

OCDEM BULLETIN



FOR UNIVERSITY STAFF

WEEK COMMENCING 11 NOVEMBER 2019

ISSUE NO 213

SEMINARS

WEDNESDAY SEMINAR

There is no Wednesday seminar this week.

FRIDAY SEMINAR

This week's Friday seminar organised by the OCDEM Senior Academic Faculty will be a talk on "**The genome-wide CRISPR screen for beta-cell dysfunction**" by Miss Antje Grotz. The talk will begin promptly at 1pm in the Robert Turner Lecture Theatre and sandwiches for those attending will be available from 12:45.

MEDICAL GRAND ROUNDS

Thursday 14 November from 13:00 – 14:00

John Radcliffe Academic , Lecture Theatre 1



Chief Medical Officer: Bridging the Gap Between Primary and Secondary Care: A Wars And Roses Description of What is and What is Likely to Be" - Dr Richard Wood, CEO of the Berkshire, Buckinghamshire & Oxfordshire LMC

Haematology: Genome editing of haemopoietic stem cells for treating thalassaemia"James Davies

Chair: Prof Hugh Watkins



Congratulations to Dr Amanda Adler the new Director of DTU who has been conferred the title Professor of Diabetic Medicine and Public Health.

SPECIAL SEMINAR

Thursday 14th November

1-2pm Robert Turner Lecture Theatre

Professor Michael Whyte

**Shriners Hospitals for Children & Washington
University in St Louis**



**“Dense Bone Diseases: too much of a bad
or good thing”**

**Sandwiches for those attending the lecture
will be provided from 12:45**



STATISTICIAN

Grade 6: £28,660 - £34,189 with a discretionary range to £37,345 p.a.

THIS IS A READVERTISEMENT. PREVIOUS APPLICANTS NEED NOT APPLY.

An exciting opportunity has arisen to appoint a new medical statistician to join the Diabetes Trials Unit (DTU) Statistics and Modelling group, part of the Oxford Centre for Diabetes, Endocrinology and Metabolism on the Churchill Hospital campus, Oxford.

The DTU is a fully registered UKCRC Clinical Trials Unit and one of only a handful of academic research organisations worldwide that specialises in designing and performing both global clinical outcome mega-trials and early-phase translational trials of novel therapeutic opportunities and devices. This post represents an excellent development opportunity for the successful applicant who will be able to contribute to on-going and upcoming clinical studies under the guidance of senior statisticians.

Applicants should have a postgraduate degree in statistics or a related subject and have knowledge of statistical theory and methods, together with basic statistical computing and programming skills, e.g. programming in SAS, Stata or R. Some knowledge/experience of clinical trials would be an advantage, however training can be provided.

Applicants must be able to work independently as well as part of a team, be able to communicate complex concepts to non-statisticians, and have effective interpersonal skills.

The post is full-time and fixed-term for 2 years in the first instance.

Please quote 143809 in all correspondence.

For informal enquiries about the role please contact Ruth Coleman, Senior Research Statistician: email: ruth.coleman@dtu.ox.ac.uk; tel: 01865 857253

The deadline for applications is 12.00 midday on Wednesday 13 November 2019.



BUILDING MAINTENANCE ISSUES

As I am sure you are all aware maintenance issues within OCDEM have been a major issue for a significant period of time. We are currently pulling together a list of all known defects in the building to present to NHS estates and therefore would appreciate your help in compiling this list.

If there are any issues with your office/lab can you please email ocdemfacilities@ocdem.ox.ac.uk by close of play Monday 11th November detailing room number and description of fault. We want this list to be as definitive as possible so please include everything from the latch on the window does not work, carpet is threadbare, when it rains water comes in above the door, to the ventilation does not work etc.

If you are aware of issues in other areas e.g. toilets, kitchen, lecture theatre, corridors etc. please also list these.

Any help in compiling this list would be most appreciated.

Thanks

Lynne

LOCKERS



We are looking at locker usage across the building with the NHS with the aim of making sure there are enough adequate locker facilities for those who need it.

If you currently use a locker in OCDEM, please carry out the following by Friday 15th November:

- 1) put a sticky label on the front of the locker you use with your name and the date on there.
- 2) email ocdemfacilities@ocdem.ox.ac.uk with the location of the locker.

Any lockers that are locked and unaccounted for after this date will be opened.

We will be in touch at a later date with regards future allocation of lockers.



A reminder to staff Armistice Day is today (Monday). Armistice Day marks the end of the First World War and is a day to remember and honour those who have paid the price for our freedom. At the eleventh hour a Two Minute silence is held and staff should respect those who take part.

INTRODUCING THE NEW 'HEALTHY BACK COURSE'



Level 1 & 2: 12th, 19th and 26th November:

13.00-14.00 Robert Turner Lecture Theatre

Back pain is a very common problem, and 85% of people who report back pain to a doctor do not have a specific diagnosis. They may be told that they have 'non-specific back pain', a muscular' or 'mechanical problem' or a sprain. Sometimes aches and pains can last for quite a long time, but it doesn't mean that they are serious. Research has shown yoga to be a safe and helpful way to manage back pain. This programme has been designed by Yoga teachers, physiotherapists, osteopaths and doctors.

Each 60 minute class contains:

- Activations: gently warm up the body
- Dru Yoga flow sequences
- Stretching and strengthening
- Spinal relaxation
-
- The programme aims to give you the confidence and tools to:
- self-manage and reduce back pain
- strengthen the core & gluteal muscles
- improve balance
- help you to move more freely

There are three levels you will progress through as you stretch and strengthen your back. Everyone is different and it is normal to progress at a different rate with some of the exercises. This course will focus on level 1 & 2.

You will be guided as to which level you will work at during each class and provided with individual modifications to enable you to gain the most out of every class . To get the most benefit from the program you will be asked to do some home practice at least three times a week. You will receive a home practice sheet and asked to practice 3 exercises of your choice from it and access to online video of class warm up, flow sequences and guided relaxation.

This course is free to OCDEM staff but you must provide your own yoga mat as 50% of each class will involve lying on the floor. To book a place or for more information please email:

louise.dennis@ocdem.ox.ac.uk

Responsible Bystanders

If you see or hear inappropriate behaviour or language...



Direct

Challenge the behaviour & offer support

Distract

Interrupt to derail & de-escalate

Delegate

Seek help from others

Delay

It's never too late to act

As a community we will:

- Treat each other with dignity and respect
- Discourage any form of harassment by making it clear that such behaviour is unacceptable
- Support those who feel they have been subject to harassment.

Find out more: edu.web.ox.ac.uk/harassment-advice



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