

TRAINING REPORT

Lleida Biomedical Research Institute (IRBLleida) 2022



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1.- List of training activities 202 2

	Learning activities	organize	addressed	Calendar
1	Continuing research training course (External seminars)	External Seminars Manager: Anabel Sorolla / Joaquim Ros	Research staff	From January to December
2	Research training update course (Friday seminars)	Responsible for Friday seminars: Fabien Delaspre	Research staff	From January to December
3	HRS4R seminars	HRS4R working group	Research staff	1st quarter 2022
4	3rd edition - Train to spread the word. School of scientific dissemination of Lleida	UCC+I IRBLleida	Research staff Technical staff	From November 2022 to May 2023
5	Office software (intermediate level): word , excel , powerpoint and Internet browsers	IRBLleida Training Commission – Suriña Advisors	IRBLleida staff	June-July
6	Improved email writing	IRBLleida Training Commission – Suriña Advisors	IRBLleida staff	March-May
7	The power of images. Improve your organization by making mind maps	IRBLleida Training Commission – Suriña Advisors	IRBLleida staff	May-June
8	Increase your professional effectiveness	IRBLleida Training Commission – Suriña Advisors	IRBLleida staff	November-December
9	10 effective tools to learn how to manage time	IRBLleida Training Commission – Suriña Advisors	IRBLleida staff	November-December
10	Leadership skills program	Jordi Besora	10 leading managers	March-December
11	How to write an article scientific - 13th online edition	Esteve Foundation	Research staff in training	April-May
12	How to improve scientific presentations	Esteve Foundation	Research staff in training	November
13	Graphical representation in R Basic	UdL Statistics Service	Research staff in training / postdoctoral research staff	April-May
14	Keys to the management of people for junior researchers	BH consulting	Postdoctoral research staff	March
15	Risk management _ biological in the use of samples human for research and diagnosis, 2nd edition	F. Javier García Palomo	Staff of the Scientific - Technical Services and Technical Support Staff	January-February
16	Biosecurity assessment _ for IRBLleida	F. Javier García Palomo	Staff of the Scientific - Technical Services	May

			and Technical Support Staff	
17	How to speak effectively in public	Association of Journalists of Catalonia	Management office staff	September
18	Data protection - Basic module	Office of the Data Protection Delegate, TIC Social Health Foundation.	IRBLleida staff	May
19	Training course for telework	Generalitat de Catalunya – School of Public Administration of Catalonia	IRBLleida staff	June-July
20	Promoting Research from Your Institution	Global landscape	IRBLleida staff	June
21	Presentations and oral communications course in English	Language Institute of the University of Lleida	Research staff	October-November
22	training of two hours of " Interviews for Competencies ".	Global Human Consultants	Research staff	October-November
23	SEARCH Impact Literacy Training Programme	SEARCH – Lincoln impact Literacy high school	IRBLleida staff	December-May 2023

2.- Activities

1. Continuing research training course (External seminars)

- **Dates:** from January to December.
- **General objectives:** update multidisciplinary knowledge in research tasks by inviting the most relevant researchers in the different research areas to discuss their work.
- **Methodology:** seminar-style session with a presentation by the invited person lasting about 30 minutes and then a question session.
- **Organized by:** IRBLleida.
- **Coordinator:** Anabel Sorolla / Joaquim Ros (Area: Nutrition, Metabolism and Cellular Stress).
- **Addressed to:** research staff.
- **Place:** face-to-face (room 0.22, Teaching Unit of the Faculty of Medicine of the University of Lleida, or conference room of the Arnau de Vilanova de Lleida University Hospital).
- **Schedule:** Wednesday, from 12.00 to 13.00 hours (there are variations depending on the availability of the speaker).
- **Places:** free capacity.
- **Total hours:** 7 hours.
- **Accreditation:** no.
- **Seminars:** 7 (2 women and 5 men).

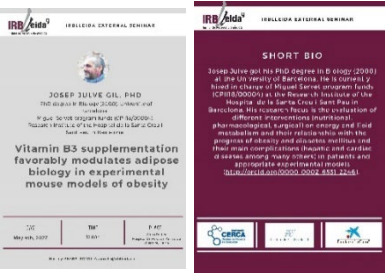
09/03/2022 Josep M Llovet

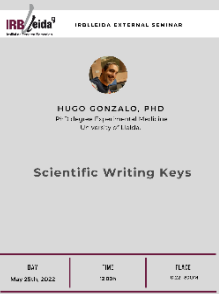

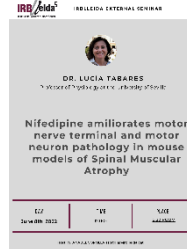

Molecular pathogenesis and systemic therapies in advanced hepatocellular carcinoma



05/04/2022 Josep Julve Gil

Vitamin B3 supplementation favourably modulated adipose biology in experimental mouse models of obesity



25/05/2022	Hugo Gonzalo	Scientific writing keys	 
08/06/2022	Lucia Tabares	Nifedipine improves motor nerve terminal and motor neuron pathology in mouse models of spinal muscular atrophy	 
17/11/2022	Marion Gaupera	Endothelial cells in organ control function (seminar organized by the Nutrition, Metabolism and Cellular stress area)	
30/11/2022	Juan P. Bolaños	Impact of astrocyte metabolism on behave (seminar organized by the Nutrition, Metabolism and Cellular stress area)	
19/12/2022	J. Vera	Melanoma 2.0: systems medicine and artificial intelligence to boost immunotherapy and reduce immune-related adverse effects (seminar organized by the Nutrition, Metabolism and Cellular stress area)	

2. Research training update course (Friday seminars)

- **Dates:** from January to December.
- **General objectives:** the objective of this activity is training and information. Formative, because it ensures that research staff in training, at the end of their doctoral thesis period, have the ability to structure a scientific talk. Informative, because it allows the interaction of the IRBLLEIDA groups and functions as a platform to update their latest scientific advances.
- **Methodology:** seminar in English of 15-20 minutes duration, plus 10 minutes of discussion. The course has been designed to encourage the participation of research staff in training and also senior research staff to inform them of the latest developments in research.
- **Organized by:** IRBLleida.
- **Coordinator:** Fabien Delaspre.
- **Addressed to:** research staff.
- **Place:** face-to-face (room 0.22, Teaching Unit of the Faculty of Medicine of the University of Lleida, or conference room of the Arnau de Vilanova de Lleida University Hospital).
- **Hours:** 3:30 p.m., Friday.
- **Seats:** function room has capacity for more than 100 people.
- **Accreditation:** yes.
- **Number of seminars:** 28 (20 women and 8 men).

1/14/2022 Andrew Casali Drosophila models of diseases



2/25/2022 Ivan Hidalgo GREBIC



4/3/2022	Alba González Alonso	Evolutionary and Development Neurobiology group
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11/3/2022	Andrea Zapater Matutes	Group of Precision Medicine in Chronic Disease .
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3/18/2022	Bruno Brotons	Molecular Oncology
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25/3/2022	Marta Molinero Garcia	Translational Research in Respiratory Medicine group
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8/4/2022	Marta Guasch Vallès	cell cycle
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4/29/2022	Erica Briones and Cristina Bravo	GREEKS
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Vascular and Renal
05/06/2022 Núria Doladé



5/13/2022 Albert Escobedo external
5/20/2022 Xavier Gallart Pec Proteomics



10/6/2022 Lucia Pinilla Precision Medicine



6/22/2022 Maria Pazos Gil Biochemistry of oxidative stress




Alex Hanafi
1/7/2022 Metwalli Evolutionary and Developmental Neurobiology Group



8/7/2022 Marina Ribes cell cycle



7/15/2022	Águeda Martínez Barriocanal	Molecular Oncology	
7/22/2022	Carlos Anerillas Aljama	Back to the Fridays	
7/29/2022	Leire Egia beggar	Back to the Fridays	
9/16/2022	Cristina Megino	Oncological Pathology	
7/10/2022	Joan Codina Fabre	cell cycle	
14/10/2022	I was looking at Saura Codina	ErLab	

10/21/2022	Marta Medina	Biochemistry of stress ok dative	
28/10/2022	Neus Pérez Lorite	cell cycle	
4/11/2022	Lia Alza	Cellular signaling by calcium	
11/11/2022	Dawn Sansa Zaragoza	Neural signaling unit	
18/11/2022	Arabela Sanz Alcazar	Biochemistry of oxidative stress	
25/11/2022	Núria Vivancos Guiu	Molecular Oncology	
02/12/2022	Cecilia Llobet Pina	ErLab	

3. HRS4R seminars

- **Dates:** 1st quarter 2022.
- **General objectives:** dissemination of IRBLleida information within the framework of "HR Excellence in Research".
- **Methodology:** sending to the distribution list of the realization of the informative seminar.
- **Organized by:** IRBLleida.
- **Coordinator:** HRS4R working group.
- **Addressed to:** research and technical staff.
- **Place:** online.
- **Number of seminars: 2 (Know the IRBLleida code of ethics and conduct and Know the governing bodies of the IRBLleida).**
- **Attendance:** 12+16, 28 people (26 women and 2 men).

4. 2nd edition course Form't to divulge. School of scientific dissemination of Lleida

- **Dates:** from November to June.
- **General objectives:** to encourage the participation of the IRBLleida research community in the dissemination of science in general and the research carried out in Lleida.
- **Methodology:** organization of 7 different dissemination topics, lasting 4 hours per topic, which take place in two sessions from September to May.
 - November 2022 – Research and digital communication
 - December 2022 – Disclosure and infographics
 - January 2023 – Disclosure and play
 - February 2023 – Disclosure and comic
 - March 2023 – Disclosure on YouTube
 - April 2023 – Gesture and vocal technique
 - May 2023 - Talk to the media
 - June 2023 – Final competition (compulsory participation to obtain certificate)
- **Organized by:** IRBLleida.
- **Coordinator:** Meritxell Soria.
- **Addressed to:** research and technical staff.

- **Place:** online.
- **Hours:** Tuesday and Thursday from 3:00 p.m. to 5:00 p.m.
- **Registered staff:** 30 (25 women and 5 men).
- **Staff with final accreditation of the course:** pending June 2023.
- **Accreditation:** accreditation by the Catalan Council for Continuing Education with 4.3 credits.
- **Number of sessions:** 14 + final session.

5. Office automation (intermediate level): word , excel , powerpoint and Internet browsers

- **Dates:** June-July 2022.
- **General objectives:**
 - Improve the computer skills of users, in addition to increasing their ability in the basic applications of common use in the health field.
 - Improve skills for the effective development of communication and information processing.
 - Improve the management and organization of everyone's time.
- **Methodology:** online modality.
- **Organized by:** Suriña Assessors.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff.
- **Place:** online.
- **Registered IRBLleida staff:** 18 (18 women)
- **Staff with final accreditation of the course:** 16 (89%).
- **Accreditation:** yes.

6. Improvement in writing through e-mail

- **Dates:** March-May 2022.
- **General objectives:** to acquire basic knowledge of the regulations in order to write the e-mail correctly.
- **Methodology:** online modality.

- **Organized by:** Suriña Assessors.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff.
- **Place:** online.
- **Registered IRBLleida staff:** 17 (16 women and 1 man).
- **Staff with final accreditation of the course:** 16 (94%).
- **Accreditation:** yes.

7. The power of images. Improve your organization by making mind maps

- **Dates:** May-June 2022.
- **General objectives:**
 - Develop and apply mind maps and optimize results.
 - Know tools that help make appropriate decisions.
- **Methodology:** online modality.
- **Organized by:** Suriña Assessors.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff.
- **Place:** online.
- **Registered IRBLleida staff:** 12 (11 women and 1 man)
- **Staff with final accreditation of the course:** 10 (83%).
- **Accreditation:** yes.

8. Increase your professional effectiveness

- **Dates:** November-December 2022
- **General objectives:** to know specific habits that allow us to develop effectively and increase performance, motivation and personal and professional satisfaction.
- **Methodology:** online modality.
- **Organized by:** Suriña Assessors.

- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff.
- **Place:** online.
- **Registered IRBLleida staff:** 7 (6 women and 1 man)
- **Staff with final accreditation of the course:** 4 (57%).
- **Accreditation:** yes.

9. 10 effective tools to learn how to manage time

- **Dates:** November-December 2022.
- **General objectives:**
 - Raise awareness of the need to rationalize the use of time to optimize performance in the workplace.
 - Learn new tools that help us plan and prioritize tasks and manage distractions in our day-to-day life.
- **Methodology:** online modality.
- **Organized by:** Suriña Assessors.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff.
- **Place:** online.
- **Registered IRBLleida staff:** 12 (11 women and 1 man)
- **Staff with final accreditation of the course:** pending.
- **Accreditation:** yes.

10. Leadership skills program

- **Dates:** March-December 2022.
- **General objectives:** the objective of the project is the implementation of a Leadership Skills Program for the leaders of the Biomedical Research Institute Fundació Dr. Pifarré (henceforth IRB Lleida). "Leaders" are understood to mean management team leaders, basic research team leaders and clinical research leaders: the Program envisages the participation of 10 leaders.
- **Methodology:** The project it is structured in three consecutive stages and takes place from March'22 to December'22.

- **Organized by:** Jordi Besora.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** senior research staff.
- **Place:** in person.
- **Registered IRBLleida staff:** 10 (5 women and 5 men).
- **Accreditation:** no.

11. How to write an article scientific – 13th online edition

- **Dates:** April-May 2022.
- **General objectives:** to introduce the basic techniques and skills for writing and publishing scientific articles in the health sciences.
- **Methodology:** online training.
- **Organized by:** Esteve Foundation.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** research staff in training. .
- **Place:** online.
- **Registered IRBLleida staff:** 19 (15 women and 4 men).
Staff with end-of-course accreditation: 18 people (95%)
- **Accreditation:** no.

12. How to improve scientific presentations

- **Dates:** November 2022.
- **General objectives:** it not only covers basic public speaking skills but also helps to shape the contents of our message, to shape it and clarify ideas to make it more attractive to the audience.
- **Methodology:** online training.
- **Organized by:** Esteve Foundation.
- **Coordinator:** IRBLleida Training Commission.

- **Addressed to :** research staff in training.
- **Place:** online.
- **Registered IRBLleida staff:** 12 (10 women and 2 men).
- **Staff with final accreditation of the course:** 12 people.
- **Accreditation:** yes.

13. Graphical representation in R Basic

- **Dates:** May-June 2022.
- **General objectives:** to know the R Basic program.
- **Methodology:** face-to-face class and material available on the UdL platform. 2 hour sessions.
- **Organized by:** Bioinformatics Service of the UdL and Biostatistics Service of the IRBLleida ..
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** research staff in training and postdoctoral staff .
- **Place:** in person.
- **Registered IRBLleida staff:** 21 people (13 women and 8 men).
- **Staff with final accreditation of the course:** 19 people (90%).
- **Accreditation:** yes.

14. Personnel management keys for junior researchers

- **Dates:** March 2022.
- **General objectives:** to establish the foundations of effective leadership in *Managers. For this, the objectives of the training are:
 - Establish the foundations of leadership for team development.
 - Recognize the skills I need to enhance in order to lead teams
 - Learn to identify the potential of team members.
- **Methodology:** 4 online trainings of 2 hours will be carried out where you will work through dynamics and role play to strengthen the new skills.
- **Organized by:** BH Consulting.

- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** postdoctoral research staff .
- **Place:** in person.
- **Registered IRBLleida staff:** 13 (9 women and 4 men).
- **Staff with end of course accreditation:** 13-
- **Accreditation:** yes.

15. Risk management _ biological in the use of samples human for research and diagnosis, 2nd edition

- **Dates:** January-February 2022.
- **General objectives:** to know the biological risk in the use of human samples for research.
- **Methodology:** *Syllabus proposed*
 - 1. *First day :*
 - or 9:00 – 9:30.- *National and international legislation on risk Biological and Bio-resources (RD664/97, WHO, ISO/BPL, UNE:EN, NIH, CDC,...).*
 - or 9:30 – 10 : 30.- *Risk assessment : Inspection checklist for research laboratories and animal farms . Evaluation method _ simplified (INSST).*
 - or 10:30 – 11:00: *ISO 35001:2019. “ Risk management _ biological in laboratories and others organizations related ”. Biosecurity Committee and Risk Management Officer biological*
 - or 11:00 – 11:30.- *Break.*
 - or 11:30 – 14:30.- *Biological Safety Booths : types , location , use, qualification and disinfection . Audiovisuals for support and discussion*
 - 2. *Second day :*
 - or 9:00 – 11:00.- *Personal Protective Equipment . Masks , gloves , gowns ,...: choice and use. Supporting audiovisuals (1)*
 - or 11:00 – 11:30.- *Break.*
 - or 11:30 – 13:00.- *Decontamination and biocides (contact, dispersion aerial). Choice and uses*
 - or 13:00 – 13:30.- *Transport of samples biological _*
 - or 13:30 – 14: 30.- *Waste management biological _ Management of biological spills .*
- **Organized by:** F. Javier García Palomo .
- **Coordinator:** IRBLleida Training Commission.

- **Addressed to:** Scientific - Technical Services personnel and Technical Support Personnel .
- **Place:** in person.
- **Registered IRBLleida staff:** 76 (63 women and 13 men).
- **Accreditation:** yes.

16. Biosecurity evaluation for the IRBLleida

- **Dates:** May 2022.
- **General objectives :** review the facilities, practices and documentation related to the work in the designated IRBLleida laboratories .
- **Methodology :** *in conjunction with the SPRL of the Institute, it is proposed :*
 - ✓ *Previous step . Each SCT/ laboratory audited will fill prior to the audit a questionnaire prepared by the Biosecurity Advisor (BSO) to analyze weaknesses and strengths of each of them .*
 - ✓ *Audit _ For each SCT audited , an improvement plan will be drawn up , if applicable , trying to influence those security aspects _ biological that the BSO loves necessary in each case.*
 - *For each laboratory audited , an interlocutor must be appointed with whom the BSO will review the practices , documentation existing , needs ,.... The audit culminates with the issuance of a final report with the opportunities for improvement , incidences , etc ... that are found , both at the individual level of each unit and as a whole within the Institute.*
 - ✓ *Biosecurity Manual . With all the data , revisions and suggestions for improvement , a specific " Biosafety Manual" will be drafted and delivered for the IRB. I say deliverable must be reviewed and, where appropriate , approved by the Risk Prevention Services Laborales so that it is maintained over time in a verifiable way.*
- **Organized by:** F. Javier García Palomo .
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** Scientific -Technical Services personnel and Technical Support Personnel .
- **Place:** in person.
- **Registered IRBLleida staff:** 20 groups/SCTS.
- **Accreditation:** no.

17. How to speak effectively in public

- **Dates:** September 2022.
- **General objectives:**
 - Get our messages and ideas across more clearly to all our internal and external audiences, whether in normal situations (presentations and talks) or in crisis situations.
 - Speak more confidently and confidently and capture the audience's attention
 - Improve verbal and non-verbal communication.
 - This training provides you with the necessary tools to successfully deal with any intervention in front of any type of audience.
- **Methodology:** face-to- face session.
- **Organized by:** College of Journalists of Catalonia.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** Staff of the management office
- **Place:** IRBLleida.
- **Registered IRBLleida staff:** 10 women.
- **Staff with final accreditation of the course:** 1 (100%).
- **Accreditation:** no.

18. Data protection - Basic module

- **Dates:** May 2022.
- **Methodology:** online sessions .
- **Organized by:** Office of the Data Protection Delegate, TIC Social Health Foundation..
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff
- **Location:** online session.
- **Registered IRBLleida staff:** 14 people (13 women and 1 man)
- **Accreditation:** yes.

19. Training course for telecommuting

- **Dates:** June-July 2022.
- **General objectives:**
 - Learn to work in mobility and collaboratively in the new telework environment through techniques, resources and tools to plan, organize and report the activity that is carried out.
 - cyber security measures and initiatives with the aim of becoming self-responsible and protecting the public service.
 - Identify the risk factors associated with teleworking and know the corrective and preventive measures to minimize them
- **Methodology:** online sessions.
- **Organized by:** Generalitat de Catalunya – School of Public Administration of Catalonia.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff
- **Location:** online session.
- **Registered IRBLleida staff:** 6 women.
- **Staff with final accreditation of the course:** 6 (100%).
- **Accreditation:** yes.

20. Promotion Research from Your Institution

- **Dates:** June 2022.
- **General objectives:**
 - Understand why it is important to communicate your research to non-specialists
 - Logically guide a non-specialist audience to the importance of their research
 - Communicate your complex ideas clearly and simply for non-specialists.
 - Identify the best platforms to widely communicate your research.
- **Methodology:** online session.
- **Organized by :** Global scape . .
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff
- **Location:** Online.

- **Registered IRBLleida staff:** 1 woman.
- **Staff with final accreditation of the course:** 1 (100%).
- **Accreditation:** yes.

21. Presentations and oral communications course in English

- **Dates:** October - November 2022.
- **General objectives:** to know how to make presentations and oral communications in English.
- **Methodology:** face-to- face sessions.
- **Organized by:** Language School of the University of Lleida.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff
- **Place:** IRBLleida / UdL.
- **Registered IRBLleida staff:** 13 people (7 women and 6 men)
- **Staff with final accreditation of the course:** 13 (100%).
- **Accreditation:** no.

22. Interviews for skills

- **Dates:** November 2022.
- **General objectives:** acquire objective criteria and methodology in the evaluation of the candidatures of the selection processes, without biases.
- **Methodology:** a single online session.
- **Organized by :** Global Human Consulting.
- **Coordinator:** IRBLleida Training Commission.
- **Addressed to:** IRBLleida staff.

- **Location:** Online..
- **Registered IRBLleida staff:** 9 people (8 women and 1 man)
- **Staff with final accreditation of the course:** 9 (100%).
- **Accreditation:** no.

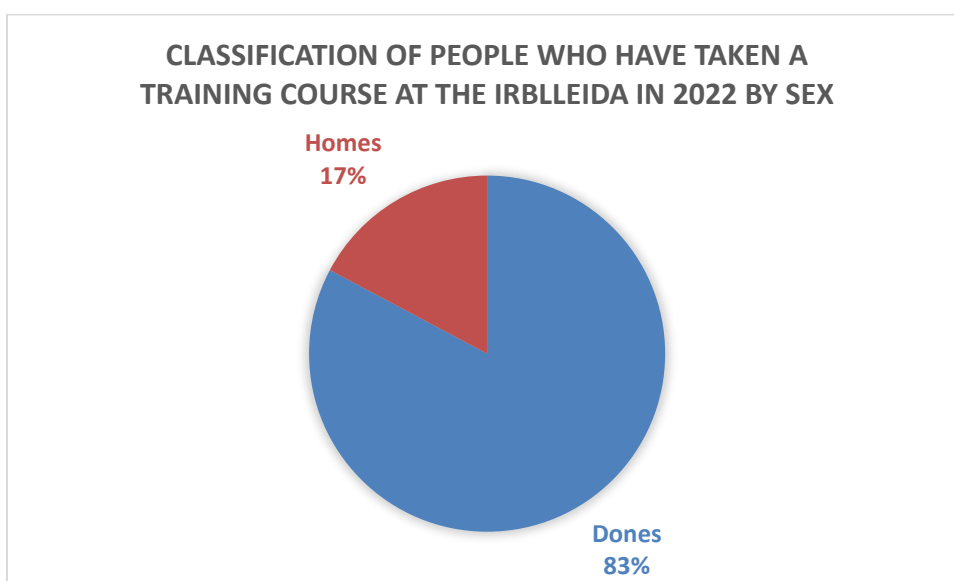
23. SEARCH Impact Literacy Training Programme

- **Dates:** December 2022 – June 2023.
- **General objectives:**
 - Develop a broad understanding of research impact, including what it is (and what it is not), how it is achieved and how it is measured.
 - Develop knowledge and skills that can be used in their institutions.
 - Identify and drive the development of impact within your own institution.
 - Create a network of colleagues from across the sector.
- **Methodology:** online sessions and one face-to-face session.
- **Organized by:** SEARCH.
- **Coordinator:** IRBLleida Directorate.
- **Addressed to:** 1 person responsible for RRI.
- **Location:** Online.
- **Registered IRBLleida staff:** 1 women.
- **Staff with final accreditation of the course:** 1 (100%).
- **Accreditation:** no.

Total people enrolled in the training (does not include people enrolled in External seminars , Friday seminars): 331 people.

course	Women	men
HRS4R seminars	26	2
3rd edition - Train to spread the word. School of scientific dissemination of Lleida	25	5
Office equipment (level intermediate): word, excel, powerpoint and browsers of the internet	18	0
Improvement in writing by mail _ electronic	16	1

The power of images . Improve yours _ organization working out maps mental	12	1
Increase yours effectiveness professional	6	1
10 effective tools to learn how to manage time	11	1
Leadership skills program _	5	5
How to write an article scientific - 13th online edition	14	6
How to improve scientific presentations	10	2
Graphical representation in R Basic	13	8
Keys to the management of people for junior researchers	9	4
Biological risk management in the use of human samples for research and diagnosis , 2nd edition	63	13
Biosecurity evaluation for the IRBLleida (20 groups / SCTs)		
How to speak effectively in public	10	
Data protection - Module basic	13	1
Training course for _ _ telecommuting	6	
Promoting Research from Your Institution	1	
Presentations and communications course _ oral in English	7	6
Competency interviews	8	1
SEARCH Impact Literacy Training Program	1	
TOTAL	274	57



3. – Surveys

In order to carry out the training plan, an annual survey of requests for training is carried out to all the professionals who make up the centre. Quality surveys are also conducted after each course.

4. – CREBA training