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# LEADERSHIP SCHOOL

for PhD Students

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## About InterRegioNovation

**InterRegioNovation** is the International Association devoted to the transfer and exchange of knowledge and innovations at all regional levels (country, region, city, community etc.) between knowledge transfer professionals (business, research institutions, policy makers, government agencies, individuals, others) in all countries of the enlarged Europe, CIS countries and from other continents for stimulating and enhancing economic and social growth in the regions.

This is a policy and research association that brings together all knowledge transfer professionals who are interested in delivering efficient, flexible, innovative and cost-effective services across the private and public sectors. We work closely with business, research and educational institutions, government agencies, policy makers, NGOs, media, individuals and other stakeholders to promote the interests of their industries.

Our members understand the changing needs of the transfer and exchange of knowledge and innovations and through continuous professional development, marketing and networking opportunities offered in this association, we keep current with the latest knowledge trends and issues that challenge people in their work and life journey. We also offer expansive opportunities for partner connection through our networks.

Journal "Regional Innovations" is one of the Association's tools for innovators and everybody who is interested in any aspects of innovation development.



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## About journal

On behalf of the Editorial Board, it gives us a great pleasure to welcome you to the second issue of 2021 of the Regional Innovations Journal dedicated to Leadership School for Ph.D Students.

The Regional Innovations publishes original research papers, policy analyses, review papers and book reviews in order to establish an effective channel of communication between business, research institutions, policy makers, government agencies, and individuals relative to the analysis of various aspects of knowledge and innovations transfer and exchange within regional dimensions.

This is an independent, peer-reviewed, Internet-based international journal devoted to publishing original research papers of highest quality, sharing ideas and discussing innovation sector within regional dimensions. The journal welcomes to submit research papers by exceptional innovators, leading universities, globally recognized business, government agencies, policy makers and political leaders.

We intend that our readers will be exposed to the most central and significant issues in innovations development. We wish to publish papers that exemplify the highest standards of clarity, and that promise to have significant impact on existing front-line debates or to lead to new ones. The journal explores key priorities of the knowledge and innovations transfer and exchange in terms of critical aspects of human life (economy, law, science, business, health, education, culture etc.). We therefore welcome submissions not only from established areas of research, but also from new and emerging fields and those which are less well represented in existing publications, e.g. engineering studies, biomedical research etc.

We also strive to ensure that being under expert evaluation, each submission will receive developmental and supportive comments to enhance the article. Our refereeing process will involve that each submission will be reviewed by one or more specialists in the relevant field. Articles will be added to the volumes and the journal audience will receive e-mails updates to encourage them to the new articles.

We are delighted with, and immensely grateful to the large numbers of colleagues, both members of the Associations InterRegioNovation and FranceXP (France), representatives from many universities in France, Latvia, UK, Azerbaijan, China, Nigeria, Belarus, Ukraine and other institutions, who have supported the editorial process. And we are very proud of the expertise that they collectively bring, which we believe is unsurpassed by any contemporary innovative journal.

We are immensely grateful to our colleagues for their support and advice through the process of setting the journal up, and for the confidence they have placed in us in supporting this initiative at a time of economic uncertainty.

In the development of the Regional Innovations to date, we would like to enlist the support of a number of organisations who wish to promote this online journal to their experts. To ensure its sustainability, we would also like to invite other organisations, networks, conferences and meetings to associate themselves with the Regional Innovations. We therefore aim for the Regional Innovations to become the leading online forum to globally disseminate outstanding research papers on innovation sector in regional dimensions. Being an online periodical, the Regional Innovations is also a forum for exchange of imaginative ideas readers wish to share. Contributions of articles on innovations sector and your comments about this issue are very welcome.

To this end, if you lead, represent, or are a member of any such organisation, please contact us to offer your support and commit to promoting the Regional Innovations as a publication outlet for research undertaken by your experts.

We do hope you enjoy and benefit from the Regional Innovations! And many thanks for staying with us in 2021!

**Jean-François Devemy**  
**Editor-in-Chief**

## **About Leadership School for Ph.D Students**

The readiness of a medical university graduate for modern professional activity is determined by presence not only of a certain system of professional knowledge, skills and abilities, i.e. hard skills, but also soft skills. The latter include managerial, leadership, team, communication, public and personal skills, which are essential for successful professional activity, in project management, in making informed decisions in risky situations, especially in a COVID-19 pandemic.

Given the huge importance of soft skills for Ph.D students in medical university, who will join the research and teaching staff in the future after defense of the dissertation, the online educational event "Leadership School for Ph.D Students" was held for the first time at the Kharkiv National Medical University in May-June 2021. International Association "InterRegioNovation" was the official partner and co-organizer of this event. A memorandum of understanding was signed within the framework of the Leadership School for Ph.D Students between Kharkiv National Medical University (Ukraine) and the International Association "InterRegioNovation".

This issue of the Regional Innovations Journal is dedicated to publishing the works of participants and speakers of the "Leadership School for Ph.D Students" and serves as a platform for discussion, as it highlights the point of view of the authors of this event on aspects related to soft skills. The management and staff of Kharkiv National Medical University express their gratitude to the International Association "InterRegioNovation" for assistance in organizing and conducting the "Leadership School for Ph.D Students" and look forward to further fruitful cooperation.

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## **NON-ALCOHOLIC FATTY DISEASE AND HYPERTENSION: VIRTUAL PRESENTATIONS OF COMORBID PATHOLOGY**

Patients with comorbidities of noncommunicable diseases (NCDs) are a priority for healthcare systems worldwide [1]. For example, nonalcoholic fatty liver disease (NAFLD) is becoming an increasingly common cause of chronic liver disease worldwide, and growing evidence suggests that NAFLD is associated with other systemic diseases, including hypertension (HT) [2]. Likewise, other noncommunicable diseases pose serious public health threats, both individually and in combination. Therefore, it is important not only to study such cases, but also to constantly present the results of work at thematic conferences, congresses, symposia and other scientific events. In the public domain, there are many recommendations for preparing presentations, in particular, regarding medical issues [3-6]. Moreover, new guidelines for virtual scientific presentations have appeared recently [7]. But there is still not enough information on how to prepare reports on the topic of comorbid pathology. We have often presented studies related to the study of NAFLD and HT at international scientific events, and in the conditions of quarantine restrictions, we had to gain experience of virtual performances. This allows us to reason about the presentation of comorbid pathology in a remote format based on personal experience.

The aim of the study is to determine the features of the remote presentation about patients with a combination of NAFLD and HT or other comorbid pathology cases.

**Materials and methods.** We have studied recommendations on the preparation of presentations on medical topics at scientific events in both traditional and virtual formats. We also compared the obtained data with personal experience of oral presentations about patients with comorbidity of NAFLD and HT.

**Results.** The purpose of oral presentation is to make large volumes of complex information more understandable [4]. Therefore, it is important to take a responsible approach to the preparation of presentations, especially when their topic concerns such a complex issue as comorbid pathologies. Even more problems arise when a presentation is planned in a virtual format, when the speaker is often forced to be in inappropriate conditions and physically cannot see his audience.

Research published in the Harvard Business Review shows that people are often engaged in different activities during a conference call, simultaneously. About 65% of them



declared doing other work, 63% of conference participants usually send emails and messages, and at least 55% participants eat during important online events. Also, 27% of those surveyed say they fall asleep when making calls without video communication [8]. Probably, the behavior of viewers at online conferences and congresses does not differ from the respondents in this study, especially if the number of participants in the event is large enough. Therefore, it is important to make every effort to attract and retain the attention of online audience at virtual science events.

According to research, most often (in 62.9% of cases) different guidelines recommend authors to make slides simple. In particular, tips include reducing the number of rows on a slide (42.9%), the number of words per line (28.6%), and the use of tables and graphs (34.1%) [5].

An important role in the success of the entire presentation is assigned to the title - it is believed that it should be clear and reflect the essence of the report [3]. The presentation should start with a slide containing the title of the study, the name and affiliation of the authors. It is recommended to start the report by addressing and thanking the audience and the host organization [4]. The guidelines indicate that the beginning, middle and end of the presentation should be connected logically [3].

The slides in PowerPoint or another program should contain a minimum of information for a better perception of the information by the audience. Graphs help to visualize complex information, but it is important to explain them clearly during the presentation [4]. The optimal font size for slides is from 26 to 30 [3, 5]. The number of slides for a report depends on the length of the presentation, but should not exceed 40 [3]. Most often it is recommended to calculate their number according to the formula: 1 slide = 1-2 minute of speech [5, 6].

Also, the recommendations indicate the importance of adhering to the rules of the performance, which will exclude the risk of being interrupted by the organizers. Therefore, authors should keep in mind the permitted length of the presentation when preparing and rehearse their speech in advance [3, 4].

Regarding the emotional state of the speakers, research shows that careful preparation and thoughtfulness can help to cope with anxiety, while the experience of public presentations allows speakers to develop self-confidence [3]. When performing offline, it is important to maintain eye contact with the audience and remember to smile and pause after each important comment. The authors should speak slowly and concisely to highlight the key points of the presentation [4]. Also, authors are encouraged to check in advance correct display of the presentation on the organizers equipment [6].

In general, the recommendations for preparing virtual presentations are similar, except for a few tips on how to make the presentation more accessible to online audiences and increase their engagement [7].

Based on our personal experience of presenting works about patients with a combination of NAFLD and hypertension, we have defined the rules for comorbidity diseases presentation in a remote format:



- both diseases should be indicated in the title of the report in order to immediately draw the attention of participants to the problem of comorbid pathology;
- it is important to indicate the practical significance of both nosologies in order to emphasize the problems of combining two serious problems;
- the purpose of the study should also contain information about the comorbidity of the two diseases;
- if possible, it is better to accompany information that is difficult for perception with graphic images;
- in the case of comorbidity of NAFLD and HT, as well as other pathologies, graphs of relationships can help explain complex ideas in a simple way;
- it is important to separate diseases by color - separate colors should be selected to graphically represent data for patients with each pathology separately and cases with their comorbidity;
- in the conclusions, it is imperative to indicate statements taking into account each of the diseases and remind the audience that the research topic was associated with the comorbid course of two serious diseases;
- before starting the presentation, it is important to check the correct working of all the necessary applications, microphone and webcam, access to the selected online platform;
- after the announcement of a member of the organizing committee, the presenter should introduce himself, express gratitude for the opportunity to take part, if necessary, ask about the quality of sound and image;
- it is important for the author to imagine himself at a real event and behave in accordance with the rules of conferences and congresses during a report – this will allow him not to get confused due to the lack of physical viewers at a virtual event;
- an interesting statement of material and thematic pictures with social implication will help keep the audience attention;
- with the last slide, the presenter should thank everyone for their attention, and it's important to indicate contact information in case someone wants to ask questions about the report personally.

### **Conclusions**

Thus, textual, graphic and sound data representation affects the perception of information by the audience and determines the oral presentation success. It is important to pay sufficient attention to preparing a presentation on comorbid pathology, for example, NAFLD and HT or other significant combinations of diseases. General guidelines can help authors prepare a high-quality presentation, but only the experience of active participation helps speakers feel confident, particularly in challenging environments such as virtual science events.

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