

How to maximize your HRS experience as a trainee



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Congratulations to all the trainees selected to showcase their work at the HRS annual meeting in New Orleans! And for those not presenting but attending the conference, it's an excellent opportunity to soak up the atmosphere and partake in what is truly a gathering of celebrations in sharing all the accomplishments in electrophysiology. Believe it or not, this will be my fifth year in attendance, and here are ways that I've learned to maximize my experience at HRS.

First, seek industry-sponsored educational programs. They feature high-yield lectures by esteemed experts. My favorite is the hands-on heart dissection that highlights the anatomy involved in our procedures and the landmarks to avoid for potential complications. With permission, ask your local representatives for these opportunities!

Second, sign up for the hands-on biophysics fellows course. Regardless of how many catheter ablations you've done or even if you've never touched the catheter, this is a great way to meet other trainees, work directly with the faculty, and have fun experimenting on ex vivo tissues. Spots are always limited. Don't forget to look out for the sign-up notification!

Third, attend the moderated poster presentation session for the "Fellows with the Highest-Scoring Abstract Award." I had the privilege to present alongside other trainees nominated for the award, and it was inspiring to see other enthusi-

astic participants present interesting study designs, share novel treatment strategies, and spark thought-provoking discussions with the audience. Be inspired! Motivate yourself to be nominated for this award in 2024!

Fourth, check out the late-breaking clinical trials. See what new ideas and studies are garnering attention. It was only a few years ago during the late-breaking session when I learned about conduction system pacing, which is now the standard practice at many institutions. Check out what's going to change the way we practice EP in the near future!

Fifth, pursue your personal interests. Are you interested in a specific niche? You can use the online planner from the HRS website and search by topics. I'm interested in cardio-neuroablation and will be looking out for various sessions on this topic. Which sessions will you be checking out?

Sixth, make sure to check out @HeartRhythmTV and many other #EPeeps social media savants on Twitter for concise reports on what's buzzing at #HRS2023. They'll help resolve your #FOMO (fear of missing out) and keep you updated on all the headline news.

Last but not least, pause for a second, enjoy the moment, and cherish all the memories with old and new friends. It is a perfect combination of educational opportunities and social gatherings. See you soon in NOLA!

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