



The Vall d'Hebron Research Institute (VHIR) is a public sector institution that promotes and develops the research, innovation and biosanitary teaching of the Vall d'Hebron University Hospital. Through the excellence of our research, we identify and apply new solutions to the health problems of society and we contribute to spread them around the world.



HR EXCELLENCE IN RESEARCH

In April 2015, the **Vall d'Hebron Research Institute (VHIR)** obtained the recognition of the European Commission **HR Excellence**.

This recognition proves that VHIR endorses the general principles of the European Charter for Researchers and a Code of Conduct for the Recruitment of Researchers (**Charter & Code**).

VHIR embraces Equality and Diversity. As reflected in our values we work toward ensuring inclusion and equal opportunity in recruitment, hiring, training, and management for all staff within the organization, regardless of gender, civil status, family status, sexual orientation, religion, age, disability or race.

Project coordinator position

Research Group on Aging, Frailty and Care Transitions in Barcelona (REFiT-BCN)

The Research Group on Aging, Frailty and Care Transitions in Barcelona (REFiT-BCN) offers a technical position for a Project Coordinator.

Research topic: Relationship between urban environments and physical activity, health and quality of life of old adults

Supervisors: Marco Inzitari, Laura Mónica Pérez, Aida Ribera

Project summary:

Frailty in older adults increases the risk of adverse health events. Early detection and a multidisciplinary approach and/or management, especially one based on physical activity and a balanced diet, have been proven as effective in reversing frailty. In 2016, +AGIL, an implementation-research program, was launched in a Basic Health Area (BHA) of Barcelona, offering personalized interventions aimed at fragile, older adults living in the community, by adopting an integrated and coordinated approach among primary care givers, geriatricians and community stakeholders. The positive effects of +AGIL on reducing frailty at both 3 and 6 months, even in persons with cognitive decline, represent the point of departure for the adaptation and expansion of the program in three other BHAs of the city. However, given that certain characteristics of the urban/built environment can influence physical activity patterns, these must be taken in account, along with the overall social and physical environment of program participants. Thus, urban friendliness emerges as an important factor in maintaining the older population of Barcelona active and healthy.

Our goal in the present project is to define and characterize an index for evaluating the level of urban friendliness facing older adults living in Barcelona with different socioeconomic levels. For this purpose, we propose: 1. To define and develop, using participatory co-design techniques, an index of urban friendliness for older adults; 2. To evaluate the applicability and feasibility of using the developed index; 3. To create maps of urban friendliness corresponding to the different BHAs in question, using spatial analysis methodologies that are supported by open code and are replicable; 4. To compare the urban friendliness maps of the different BHAs in question; 5. To share results with the different



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stakeholders involved, in order to detect barriers and explore possible solutions; and 6. To create a digital equivalent for the synthetic mapping of indicators of urban friendliness.

JOB DESCRIPTION

Education and qualifications:

Required:

- Bachelor's Degree, with outstanding academic qualifications, in the health sciences or related fields
- Master's Degree (or currently finishing a Master's Degree program) in Epidemiology, Public Health, Health Sciences or related fields
- Fluency in Catalan, Spanish, English (business level)

Experience and knowledge:

Required:

- At least 2 years of experience working in research
- Ability to manage and analyze health data, report writing

Desired:

- Experience in aging research,
- Experience in research on socioeconomic/environmental determinants of health and quality of life

Main responsibilities and duties:

- Coordination of a multidisciplinary team made up of architects, town planners, primary care workers and researchers
- Collaborate in writing of protocols and reports
- Organize follow up meetings



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- Analyze data and interpret results

Labour conditions:

- Part-time: 20h/week.
- Starting date: February 2023.
- Gross annual salary: 11.411,61 €. Salary ranges are consistent with our Collective Agreement pay scale
- Contract: Temporary (18 months)

What can we offer?

- Incorporation to Vall d'Hebron Research Institute (VHIR), a public sector institution that promotes and develops the biomedical research, innovation and teaching at Vall d'Hebron University Hospital (HUVH), the biggest hospital of Barcelona and the largest of Catalan Institute of Health (ICS).
- **Incorporation in REFIT-BCN, a multidisciplinary research group investigating aging, frailty and related conditions, integrated care systems and programs/interventions for healthy aging**
- A scientific environment of excellence, highly dynamic, where high-end biomedical projects are continuously developed.
- Continuous learning and a wide range of responsibilities within a stimulating work environment.
- Flexible working hours.
- 23 days of holidays + 9 personal days.
- Flexible Remuneration Program (including dining checks, health insurance, transportation and more).

How to apply:

Applicants should submit a full Curriculum Vitae and a cover letter with the reference "PREDOC-REFIT." to the following email addresses: kkatte@perevirgili.cat, ariberas@perevirgili.cat, and seleccio@vhir.org