



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

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## Project coordinator

### 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:

La fragilidad en personas mayores, incrementa el riesgo de eventos negativos de salud. Su detección precoz, abordaje y manejo multidisciplinar, especialmente incorporando actividad física y una nutrición equilibrada, han demostrado ser eficaces para revertirla. En 2016 se inició en un Área Básica de Salud (ABS) de Barcelona, el programa de investigación-implementación +AGIL, basado en un abordaje integral y coordinado entre atención primaria, geriatría y agentes comunitarios a partir de una intervención individualizada para personas mayores frágiles de la comunidad. El impacto positivo de +AGIL sobre la fragilidad a 3 y 6 meses, incluso en personas con deterioro cognitivo, ha sentado las bases para iniciar la adaptación e implementación del programa, en tres nuevas ABS de la ciudad. Sin embargo, ya que las características urbanas del entorno pueden modificar los patrones de actividad física, debemos tener en cuenta el entorno social y físico de las personas. Es así que identificamos la importancia de la amabilidad urbana para poder mantener activa a la población mayor de Barcelona.

Nuestro objetivo es, definir y conceptualizar un índice para evaluar la amabilidad urbana hacia las personas mayores en áreas de Barcelona con diferentes niveles socioeconómicos. Para ello proponemos: 1) Definir y conceptualizar mediante técnicas de co-diseño participativo con los diferentes agentes implicados, un índice de amabilidad urbana hacia las personas mayores, 2) Evaluar la aplicabilidad y factibilidad de uso del índice desarrollado; 3) Desarrollar el mapa de amabilidad urbana de las ABS implicadas, mediante metodologías de cálculo espacial soportadas por código abierto y replicables, 4) Comparar los mapas de amabilidad urbana de cada área; 5) Difundir los resultados entre los agentes



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implicados para plantear posibles soluciones y; 6) Crear de un gemelo digital para la elaboración de una cartografía sintética sobre la que mostrar el indicador de amabilidad

## 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



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- Organize follow up meetings
- Analyze data and interpret results

### Labour conditions:

- Part-time: 20h/week.
- Starting date: Immediately
- Gross annual salary: 11.411,61€. Salary ranges are consistent with our Collective Agreement pay scale
- Contract: Permanent linked to project

### 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).
- Corporate Benefits: platform through which you can obtain significant discounts on travel, culture, technology, gastronomy, sports... among many others.
- Healthy Offering: choose from a variety of wellbeing focused activities to be the healthiest you.



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### How to apply:

Applicants should submit a full Curriculum Vitae and a cover letter with the reference “**Project coordinator -REFIT**” to the following email addresses: [jsanabria@perevirgili.cat](mailto:jsanabria@perevirgili.cat), [ariberas@perevirgili.cat](mailto:ariberas@perevirgili.cat), and [seleccio@vhir.org](mailto:seleccio@vhir.org)