

Karolina H. Czarnecka-Chrebelska BIO

- I am a scientist, researching in the field of molecular biology, human genetics, oncology and epigenetics (thyroid and lung carcinogenesis, COPD and autoimmune diseases).
- I have focused on identifying epigenetic or molecular genetic markers, particularly gene methylation, noncoding RNA and cfDNA markers, in tissue and circulating blood.
- I am experienced in developing new grant proposals, joint grants with companies and creating new cooperation platforms with businesses.

microsatellite ma. biomarkers label free molecular diagnosis specific dna sequ... gene expression general interna... mfarmation stability immunology general science ... tumour suppressor... biotechnology dna repair mechan... human specimens

I have over twelve years of experience as an external advisor, evaluating grant and scholarship applications for major Polish national funding agencies and UE projects (mainly for EIT Health). I am helping start-ups shape their message to the investors and specify their market purpose.































Investigation into the problem by **deduction**



Q1: Why do you throw paper towels on the floor?R: Because the floor is slippery and threatens safety.Q2: Why is the floor slippery and threatens safety?R: Oil is on it.



Case: contamination of yogurt batches - presence of yeast

Situation description: A dairy processing plant discovered that one batch of natural yogurt (5,000 units) was microbiologically contaminated due to the presence of yeast. The product has been withdrawn from the market, and the plant must identify the cause of the contamination and implement measures to prevent similar incidents in the future.

Factors Contributing to Yeast Contamination:

- Inadequate Pasteurization: If milk isn't properly pasteurized, it can retain wild yeasts that can contaminate the yogurt.
- **Manufacturing Environment:** Contamination can occur during processing, with yeasts originating from the dairy plant environment, equipment, ingredients, or even the air.
- **Temperature Abuse:** Elevated temperatures, especially during storage, can promote yeast growth.
- Storage Conditions: Improper storage of yogurt (e.g., at the wrong temperature or in unclean containers) can lead to spoilage.
- Certain Yeast Strains: Some yeast strains, like Kluyveromyces marxianus and Debaryomyces hansenii, are known for spoilage in yogurt.

Investigation into the problem by **deduction**

R M A RISING MANAGERS ACADEMY Contamination of yogurt batches -

.....

presence of yeast

| Question | |
|-------------------------------------|---|
| 1. Why was the batch of yogurt | Because microbial growth was detected in several |
| withdrawn from the market? | samples from the same bath during quality control. |
| 2. Why was there microbial growth? | Because the packages were not tight enough. |
| 3. Why was the packaging leaky? | Because there was insufficient sealing of the lid film. |
| 4. Why was the sealing of the film | Because the temperature of the sealing machine was |
| inadequate? | too low for part of the shift. |
| 5. Why was the temperature too low? | Because the temperature sensor was defective and |
| | was not detected by the operator. |
| | |

Root cause: Failure of the temperature sensor of the welding machine, which was not detected due to lack of regular calibration and monitoring.



Based on a properly performed risk assessment, we can produce a risk mitigation plan







Common Categories of Project Risks RMA RISING MANAGERS ACADEMY 1.Financial Risks: These risks directly impact the project's budget and can include unexpected costs, budget overruns, or changes in funding. S X For example, a sudden increase in material costs could significantly Types of Risks affect a construction project's financial health. 2.Schedule Risks: Delays and timeline issues fall under this category. Risks impacting long-term goals and strategies These risks can stem from resource shortages, dependencies on external factors, or underestimated task durations. A software development project, for instance, might face schedule risks due to unexpected technical challenges or integration issues. 3.Technical Risks: These involve risks related to the technology or technical aspects of the project. In IT projects, technical risks might include compatibility issues, software bugs, or hardware failures. sues affecting day-to-day perations and 4.Operational Risks: These risks are associated with the day-to-day operations of the project. They can include issues with processes, systems, or people. For example, in a manufacturing project, operational risks might involve equipment breakdowns or supply chain External Risks: Factors outside the project's disruptions. control fall into this category. These can include: regulatory changes, · market fluctuations, https://www.6sigma.us/six-sigma-in-focus/project-risk-management/ · natural disasters i.e. global pandemic



•Reputational - an event that affects the image, standing or character of the organization

https://ocro20200317.sites.stanford.edu/





. . RMA

RISING MANAGERS ACADEMY



How to conduct the risk analysis using an Ishikawa diagram?



1. Define the problem (effect / observed situation)

Clearly define the problem you want to solve. Write it on the "main axis" of the diagram - to the right of the fishbone, e.g. "Leakage of a chemical during transportation."

2. Select the main categories of causes. Identify the main areas that can affect the problem.

The most common categories are:

- **People** competence, training, errors
- Methods procedures, instructions
- Machines tools, equipment
- Materials raw materials, packaging
- Environment external conditions
- Management policies, supervision

You can customize the categories according to the specifics of your industry.

| How to conduct the risk analysis using an Ishikawa diagram? | R M A RISING MANAGERS' ACADEMY |
|---|--------------------------------------|
| 3. Identify specific causes in each category Within each main "bone" of the diagram, list specific factors that may be to the problem. Ask questions like: Why is this happening? What is happening? What are the possible sources of the error? | contributing |
| 4. Gather a team and brainstorm Involve people with knowledge of the problem. Together, complete the cadding possible causes. Try to be as specific as possible and rely on facts. | liagram, |

How to conduct the risk analysis using an Ishikawa diagram?

R M A RISING MANAGERS' ACADEMY

5. Analyze and prioritize causes

Once you have collected all the causes, evaluate their impact on the problem. <u>Identify the most important ones that are most likely to cause the problem</u> - focus your attention there.

6. Identify corrective actions

Based on the most important causes, plan actions that will eliminate or minimize the problem. Actions may include training, changes in procedures, replacement of equipment, etc.

7. Document and monitor effects

Record the results of the analysis and the actions taken. Determine how to monitor the effectiveness of the actions and when the next evaluation will take place.













| Risk mit | R M A RISING MANAGERS' ACADEMY | | | | | | |
|---|--|--|--|--|--|--|--|
| A simple mat be entered - project - whe | A simple matrix into which identified risks and planned actions can be entered - this can be done both before the project and during the project - when a risk/event arises. | | | | | | |
| Identified risk | Description of the situation | Risk category | Response to the risk | Risk owner | | | |
| Description of the identified risks | What happened, when, what is happening in the aftermath of the situation | technical/ operational/ administrative/ managment | What actions were taken immediately after the incident, what actions are planned | Who has identified, who was informed, and who is monitoring the risk. | | | |
| | | | | | | | |



| | | | | s you the best insights, instantity | | |
|---------------------|----------|-------------|---------------------------------------|-------------------------------------|------------------------------|---|
| June 30 2023) | W1 W2 W3 | W4 W5 W6 W7 | W8 W9 W10 W11 | N12 | | |
| lanning | | | | | | |
| leeds Assessment | | | | Sonya J. | | |
| roject Agreement | | | | Petrov K | HAPPY.IO The Key to a More | |
| ite Map | | - | | Heather B. | PROJECT: W | /ebsite Redesign |
| esign | | | | | | |
| Vireframe | | | | Amir K. | WEEK 1 WEEK 2 | |
| lock-ups + Review | | | | Tony P. | Engineering Planning | |
| lice and Code | | | | Julia F. | Coding/Structure | Hard Hard Hard Hard Hard Hard Hard Hard |
| evelopment | | | | | Launch | |
| ramework | | | | Mark R. | Post Launch | |
| age Templates | | | | Petor K. | Marketing | |
| oad + Edit Content | | | | | User Experience | |
| esting | | | | | Copywriting | |
| aunch | | | | | | |
| eview + Refine | | | | | Page Mock-Ups | |
| ross Browser Check | | | | | Visual Collateral | |
| 1obile Testing | | | · · · · · · · · · · · · · · · · · · · | | Promotion | |
| ost Launch | | | | | | |
| ackage source files | | | - E | - | | |
| fonitor + Finalize | | | | | | |





| I | Risk mitigation p | | | | We can use the History analy Brainstormir SWOT analys | performed before: /sis !g ;is | |
|---|-------------------|--|-----------|-----------------------------|--|--|------------|
| | | | | | | | |
| | Description | | Proximity | Risk Response Categories | Risk Response | Risk Status | Risk Owner |

Examples of risk analysis and mitigations plan

- Project risks for the organization of a new course of study or summer school
- Risk 1 illness of lecturer or student;
- 1. <u>Probability of occurrence of the risk</u> low;
- 2. Impact of the risk on the proper course of the Project if it occurs-low
- 3. The way to prevent the occurrence of the risk and minimize the consequences -In each module there are min. 2 teachers from UMED and 1 foreign teacher to conduct classes. If someone cannot attend the event, they will be replaced by another teacher or the class will be taught by 2 instead of 3 teachers (the decision will be made by the coordinator depending on the specifics of the class). In addition to the list of students qualified to participate in the summer school, a reserve list will be drawn up; an ill student resigning from participation will be replaced by a person from the reserve list.

Examples of risk analysis and mitigations plan

- Project risks for the organization of a new course of study or summer school
- Risk 2 The problem with recruiting participants for the project;
- 1. <u>Probability of occurrence of the risk</u> low;
- 2. <u>Impact of the risk on the proper course of the Project if it occurs-</u> low
- <u>The way to prevent the occurrence of the risk and minimize the</u> <u>consequences</u> - The recruitment campaign will be carried out using all possible channels of reception: fb, websites, owned direct contacts at foreign universities, informational emails, promotional activities directly abroad during visits of PB employees.

Examples of risk analysis and mitigations plan

- Recognition by students of the summer school topics as outdated, far from current state of technical knowledge;
- 1. Probability of occurrence of the risk low;
- 2. <u>Impact of the risk on the proper course of the Project if it occurs-</u> low
- <u>The way to prevent the occurrence of the risk and minimize the</u> <u>consequences</u> - It was planned to prepare new materials to include all technical innovations, innovative solutions implemented in 2025. Classes will be conducted using the latest versions of industry computer programs, in modern laboratories.

Examples of risk analysis and mitigations plan Project risks for the new planned project

- Communication problems between the project manager team coordinators;
- 1. Probability of occurrence of the risk low;
- 2. Impact of the risk on the proper course of the Project if it occurs- medium
- 3. The way to prevent the occurrence of the risk and minimize the consequences -

How to prevent the occurrence of risks and minimize the impact - project meetings were scheduled from the beginning of the project; to improve the communication process between the project team.

Examples of risk analysis and mitigations plan Project risks for the new planned project

- A threat to the schedule (tasks may take longer than expected);
- 1. Probability of occurrence of the risk low;
- 2. Impact of the risk on the proper course of the Project if it occurs- medium
- 3. The way to prevent the occurrence of the risk and minimize the consequences –

The schedule at the planning stage includes more time for tasks resulting from unexpected problems, so that time can be disposed of more flexibly. A Gantt chart has been drawn up, which will make it easier for the project manager to adapt dynamically to time-related risks that arise, even in the event of minor delays.

Examples of risk analysis and mitigations plan Project risks for the new planned project

- Lack of availability of reagents/cell lines
- 1. Probability of occurrence of the risk ?;
- 2. Impact of the risk on the proper course of the Project if it occurs- ?
- 3. The way to prevent the occurrence of the risk and minimize the consequences -
- Xxxxx
- Xxxxxx
- xxxxxx.





Examples of risk analysis and mitigations plan Project risks for the new planned project

- problem with obtaining research approvals / regulatory change
- 1. <u>Probability of occurrence of the risk ?;</u>
- 2. Impact of the risk on the proper course of the Project if it occurs-?
- 3. The way to prevent the occurrence of the risk and minimize the consequences -
- Xxxxx
- Xxxxxx
- xxxxxx.





| STRENGTHS | WEAKNESSES | |
|---|--|---|
| [What are your strengths?] [What do you do better than others?] [What unique capabilities and resources do you possess?] [What do others perceive as your strengths?] | [What are your weaknesses?] [What do your competitors' do better than you?] [What can you improve given the current situation?] [What do others' pencelve as your weaknesses?] | R M A RISING MANAGERS' ACADEMY |
| swc | DT | SWOT analysis - template https://project-management.com/swot-analysis/ |
| [What trends or conditions may positively impact you? [What opportunities are available to you?] | [What trends or conditions may negatively impact you?] [What are your competitors doing that may impact you?] [Do you have solid financial support?] [What impact do you weaknesses have on the threats to you?] | |
| OPPORTUNITIES | THREATS | © Karolina H. Czarnecka-Chrebelska |





University / Academia: Purpose and Focus

 Scientific projects in universities are often driven by the pursuit of advancing scientific understanding, contributing to the academic community, and training future scientists.

Team Composition and Expertise

 The team composition tends to be more academically focused, consisting primarily of faculty members, postdoctoral researchers, graduate students, and occasionally undergraduate students.

Stable employment?

Biotech Company / SMEs:



- The primary focus of a biotech company is to develop and commercialize products or technologies for the market.
- Scientific projects in biotech companies are often driven by the goal of achieving specific business objectives, such as developing a new drug, diagnostic tool, or biotechnological process.
- Scientific projects in biotech companies often involve multidisciplinary teams consisting of scientists, researchers, engineers, business professionals, and project managers.
- These teams may have diverse expertise and skill sets required to address scientific, technical, regulatory, and commercialization aspects.

Dynamic changes of the team?

University / Academia:

Funding

- Universities typically secure funding through grants from government agencies, foundations, and philanthropic organizations.
- However, the funding available to universities is often more limited, leading to a greater need for securing grants and competing for resources.

Timeframe and Pressure

- Scientific University projects may have more flexible timelines, allowing researchers to explore complex questions and focus on long-term goals.
- While project milestones and deadlines may be associated with grant funding, the emphasis is often on scientific rigor and the quality of research outcomes.

Biotech Company / SMEs:



- Scientific projects in biotech companies usually require funding from various sources, such as private investments, venture capital, partnerships, and potential revenue streams.
- Companies typically have greater financial resources than universities (grant, loans,) which allows for increased investment in research and development.
 - Scientific projects in biotech companies are typically subject to more stringent timelines and commercial pressures.
 - There is often a need to deliver results within specified timeframes to meet business objectives, secure investments, and gain a competitive advantage in the market.
- How the situation of not gaining the grant or termination of the project due to not fulfilling the milestones will affect those institutions?
 Think about the financial risk and performance risk.
- 2. Think about the financial risk and performance risk.





Case study

- Envision the potential of our project, where we will be testing new nutraceutical formulations on a group of patients with Crohn's disease, IBS, SIBO and a group of overweight volunteers without inflammatory disease, offering them hope for improved health.
- This new superfood will be developed in the initial stage of the project by top Polish scientists working at the Institute of Animal Reproduction and Food Research of the Polish Academy of Sciences in cooperation with pharmacists and biotechnologists from Medical University of Lodz. They have experience in developing food additives and nutraceutical formulations. However, those scientists haven't cooperated yet in the projects.
- After the superfood formulation development, the nutraceutical formula will be tested on the mouse IBS model to prove its immunomodulatory potential

Case study

- Envision the potential of our project, where we will be testing new nutraceutical formulations on a group of patients with Crohn's disease, IBS, SIBO and a group of overweight volunteers without inflammatory disease, offering them hope for improved health.
- Patients with Crohn's Disease, IBS will be recruited by the Clinicians from the Clinics associated with MUL
- Patients with SIBO and healthy volunteers will be recruited by the dietitians associated with MUL, but through their private practice
- Project Participants will undergo a 4-month nutritional intervention and be supervised by a dietitian during this period.
- During the project we will collect biological samples and test participants when they enter the project and every month thereafter.

How we can start?

If this risk analysis would be carried out along with the project plan, we can decide to select on of the following approaches (or use elements from all of them):

- Writing down all the planned actions and divide them into smaller pieces –tasks. This will enable us to prepare step by step plan and to identify the bifurcations in the project line.
- Analysing the needed resources
- Analysing the people responsible for given activities/actions
- Using pre-defined templates

Analysis of resources is important element of risk analysis

NEEDED

- People (full-time, part-time, advisors)
- Reagents and kits
- Software and computers
- Analysis (i.e. outsourced services like bioinformatic analysis, oligo synthesis, immune-deficient mice in the animal facility detention and care)

no of patients

• No of site-visits

AVALAIBLE

- ..
- ..
- •
- ..
- ..
- ••

© Karolina H. Czarnecka-Chrebelska

Let's begin by defining the tasks in relation to the people.



The work commitment of the project team

- How many people needed in total
- How many people should commit fulltime
- What different specialties we need in the project -> what professional skills have to be represented
- We need doctors, nurses, dieticians, lab analysts, biotechnologists, and epidemiologists? -> who can be employed on the contract? Pay per capita?

© Karolina H. Czarnecka-Chrebelska

. . .

RMA

ACADEMY

RISING MANAGERS'

. Let's begin by defining the tasks in RMA RISING MANAGERS relation to the people. ACADEMY Researchers in PAS/MUL will be developing the nutraceutical formulations **Researchers** in PAS/MUL will be performing analysis on the IBS mouse model. Clinititians/doctors will recruit patients in the Clinical hospitals. dieticians will recruit volunteers and SIBO patients at the dietetic center. dieticians will be supervising the 4-month nutritional intervention • Nurses will collect blood samples Lab analysts will perform basic blood and urine analysis **Molecular biologist and biotechnologists** will perform scientific analysis from the blood, stool, and urine **Doctors** to perform clinical assessment of the disease (After the study)

- PI will manage the process
- ...patients

© Karolina H. Czarnecka-Chrebelska

. . . Let's begin by defining the tasks in RMA RISING MANAGERS' relation to the people. ACADEMY Researchers in PAS/MUL will be developing the nutraceutical formulations ٠ Researchers in PAS/MUL will be performing analysis on the IBS mouse model. Clinititians/doctors will recruit patients in the Clinical hospitals. dieticians will recruit volunteers and SIBO patients at the dietetic center. dieticians will be supervising the 4-month nutritional intervention Nurses will collect blood samples ٠ Lab analysts will perform basic blood and urine analysis Molecular biologist and biotechnologists will perform scientific analysis from the blood, stool, and urine **Doctors** to perform clinical assessment of the disease (After the study) PI will manage the process ...patients © Karolina H. Czarnecka-Chrebelska

Let's begin by defining the tasks in relation to the people.

- **Researchers** in PAS will be developing the nutraceutical formulations.
- **doctors** will recruit patients in the hospital.
- dieticians will recruit volunteers at the dietetic center.
- dieticians will be supervising the 4-month nutritional intervention
- Nurses will collect blood samples
- Lab analysts will perform basic blood and urine analysis
- **Molecular biologist and biotechnologists** will perform scientific analysis from the blood, stool, and urine
- **Doctors** to perform clinical assessment of the disease (After the study)
- PI will manage the process
- Researchers in PAS will write the paper

© Karolina H. Czarnecka-Chrebelska

.

RMA

ACADEMY

RISING MANAGERS'



| Inne p | rzykłady https://www.proje | / got | OWYC | ch r ′free-ris | nat ^{k-man;} | tryc agement- | templates | |
|---|-------------------------------------|----------|---------------------|-------------------|--------------------------|------------------|--------------------|--|
| Risk Tracking Templat Date of last review: | e | PM | Ргојес | tMa | nage | ег | | |
| ID Description of Risk | Impact | | Risk Reponse | | | Risk Leve | Risk owner | Notes |
| 1 Supplier delay | Pushes Jaunch | | Confirm delivery d | ates by Pha | se 2 | High | Clarissa | SAMPLE |
| 2 Eastery quailability | Cost overrups | | Stakoholdor trin to | China | | High | Dave Raisch & Nina | SAMPLE |
| 2 Factory availability | ilabla Delay Jaynek media | ting | Define marketing | lanc in M | ch | Low | Turoll | SAMPLE |
| s steering committee unava | liable Delay launch marke | ting | Denne marketing p | nans in Mar | cn | LOW | Tyreii | SAIVIPLE |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 Issue Tracking Template | | C | M HLOJEC | tMan | ager | | | |
| Description | Potential Impact | Priority | Date Opened | Date Closed | Issue Owner | r Depa | rtment Status | Notes |
| 1 Website loading slowly on ie10 | 5% of visitors may expereince lag | Critical | 5-Apr | | Dale | IT | Open | For whenever Dale has free time |
| 2 Website crashing at credit card collection screen | Massive loss of revenue | Low | 9-Apr | | Julie | IT | Open | Need to send report to C-suite on this |
| 5 Login icons broken on Homepage | Some users unable to login w/ icons | High | 25-Mar 3-Apr | 9-Apr | Julie | IT | Closed | Completed 4/6/20 |
| 6 | to topin wy tons | | U HIPI | 21401 | | | | |
| 7 | | | | | | | | |
| 8 | | | | | | | | |
| 0 | | | | | | | | |
| 7 | 1 | | | | | | | 1 |
| | | | | | | | | |

The use of individual experience in groups.

When we work with a group of people (even very cool \bigcirc) they may be: # not always satisfied with the work or its results

not fully informed

feeling unheard

Their knowledge and experience in identifying problems may be underestimated.

Useful methods: 5 x Why; Brainstorming; Kai Zen

How the position in the team change perception of what might be a risk

- For an undergraduate student, the risk may be related to the narrow area in which he/she is working
- For the lab manager with many years of experience working in the same institution will Focus on risk related with his area of expertise, but in the same tim will have many clues hot to manage risk
- Post-doc with experience from other institution will bring new persepective
- Also our perception of the risk is rerlated with our leadership skills!
- But when safety manager will come we will see a dozen of "new" risks ☺

Risks associated with not following clean work or health and safety rules in the laboratory \rightarrow

Safety Management

Scientists* vs. health and safety and risk management (*especially those doing experimental work))



"Since the beginning of my security career, I have seen many places, companies and institutes that were at different levels of security culture and had different attitudes towards research laboratories and their 'occupants' scientists."

Petr Prochazka

https://www.linkedin.com/pulse/biggest-killers-research-derived-from-mistakes-safety-petr-prochazka/

The most common types of accidents in medical laboratories

- **Chemical spills and exposures**: These accidents involve the release of hazardous chemicals, which can lead to potential health hazards, fires or environmental contamination.
- Sharp instrument cuts and punctures: Needlesticks and cuts with other sharp instruments are common causes of injury, often leading to infection or bleeding.
- Fires and explosions: Flammable chemicals and gases pose a significant risk of fire and explosion, especially when proper handling and storage protocols are not followed.
- **Biological hazards**: Exposure to pathogens or biohazardous materials can result in serious health risks, including infections and chronic diseases.
- Injuries from poor ergonomics : Poor ergonomics and repetitive motion can lead to musculoskeletal disorders, affecting workers' well-being and productivity.
- Electrical hazards: Faulty wiring, exposed electrical parts and improper grounding can lead to electric shock or fire.

- Scientists are unique people who should be "handled" differently than most safety people in companies such as Oil & Gas or the mining industry.
- The main positive characteristic of a scientist is that he always and under all circumstances wants to achieve results and will do everything in his power to achieve the goal. This drive is the safety specialist's greatest ally.
- The scientist simply will not let you sleep.

Petr Prochazka

https://www.linkedin.com/pulse/biggest-killers-research-derived-from-mistakes-safety-petr-prochazka





Elements of Security Management:

<u>Hazard identification:</u>

Detecting potential hazards that could lead to accidents, injuries or damage. Informing of the observed incidences.

<u>Risk assessment:</u>

Analyzing the likelihood of a hazard and the potential consequences of its occurrence.

• Implementing preventive measures:

to eliminate or minimize risks, such as training, procedures, and technical solutions.

• Monitoring and control:

Regular evaluation of the effectiveness of implemented measures and identification of new risks.

<u>Safety culture:</u>

Creating an environment in which safety is a priority and all employees are aware of their duty to safety.





Links

- <u>https://www.slideteam.net/blog/top-10-research-plan-templates-with-samples-and-examples</u>
- <u>https://conceptshacked.com/types-of-research/</u>
- <u>https://www.usemotion.com/blog/project-management-software-for-creatives</u>
- <u>https://www.projectmanager.com/blog/free-risk-management-templates</u>

© Karolina H. Czarnecka-Chrebelska