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Effects of treatment by female cardiologists on short-term readmission rates of patients hospitalized with cardiovascular diseases

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Background: The effects of sex ratio in the team of the attending doctors on clinical outcomes remain unknown.

Methods and Results: This retrospective cohort study included 9,544 patients admitted for cardiovascular diseases to our hospital between 2012 and 2018. They were treated by teams of three attending doctors comprising a trainee doctor, middle-grade cardiologist who played the main role in the clinical management, and upper-grade cardiologist who was responsible for the management. We explored whether the sex of the attending doctors influenced the risk of emergency readmission within 30 days after discharge. The primary hospitalization periods were similar between male and female middle-grade cardiologists. The risk of emergency readmission of the patients hospitalized with cardiovascular diseases was significantly higher in patients treated by male middle-grade cardiologists than in those treated by female middle-grade cardiologists (odds ratio: 2.09, $p < 0.01$). This beneficial effect was observed in younger (< 65 yrs) patients, male patients, patients with New York Heart Association stages II–IV, and those with emergency primary hospitalization, and in medical teams led by a male upper-grade cardiologist.

Conclusions: The risk of emergency readmission after discharge in patients hospitalized with cardiovascular diseases was ameliorated when treatment was performed by female middle-grade cardiologists. The combination of male and female cardiologists in the attending doctors' team could result in better prognoses in cardiovascular patients.

Biography

Atsuko Nakayama became a doctor in 2004, specialized in cardiology in 2006 and received Ph.D. degree from the University of Tokyo and became Assistant professor of Department of Cardiology of the University of Tokyo at the same time in 2012. She works for the University of Tokyo Hospital over 10 years as an upper-grade cardiologist. She is the expert of cardiac rehabilitation and aortic diseases. She got the poster awards of AHA Scientific Sessions in 2011 for basic research and clinical research, the best award in "The Tokyo Hypertension Society" in 2013, the best award of YIA of "The Japanese Association of Cardiac Rehabilitation" (JACR) in 2014, International Heart Journal best reviewer awards in 2017 and 2018, Women Researcher Encouragement Award of The Japanese Circulation Society (JCS). She is the member of Academic Committee of JACR and the youngest fellow of JSC (FJCS) in Japan.

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