Heart to Heart: Norwegian-Russian multilevel educational collaboration in CVD epidemiology

Heart to Heart workshop

1 ECTS

International School of Public Health
Northern State Medical University

Arkhangelsk
25-26 April 2019

CURRICULUM

SCIENTIFIC LEADERS :

David Leon, *Professor in Epidemiology, Department of Non-communicable Disease Epidemiology, London School of Hygiene & Tropical Medicine, London, UK; e-mail: David.Leon@lshtm.ac.uk*

Inger Njølstad, *Professor, Department of Community Medicine, UiT The Arctic University of Norway, Tromsø, Norway; e-mail: inger.njolstad@uit.no*

TRAINERS:

Magritt Brustad, *Head of Department, Department of Community Medicine, UiT The Arctic University of Norway, Tromsø, Norway; e-mail: magritt.brustad@uit.no*

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Alexander Kudryavtsev, *Head of Department of Innovative Programs, Central Scientific Research Laboratory, Northern State Medical University (NSMU), Arkhangelsk, Russia; Associate professor, Department of Community Medicine, UiT The Arctic University of Norway, Tromsø, Norway; e-mail: ispha09@gmail.com*

LANGUAGE OF INSTRUCTION

English

WORKSHOP DESCRIPTION

Russia has one of the highest CVD mortality rates in the world. In 2015, the mortality rate in Russia was four times higher than in England and Norway. To investigate this phenomenon, Know Your Heart (KYH) – a large cross-sectional study of CVDs was conducted in 2015-2018 as a part of the International Project on Cardiovascular Disease in Russia (IPCDR) with population samples from Arkhangelsk and Novosibirsk. In 2015-2016, the seventh cross-section of the long-term study of population health was conducted in Tromsø, Norway (the Tromsø Study 7 or the T7). The KYH study and the T7study have been originally designed to be comparable, and this has laid a basis for the Heart to Heart (H2H) — a joint plan for a series of comparative studies to identify, quantify and explain differences in CVD and its risk factors between Russia and Norway.

Both the KYH and the T7 have collected data on numerous factors and conditions with potential relevance and importance to understanding the burden of CVDs. Many of these factors are of significance in their own right: kidney function, respiratory function, obesity and body composition, anxiety and depression, physical activity, alcohol consumption, smoking, use of medications, use of health care services, etc. This creates opportunities for analyses of the data collected with a focus on these secondary parameters within each country as well as possible cross-national differences, not necessarily in relation to CVDs. For example, one can investigate the determinants of depression in one of the countries or in a comparative perspective. Therefore, besides CVD research, the H2H data can be used for a variety of studies of health and social well-being.

The purpose of the workshop is to attract junior researchers (current and future Master and PhD students, junior academic staff) from Russia and Norway to develop scientific projects for analysis of the H2H data as well to assist them in formulating reasonable research questions, overall aims and objectives; help in selecting the required variables using the metadata of the KYH and the T7 studies.

The workshop is run by the leading KYH and T7 researchers. The key expectation with respect to participants is that they intend to use or already use the H2H data for their research projects. To benefit from the workshop, at the entry a participant should be familiar with the design and methodological principles of the KYH and the T7 surveys and have a drafted research project proposal on the basis the H2H data

The workshop has one classroom gathering (1.5 days). In three weeks before the classroom gathering, each registered participant submits a shortly formulated H2H-based study plan using suggested template and examples. The study plan can imply using only the KYH data, only the T7 data, or it can be comparative H2H study implying use of both data sets . In one week before the gathering, each participant gets feedback from the trainers and has to revise the study plan before the start of the gathering using the received comments. The gathering has a brief introductory part followed by group supervision sessions (one senior KYI/T7 researcher with 2-3 participants) aimed at further development of the study proposals. At the concluding session, each participant presents the developed

proposal (5 min) and gets expert feedback from the trainers group (5 min). Based on the received feedback, participants revise their proposals once again and submit them in three weeks after the gathering. At the completion of the workshop, a participant shall have a reasonable and well-formulated H2H-based research proposal. The participants who already work with the H2H data will use this output when preparing publications (e.g., introduction and methods sections) while those who only plan to start can use the outputs in the applications for the required KYH and T7 data.

The structure of communication between the participants and the trainers at the workshop is expected to serve networking platform for linking potential research students and their future supervisors with shared research interests.

TARGET GROUPS

The workshop is primarily targeting current and potential research students in health and social sciences, including international PhD students, Russian research-level students (aspirants, doctorants), Master students, and other junior researchers. Senior researchers are also welcome to participate if they have interests to work with the H2H data. The maximum number of participants is 20.

REQUIREMENTS

Good knowledge of English is a prerequisite for being accepted and benefiting from the workshop.

LEARNING GOALS

Upon successful completion of the workshop, participants will:

-   be familiar with the design and methodological principles of the KYH and the T7 cross-sectional surveys and the H2H comparisons of CVD and its risk factors in Russia and Norway;
-   acquire skills of designing a study, formulating research questions, aims and specific objectives;
-   have a reasonable and well-formulated proposal for analysis of the H2H data.

EXAMINATION

-   The final grading (PASSED/FAILED) is based on assessments of a written research proposal for analysis of the H2H data by two independent sensors.
-   Presence at the classroom session is compulsory for passing.
-   A participant has a right to be given one opportunity to re-submit the written research proposal after having got the grade "FAILED".
-   Deadline for submission of research proposals is 17.05.2019.
-   The assessments of the submitted proposals will be completed by 31.05.2019.

COMULSORY LITERATURE

All the compulsory literature will be handed out to participants in two weeks after registration for the workshop and has to be read through carefully before the classroom gathering. The compulsory literature includes:

- Cook S, Malyutina S, Kudryavtsev AV et al. Know Your Heart: Rationale, design and conduct of a cross-sectional study of cardiovascular structure, function and risk factors in 4500 men and women aged 35-69 years from two Russian cities, 2015-18. Wellcome Open Res 2018, 3:67

- Jacobsen BK, Eggen AE, Mathiesen EB, Wilsgaard T, Njølstad I. Cohort profile: the Tromso Study. Int J Epidemiol. 2012 Aug;41(4):961-7

- Njølstad I, Mathiesen EB, Schirmer H, Thelle DS. The Tromsø study 1974–2016: 40 years of cardiovascular research/ Scand Cardiovasc J. 2016 Oct - Dec;50(5-6):276-281

- Guidelines on Policy and Procedures for research on IPCDR, dated 10.03.2018

- Guidelines for data access and other materials of The Tromsø Study: https://en.uit.no/forskning/forskningsgrupper/gruppe?p_document_id=453582

- Description of research data from the Tromsø Study on Nesstar WebView: http://tromsoundersokelsen.uit.no/tromso/

PARTICIPANT WORKLOAD

Preparatory reading assignment	10 hours
Classroom gathering (1.5 days)	10 hours
Written research proposal	16 hours
Total:	**36 hours**

HOW TO APPLY?

The application shall contain:

- Letter of application including a brief description of a research project on the basis of the H2H data (free format, maximum one page)

- CV (containing a complete overview of education, supervised professional training and professional work)

Application shall be emailed to Tormod Brenn at UiT e-mail tormod.brenn@uit.no.

Deadline for applications - **15 March, 2019**.

Heart to Heart workshop

<u>PRELIMINARY</u> TIME TABLE

25-26 April 2019

Thursday		**13.30**	**15.00**	**15.30**	**17.00**
		Introduction (20 min) TB **Participant presentations (20 min)** **Tromsø Study 7: focus on CVDs (20 min)** IN **IPCDR and "Know your heart" study (20 min)** DL	**B R E A K**	**Heart to Heart – a comparative study of CVDs in Russia and Norway (20 min)** SC **From a research question to a study proposal (45 min)** DL/AKr /MB **Breaking down into small groups for supervision sessions (15 min)** All	

Friday **09.00**	**10.30**	**11.00**	**12.30**	**13.30**	**15.00**	**15.30**	**17.00**
Group supervision sessions All	**B R E A K**	**Presentations of research proposals** All	**L U N C H**	**Presentations of research proposals (80 min)** All **Summary discussion (10 min)** All	**B R E A K**	**Round table meeting at the Rector's office – UiT-Russian collaboration on CVD research and education** All	

Trainers:

AKr - Alexandra Krettek, AKu- Alexander Kudryavtsev, DL - David Leon, ES - IN - Inger Njølstad, MB - Magritt Brustad, ON - Odd Nilssen, SC- Sarah Cook, TB - Tormod Brenn