

SCANNER

Erasmus MC
Universitair Medisch Centrum Rotterdam



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**Hilde Brouwers:
'Onderzoeksmateriaal
is goud waard'**

**Gebied rond Erasmus MC
wordt rookvrij**

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**‘IK MOET VAAK
UITLEGGEN WAAROM
IK DIT ZO LEUK VIND’**

coverstory

**RESEARCH
MATERIAL WORTH ITS
WEIGHT IN GOLD**

Approximately 300 material collections from around 2000 researchers at Erasmus MC will soon be placed under the auspices of the Central Biobank. The coordinator of this project is Hilde Brouwers. "I have often had to explain why I enjoy this project so much. On the one hand, it is because, as a researcher, I have personally experienced how much time and energy it takes to process and store your own research material." Moreover, she believes that the information provided to patients about their tissue samples can be improved. "We currently work according to the 'No Objection' principle. But we need to ensure that the patient can make a well-founded decision. Our leaflet is a good start, because based on the number of people who object we can conclude that most patients read the leaflet carefully. But we would like to see an even greater improvement in tissue sample awareness." The Central Biobank was officially opened in April. "Our research material is our gold, a valuable collection. It is now stored in a well-structured Central Biobank", said a proud dean, Hans van Leeuwen, at the opening ceremony. Brouwers says: "Researchers like to keep their material to themselves. But we encourage them to make use of the collection points: in the case of Pathology or Clinical Chemistry, samples are processed according to fixed protocols. This saves the researchers time, and they know for sure that proper protocols are being followed. Funding for this service is now also being provided by many grant agencies." (JdB)

**MINDFUL CUTTING DOWN**

Do you wish to stop smoking? Or at least cut down? Why not consider mindfulness? American psychiatrists from Brown University and other institutions had smokers use a mindfulness app. This app helped them with attention training exercises to sidestep smoking stimuli. The effect of the mindfulness app was greater than that of another app. After four weeks, the smokers in this group smoked eleven cigarettes a day less, compared to nine cigarettes a day less in the other group. The researchers think this is because mindfulness reduces the activity in the posterior cingulate cortex, a certain part of the brain that becomes active when smokers feel the craving for a cigarette. Source: Quest (HV)



Suppose you encounter a practical problem in your work as a nurse. It's possible that you already have an idea as to how you could solve the problem, but you may not possess the relevant technical skills. You can now work on implementing your own idea in Erasmus MC's Design Studio. Together with students from Rotterdam University of Applied Sciences, you can devise a solution and put it into practice.

Create for care is a new initiative that makes this possible. The project has already resulted in baby incubator 'traffic lights'. Before a nurse or physician can open the incubator to care for or treat the baby, the traffic light must first turn green, which will only happen once the staff member has disinfected his or her hands using an alcohol hand sanitizer. If the hands are clean, then the baby incubator can be opened. This greatly reduces the risk of exposing the vulnerable baby to infections. (HV)

IT'S SLIPPER SEASON

Summer, sun, and slippers on your feet. No need for socks or closed shoes. Many people stroll around on beaches, boulevards or campsites wearing slippers during their vacation. But slippers are not a break for the feet themselves. Podiatrist Sandy Westerhof cautions about calf problems, Achilles tendon, and heel or forefoot pain. Such complaints often affect people who have walked on slippers for a long time. If you can't do without the airy summer footwear, then a good tip is not to walk on slippers all day, but to alternate them with other shoes, particularly ones with a good footbed and thick, stiff soles. Source: nu.nl (HV)

