

## Dr Spoorthy Kulkarni



**Nominee Election Year - 2020**

**Nominee Title & Institution -** Doctor, University of Cambridge and Cambridge University Hospitals NHS Foundation Trust

### **Nominee's Personal Statement –**

As a clinical pharmacologist working in a specialist hypertension clinic in the NHS, I have amassed substantial experience clinically and research-wise focusing extensively on hypertension and cardiovascular health. As part of my training, I led numerous initiatives at my local workplace with an overarching aim to improve patient outcomes and advance clinical practice. Measures to improve patient adherence, streamline investigations for secondary causes of hypertension, and evaluate alternate screening tests for patients with primary aldosteronism, include some of my attempts to develop a comprehensive approach to tackling hypertension.

In 2020, I was delighted to receive the BIHS-Stanley Peart Essay Prize. This further motivated me to join the BIHS and apply to be a member of the Guidelines and Information Service Standing Committee. My contributions towards the successful delivery of key projects include the position statements written on behalf of the information and guidelines standing committee, representing BIHS at planned educational activities for the wider multi-disciplinary team including at the British Cardiovascular Society meetings and hypertension training sessions for pharmacists.

If elected as an Executive Committee Member, I will leverage my enthusiasm and skills further to support the Society's objectives, and endeavours and help build a collaborative environment to drive impact. I look forward to the opportunity to further contribute to the continued success of the BIHS.

**Nominated by –** Prof. Ian B. Wilkinson, Professor of Therapeutics

### **Supporting Statement –**

It's an absolute pleasure to support Dr Spoorthy Kulkarni's nomination to the BIHS Executive Committee. I think she has a great deal to offer the Society, and the Executive Committee. She is a first-rate clinician, with expertise in clinical pharmacology and hypertension. She is

exceptionally thoughtful and engaging with patients and has delivered significant changes to the specialist hypertension service in Cambridge. She is also leading a number of clinical studies and is certainly someone who delivers. With regard to the BIHS, I have been very impressed with her work on the Guidelines sub-committee, and she wrote and revised the new BIHS guidelines on hypertensive emergencies and has also made significant contributions to the other guidelines which have been published and are in development. Therefore, I think she will be a real asset to the Executive Committee, and will bring the energy, and enthusiasm that the Society needs. I think it is also important that the Society supports its younger members, as they will form the future of the Society, and I certainly see Spoorthy as a future leader in the field of hypertension. She has my strongest support.

**Supported by – Prof. Peter Sever**

**Supporting Statement –**

I recommend Spoorthy as a candidate for the ordinary member position in the BIHS executive committee. Throughout the time Spoorthy joined the BIHS, she has demonstrated commitment and skills that would make her an excellent contributor to the BIHS executive committee.

She has excellent written and verbal communication skills, as evidenced by winning the Stanley Peart Essay prize the first time it was run in 2020. Since then, she has contributed to various guidelines within the information and guideline standing committee that she is a member of. She can effectively multi-task to ensure that all projects are completed promptly.

She is always willing to offer her assistance and contribute to educational activities enthusiastically on behalf of BIHS.

She would be valuable to the BIHS executive committee, and I wholeheartedly recommend her for the post.

**Seconded by - Prof. Phil Chowienczyk, Vice President of the BIHS**

**Supporting Statement –**

Spoorthy has demonstrated a deep commitment to the BIHS as evidenced by her contributions to training activities and the work of the information and guideline standing committee, as well as regular contributions to the society's scientific meetings. Spoorthy is always willing to contribute to educational activities and has built strong relationships working effectively with diverse groups. As a young enthusiastic hypertension physician and researcher her talents will compliment those of other members of the executive. I am sure that she will be highly valued as a member of the BIHS Executive Committee, helping to steer the strategic growth and success of the BIHS.