

# ANA Futura breakfast mingle



Karolinska  
Institutet



8 March 2024

# Agenda

- Welcome!
- Latest ANA Futura news – *Lars Frelin, facility manager*
- “Research at the perioperative Medicine and Intensive care (PMI) laboratory”  
– *Presentation from Olav Rooyackers, Professor, Clintec*
- Questions from the staff

# Latest ANA Futura news

- New research groups/facility to ANA Futura
- Safety in ANA Futura
- New bookable meeting rooms
- Our lunchroom “Mattorget”
- ANA Futura website
- Freezer facility information
- Update from the ANA Futura service team
- Next ANA Futura breakfast mingle

Facility  
manager



Lars Frelin  
LabMed

# International Women's Day 2024

- Celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity. IWD belongs to everyone, everywhere.
- When we inspire others to understand and value women's inclusion, we forge a better world.

#InspireInclusion

#GenderEqualFuture

ANA Futura information meeting, Karolinska Institutet.



# New research group / facility to ANA Futura

- **Kenny Rodriguez-Wallberg's research group**  
(6 staff members)
  - Research focus: impact of cancer treatment on fertility potential and the prevention of infertility through fertility preservation strategies
- **KISCO – Karolinska Institutet Stem Cell Organoid**  
(3 staff members)
  - José Inzunza, director
  - Mukesh Varshney, laboratory manager
  - <https://ki.se/en/bionut/kisco-karolinska-institutet-stem-cell-organoid>



# Safety in ANA Futura

- ANA Futura house– and fire safety introduction
- General rules for Laboratory Work at ANA Futura
- Defibrillators in ANA Futura
- Emergency phones
- Chemical spill alarm
- Thefts in ANA Futura

<https://staff.ki.se/work-environment-and-safety-ana-futura>

# ANA Futura house- and fire safety introduction

- Within one month all new employees must participate in the ANA Futura house- and fire safety introduction.
- The introduction is given once per month.

## Dates for the ANA Futura house- and fire safety introduction 2024

The ANA Futura introduction **only occurs on site**. By clicking the registration link below, an email will open to Marjan Amiri. Sign up.

**12 February** at 13.00–14.00 | Room: **Von Behring**, floor 9, ANA Futura | [Link to registration.](#)

**18 March** at 13.00–14.00 | Room: **Von Behring**, floor 9, ANA Futura | [Link to registration.](#)

**8 April** at 13.00–14.00 | Room: **Von Behring**, floor 9, ANA Futura | [Link to registration.](#)

**6 May** at 13.00–14.00 | Room: **Von Behring**, floor 9, ANA Futura | [Link to registration.](#)

**10 June** at 13.00–14.00 | Room: **Von Behring**, floor 9, ANA Futura | [Link to registration.](#)

<https://staff.ki.se/ana-futura-house-and-fire-safety-introduction>

# General rules for Laboratory Work at ANA Futura

- **Purpose**

- The document describes the general regulations and routines for laboratory work that applies to everyone who works within ANA Futura.
- Specific guidelines that are adapted for specific lab activities may apply for work in some laboratories
- **It is very important that everyone adhere to the laboratory rules for a safe laboratory work environment within ANA Futura!**

***“We are each other’s work environment”***



# Defibrillators in ANA Futura



- CPR (cardiopulmonary resuscitation) with defibrillation can save lives with sudden cardiac arrest. Several defibrillators are placed at KI South.
- Within ANA Futura we currently have for defibrillators
  - Floor 9: meeting room corridor
  - Floor 8: lab corridor
  - Floor 7: reception
  - Floor 3: freezer facility corridor
- For information about where to find defibrillators:  
<https://staff.ki.se/defibrillators-at-karolinska-institutet>



Floor 7, reception



Floor 8, south-east corner lab corridor

2024-03-08

# Emergency phones

- We have 12 emergency phones placed in corridors in ANA Futura

Emergency phones					
	Floor 3	Floor 6	Floor 7	Floor 8	Floor 9
A1 (North)			80215		
A2 ( North,adjecent to hospital)			80202		
B1 (South)			80204		
B2 (South, adjacent to hospital)			80205	80206	
C (North)			80214	80211	
D (South)		80208	80209	80212	
Freezer facility	80207				
Meeting rooms					80210

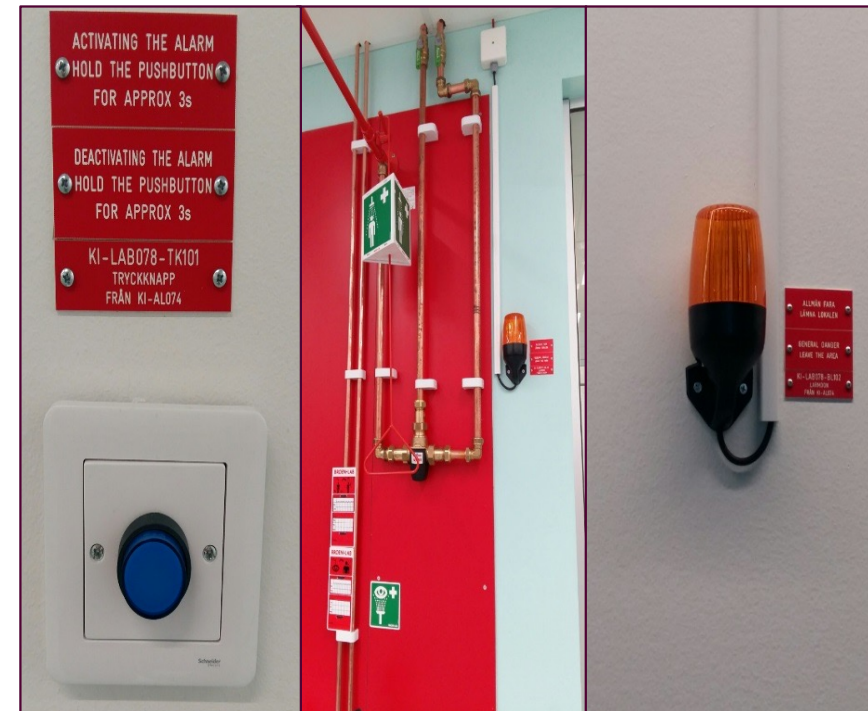
ANA Futura information meeting, Karolinska Institutet.



2024-03-08

# Chemical spill alarm

- **In case of spills or emissions of hazardous chemicals**
  - In the event of a chemical spill requiring evacuation, an alarm can be activated manually by pushing the blue button. (one/fire compartment)
  - A local alarm with an orange light will flash within the same fire compartment, no sound!
  - Close doors to prevent the chemical spill from spreading and post a note on doors.
  - Once the area has been evacuated only authorized personnel may enter the premises until decontamination is completed. **Inform the service team and facility manager.**
  - Inactivate the spill alarm manually, by pushing the same blue button used for activation.



# Theft in ANA Futura

## Thefts at Labmed

Unfortunately, we have to inform that we have once again had thefts in ANA Futura. This time it is the Department of Laboratory Medicine on the 7<sup>th</sup> floor that has been affected. **Unknown person (s) entered the corridor and stole a computer from one of the touchdown seats.** The Steering Committee ANA Futura therefore encourage all staff to be observant to any unauthorized persons in our premises.

### Important to think about:

- Do not leave office doors open if no one is present in the room.
- If you are sitting at a touchdown seat, always lock your computer and/or any other valuables in one of the lockable cabinets that are available if you need to leave your seat.
- All KI-staff must wear KI badges **visible**. If the badge is not visible, staff have the right to ask who you are.
- Always check behind you when you enter through our entrances, if someone wants to go in with you, they must show their KI badge.
- Do not let strangers in if they cannot identify themselves. Refer the person to the reception on the 7<sup>th</sup> floor, staircase/elevator B.
- All external visitors should be referred to the reception on the 7<sup>th</sup> floor, staircase/elevator B.
- Do not use the automatic door opener unless you need it.

**Report all suspicious activity to the security guard: 08-524 860 60.**

# New bookable meeting rooms

- The two conversation rooms Betacellen and Levercellen on floor 7 are now bookable meeting rooms and are available in the Outlook calendar together with the other meeting rooms.

## Betacellen

- **Floor:** 7. (*by the coffee room on the north side*)
- **Seats:** 6 seats.
- **Equipment:** Whiteboard.



Meeting room Betaellen in ANA Futura. Photo: Tommy Eklund

## Levercellen

- **Floor:** 7. (*by the coffee room on the south side*)
- **Seats:** 4 seats.
- **Equipment:** Whiteboard.



Meeting room Levercellen in ANA Futura. Photo: Christina Sundqvist

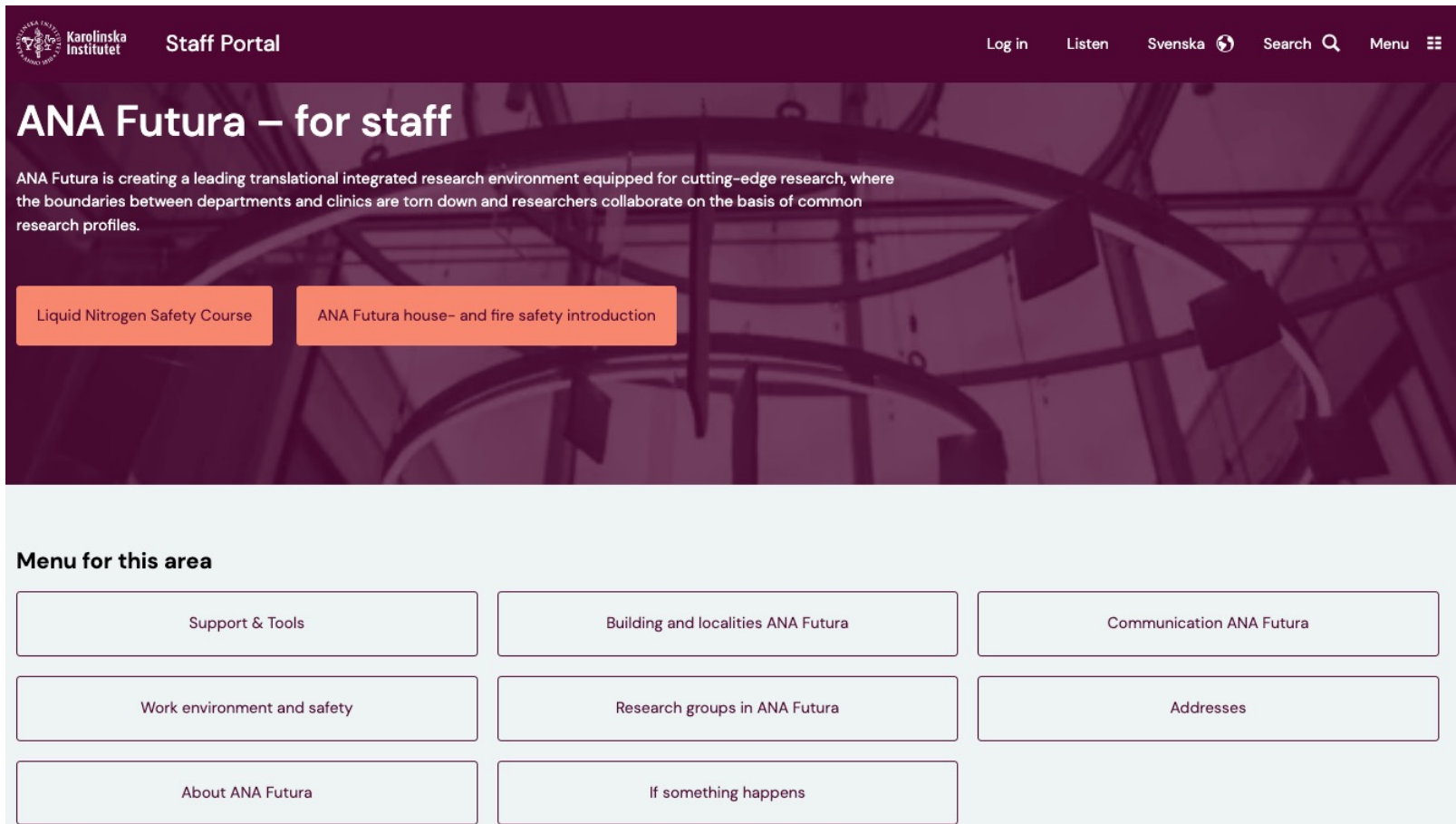


# Our lunchroom “Mattorget”

- **A total of 24 additional seats will be added in the two lounge areas**
  - Acoustic measurements show that we comply with legal requirements
    - However, noise reducing measures will be installed on chairs and tables
  - Ventilation fulfil legal requirements (10 l/s per person)
- **Waste management**
  - In our lunchroom we have different sorting fractions for waste



# The ANA Futura website



The screenshot shows the ANA Futura staff portal. At the top is a dark purple header with the Karolinska Institutet logo, 'Staff Portal' text, and navigation links for 'Log in', 'Listen', 'Svenska', 'Search', and 'Menu'. Below the header is a large banner with a background image of a laboratory. The banner contains the title 'ANA Futura – for staff' and a paragraph describing the research environment. Two orange buttons are visible: 'Liquid Nitrogen Safety Course' and 'ANA Futura house- and fire safety introduction'. Below the banner is a 'Menu for this area' section with a grid of buttons: 'Support & Tools', 'Building and localities ANA Futura', 'Communication ANA Futura', 'Work environment and safety', 'Research groups in ANA Futura', 'Addresses', 'About ANA Futura', and 'If something happens'.

Karolinska Institutet Staff Portal

Log in Listen Svenska Search Menu

## ANA Futura – for staff

ANA Futura is creating a leading translational integrated research environment equipped for cutting-edge research, where the boundaries between departments and clinics are torn down and researchers collaborate on the basis of common research profiles.

Liquid Nitrogen Safety Course ANA Futura house- and fire safety introduction

### Menu for this area

Support & Tools	Building and localities ANA Futura	Communication ANA Futura
Work environment and safety	Research groups in ANA Futura	Addresses
About ANA Futura	If something happens	

# Freezer facility information

- First safety course on 13 March, 10–11 am in the lunchroom

## Mandatory annual freezer facility safety course

The ANA Futura Steering Committee has decided on a **mandatory annual freezer facility safety course** for all staff using the ANA Futura freezer facility. This is a first opportunity of three during 2024.

If you are a user of the freezer facility, it is **mandatory to participate in one of the 3 occasions** during 2024. If you fail to participate in any of the 3 offered occasions, your access to the freezer facility will be cancelled.

### The annual freezer facility safety course will cover:

- Introduction to the freezer facility
- Short review of the key messages of the mandatory safety course, and short film about how to use the safety equipment
- Information on routines, and preventive work for safe storage of biological samples
- Information about the safety systems in the freezer facility (oxygen alarm, emergency ventilation etc.)
- The SCADA system and the alarm notifications you may receive
- What you should do if something happens or deviates in the freezer facility
- Q&A

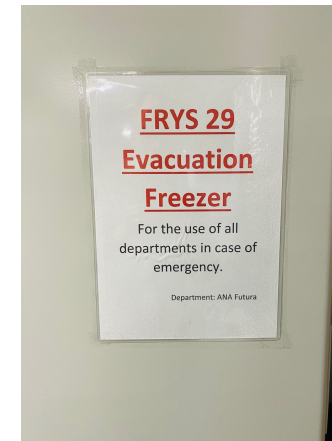
If you have any questions, please contact ANA Futura Facility Manager Lars Frelin, [lars.frelin@ki.se](mailto:lars.frelin@ki.se).

**Please note!** This is physical meetings only, in the ANA Futura lunchroom. No hybrid.



# Evacuation freezers at ANA Futura

- For your convenience, evacuation freezers are available in ANA Futura to be used in the case of: freezer break down, defrosting etc.
- Currently, evacuation freezers are available at the following temperatures:  $-20^{\circ}\text{C}$ ,  $-80^{\circ}\text{C}$ , and  $-196^{\circ}\text{C}$  (isothermal)
- Procedure for the use of evacuation freezers in ANA Futura is available on our website:  
<https://staff.ki.se/procedure-for-the-use-of-evacuation-freezers-in-ana-futura>



# Contact information ANA Futura freezer facility

*In case of a freezer alarm or a problem in the ANA Futura freezer facility*

## **Office hours:**

1. Contact the alarm recipients for the freezer that is alarming.
2. If no one answers, contact the service team: (08-524 836 41).
3. If multiple freezers are alarming, or if there is an audible alarm or lightning alarm from the room/corridor, contact the service team immediately (08-524 836 41).
4. For general problems in the freezer facility, contact the service team (08-524 836 41).

**Note: If urgent problems in the freezer facility – do not send a ticket/email to the ANA Futura Service Team.**

## **Outside office hours:**

1. Contact the alarm recipients for the freezer that is alarming.
2. If no one answers, contact the facility manager or coordinator.
3. If multiple freezers are alarming, or if there is an audible alarm or lightning alarm from the room/corridor, contact the facility manager or coordinator immediately.
  1. Facility manager Lars Frelin: 070-4243001
  2. Coordinator Tommy Eklund: 076-0500405
4. For general problems in the freezer facility, contact the facility manager or coordinator immediately.

# Update from the Service team

- Recruitment of a new technician to the service team is ongoing
- Consultant Staffan Kjellgren will continue to work in the service team until a new technician has been recruited.



# Update from the Service team

- **How to contact the service team**

- Send your tickets to: [serviceteam.anafutura@ki.se](mailto:serviceteam.anafutura@ki.se) (your primary contact option)

- To make information available for all staff in the service team, transparency and traceability, improved response times, prioritization, trend analysis, staff planning etc.

- Telephone: 08-524 836 41 (for urgent matters)

- Talk to any member of the Service Team (for urgent matters)

- Webpage: <https://staff.ki.se/service-team-ana-futura>

# Next ANA Futura breakfast mingle!



Source: DALL·E 3

**A save the date will be sent out shortly!**

# Questions?

Facility  
manager



Lars Frelin  
LabMed

# “Perioperative Medicine and Intensive care (PMI) laboratory”

- **Speaker: Olav Rooijackers**, Professor, Department of Clinical Science, Intervention and Technology (Clintec)
- Presentation: **“Research at the perioperative Medicine and Intensive care (PMI) laboratory”**
- Webpage: <https://www.icu-metabolism.se/Olav.html>  
<https://ki.se/en/people/olav-rooyackers>





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# PMI lab

People

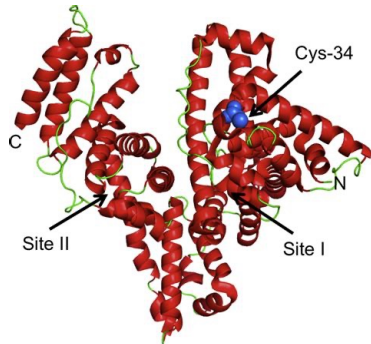
Questions

Techniques

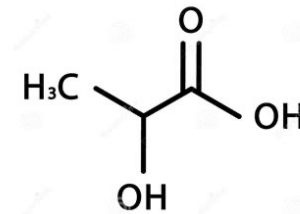






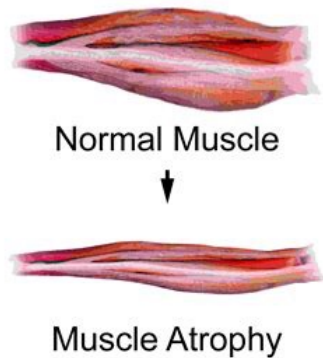


## MAIN RESEARCH QUESTIONS



Why is albumin low during inflammation?

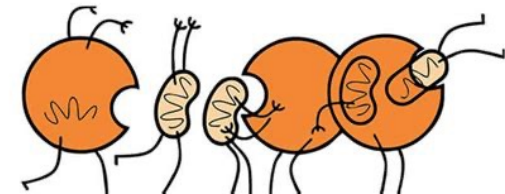
Does the amount of oxidised albumin have a clinical relevance?



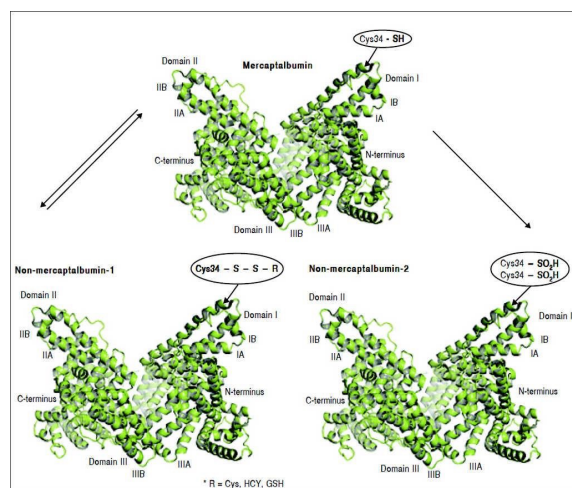
Why do critically ill patients lose muscle mass and function so fast, and can we prevent this by high protein feeding?



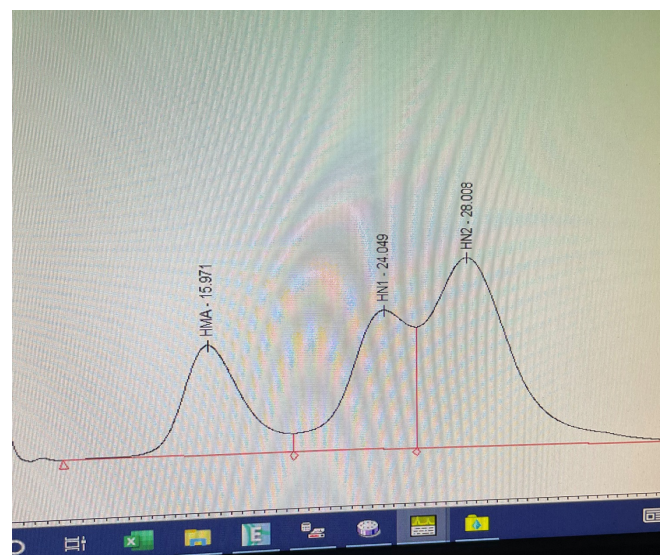
What is the meaning and cause of high lactate during critical illness?

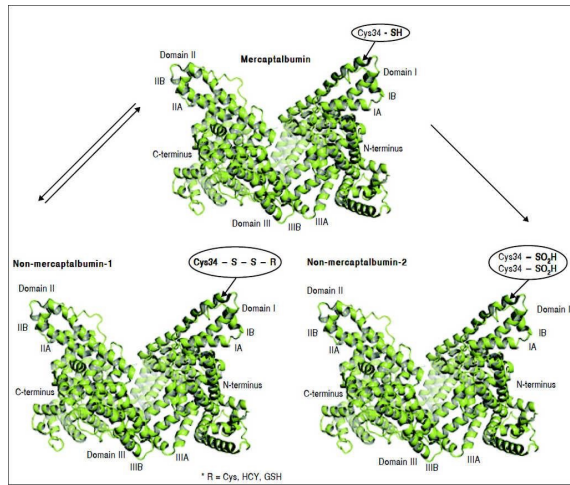


Is a blocked autophagy the cause of organ failure and can we modify this by nutrition?

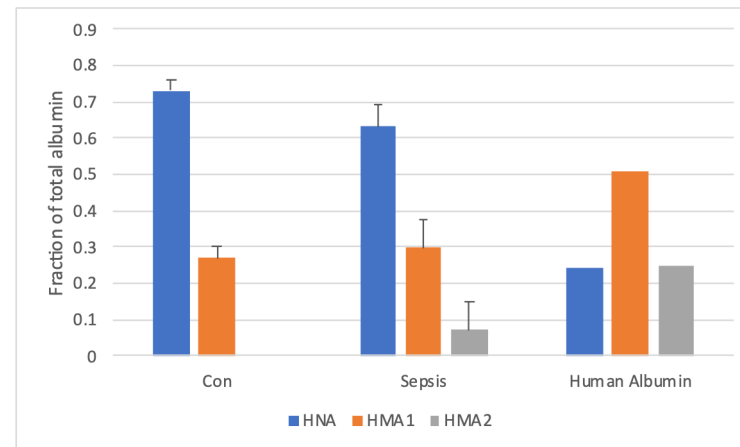


Ann Hepatol. 2018;17:547-60

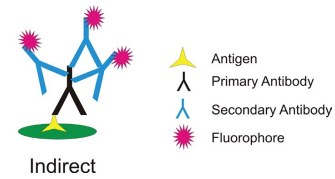
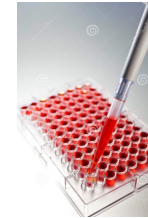
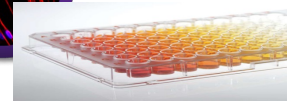
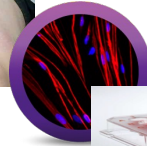
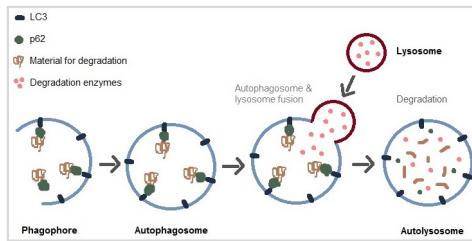




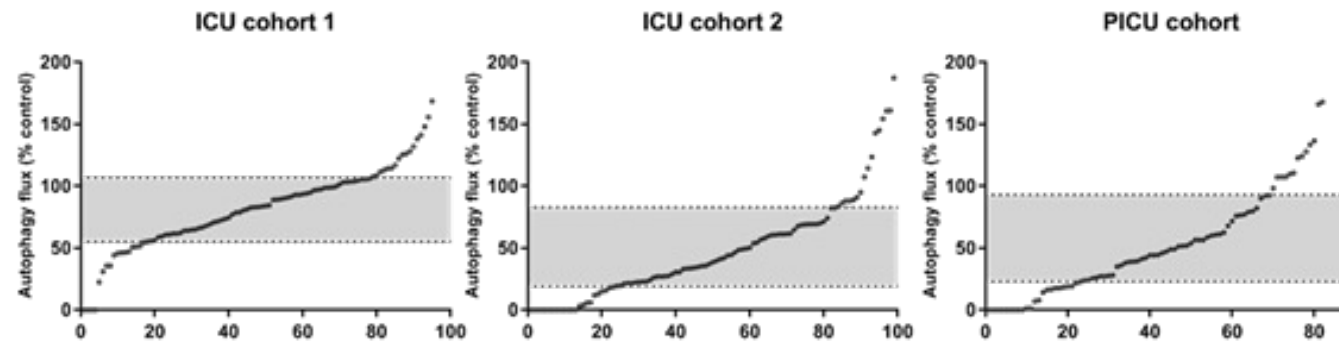
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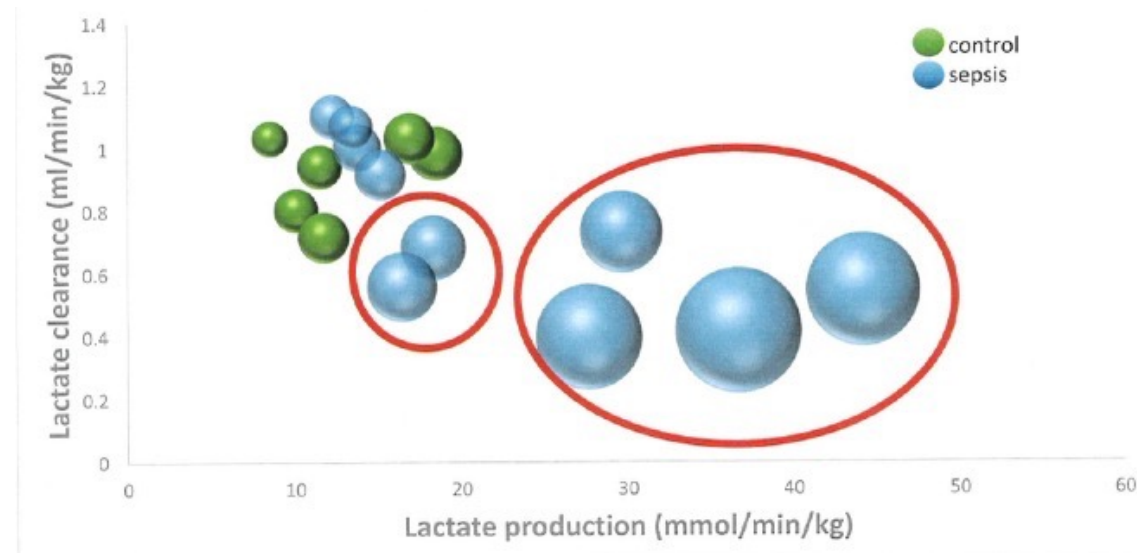
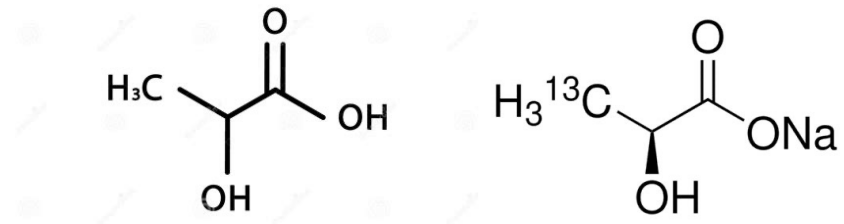


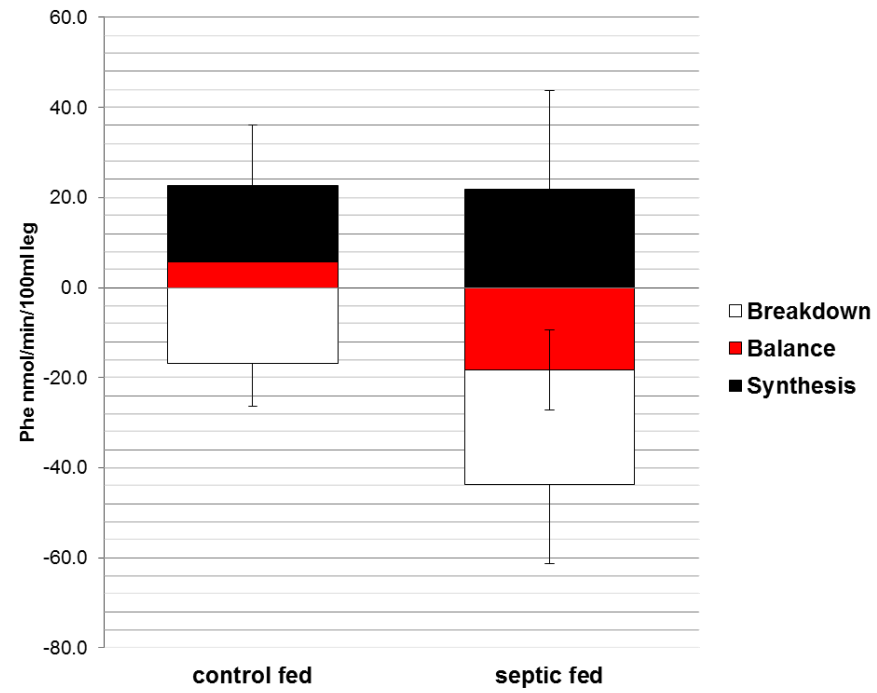
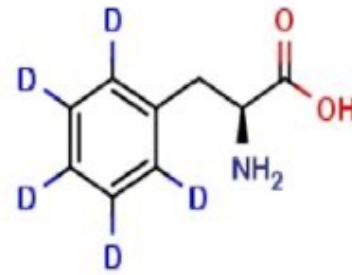




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# Questions?

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## Questions from the staff



# ANA Futura





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