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ARGENTINA

BUENOS AIRES HILTON  
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AUGUST  
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2024

# Mentoría como herramienta para optimizar la toma de decisiones en una carrera médica

*Mentoring as a Tool to Optimize Decision-Making During a Medical Career*

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## ¿Qué se entiende por “mentor” en una carrera médica?

*“Aquel profesional que brinda apoyo, guía y educación mientras el aprendiz desarrolla su carrera”.*

*“[...] aprender las reglas no-escritas para el desarrollo de su carrera”.*



Gulati M, Kohli P. Mentorship in cardiology: building the mentoring relationship. Nat Rev Cardiol. 2022 Nov;19(11):711-712.

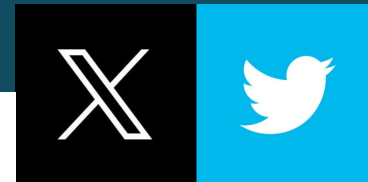
Newburger JW. Reflections on mentoring. Congenit Heart Dis. 2019 Mar;14(2):126-127.





## ¿Dónde puedo dar mis primeros pasos y buscar un “mentor” en Cardiología?

- 1) Staff y Jefes de servicio en mi Hospital
- 2) Hospitales donde trabajo fuera de la Residencia
- 3) Universidad
- 4) Sociedades Científicas
- 5) Redes Sociales



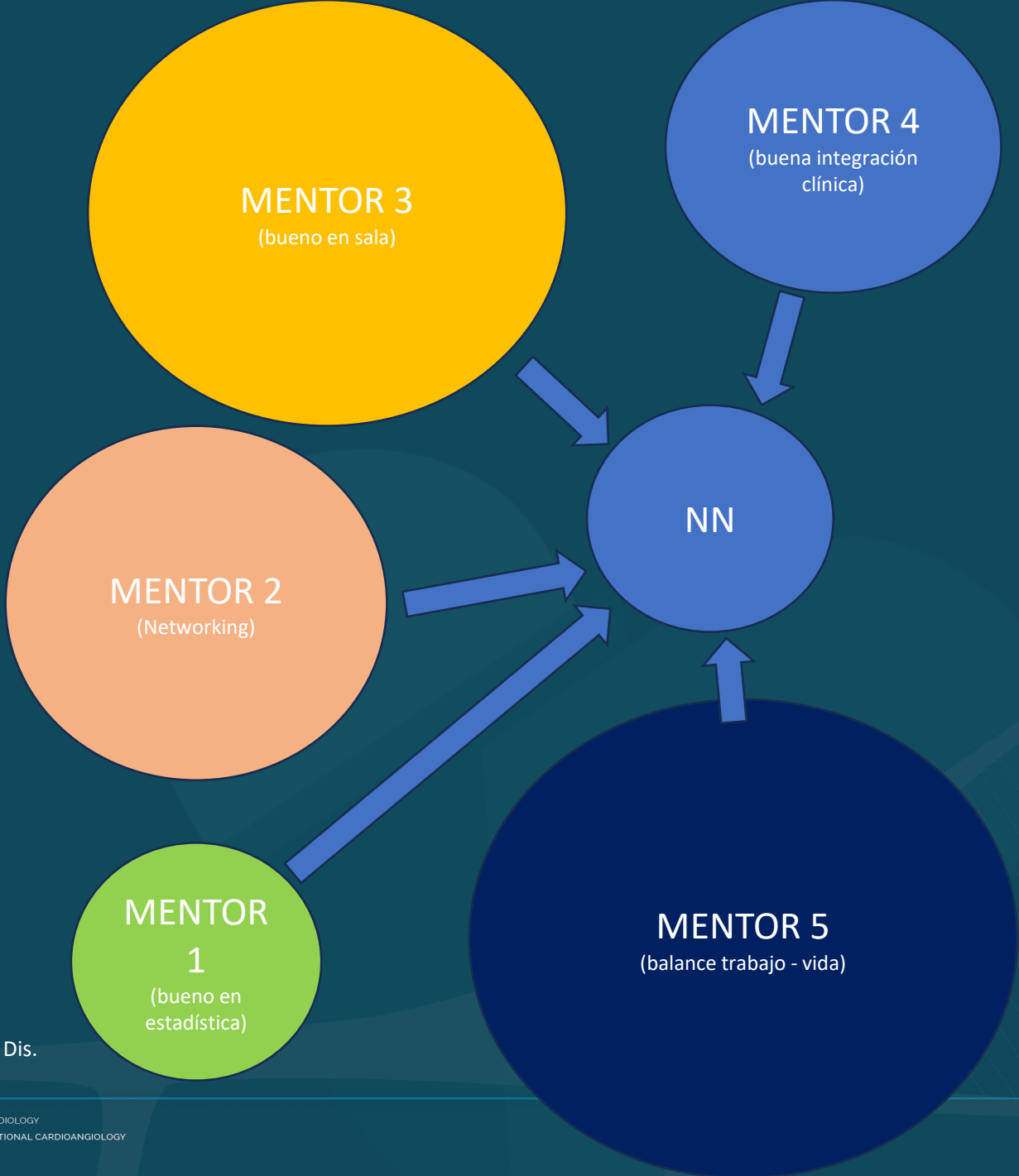
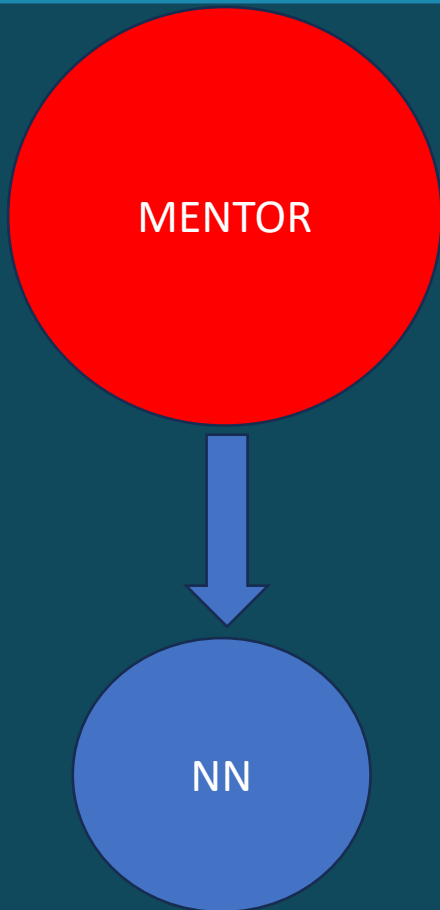


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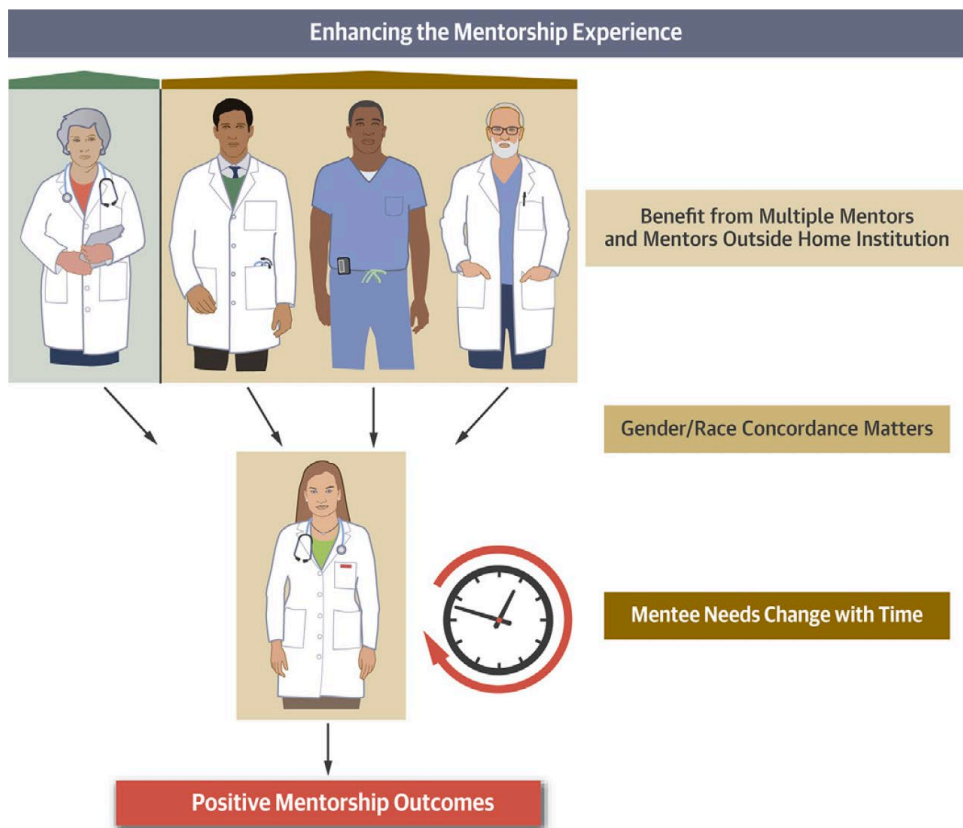


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## VISUAL ABSTRACT



Abudayyeh, I. et al. J Am Coll Cardiol Basic Trans Science. 2020;5(12):1181-6.

## HIGHLIGHTS

- Mentees are more satisfied with their mentorship experience when they have had more than 3 mentors or a mentor from outside of their practice/institution.
- Satisfaction with the mentoring relationship is significantly associated with perceived satisfaction in achieving professional goals.
- Sex and race/ethnicity concordance in mentoring relationships is associated with positive outcomes.
- Characteristics that mentees desire in a mentor tend to change with time/career stage.

Abudayyeh I, Tandon A, Wittekind SG, Rzeszut AK, Sivaram CA, Freeman AM, Madhur MS. Landscape of Mentorship and its Effects on Success in Cardiology. JACC Basic Transl Sci. 2020 Dec 23;5(12):1181-1186.



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# *The* NEW ENGLAND JOURNAL *of* MEDICINE

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DECEMBER 21, 2023

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## A Placebo-Controlled Trial of Percutaneous Coronary Intervention for Stable Angina

C.A. Rajkumar, M.J. Foley, F. Ahmed-Jushuf, A.N. Nowbar, F.A. Simader, J.R. Davies, P.D. O’Kane, P. Haworth, H. Routledge, T. Kotecha, R. Gamma, G. Clesham, R. Williams, J. Din, S.S. Nijjer, N. Curzen, N. Ruparelia, M. Sinha, J.N. Dungu, S. Ganesanathan, R. Khamis, L. Mughal, T. Kinnaird, R. Petraco, J.C. Spratt, S. Sen, J. Sehmi, D.J. Collier, A. Sohaib, T.R. Keeble, G.D. Cole, J.P. Howard, D.P. Francis, M.J. Shun-Shin, and R.K. Al-Lamee, for the ORBITA-2 Investigators\*



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### CTO PCI

8Fr dual access

Guideliner x2

15 CTO wires

25 balloons

Rota/IVL

IVUS x2 (first one broke)

5 stents (for full metal jacket)

1 covered stent (just in case)

4 hr case

5Gy

Post on Twitter

Increase metoprolol XL from  
50mg to 100mg

Home in time for kids' bedtime.



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