

**Catherine Demers, MD, MSc, FRCPC**

McMaster University

Associate Professor, Division of Cardiology

Non-invasive Cardiologist, Heart Function clinic, Hamilton Health Sciences

Researcher, McMaster University

Dr. Demers is a cardiologist from McMaster University. She has dedicated her clinical and research career to heart failure (HF) care. Over the last 20 years, her research has focused at implementing clinical guidelines in primary care, better understanding the impact of cognitive changes on self-care and clinical outcomes, and to promote HF self-care in older individuals and supporting end of life care.

She has been involved in quality improvement initiatives at the Hamilton Health Sciences and previously at the provincial level with committee work with Health Quality Ontario on the development of inpatient and outpatient Quality Based Procedures.

She works closely with colleagues from the eHealth program at developing digital solutions to support patient-centered self-care. Her current work focuses on better understanding the key elements necessary to promote self-care with the use of m-Health applications. Clinically, she is actively involved in HF care and closely collaborates with colleagues in Toronto and London at assessing and referring patients for advanced therapies (heart transplantation, Ventricular Assist Devices).