventive cardiology*, 25(5), 505-521. Cited by 330
6. Neubeck, L., Redfern, J. U., Fernandez, R., Briffa, T., Bauman, A., & Freedman, S. B. (2009). Telehealth interventions for the secondary prevention of coronary heart disease: a systematic review. *European Journal of Preventive Cardiology*, 16(3), 281-289. Cited by 321
7. Jin, K., Khonsari, S., Gallagher, R., Gallagher, P., Clark, A. M., Freedman, B., ... & Neubeck, L. (2019). Telehealth interventions for the secondary prevention of coronary heart disease: a systematic review and meta-analysis. *European journal of cardiovascular nursing*, 18(4), 260-271. Cited by 258
8. Neubeck, L., Lowres, N., Benjamin, E. J., Freedman, S. B., Coorey, G., & Redfern, J. (2015). The mobile revolution—using smartphone apps to prevent cardiovascular disease. *Nature Reviews Cardiology*, 12(6), 350-360. Cited by 289
9. Richtering, S. S., Hyun, K., Neubeck, L., Coorey, G., Chalmers, J., Usherwood, T., ... & Redfern, J. (2017). eHealth literacy: predictors in a population with moderate-to-high cardiovascular risk. *JMIR human factors*, 4(1), e6217. Cited by 198
10. Neubeck, L., Hansen, T., Jaarsma, T., Klompstra, L., & Gallagher, R. (2020). Delivering healthcare remotely to cardiovascular patients during COVID-19: a rapid review of the evidence. *European Journal of Cardiovascular Nursing*, 19(6), 486-494. Cited by 150

Major Research Interest

My major research interest is driving the prevention of cardiovascular disease through innovative, patient-centred approaches that reduce inequalities in detection, treatment, and outcomes, with a strong focus on digital health solutions. I improve health literacy and engagement, particularly for women and underserved communities, by developing and evaluating digitally enabled models of care that support self-management, remote monitoring, and access to evidence-based treatment. I strengthen atrial fibrillation management and stroke prevention by applying digital tools to improve identification, communication, and uptake of therapy. I use implementation science to scale effective interventions and embed them sustainably in practice, co-creating solutions with patients, clinicians, and communities to ensure adoption and real-world impact. My work advances digital innovation, clinical science, public health, and system-level change to improve cardiovascular outcomes and influence national and international priorities.