



Dear colleagues,

Spring brought pandemic and a rapid transition to digital teaching and digital communication. We quickly had to learn some new tools, and we had to compromise in several fields where we honestly find it difficult to find adequate digital replacements for real, live, face-to-face teaching and practice.

Now, the autumn semester has just begun. We have had some more time to learn, but still it requires quite a bit of work to offer the best possible learning environment for our students. There are restrictions on how many people we can be in each room, so that we are able to keep the necessary distance between them. Because of this, most plenary teaching for the larger student groups must be in a digital format. We need to give our lectures and seminars either live in Zoom, or as video recordings (videcasts) that the students can watch whenever they find useful. We need to learn ways to interact with the students on digital platforms, both live and online during Zoom sessions, and 'offline' in MittUiB. In MittUiB, we can initiate discussions, and we can arrange quizzes and tests.

Of course, we also must give our students the best possible opportunities for practical work and to work together. The limitations for room use necessitate that we plan for smaller groups and more sessions, and both the schedules and the plans for the courses have had to be adjusted accordingly.

On top of the corona situation, we are in the beginning of UiB's project "vestlandslegen" (www.uib.no/vestlandslegen). In this project, a parallel medical program has been developed in collaboration with the hospitals in Stavanger, Haugesund and Førde. In this first phase of the project, UiB has increased the number of medical students in the existing programme with 20. This comes with an economic compensation, which will give us room to increase our staff. Later this autumn, we shall know in more detail how we can plan for the expansion.

We have also received more pharmacy students, and more students in the master programme in biomedicine. Our master's students represent a valuable recruiting ground for future PhD students and researchers, so we should receive them well! We should welcome them in our department, and welcome them into our research groups for their practical placement in the course BMED320.

I know all of us that are involved in teaching in this semester are busy preparing for the best teaching we can offer. Let us show up that we want the best for our students and support each other in the process.

Arne Tjølsen

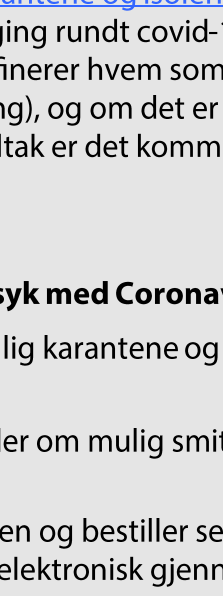
Human Resources

Events for UiB Employees	Benefits for employees at UiB	Vacant positions at the University of Bergen
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We welcome these new employees:

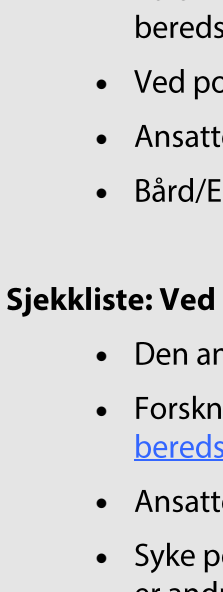


Birk Nessel Øvergren
started on in a finance position in the reception 01 August



Ege Solei is a PhD candidate in the transnational cancer research group with Rolf Bjerkvig as supervisor since 01 August.

We wish farewell to this colleague:



Hanan Ashrafi
resigned from her position as Staff Engineer in the CellNet lab on 30 June. We wish her all the best for her future career.

Operations, Health, and Safety

Ønskede rutiner ved IBM, Smitteberedskap

Hvordan forbygge smitte?

De grunnleggende smitteverntiltak er:

1. Syke personer skal holde seg hjemme
2. God hånd- og hostehygiene, og forsterket renhold
3. Kontaktreduserende tiltak

Det aller viktigste smitteverntiltaket er at syke personer holder seg hjemme. Dette gjelder uansett type sykdom, og selv med lette symptomer. **Hostehygiene** og **å holde avstand** er avgjørende for å begrense dråpesmitte, mens **håndhygiene**, og spesielt det å unngå å ta seg i ansiktet med urene hender, er viktig for å hindre indirekte kontaktsmitte. Forsterket renhold bør vurderes, spesielt for kontaktpunkter som berøres hyppig. Økt fysisk avstand mellom mennesker reduserer muligheten for smitte, også for symptomer på sykdom oppstår.

Personer som kan være fysisk til stede:

- Personer som ikke har symptomer på sykdom
- Ansatte, brukere og andre som har gjennomgått luftveisinfeksjon, så lenge de har vært symptomfrie i minst ett døgn.

Alle må ha gjennomført og bestått UiB's [smittevernkurs](#).

Kommunehelsetjenesten

Ved sannsynlig eller bekreftet covid-19 gjelder egne anbefalinger om isolasjon for den syke og karantene for nærkontakt (se [FHI Avstand, karantene og isolering](#)). Kommunehelsetjenesten har ansvar for oppfølging rundt covid-19-tilfeller og for å beslutte nødvendige tiltak. Kommunehelsetjenesten definerer hvem som er nærkontakter til den syke og som derfor skal i karantene (smitteoppsporing), og om det er behov for informasjon til andre. Hvis det skulle bli behov for ytterligere tiltak er det kommunehelsetjenestens oppgave å vurdere og eventuelt gi pålegg om dette.

Sjekkliste: Hvis en ansatt mistenker at de er syk med Coronaviruset

- Den ansatte holder seg hjemme i frivillig karantene og melder om fravær fra jobb til nærmeste leder.
- Forskningsgruppelider/veileder melder om mulig smitte til: <mailto:ibm-beredskap@uib.no>

- Den ansatte tar kontakt med legevakten og bestiller seg time til test. Bestill test gjennom telefonnr. **55 56 77 00** eller elektronisk gjennom [Bergen kommunes nettsider](#). <https://www.bergen.kommune.no/hvasker/tema/koronavirus/sykdom-testing-og-karantene>
- Ved positiv test skal vi bistå kommunehelsetjenesten med sporing. (se over)

- Er test positiv skal den ansatte registrere inn at han er smittet til UiB gjennom lenken: <https://www.uib.no/korona/135332/registering-av-p3/C3%Avstist-uitib-ansatte-studenter-som-har-tilgang-til-uits-bygge>
- Ved positiv test skal vi bistå kommunehelsetjenesten med sporing. (se over)

- Ansatte som har hatt nærkontakt må i karantene.
- Bård/Emil bestiller nedvask fra EIA via Lydia

Sjekkliste: Ved oppstått sykdom mens personen er til stede på arbeidsplassen

- Den ansatte melder fra sin nærmeste leder/forskningsgruppelider
- Forskningsgruppelider/veileder melder om mulig smitte til: <mailto:ibm-beredskap@uib.no>

- Ansatte som blir syke mens de er til stede må dra hjem så snart det er mulig
- Syke personer som må hentes av andre, må vente på et eget rom eller ute der det ikke er andre. (Syke personer bør ikke ta offentlig transport)

- Syke personer bør dekke til munn og nese hvis de ikke kan holde to meters avstand til andre for å redusere smittespredning. Munnbind fas gjennom ibm-beredskap
- Kontaktpunkter i området vedkommende har oppholdt seg vil bli desinfisert og/eller rengjort. (ibm-beredskap ordner med dette)

- Den ansatte holder seg hjemme i frivillig karantene
- Den ansatte tar kontakt med legevakten og bestiller seg time til test. Bestill test gjennom telefonnr. **55 56 77 00** eller elektronisk gjennom [Bergen kommunes nettsider](#). <https://www.bergen.kommune.no/hvasker/tema/koronavirus/sykdom-testing-og-karantene>

- Forskningsgruppelider må påvente av svar i samarbeid med ibm-beredskap (Mathias, Frode, Janne og Bård/Emil) risikovurderer og forebygge.
- Den ansatte melder så snart som mulig tilbake til leder om utfall av test.

- Er test positiv skal den ansatte registrere inn at han er smittet til UiB gjennom lenken: <https://www.uib.no/korona/135332/registering-av-p3/C3%Avstist-uitib-ansatte-studenter-som-har-tilgang-til-uits-bygge>
- Ved positiv test skal vi bistå kommunehelsetjenesten med sporing. (se over)

- Ansatte som har hatt nærkontakt må i karantene
- Bård/Emil bestiller nedvask fra eiendomsavdelingen

Covid-19 rammer forskjellige folk på forskjellige måter. De fleste som blir smittet, utvikler mild til moderat sykdom og blir friske uten å måtte på sykehus.

Vanlige symptomer:

feber
tørrehoste
tretthet

Mindre vanlige symptomer:

verk og smerter i kroppen
sår hals
diaré
dykatt
hodepine
sore throat
tap av smaks- eller luktesans
utslett på huden eller misfarging av fingre eller tær

Alvorlige symptomer:

pustevansker eller oppustenhet
brystsmerter eller trykk i brystet
sore throat
tap av tale- eller bevegelsesevne

Oppsøk lege umiddelbart hvis du har alvorlige symptomer. Ring alltid og bestill time før du besaker legevakten eller andre helsetjenester.

Personer som har milde symptomer, men som ellers er friske, bør holde seg hjemme.

I gjennomsnitt tar det 5-6 dager fra en person blir smittet av viruset, til vedkommende utvikler symptomer. Det kan imidlertid ta opptil 14 dager.

[LAST NED DENNE LISTEN \(PDF\)](#)

Desired routines for infection control at The Department of Biomedicine

Advice about infection control (from NIPH)

The general guidelines are:

1. Sick people should stay at home
2. Good hand hygiene and cough etiquette and enhanced cleaning.
3. Measures to limit contact.

People who are sick should stay at home. This applies even for mild respiratory tract symptoms. Cough etiquette and keeping a physical distance limit droplet transmission, while hand hygiene, and especially avoiding touching the face with unclean hands, prevent indirect contact transmission. Consider enhanced cleaning, especially for frequently touched contact points. Increased physical distance between people reduces the possibility of infection, even before symptom onset.

Who can be present:

- Persons who are free from symptoms of any infectious disease.
- Persons who have undergone a respiratory infection, and have not experienced any symptoms for the last 24 hours.

Everyone must have completed UiB's [course in protective measures](#).

Infection control health service

If Covid-19 infection is likely or confirmed, there are guidelines for isolation or quarantine for the patient and those who have been in contact with her/him. (See NIPH: [Avstand, karantene og isolering](#)). The local health authorities are responsible to follow up covid-19 infections, and to implement the necessary measures. They define the local contact persons that need to be quarantined. Should there be a need for other measures, the local health authorities will consider this and give orders accordingly.

Checklist: If an employee suspects having Covid-19

- The employee stays at home, self-quarantining, and reports to their nearest leader.
- The nearest leader reports to ibm-beredskap (ibm-beredskap@uib.no)
- The employee contacts the medical services, and orders a test through phone number: 55 56 77 00 or electronically at <https://www.bergen.kommune.no/hvasker/tema/koronavirus/sykdom-testing-og-karantene>

- While awaiting the test results, the nearest leader and IBM beredskap (Mathias, Frode, Janne og Bård/Emil) jointly perform a risk assessment and take preventive measures.
- The employee informs their nearest leader of the test result as soon as possible.
- In case of a (Sars-CoV2)-positive test result, the employee must register at UiB that he or she is infected: <https://www.uib.no/en/corona/135338/diagnosed-covid-19-please-fill-form>

- We will assist the local health authorities with tracing in case of a positive results (see above).
- Employees who have been in close contact with the infected person will be quarantined.
- Bård or Emil will arrange a cleaning from the division for facility management.

If an employee develops symptoms while at work:

- The employee reports to their nearest leader.
- The nearest leader reports to ibm-beredskap@uib.no
- The employee should return home as soon as possible. If they are waiting to be picked up by someone, they must wait in isolation indoors or outside. Avoid public transport.
- Persons who experience symptoms cover their mouth and nose if a 2 meter distance is not possible. You can get a facemask through ibm-beredskap.
- Areas where the potentially infected employee was situated will be disinfected by ibm-beredskap.

- The employee contacts the medical services, and orders a test. Order the test through phone number: 55 56 77 00 or electronically at <https://www.bergen.kommune.no/hvasker/tema/koronavirus/sykdom-testing-og-karantene>
- The employee remains at home in voluntary quarantine.
- While awaiting the test results, the nearest leader and IBM beredskap (Mathias, Frode, Janne og Bård/Emil) jointly perform a risk assessment and take preventive measures.
- The employee informs their nearest leader of the test result as soon as possible.
- In case of a (Sars-CoV2)-positive test result, the employee must register at UiB that he or she is infected: <https://www.uib.no/en/corona/135338/diagnosed-covid-19-please-fill-form>

- We will assist the local health authorities with tracing in case of a positive results (see above).
- Employees who have been in close contact with the infected person will be quarantined.
- Bård or Emil will arrange a cleaning from the division for facility management.

Covid-19 has a wide variety of symptoms. Most of the infected develop mild or moderate illness and recover without the need for hospitalisation.

Common symptoms:

fever
dry cough
feeling tired

Less common symptoms:

aches and pains in the body
sore throat
diarrhoea
conjunctivitis
headache
losing the sense of smell and/or taste
rashes on the skin, or discolouring of fingers or toes

Serious symptoms:

Chest pain
Loss of speech or mobility

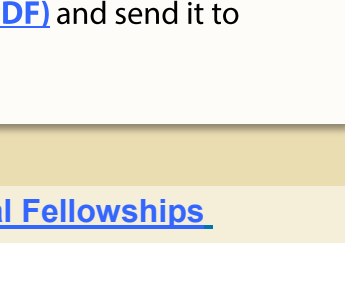
Contact the emergency services immediately if you have serious symptoms. Always call in advance to book an appointment at the local health services.

If you have mild symptoms but otherwise are fine, stay at home. On average, it takes 5-6 days from a person gets infected with the virus, until they develop symptoms. However, it can take as long as 14 days.

[DOWNLOAD THIS TEXT \(PDF\)](#)

Research, Science, and Seminars

Publications



The following list is the PubMed search result for "Bergen AND Biomedicine" since the last newsletter. Authors who attribute the Department are shown in bold.

[Population prevalence and inheritance pattern of recurrent CNVs associated with neurodevelopmental disorders in 12,252 newborns and their parents](#)
Smallegang D, Lavrichenko K, Berland S, Helgeland Ø, Knudsen GP, Vaudel M, **Haavik J**, Knappskog PM, Njåstad PR, Porge G, Johansson S, 2020 Aug 10.

[Letter regarding 'Extensive brainstem infiltration, not mass effect, is a common feature of end-stage cerebral atrophy'](#)
Hossain JA, Miletic H, Neuro Oncol. 2020 Aug 8;noaa186

[Cognitive function and brain plasticity in a rat model of shift work: role of delta rhythms, sleep and glucocorticoids](#)
Martí AR, Pedersen TT, Wisor JP, Mirdal J, Holmehol Ø, **Pati S**, Meerlo F, **Bramham CR**, Groni J, Sci Rep. 2020 Aug 4;10(1):13141

[Syntex syndrome \(SD\) and sleep X-inactivation in a girl with HAA1A dysfunction and a novel heterozygous de novo NAA10 p.His16Pro variant - a case report](#)
Bader M, **Cietan N**, Darabak C, Bolthausen E, Re R, Ebner S, Mayr JA, **Arnesen T**, BMC Med Genet. 2020 Jul 22;21(1):153.

[GAD1 is a multifunctional decarboxylase with tissue-specific roles in D-alanine and carnosine production](#)
Mathochetti E, Cannon Homaei S, Kleppe R, **Winge I**, Hegvik TA, Megias-Perez R, Totland C, Moagavero F, Baumann A, Glenon JC, Miletic H, Kursula P, **Haavik J**, Sci Adv. 2020 Jul 17;6(29):eabb3713. doi: 10.1126/sciadv.abb3713

[eEF2/eEF2K Pathway in the Mature Dentate Gyrus Determines Neurogenesis Level and Cognition](#)
Taha E, **Pati S**, Barrera J, Panoj V, Khamsiy M, Proud GC, **Bramham CR**, Rosenblum K, Curr Biol. 2020 Sep 13;30(36):6113-6120. doi: 10.1016/j.cub.2020.06.061.

[Commentary: Trends in cardiovascular medicine from deep in the heart - An emerging role of cardiac lymphatics](#)
Wig H, Trends Cardiovasc Med. 2020 Jul 15;51050-1738(20)30099-2.

[Bidirectional Dysregulation of AMPA Receptor-Mediated Synaptic Transmission and Plasticity in Brain Disorders](#)
Zhang H, **Bramham CR**, Front Synaptic Neurosci. 2020 Jul 10;12:226.

[Brain Metastasis Cell Lines Panel: a public resource of organotrophic cell lines](#)
Valentin M, Van Swearingen AEJ, Anders CK, Banoch A, Bore A, Bost PD, Otley DJ, Erez N, Ferraro CB, Fukumura D, Gill B, Heston WJ, Hynes JT, Joyce JA, Lager M, Messing J, Neman J, Sisson NR, Steng PS, **Thoresen F**, Young LS, Værelid A, Welby M, Winkler F, Winkler F, Cancer Res. 2020 Jul 13;80(28):8291-8292. doi: 10.1158/0732-183X.CCR-20-0291.

[Is there a prominent role for MR spectroscopy in the clinical management of brain tumors?](#)
Keunen O, Niclou SP, Neuro Oncol. 2020 Jul 7;22(7):903-904.

[Diet quality, stress and common mental health problems: A cohort study of 121 008 adults](#)
Schwewen UJS, Larsson H, Vinke PC, Li L, **Kvalvik LG**, Arias-Vasquez A, **Haavik J**, Hartman CA, Clin Nutr. 2020 Jun 30;39(6):5614-5614. doi: 10.1016/j.clnu.2020.06.016.

[Co-localization of Interleukin-1α and Annexin A2 at the plasma membrane in response to oxidative stress](#)
Novák J, Vopaleňský V, Popelický M, **Velde A**, Cytokine. 2020 Sep 13;131:55141. doi: 10.1016/j.cyto.2020.155141.

[Further evidence of low adherence to stimulant treatment in adult ADHD: an electronic medical record study examining timely renewal of a stimulant prescription](#)
Biederman J, Fried R, DiSalvo M, Woodworth KJ, Biederman I, Driscoll H, Noyes E, **Farone SV**, Perlis RH, Psychopharmacology (Berl). 2020 Jun 26. doi: 10.1007/s00213-020-05576-y.

BBB seminar



Therese Sørlie from the Institute for Cancer Research, Oslo University Hospital, Norwegian Radium Hospital, will give a talk entitled "Breast cancer molecular subtypes and phenotypes in ductal carcinoma in situ (DCIS)".

Therese Sørlie is Head of the Department of Cancer Genetics and Professor II at the Institute of Clinical Medicine, University of Oslo. Her main interest is to understand how the heterogeneous subtypes of breast cancer arise; from the cell(s) of origin to the specific cellular pathways that are deregulated in the further progression of the tumors. A focus of her research is to study the breast cancer events that are essential for the transition from ductal carcinoma in situ to invasive breast cancer and identify improved risk prediction biomarkers.

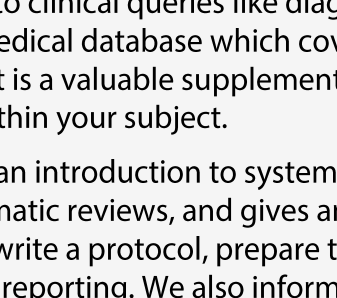
NBI! The webinar can be attended in person (Auditorium 2) or online. The Zoom link will be provided on the BBB Seminars home page.

Thursday, August 20, 14.30, Auditorium 2

CCBIO webinar

Thursday, August 27, speaker to be announced

N3M-2020



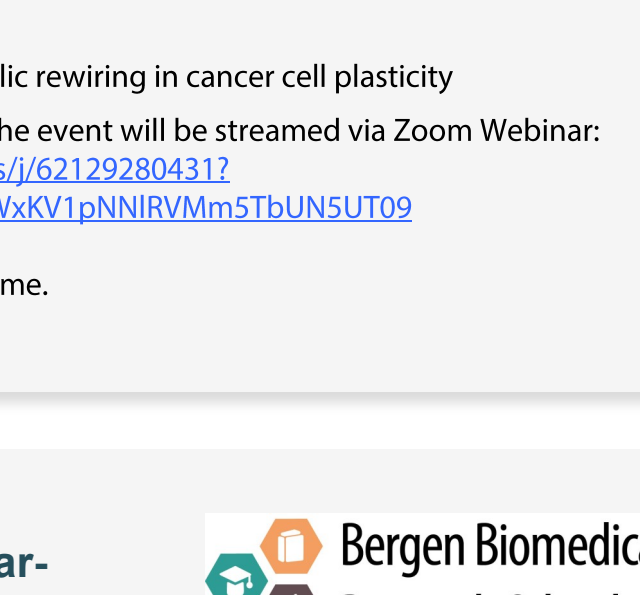
The Nordic Nanopore Seq Network is pleased to announce that they will hold the Meeting in Bergen on 14.09.2020 as planned.

Norwegian regulations allow to hold conferences in person, and they continuously plan to do so!

Join this free one-day meeting in September. If not, or if you have any further questions regarding the conference, do not hesitate to contact Max Krause <Maximilian.Krause@uib.no>

If you have not done so, check out the Nordic Nanopore-Seq Network website with great information about us and the ~60 scientists that joined the network already! <https://thorjornnannopore.net/>

Please find attached the updated Advertisement poster. Feel free to share the poster with colleagues, distribute it in your institutes, or forward it to other people that can present this poster in their institutes!



14 September, VilVite Science Center

Library Courses at The faculty for medicine autumn 2020

Courses will be held in the library but with fewer participants due to corona infection prevention measures.

- Introduction to Endnote
- Searching in PubMed and Embase
- Introduction to systematic reviews

Introduction to EndNote: EndNote is a tool for managing references. The course covers how to build your own EndNote database, how to use references from EndNote in the writing process with Word, formatting the text and generating literature lists. Other functionalities like grouping, removing duplicates, and importing full text will also be covered.

Searching in PubMed and Embase: Everyone can use PubMed. Embase, with some extra knowledge you can search more efficiently. In this course we demonstrate the use of subject headings MeSH, and the use of filters for quick limiting to clinical queries like diagnostic studies, or intervention studies. Embase is another important medical database which covers a number of different journals than PubMed/Medline. Therefore, it is a valuable supplement to Medline, if you want to get a better overview over the literature within your subject.

Introduction to systematic reviews: The course gives an introduction to systematic reviews. The library presents several databases for finding systematic reviews, and gives an overview over the process of doing your own systematic review: write a protocol, prepare the search, data management, quality assessment, and guidelines for reporting. We also inform about the role of the library in the different phases of the work with a systematic review.

The courses are mainly for employees and PhD candidates at the Faculty of Medicine and for employees at Helse Bergen. Courses for students are normally given as a part of their study program.

Dates, registration and more information can be found on the library's web page

Courses in English: <https://www.uib.no/en/ub/172609/courses-and-guidance/courses-requiring-registrations>

Courses in Norwegian: <https://www.uib.no/en/ub/172601/kurs-og-veiledning/kurs-med-p-melding>

PhD and Post Docs

PhD student: Sissel Elisabeth Dyrstad



Trial lecture:
Current key players and druggable targets in tumour cell metabolism

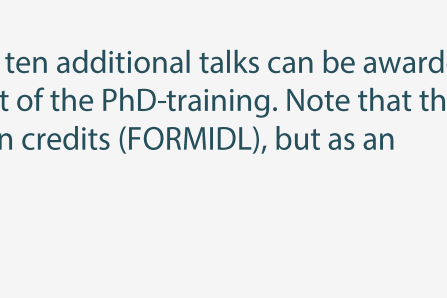
21 August, 10.15. The event will be streamed via Zoom Webinar:
<https://uib.zoom.us/j/621292804317>
pwd=dEhpa1pqQWkV1pNIRVMm5tBhUNSUT09

Public defense
A study on metabolic rewiring in cancer cell plasticity

21 August, 12.15. The event will be streamed via Zoom Webinar:
<https://uib.zoom.us/j/621292804317>
pwd=dEhpa1pqQWkV1pNIRVMm5tBhUNSUT09

The public is welcome.

Early Stage Researcher Seminar- Anastasiia Rulina



The role of obesity in development of breast cancer

Anastasiia is Post Doc in the lab of Nils Halberg. She will talk about "CEBPB-dependent Adaptation to Alkaline Acid Promotes Stemness in Hormone Resistant Negative Breast Cancers"

About ESRs: A monthly meeting platform for PhD students and post docs, where one student will present his/her work, followed by light discussions over lunch (informal, does not qualify for credit points towards the PhD degree).

All early stage researchers at the Department of Biomedicine are invited: PhD-candidates, master students, post docs and researchers. There is no registration. There will be pizza for lunch after the seminar.

Corona-regulations: In order to keep a safe distance, we will hold the seminar in the auditorium, where the audience can sit with 2 empty seats spacing. Pizza and drinks will be served on individual plates after the talk.

28 August, 14.15 hrs, Auditorium 4

NEW PhD-course: Early Stage Researcher Seminars are now BMED908



We want to acknowledge the effort it takes to hold a seminar at the Department's Early Stage Researcher Seminars, and have turned the series into a PhD-course.

From now on, PhD-candidates that give a seminar and attend ten additional talks can be awarded 1 credit that can be used toward the formal training component of the PhD-training. Note that the credit does not count towards the six obligatory dissemination credits (FORMIDL), but as an optional course.

Read more here: <https://www.uib.no/en/course/BMED908>

If you are interested to give a talk, please contact Margarethe.Bittins@uib.no

Funding Announcements

Forslag til priskandidatar til Helse Vests Forskningspris og Innovasjonspris

Propose candidates for the Helse Vest Research and Innovation Prizes