

Post Conference Report

U-CARE VENUE 2025

Smarter Science - How can we
conduct high-quality healthcare
research more efficiently?

WHEN? 13–14 October

WHERE? University Main Building, room IX in Uppsala

Funded by:



Swedish Research Council for
Health, Working Life and Welfare



UPPSALA
UNIVERSITET

U-CARE Venue

Uppsala University Psychosocial Care Program (U-CARE) hosted the conference U-CARE Venue 2025 '*Smarter Science – How can we conduct high-quality healthcare research more efficiently*' on 13 and 14 October in Uppsala.

There is an increasing global focus on reducing research waste and designing and conducting more efficient healthcare research. However, improving efficiency of healthcare research requires a multifaceted approach. The purpose of the conference was therefore to bring together national and international multi-sector interest-holders around four key themes representing ways to improve healthcare research efficiency: **1) innovative trial design**, **2) operational efficiency**, **3) system efficiency**, and **4) bridging healthcare and research**.

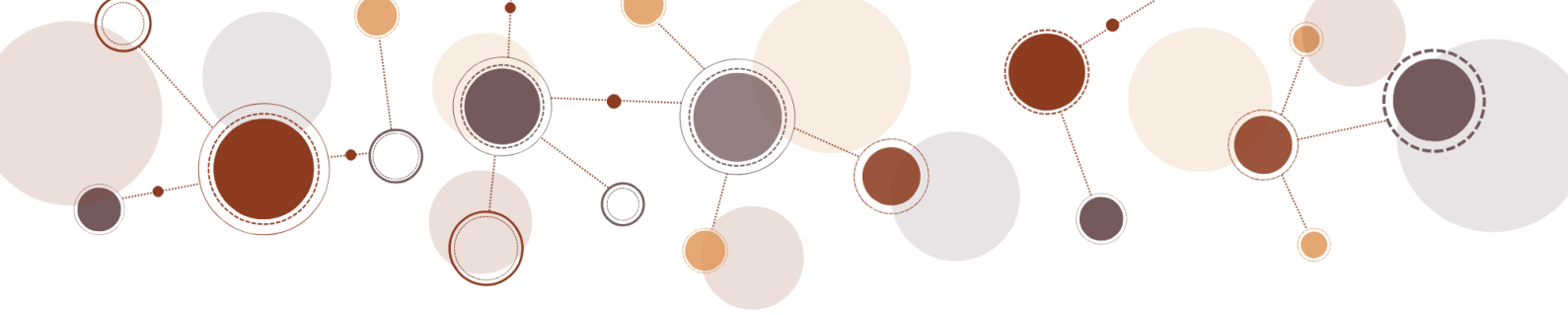
Speakers included national and international academics and non-academic partners from relevant fields, as well as a PhD poster walk.

Registered: 132

Attendees: 89



Figure 1. Picture from U-CARE's Program Director Louise von Essen's welcome address on 13 October.



Speakers

Theme One: Innovative trial design

Trial efficiency: Costs, hurdles, and innovations

Benjamin Speich, PhD, University of Basel

Benjamin Speich presented on the efficiency of randomized clinical trials, focusing on the costs, challenges, and potential innovations in trial design and conduct. He discussed the substantial resources required to run a clinical trial, limited transparency regarding the trial cost, and several operational barriers, e.g., complex regulations and recruitment difficulties. This presentation highlighted the need for a better understanding of trial costs and for innovations that can increase trial efficiency.

Towards more efficient clinical trials with adaptive designs

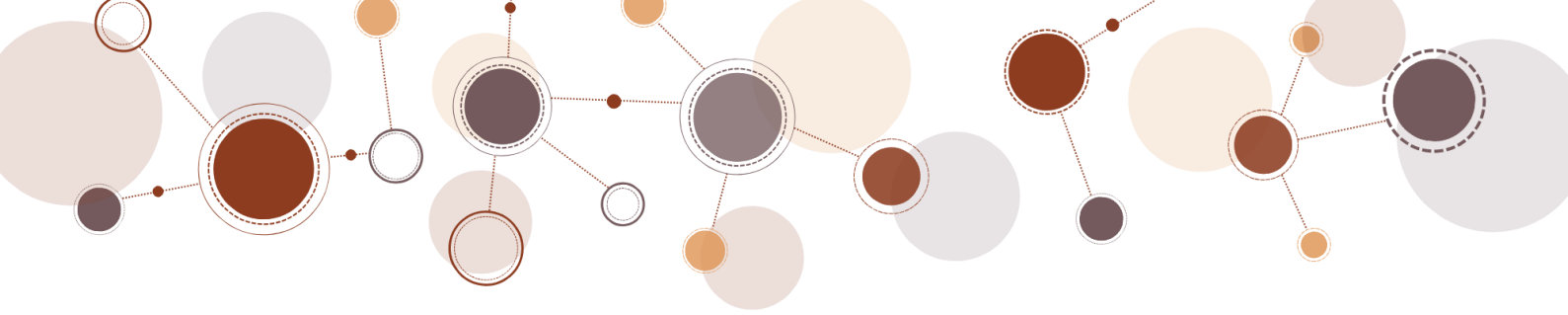
Philip Pallmann, PhD, Cardiff University

Philip Pallmann presented on how adaptive design can make clinical trials more efficient, focusing on how trial procedures can be modified during the study based on interim data. He discussed different types of adaptive approaches such as adjustment in sample size and treatment allocation, while maintaining the validity and integrity of the trial. This presentation highlighted the potential of adaptive design to improve the flexibility and efficiency of clinical trials.

Using Bayesian sequential designs to efficiently estimate the effects of digital behaviour interventions

Marcus Bendtsen, Docent, Linköping University

Marcus Bendtsen presented on the use of Bayesian sequential designs to efficiently estimate the effects of digital behavior interventions, focusing on how continuous data monitoring can improve trial efficiency. He discussed how these designs allow researchers to analyze data during the study and potentially stop the trial when sufficient evidence is obtained or until the data collector runs out of time, money,



or patience. This presentation highlighted how Bayesian sequential methods can improve the efficiency of evaluating digital health interventions while maintaining reliable results.

Trials within cohorts: Practice examples from Lesotho and Switzerland

Niklaus Labhardt, Professor, University of Basel

Niklaus Labhardt presented on trials within cohorts (TwICs) as an approach to improve the efficiency of clinical trials, focusing on practical examples from Lesotho and Switzerland. He discussed how embedding clinical trials within an existing cohort can facilitate participants recruitment and allow multiple interventions to be tested within the same cohort. This presentation highlighted the potential benefits of this design for increasing trial efficiency, as well as ethical debates regarding consent and informing participants.

Theme Two: Operational efficiency

Training for patients and public contributors in clinical trial methodology

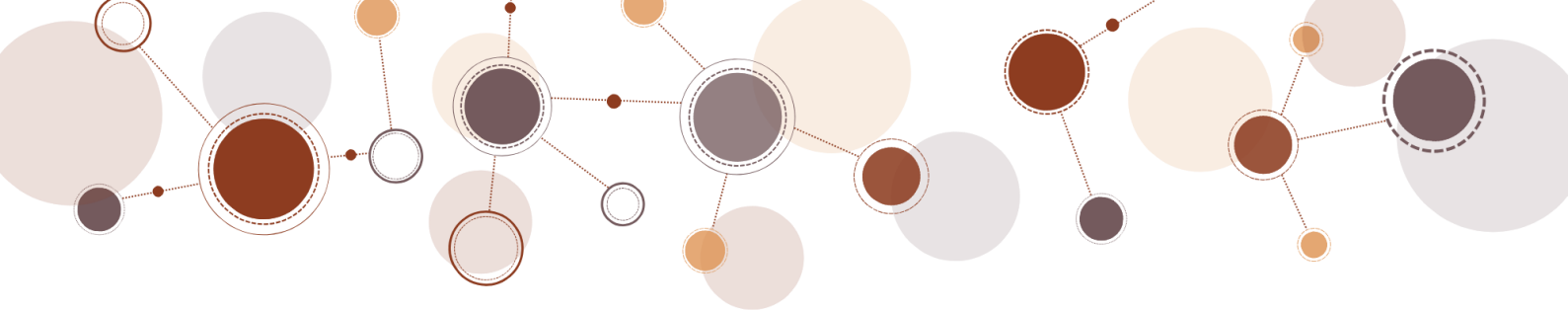
Cristin Lind, Executive Director, EUPATI Sweden

Cristin Lind presented on training for patient and public contributors in clinical trial methodology, focusing on how involving patient and public contributors can improve the efficiency and relevance of research. She discussed how structured training enables patient and public contributors to better understand clinical trials and participate meaningfully in different stages of the research lifecycle. This presentation highlighted the importance of patient and public contribution in improving the conduct of clinical trials.

Efficient trials: Investing in people

Kirsty Sprange, Assistant Professor, University of Nottingham

Kirsty Sprange presented on efficient trials, focusing on the importance of investing in the clinical trials workforce. She discussed the increasing complexity of trials, the needs for skilled staff, and challenges such as an unclear career



pathway, limited development opportunities, and job insecurity. This presentation highlighted that improving training and working conditions for trial staff is essential for the design and conduct of efficient high-quality trials.

Bridging research and care: Toward a learning system for personalized medicine

Perrine Janiaud, PhD, University of Bern

Perrine Janiaud presented on bridging research and care, focusing on developing a learning system for personalized medicine. She discussed an example of a pragmatic trial in Multiple Sclerosis (MS) embedded within the Swiss MS cohort, where blood neurofilament light chain (NfL; a biomarker for MS disease activity and disability progression) was used to guide more personalized treatment decisions. This presentation highlighted how integrating research into clinical care can support continuous learning and improve personalized treatment

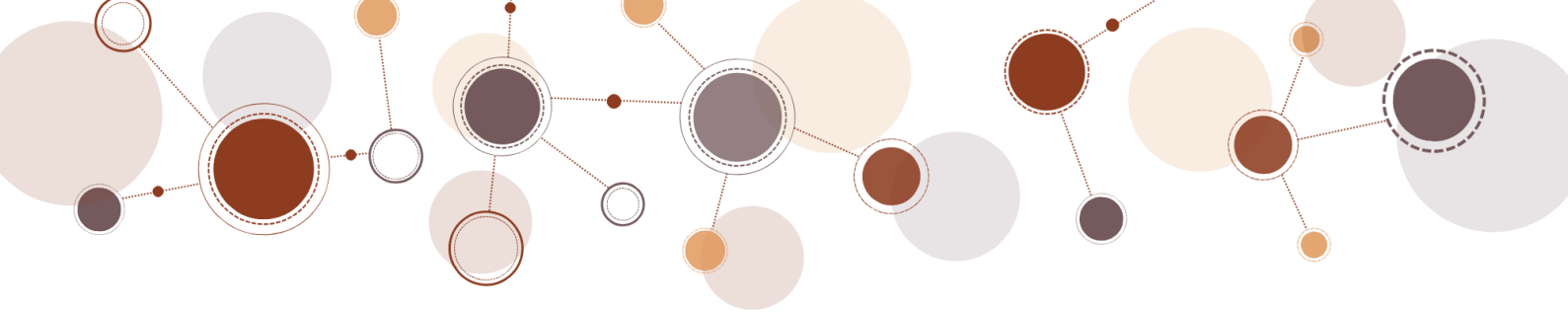
Theme Three: System efficiency

Prioritizing evidence gaps using the James Lind Alliance method

Marie Österberg, PhD, Swedish Agency for Health Technology

Assessment and Assessment of Social Services

Marie Österberg presented on prioritizing evidence gaps using the James Lind Alliance method, focusing on how to involve patients and other interest holders (non-researchers) to identify and prioritize research questions. She discussed the structured process used to identify research questions and prioritize them through surveys and consensus activities. This presentation highlighted the importance of involving patients and other interest holders in guiding research priorities and improving the relevance of future studies and reducing research waste.



The evolution of the scientific publishing and its drivers

Marco Seeber, Professor, University of Agder

Marco Seeber presented on the evolution of scientific publishing, focusing on the four phases in the scientific publishing market (print, concentration, open access, and diversification) that have shaped how research is published. He discussed the factors behind these changes and how the scientific publishing system has developed overtime. This presentation highlighted how these developments have influenced changes in researcher publishing practices.

Making FAIR and Open Science work: Navigating policies and guidelines in practice

Angeliki Adamaki, PhD, Chair of Open Science Champions, Lund University

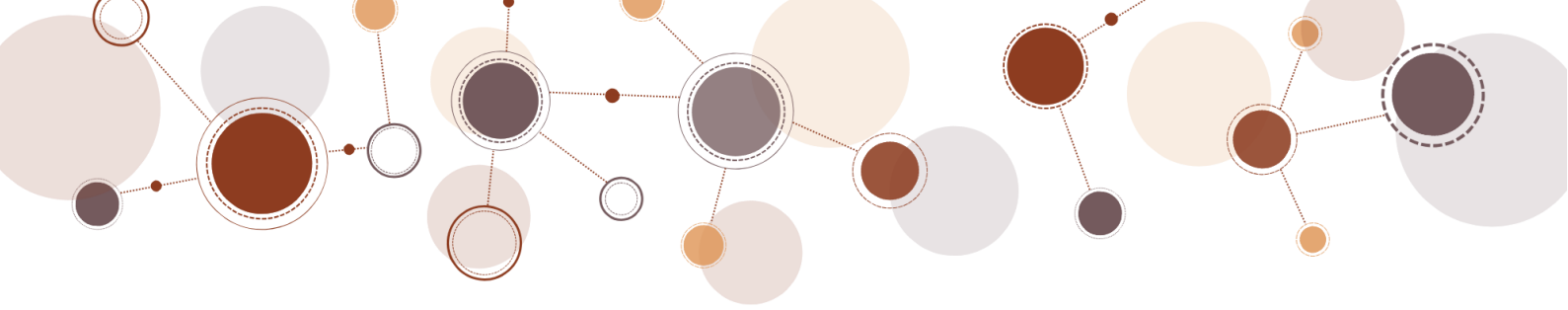
Angeliki Adamaki presented on making FAIR and open science work, focusing on how to navigate policies and guidelines in practice. She discussed challenges researchers face in managing and sharing data in line with FAIR principles and policy requirements. This presentation highlighted the importance of open science practices in improving the transparency, accessibility, and reuse of research data.

Theme Four: Bridging healthcare and research

How to embed research into clinical practice: An example from Tiohundra

Helena Hvitfeldt, Head of Research, Education, and Innovation, Vårdbolaget Tiohundra

Helena Hvitfeldt presented on how to embed research into clinical practice, focusing on practical strategies for combining clinical work and research. She discussed the importance of planning ahead, time management, and communicating regularly with colleagues, research participants, and society. This presentation highlighted the need to balance clinical work and research while staying engaged and managing both effectively.



Research excellence, relevance, and impact: A funder's perspective

Stella Jacobson, Head of Unit, Research Department, Forte

Stella Jacobson presented on research excellence, relevance, and impact from a funder's perspective, focusing on how these aspects are assessed in research. She discussed that excellence includes both scientific quality and relevance, and that research should lead to impact beyond academia. The presentation highlighted the importance of utilizing the data beyond dissemination, meaning that research findings should be used to ensure real world impact.

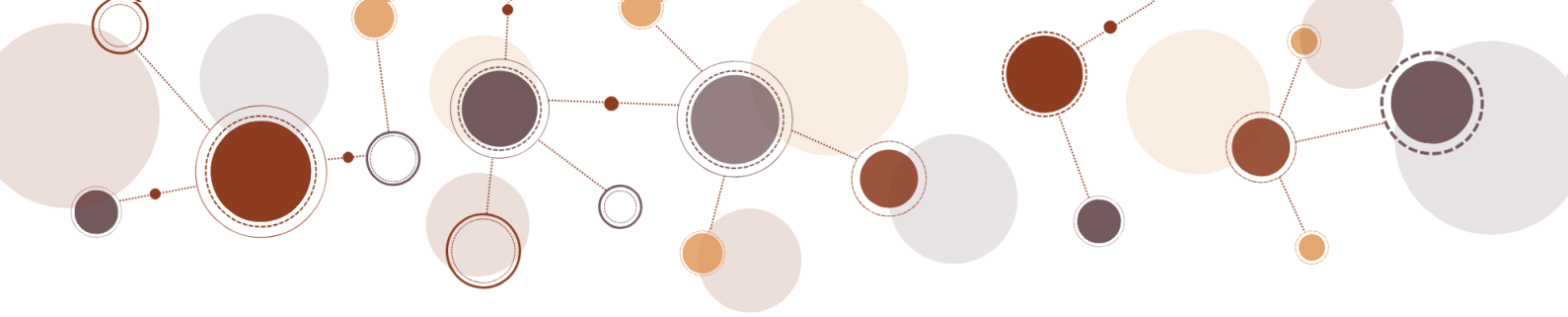
How to make a randomised trial informative, relevant, and useful

Shaun Treweek, Guest Professor, Uppsala University

Shaun Treweek presented on how to make randomized trials more informative, relative, and useful, focusing on improving the design and conduct of trials. He discussed the number of trials that do not provide useful information (i.e., bad trials) and their associated cost, and introduced INFORM framework. The presentation highlighted how the INFORM framework can guide the design and conduct of trials to ensure they ask important questions and produce useful findings.



Figure 2. Picture of the audience.



Evaluation

A post conference evaluation was sent to all attendees via email. The evaluation consisted of both Likert-scale and free text questions. In total 23 attendees responded to the evaluation. Below we present the evaluation results.

How would you rate the quality of the content delivered during the conference?

Excellent: 48%

Very good: 43%

Good: 4%

Fair: 4%

"The conference was very informative"

"Good mix of presentations and an important topic"

How relevant was the content presented at the conference to your research or professional interests?

Excellent: 30%

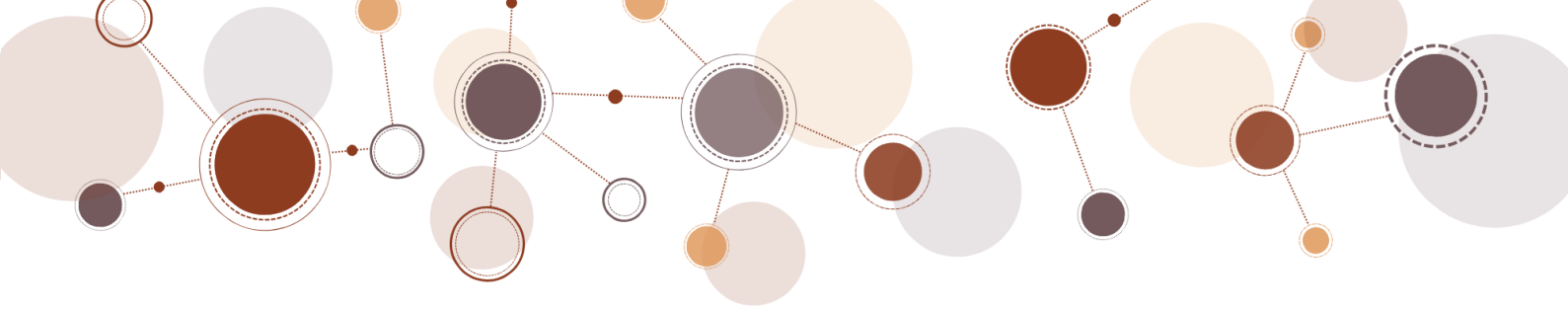
Very good: 48%

Good: 13%

Fair: 9%

"It was nice to have some interesting topics that are not always addressed in other spaces"

"I would have liked more input from a range of early career researchers/students as well as senior academics/professionals"



How would you rate the speakers' overall expertise and quality?

Excellent: 48%

Very good: 48%

Good: 4%



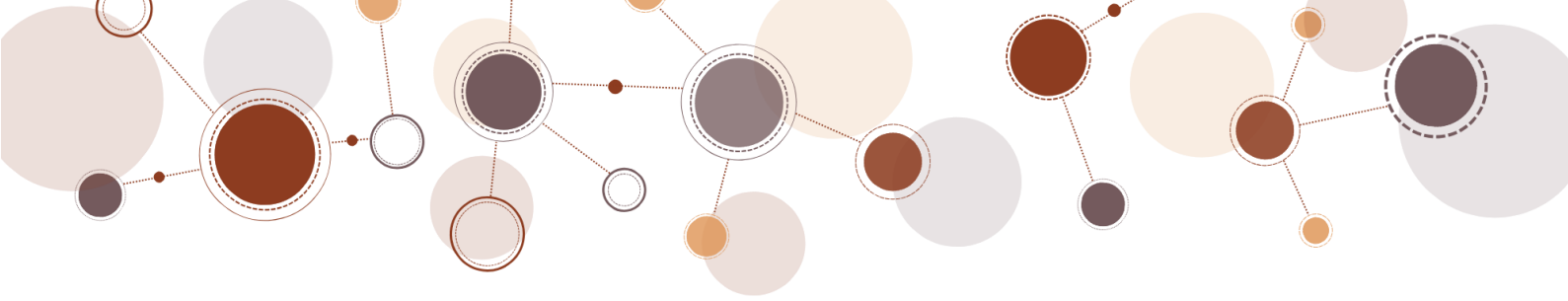
How would you rate the conference schedule (timing, pacing)?

Excellent: 57%

Very good: 39%

Good: 4%





How well organized was the conference?

Excellent: 87%

Very good: 13%

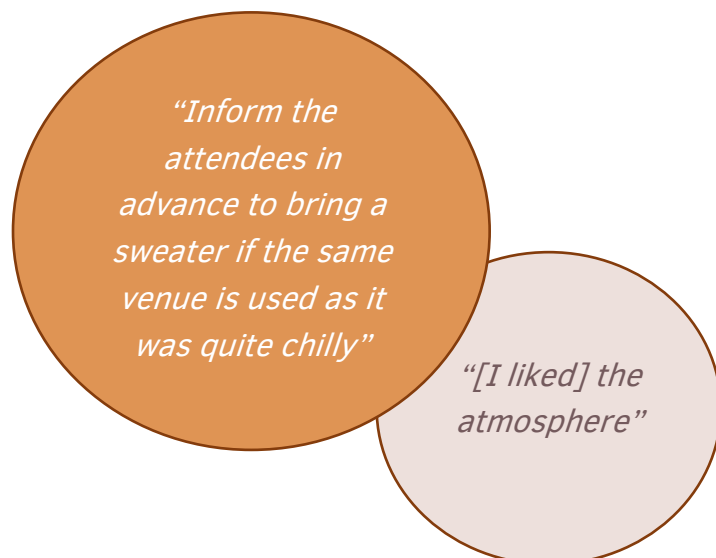


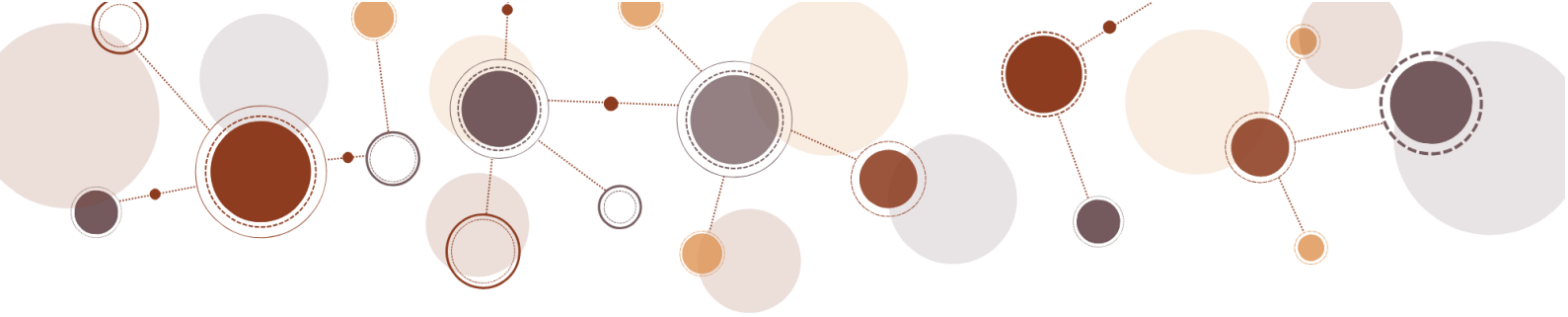
How would you rate the facilities (room, building) where the conference was held?

Excellent: 52%

Very good: 43%

Fair: 4%





How would you rate your overall experience at the conference?

Excellent: 57%

Very good: 35%

Good: 8%



Figure 3. Picture of attendees mingling outside of the conference room.