

Dr Stephanie James is an Iban native from Sarawak, Borneo, Malaysia. She arrived to study medicine at the Royal College of Surgeons Ireland in the autumn of 2004 on a full scholarship from the SPiP Special Programme for Higher-Education Scholarship Council of Trust for Indigenous People (MARA) Malaysia. After graduating with honours in 2009, she completed an internship in the Beaumont Hospital programme in 2010. Following the internship, she completed the Basic Specialist Training (BST) in Medicine programme in 2012, mainly working at Mullingar Regional Hospital and Beaumont Hospital.

After BST, she took the research route. She spent four years under the supervisor Prof Ken McDonald in the National Heart Failure Unit in Dun Laoghaire, focusing on clinical heart failure services and research. She co-authored and published a few original research papers on heart failure during this period. She was also vital in launching the inaugural National Heart Failure Virtual Consultation Programme, which helped immensely in utilising telemedicine in the management of heart failure remotely in the community.

Dr James subsequently completed clinical cardiology training, rotating in various hospitals in Dublin, where she developed an interest in cardiovascular imaging. She additionally spent six months in The National Centre for Inherited Metabolic Disorders in Mater Hospital to expand her knowledge in clinical genetics; and metabolic causes/sequelae of cardiomyopathy. She also completed a one-year GIM at AMU St Vincent University Hospital. Dr Stephanie James is a Cardiovascular Imaging Fellow at Beacon Hospital with certification from the European Association of Cardiovascular Imaging.

During the pandemic, Dr James and two peers co-founded the Women in Cardiology (WiC) subgroup in the Irish Cardiac Society. She noticed the lack of community for women in cardiology and how isolating the job could be for a woman. So she led the group on networking day and established the WiC mentoring programme. The group has published a survey on sexism and bullying in cardiology. The group hopes to increase support further and provide information for WiC and any individuals considering cardiology as a career choice.

On non-working days, she enjoys classical music, gardening and experimenting with new cuisines.