

Public Health & Epi News

NO. 1, 7TH VOLUME, NOVEMBER 2020

What is a Graduate Program?

All PhD students are attached to a graduate program, but I realize that you do not all know what the graduate programs are and what they have to offer.

The graduate programs are essentially the scientific framework for your PhD, and we offer a number of events and support options for your scientific development during the course of your PhD.

The graduate program in Public Health & Epidemiology, <https://phd-pubhealthepi.ku.dk/> organizes a seminar series in epidemiology, an annual summer school, and we try to facilitate relevant courses within public health.

We also financially support longer research stays abroad, writing retreats and coaching sessions. You can get more information about all of this in the newsletter.

We recently started a new tradition where we introduced new students to the program with a welcome breakfast. This was a great opportunity for me to meet the new students and get new inputs on what the program should consider offering in the future.

To everyone else, please contact me if you have ideas for new courses, events or support options within the program.



Naja Hulvej Rod
Professor, Head of
the Graduate
Program in Public
Health &
Epidemiology

Editorial info

Public Health & Epi News is distributed to PhD students and supervisors affiliated with the graduate program in Public Health and Epidemiology.

The newsletter is published two times a year (around May and November) and is meant to be a dynamic platform for exchanging information within the graduate program. Any inputs on events, new books, international courses, writing groups etc. are very welcome. Please send your input in an e-mail to Lisbeth Lyng Hansen, llh@sund.ku.dk.

Editors: Naja Hulvej Rod, nahuro@sund.ku.dk and Lisbeth Lyng Hansen, llh@sund.ku.dk

Deadline for next issue of Public Health & Epi News is **23rd of April, 2021**.

Previous editions to be found at: <http://phd-pubhealthepi.ku.dk/>

Conference calendar

Society for Epidemiologic Research (SER) annual meeting

16-18 December, 2020 (online)

<https://epiresearch.org/annual-meeting/2020-meeting/>

Society for Epidemiologic Research (SER) annual meeting

22-25 June, 2021, San Diego, USA

<https://epiresearch.org/annual-meeting/2021-meeting/>

10th annual SLLS International Conference

Rescheduled to 20-22 September, 2021, Vilnius, Lithuania

<https://www.slls.org.uk/>

World Congress of Epidemiology

2021, 3-6 September, Melbourne, Australia

<https://wce2020.org/>

GRASPH Summer School 2021

25-26 May 2021 at Comwell, Klarskovgaard, more info coming in January 2021

NorDoc Summer School 2021 Entrepreneurship, Innovation and Career Development

16-21 August, 2021

The annual NorDoc Summer School brings together PhD students from the Nordic countries for a week of interaction and discussions. The summer School is open to PhD students, faculty and administrators.

[Sign up](#)

PhDs of the Month

Daniel Ward, MD.

*Department for Epidemiology Research,
Statens Serum Institut*

I am a medical doctor from England, conducting my PhD research at Statens Serum Institut following a research assistant position in the same department. I also have a masters in Global Health from KU. It has been a privilege to work in such an excellent academic environment, surrounded by experts in clinical epidemiology with great collaborative approaches. It has been a difficult year for the department, and now with working from home recommendations, our interactions are reduced but we maintain some cohesion as a department through online meetings. In this spirit of collaboration, my supervisor Prof Tine Jess conceived of my PhD project as an opportunity to utilise Danish and French data sources (originally intended as a joint PhD with Sorbonne University, unfortunately, the respective national PhD regulations were incompatible).

My research investigates the safety and effectiveness of immunosuppressant medications by applying pharmacoepidemiological methods to nationwide health care registers in Denmark and France. Immunosuppressants such as tumour necrosis factor (TNF) inhibitors and glucocorticoids treat diverse diseases, including immune-mediated inflammatory diseases (IMID), and have pleiotropic physiological effects. There are now numerous immunosuppressants available, but their comparative risks and benefits require further research, which is essential to ensure the optimal treatment of a large number of patients.

My first project collaborated with the Danish Medicines Agency to study the effect of exposure to immunosuppressants on the prognosis of intercurrent SARS-CoV-2 infection.

Immunosuppressants are known to increase patients' risk of serious infections and, for this reason, such patients are considered at high-risk of severe COVID-19, and many expert groups have advised reducing or withholding immunosuppressants during intercurrent infection. By contrast, certain immunosuppressants have been proposed as treatments for COVID-19, based on evidence of an excessive, pathophysiological immune response in severe COVID-19. However, as of yet, strong evidence of

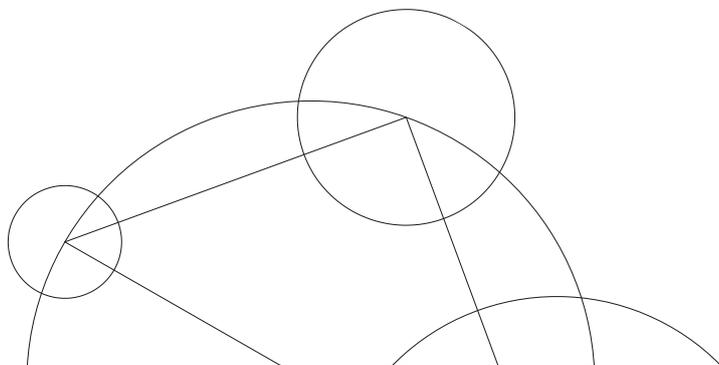
efficacy has only been established for high-dose

corticosteroids in patients with severe COVID-19. We studied the effect of exposure to selected groups of immunosuppressants on the risk of severe outcomes, controlling for confounding with a statistical model based on propensity scores. Building on the findings of previous research, our novel results will help to change clinical practice and orient further research during the pandemic, and I am eager to publish our findings. It has been exciting to take part in a collaboration to provide rapid evidence to improve health in the current circumstances, and to look into infection and critical care, which I would find interesting specialties to work in.

I am also working on other studies of the effect of immunosuppressants as treatments for IMID. In one study, I will investigate the effects TNF inhibitors in patients with an IMID on the risk of a second IMID in Danish cohorts. I will furthermore implement an equivalent study using French national health care registers. The French registers have not existed for as long as the Danish registers, but the large population provides excellent statistical power to our studies. I will also conduct a cohort study of the effect of TNF inhibitors on the risk of cardiovascular diseases including myocardial infarction and stroke. In an equivalent study using a French nationwide cohort previously conducted by my co-supervisors there was a decreased risk of cardiovascular events in patients treated with TNF inhibitors. By replicating our methods in French and Danish populations, we can efficiently assess the validity of our findings. I am looking forward to a 6-month research stay in Paris and working with my co-supervisor Dr Julien Kirchgessner at Sorbonne University.

Contact: dawa@ssi.dk





Sidsel Marie Bernt Jørgensen, MSc public health

The Danish Heart Foundation
Department of Public Health, Center for Healthy Aging (CEHA)



Enhancing return to work following heart disease

Through the last decades, mortality from heart disease has decreased due to improved primary and secondary prevention and advances in the medical and surgical treatment. With the improved survival more people need cardiac rehabilitation, and it is therefore essential to ensure effective rehabilitation programs of high quality. Cardiac rehabilitation has primarily been evaluated on clinical outcomes and less on the ability to promote level of function, including return to work. Return to work is however an important rehabilitation goal, as work plays an important role for psychological and social wellbeing, and loss of productivity has economic costs for society. The aim of cardiac rehabilitation is to allow patients, as far as possible, to return to their activities of daily living, but even though the national clinical guidelines for cardiac rehabilitation cover vocational counselling, return to work following heart disease still seems to remain suboptimal and needs to be improved.

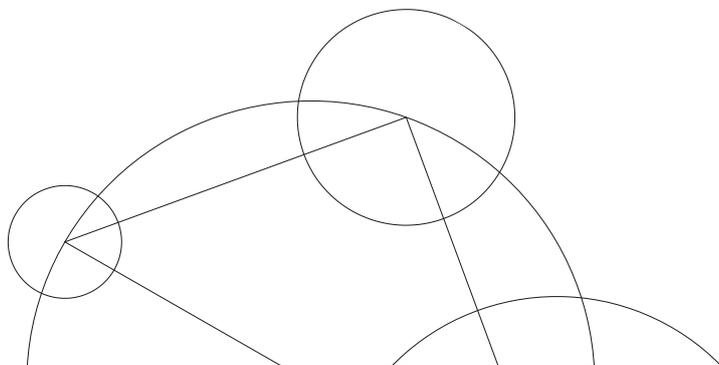
Therefore, the aim of this PhD-project is to generate new knowledge needed for enhancing return to work after heart disease. The project examines the prevalence and predictors of perceived vocational counselling among

patients with heart disease in Denmark. In addition, the project aims to investigate factors predicting return to work following heart disease, and patient experienced barriers and facilitators associated with return to work. Also, patient experienced support needs are identified.

The Ph.D. project is conducted as a mixed method study, including survey based quantitative analysis and qualitative in-depth interviews. Focusing on patients' perspectives on return to work the research project adds to a relatively limited research field and generates knowledge essential for improving and targeting cardiac rehabilitation and activities and initiatives in Danish Heart Foundation.

I have a background in public health, and I have always been driven by exploring and capturing patients' perspectives and enhancing person-centered healthcare. I obtained my master's degree from University of Copenhagen in 2015 and I have been working in the Danish Heart Foundation since 2016.

Contact: sidselmri@hjerteforeningen.dk



Mads Langager Larsen, MD.

Forskningsenheden Kvinder og Børns Sundhed, Juliane Marie Centret, Rigshospitalet

My PhD and interest in OB/GYN, stems from my background working as a medical doctor. After 4 years working in different fields of specialization, including one and a half years in Obstetrics and Gynecology at Rigshospitalet, I had the opportunity to collaborate on an early project on cerebral palsy (CP) in Denmark. Following this project, it became clear that there was a need for further investigation into several other areas of CP in Denmark, which led me to developing my own PhD project, in collaboration with supervisors from the Department of Pediatric and Adolescent Medicine at Rigshospitalet and Obstetrics and Gynecology at Hvidovre Hospital. The project is supported by a grant from the ELSASS Foundation and we are now almost at the halfway point.

The name of my Ph.D. project is: “The impact of perinatal care on the development of cerebral palsy: Markers for use in early screening”

The overall aim is to investigate the aetiology of CP in Denmark and identify possible risk factors during pregnancy, delivery and the first days of life/the neonatal period. CP is a rare condition that affects around 130 children in Denmark each year. However, it is still the most common cause of early lifelong physical disability, ranging from severe physical and mental disabilities to a limp in one leg. CP is caused by an unchanging impairment of the immature brain either prior, during or after delivery. Although there are many causes, we hope to identify risk factors that are actionable and can minimize the development and/or severity of CP. Furthermore, we are also aiming to identify risk factors that will facilitate an early diagnosis, making it possible to initiate disease-modifying treatment.

In the first study, we integrated a new database, the “Cerebral Palsy Follow-up Program” (CPOP), with

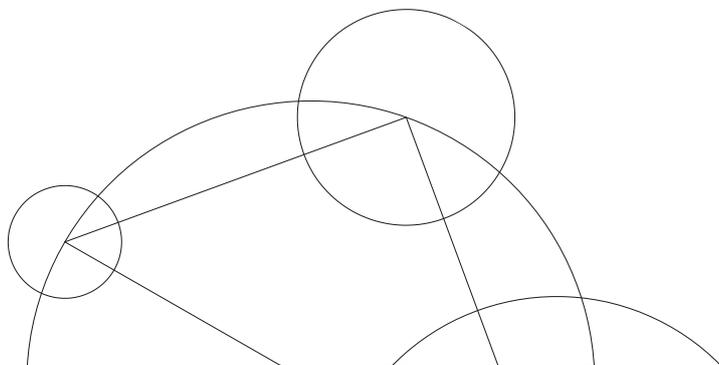
information on all children with CP in Denmark born from 2008–2013. The CPOP has never been used in research before and therefore I spent the first six months of my PhD going through the data and collecting missing information from medical records from

pediatric departments throughout Denmark. I was lucky enough to complete this task just before the lockdown in March, which meant that I could spend the lockdown focusing on data analysis and writing. Data from the CPOP has now been combined with the “Danish Medical Birth Registry” (DMBR) and analyzed, and we have found that the prevalence and severity of CP is continuing to decline.

The next studies follow on from the first. Here we will combine data from the “Danish Cerebral Palsy Register”, the CPOP, the DMBR and the “Danish Fetal Medicine Database” (DFMD). This will make it possible to gather information about all children born in Denmark over a 17-year time period from 1997 until 2013, thus creating a retrospective cohort of almost 970,000 children. With this cohort, we will then analyze factors in children with and without CP. With data from the DFMD we can analyze factors obtained during first and second trimester ultrasound scans and blood samples taken during pregnancy. The data from the DMBR will allow us to analyze factors observed during delivery and in the neonatal period, which we anticipate will allow us to gain a greater understanding of CP amongst children in Denmark.



Mads Langager Larsen, Medical Doctor
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Vanja Kosjerina, Cand. Med.

Steno Diabetes Center Copenhagen, Department of Endocrinology and Department of Clinical Pharmacology at Copenhagen University Hospital, Bispebjerg-Frederiksberg

DiaLate – Diabetes in the late stages of life

The overall aim of this PhD is to describe medication and complication patterns in the elderly population with type 2 diabetes mellitus (T2DM) in the last stages of life and to develop a prediction model to guide treatment decisions. All studies will be conducted based on data from the Danish national registers, which will enable me to gather a large and representative sample of elderly with T2DM.

The elderly population (+75 years) with T2DM continues to grow and is increasingly common in both general practice and outpatient clinics. With no sign of this development changing, it is crucial to know what characterizes this population in order to establish tailored evidence-based clinical recommendations, identify research priorities and allocate resources.

Old age, multiple comorbidities and T2DM are all associated with polypharmacy. Discontinuation of medication has been suggested to reduce medication-related side effects and improve quality of life. Simultaneously, it is suggested that high rates of overtreatment in this populations, relates to a presumably high level of heterogeneity in health status, and that is why current guidelines from ADA and IDF are emphasizing individualized treatment goals based on health status rather than age. However, the extent and patterns of discontinuation of glucose lowering and other diabetes related medication in the last stages of life with T2DM has been sparsely described.

The specific aims of the thesis are:

1. Describe the discontinuation patterns of glucose-lowering medication. (Study 1)

2. Describe the discontinuation patterns of antihypertensive, lipid-lowering and antithrombotic medications. (Study 2)

Furthermore, while studies from high-income countries have indicated a decrease in the incidence of diabetes complications over the past two decades (1990-2010), it is not clear to which extent this has affected the elderly with diabetes. It is also not known if and how diabetes complication patterns late in life are affected by medication discontinuation.

3. Describe the diabetes related complication patterns before death. (Study 3)

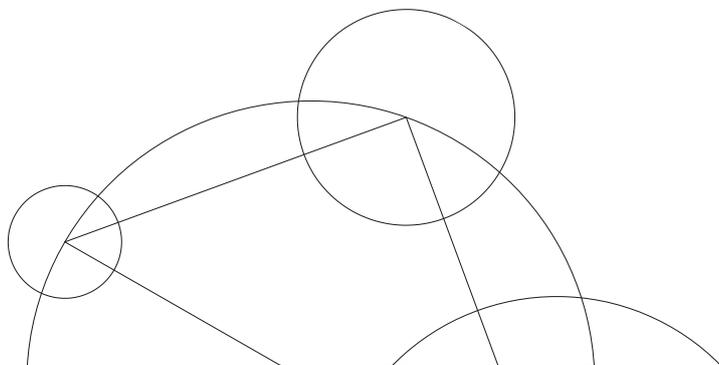
Changes in prescription- and diabetes complication patterns over time are likely to reflect a more diverse clinical picture of the elderly population, making clinical decisions on prescription, and by extension, discontinuation of medication more complex. In this context, tools for predicting mortality can help with a quick and indirect assessment of health status.

4. Develop a prediction model for 1-year mortality in elderly T2DM patients. (Study 4).

My background: I obtained my master's degree in Medicine from the University of Copenhagen in the summer of 2016. During my residency at the Department of Endocrinology at Bispebjerg Hospital I got the opportunity to develop the protocol for this PhD, which combined my interests for diabetes mellitus, pharmacology and geriatrics.

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International PhD of the Month: Anders Mikkelsen, MD.

Changing research environment to the Arctic – Skiing to work



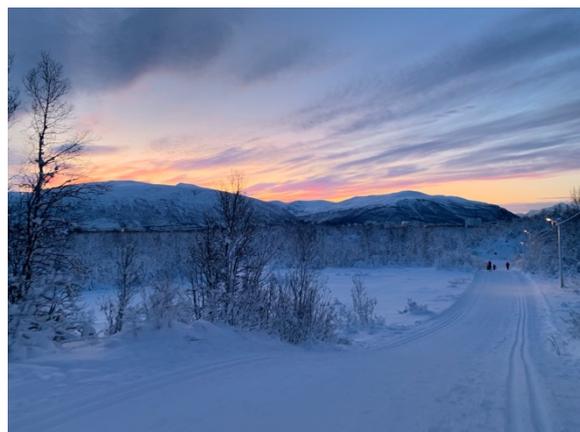
I am a medical doctor and healthcare researcher at the department for Gynecology and Obstetrics at Rigshospitalet in Copenhagen, and furthermore a PhD-student at the University of Copenhagen. The focus of my research is register-based studies in women exposed to hormonal contraception or suffering from pregnancy loss.

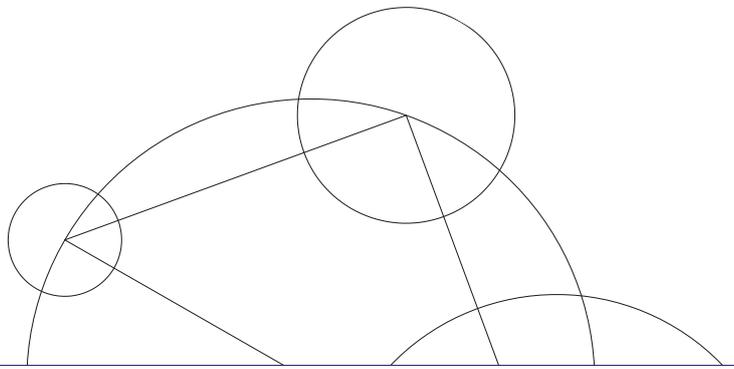
In early August of 2019 I packed my car, an old Kia station wagon with a rooftop box, with equipment for four months of research and arctic exploration. Among much else, I brought: two pairs of skis, two bikes, two kids and my partner. Setting off from Østerbro in Copenhagen, over

the next 4 days we drove over 2000 kilometers north, passing Stockholm and endless Swedish forests, the Baltic Sea, northern Finland and finally our destination: the city of Tromsø at 69 degrees northern latitude.

My supervisor, Øjvind Lidegaard, has a contact at the University of Tromsø, professor Finn-Egil Skjeldestad, also specializing in epidemiology and hormonal contraceptives. He was very welcoming and helpful in arranging housing in biking/skiing distance to the University of Tromsø, with a great view over the fjord and mountains. I became a part of the Department of Community Medicine, an institute at the Health Science faculty specialized in epidemiology, health economics, indigenous health, and the repetitive population-based survey, the Tromsø Study. I received my own office, presented my research at the weekly research meeting, and taught two classes of medical students in critical reading of scientific literature.

The goal of my stay was to expand on the existing collaboration between Denmark and Norway in register-based studies on hormonal medicine and long-term adverse outcomes, and plan future studies. The possibilities in conducting serial register-based studies in the Nordic countries are vast, some examples are: validation of results and examining rare exposures or outcomes. The Nordic national administrative registers are very alike, with



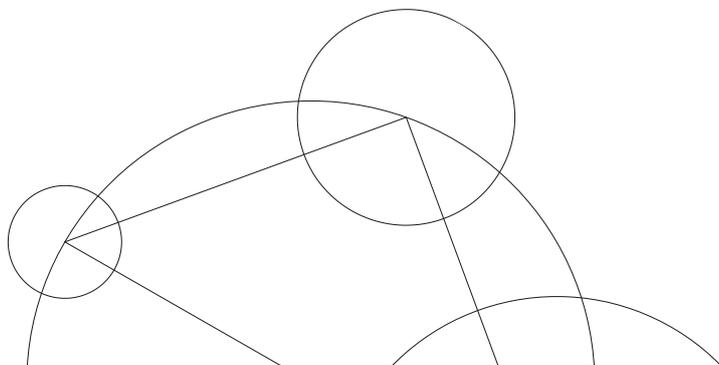


accurate registration and a long follow-up, however, the bureaucracy to receive approvals from each country is often too time-consuming and/or a frustrating process to allow for efficient trans-Nordic collaborations in the timeframe most researchers are funded for. Hopefully this process will improve in the future. Our approvals for Norwegian data are currently being processed and we are awaiting access to data.

Tromsø was a great place to live and work and cannot be recommended enough. From mid-October the place was covered in snow, and shortly after I could ski to work. Nights became longer and longer during our stay, occasionally interrupted by the Northern Lights and exceptionally long sunrises and sunsets. Experiencing other perspectives on research and discussing problems and hypotheses with other researchers, has surely inspired me for many future projects and hungry for going on more northern adventures in the future.



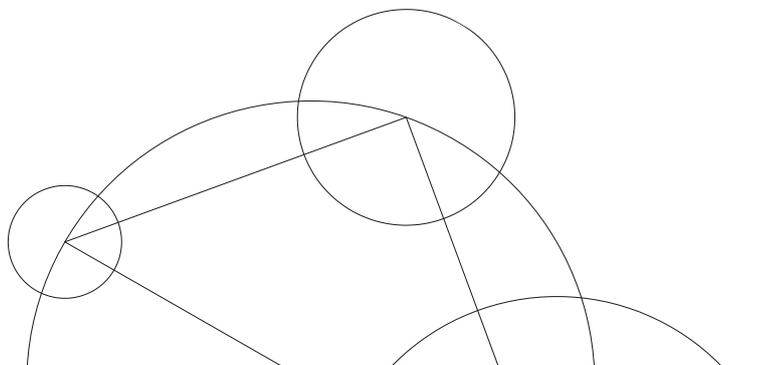
The research stay was supported by grants from the University of Copenhagen, Faculty of Health and Medical Sciences and the graduate school of Public Health and Epidemiology, for which I am sincerely thankful.



Welcome to the new PhD students

16 new PhD students have been enrolled between 1st of April and 1st of October 2020

Name	PhD Project	Supervisor
Anne Katrine Graudal Levinsen	SEQUEL - Social inequality in health after cancer	Susanne Oksbjerg Dalton
Anne Weng Ekmann-Gade	The impact of age on survival in ovarian cancer: treatment perspectives	Claus Kim Høgdall
Bobby Zhao Sheng Lo	Prediction of disease course in patients with ulcerative colitis	Ida Vind
Cathrine Munk Scheuer	Screening for gestational diabetes: Is implementation of new criteria justified in a Danish population?	Tine Dalsgaard Clausen
Clara Lundetoft Clausen	Viral pneumonia: observational, genomic and cluster-randomized crossover studies	Thomas Benfield
Emilie Haarslev S. Marqvorsen	The development and validation of EMPOWER-UP: a generic scale for measuring empowerment in patient-provider relationships	Vibeke Zoffmann
Jutta Mari Adelin Jørgensen	Zanzibar Stroke Study - Clinical presentations, outcome of treatment, and barriers to providing quality stroke care in a low resource setting in sub-Saharan Africa	Dirk Lund Christensen
Karen Brorup Heje	Changes in weight, metabolism and cardiac risk due to antiretroviral therapy in people living with HIV: Two randomized, controlled studies, The AVERTAS project.	Thomas Benfield
Lana Rashid Flachs Madsen	Register based long-term follow-up of morbidity and mortality among women with previous GDM compared with women with no previous pregnancies complicated by GDM in Denmark	Eisebeth Lynge
Maria Hein Hegelund	The role of nutritional status on prognosis and quality of life among patients hospitalized with pneumonia	Birgitte Lindegaard Madsen
Marie Louise Thise Rasmussen	Let the patient be heard	Hanne Konradsen
Pernille Hølmkjær	Improved treatment of neuropsychiatric symptoms in institutionalized older persons	Maarten Pieter Rozing
Rikke Wiingreen	Prematurity and school difficulties	Bo Mølholm Hansen
Sofie Olsgaard Bergien	Aging With MS	Maria Kristiansen
Thea Otte Andersen	Mental, metabolic, and inflammatory consequences of smartphone interrupted sleep	Naja Hulvej Rod
Vooi Khong Siew	Stress, Lifestyle Behaviours and Allostatic Load	Kirsten Nabe-Nielsen



Up-coming PhD courses

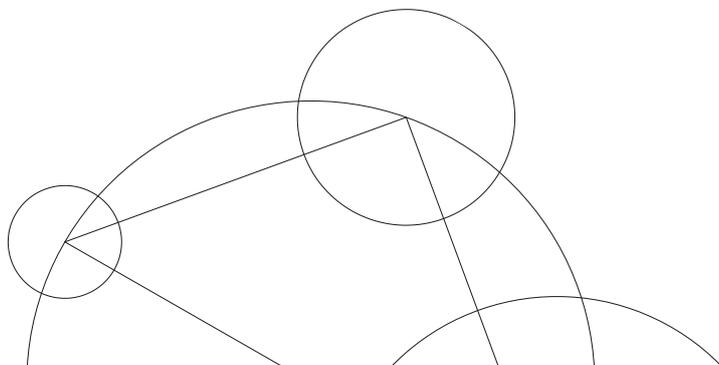
Public health courses at SUND	Start
Causal Inference, Part II: Drawing Causal Conclusions from Epidemiological Studies 3327-20-00-00	23 November, 2020
Aging from a cross disciplinary perspective 3661-20-00-00	2 December, 2020
Practical Course in Systematic Review Technique in Clinical Research (SRT) 3702-21-00-01	12 January, 2021
Questionnaires in clinical and public health research: development, validation and evaluation 3740-21-00-00	1 February, 2021
Introduction to Qualitative Methods in Health Sciences 3738-21-00-00	23 February, 2021
Medical Ethics: Theory and Practice 3770-21-00-00	23 February, 2021
How to design and conduct your Mixed Method Study 3763-21-00-00	22 March, 2021
Practical Course in Systematic Review Technique in Clinical Research (SRT) 3702-21-00-02	4 May, 2021

Statistics courses at SUND	Start
Statistical analysis of correlated and repeated measurements - Course A (SAS statistical software) 3319-20-00-00	17 November, 2020
Statistical analysis of correlated and repeated measurements - Course B (R statistical software) 3319-20-00-01	17 November, 2020
Use of the statistical software R (NorDoc Summer School 2021) 3314-21-00-00	16 August, 2021

Find the full **PhD course catalogue** [here](#)

[National PhD course database](#)

[NorDoc courses](#)



PhD defenses

27 November 2020, 14:00-17:00

[Caroline Raun Hansen](#)

Type 2 diabetes. Telehealth and determinants of nonadherence

4 December 2020, 14.00-17.00

[Camilla Hvidtfeldt](#)

Double Uncertainty - The potentially harmful effects of prolonged waiting for an asylum decision or family reunification on resettled refugees' mental health and employment

4 December 2020, 14.00-17.00

[Thomas Bo Jensen](#)

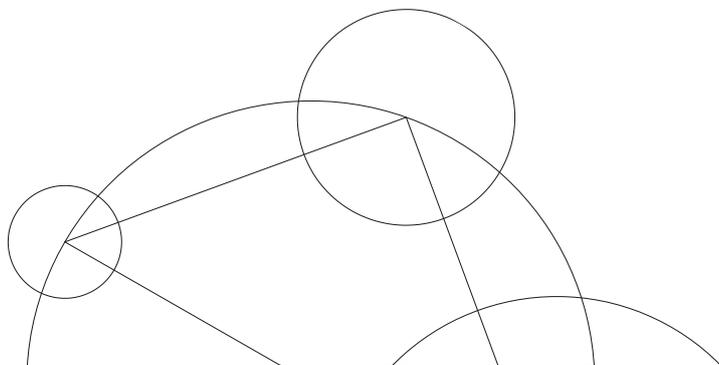
Treatment of inflammatory diseases with biologics and the implementation of biosimilars

You can always find an updated list of PhD defenses at <http://phd-pubhealthepi.ku.dk/phd-defenses/>

PhD degrees

Congratulations to the 23 PhD students who have been awarded their PhD degree between 8th of April and 12th of November 2020 within the graduate program 'Public Health & Epidemiology'

Name	Thesis	Supervisor
Mads Østrup Nordentoft	Effort-reward imbalance at work and risk of type 2 diabetes	Naja Hulvej Rod
Anna-Belle Beau	Impact of organized breast cancer screening: Benefits and limitations	Elsebeth Lyngge
Sonia Guleria	Use of fertility drugs and cancer risk in women	Susanne Krüger Kjær
Kristina Langholz Kristensen	Tuberculosis among migrants in Denmark	Pernille Ravn
Julie Volk	Parental Occupational Exposures in Relation to Childhood Cancer	Kjeld Schmiegelow
Amalie Bøggild Schmidt	Modifiable maternal risk factors for offspring congenital heart defects: epidemiological cohort studies	Mads Melbye
Jessica Linnéa Bengtsson	Childhood adversities and type 1 diabetes risk	Naja Hulvej Rod
Leslye Alejandra Rojas Concha	Symptomatology of advanced cancer patients admitted to palliative care in Denmark and Chile	Mogens Grønvold
Else Foverskov	Social inequality in cognitive ageing	Rikke Lund
Lise Laurberg Holst Thamsborg	Interplay between HPV-vaccination and cervical screening	Elsebeth Lyngge



Jessica á Rogvi	Psychosocial consequences of colorectal cancer screening: adequacy of measurement and effects	John Brodersen
Chia-Hsien Lin	An investigation of dengue epidemiology and dengue vector ecology	Flemming Konradsen
Clara Judith Sauco Munoz de Luna	Addressing migration-related health inequalities in Scandinavia through equitable education - A comparative study	Allan Krasnik
Sara Fredslund Hajdú	SYNK: The effect of swallowing exercises and progressive resistance training to improve symptom control after radiotherapy treatment for head and neck cancer	Christoffer Johansen
Helle Kiellberg Larsen	Risk of anogenital warts and anal intraepithelial neoplasia in Danish renal transplant recipients	Susanne Krüger Kjær
Cecilie Dyg Sperling	Potential anti-neoplastic drugs and endometrial cancer mortality: A Danish nationwide population-based cohort study	Susanne Krüger Kjær
Signe Holst Søgaard	Epidemiological studies of childhood acute lymphoblastic leukaemia	Kjeld Schmiegelow
Kristina Holmegaard Nørskov	Patient ambassador support in newly diagnosed patients with acute leukemia during the course of treatment.	Mary Ellen Jarden
Ida Rask Moustsen-Helms	Cardiovascular events after prostate and colorectal cancer ? three studies using a prospective population-based cohort to investigate long-term risk	Christoffer Johansen
Jeanette Halskou Haugaard	Cutaneous and systemic lupus erythematosus - Epidemiological studies	Gunnar Hilmar Gislason
Helle Gybel Juul-Larsen	Multimorbidity among acutely hospitalized older medical patients. Disease patterns, healthcare utilization and physical functioning	Ove Andersen
Anne Abildtrup Rode Olsen	Microbial treatments of recurrent <i>Clostridioides difficile</i> infections	Peter Mikael Bytzer
Beverley Lim Høeg	Towards patient-centeredness in cancer follow-up: A PhD nested in the MyHealth randomized trial	Christoffer Johansen

Allocation of grants from the graduate program, Summer/Autumn of 2020

Writing retreats at Skjalm Hvide Hotel:

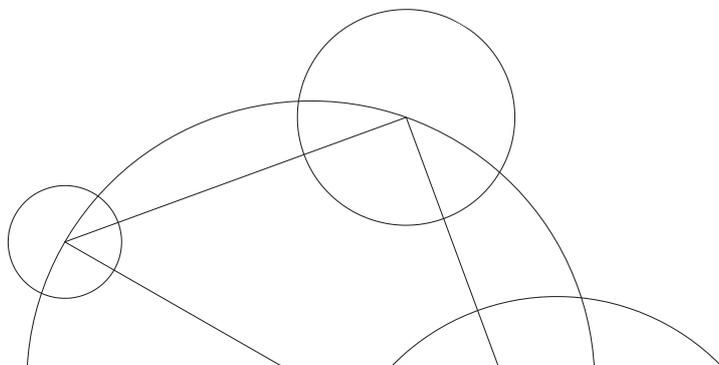
Anne Sophie Bech Mikkelsen

Linda Kahr Andersen

Rasmus Tolstrup Larsen (*unfortunately not actualized due to COVID-19 restrictions*)

Jeanette Thering Jørgensen

Malene Skorstensgaard



Funding opportunities for research stays abroad in 2021

We hope that it will be possible to travel again in 2021!

The Graduate Program in Public Health and Epidemiology will provide up to 10,000 DKK in financial support to research stays abroad of *at least three months duration* in 2021 in order to encourage internationalization.

Please send a brief description of your research stay abroad and a budget to Lisbeth Lyng Hansen (llh@sund.ku.dk) in order to apply for these funds. Everyone who meets the qualifications will be awarded funding up to a maximum of 10,000 DKK depending on their budget.

Please be aware that these funds are in addition to the funds you can apply for through the PhD School:

<http://healthsciences.ku.dk/phd/studyabroad/financial-support-for-studying-abroad/>

There is also an excellent 'PhD supervision service' for going abroad handled by International Staff Mobility (ISM) who assists PhD students with practical issues such as visa, insurance, de-registration, social security and funding. More information can be found at: <http://phd.ku.dk/english/abroad/>

Financial support for seminars

If you wish to organize a seminar, the graduate program in Public Health & Epidemiology has some means to support for instance travel and accommodation for guest lecturers. The only condition is that the seminar is open for PhD students in the program. Please contact Naja Hulvej Rod, nahuro@sund.ku.dk or Lisbeth Lyng Hansen, LLH@sund.ku.dk for more information.

Financial support for writing retreats

We offer a number of writing retreats of up to 5 days. We now use Skjalm Hvide Hotel close to Slangerup in Nordsjælland. Please send a short motivated application to Lisbeth, LLH@sund.ku.dk.

Recommendation:

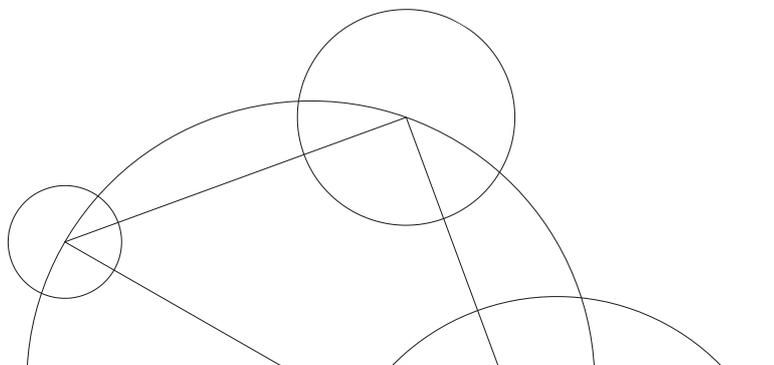
"Opholdet på hotellet har virkelig været godt! Personalet har været enormt søde, servicemindede og hensynsfulde.

Jeg er taknemmelig for, at jeg fik muligheden for dette – og kan varmt anbefale et skriveophold på Skjalm Hvide Hotel."

Anne Beiter Arreskov

Læge, ph.d.-studerende.





Coaching sessions

We offer coaching sessions to PhD students that experience challenges in their projects. We have contact to two coaches with specific experience in PhD coaching.

This is an **on-going offer**, so if you feel in need of this kind of support, please contact Lisbeth Lyng Hansen, lh@sund.ku.dk. She can mediate the contact to the coaches. All requests will be handled confidentially.

Individual 1:1 career counselling for PhDs and Postdocs

UCPH now offers individual 1:1 career counselling to PhDs and Postdocs tailored to individual needs. [Mette Fog Skriver](#), who is a career consultant, will be responsible for the new initiative concerning early career development for young researchers. The initiative is meant to inspire, counsel and guide young researchers at UCPH to take charge of their own career development at an early stage.

How to book a one-hour counselling session?

See the flyer for more info via [this KU-net link](#) and book a counselling session with Mette via careercounselling@adm.ku.dk.

New at SUND: PhD supervision for academic staff

PhD supervision: advice, tools and practices

Aim and content

PhD supervision: advice, tools and practices is designed specifically for PhD supervisors at SUND and affiliated hospitals and research institutions.

Objectives

The aim of the course is that the participants will:

- Understand the complexities involved in PhD supervision
- Acquire process-related knowledge about PhD supervision
- Be able to transfer knowledge of the course to their own supervisory practices
- Be in a position to reflect on their own supervising practices in the future

Content

The course will address themes such as:

- Establishing a PhD position and integration of newcomers

- Roles and relationships
- Diversity
- Feedback and supporting autonomy
- Active listening
- Aligning expectations
- Early warning signs
- Motivation and self-efficacy
- Stress and burnout among PhD students
- Collaboration among PhD supervisors and co-authorships
- Careers

Course dates in 2021: 13.01, 11.05, and 21.09

[Read more](#)