DEDICATED TO OUR WORK: YOUR FUTURE

At the School of Pharmacy and Nutrition, we work closely with all our students, from first year to final year, sharing all the employment opportunities made possible by our degrees. We encourage them to learn about these opportunities through the Introduction to Business course and volunteer internships and help them manage internships. We also offer personalized career guidance to ensure they set off into the job market on the right foot.

A key factor for effective communication with students is ensuring that they have access to information. That’s why the school’s Careers Office launched a new professional careers website last March. The website contains all the information the school receives on the job market (internship and job opportunities, training sessions, service hours, meetings, etc.). The website also aims to provide a forum for interaction between the business community and the School.

However, this is only one of the many initiatives the office launches every year. Another important annual event is the Careers in Health Forum. More than 300 undergraduate and master’s degree students took part in last year’s event, as well as several companies in the industry. Roundtable discussions were also organized with alumni, who shared their personal and professional experiences. Other sessions focused on recruitment processes and joining professional associations. A session was also held on different specialist pharmacy residency programs.

In the last academic year, the Careers Office offered more than 20 career guidance workshops attended by over 500 students. Some 190 students took part in individual coaching sessions, a total of 296 internships were handled and 80 job offers were announced. To accomplish this, contacts were made with over 200 companies, hospitals, pharmacies, institutions, dietitians’ offices and consultancies, research centers, etc.
The University of Navarra’s School of Pharmacy and Nutrition is at the top of main academic rankings. Found work within a month of completing the master’s degree.

The MIDI combines the latest approaches in research, education and professional development for students, thanks to close professional training ties with industry. In the past 25 years, lectures and sessions have been led by business professionals and laboratories, including Johnson & Johnson, ADAMED, CINFA, Rovi, Esteve, Almirall, CIMA, Servier, Geiserpharma, the University of South Florida, the Spanish Agency for Medicines and Medical Devices, and the European Medicines Agency.

Pérez Silanes said, “Multidisciplinary skills are essential in the search for knowledge. The MIDI is the ideal ecosystem for attaining those skills: it’s a general program that encompasses all areas and phases or medication.”

2015 Rankings

University rankings should be taken with a grain of salt. However, they are generally a good indicator and can provide guidance when choosing a university or school to attend. As the saying goes, “Every generalization holds a grain of truth”.

The School is at the top of Spanish and international academic rankings. Its degree, master’s, diploma and international study programs garnered the institution an excellent position in 2015.

Spanish newspaper El Mundo’s ranking of 50 degree programs awarded top position to the Degree in Nutrition, and third position to the Degree in Pharmacy. Each of the rankings highlighted the two international programs associated with these degree programs: the International Pharmaceutical Certificate and International Nutrition Certificate, as well as their respective diploma programs in Pharmacy Management and Sports Nutrition.

El Mundo’s ranking of postgraduate programs positioned the Master’s Degree in R&D&I in Medicines as the leader among the Pharmacy specialties due to its 100% employment rate six months after completion of the program. At the same time, the European Master’s Degree in Food Science, Nutrition and Metabolism topped the Nutrition and Veterinary Medicine category due to its international dimension.

The 2015 ISSUE Rankings, created by the BBVA Foundation and the Valencian Institute of Economic Research (Ivie), awarded first place to the School’s entire range of academic studies.

The QS World University Ranking 2015, which ranks the world’s best universities by subject, placed the Degree in Pharmacy at number 129. In Spain, the School’s study programs are ranked first among private universities and third among all university study programs on offer.

The University of Navarra also took first place with a score of 9.05 in the area of health and well-being in the University-Business Ranking conducted by the Everis Foundation. The objective of this ranking is to “identify the top 10 higher education centers based on the opinions of employers”.

25 Years of the MIDI: Me, a dreamer? Of course!

On Saturday, 3 October 2015, the School got all dressed up to celebrate the twenty-fifth anniversary of the Master’s Degree in Drug Research, Development and Innovation, known as the MIDI. Over 150 alumni attended the event and every graduating class in the program’s history was represented. A special video called “Dreamers” was shown in which several alumni and other people connected with the master’s degree shared their thoughts. At the event, Silvia Pérez Silanes, the Director of the Master’s Degree and a member of its second graduating class, recognized the work of lecturer Antonio Monge. She said, “He was a visionary in terms of how the program is structured and a real pioneer, which is what this country dearly needs”.

Over 450 Spanish and international students have completed the MIDI program. For the past ten years, it has been considered the best Pharmacy program in Spain according to El Mundo’s postgraduate program rankings. 70% of students in the most recent graduating class found work within a month of completing the master’s degree.

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Scan this QR code to watch “Dreamers”
In Innovation in Nutrition

Nutrition research is gaining steam at the Center for Nutrition Research. In September, researchers at the center received the 16th John M. Kinney Nestlé-Nutrition Award in recognition of their contribution to and impact on the field of nutrition. The award is bestowed by the Nestlé Nutrition Institute in conjunction with the Nutritional Sciences, Education and Research Fund and the journal Nutrition, one of the most prestigious academic publications in the field.

Their article, "The effect of protein type on the inflammatory condition associated with obesity in a hypocaloric diet: the RESMENA project", was considered the best of 1,600 articles in the General Nutrition category. It analyses protein type as it pertains to inflammation (a process linked to obesity, diabetes and cardiovascular disorders) and identifies a correlation between plant protein and an improved inflammatory condition. The article highlights how planning a balanced personalized diet not only drives weight loss, but also improves certain biological mechanisms that are often disrupted by obesity.

In The 2015 "My Profession, My Concerns" Competition

Four Pharmacy students, Gonzalo Jaras, Patricia Durán, Lídia Alén and Lucía Alonso, were recently named winners of the "My Profession, My Concerns" essay competition sponsored by the Spanish Social Pharmacy Association, Correo Farmacéutico (a sector-specific publication) and the School’s Area of Pharmaceutical Humanities.

Jaras’s essay "As I See It" won first place. It begins "Young, intrepid, studious, adventurous, responsible, astute, disciplined... These are just a few of the adjectives used to describe pharmacy students". Durán came second with "I’m Patricia and I’m a (Future) Pharmacist" and Alén took bronze with "Renewal and the Change It Brings". Alonso's essay, "An Uncertain Future", received an honorable mention. The prizes were awarded in Madrid in June 2015 at the Spanish Social Pharmacy Association headquarters. Participants learned what it is like to work at Correo Farmacéutico before attending the event and visited the Spanish Royal Academy of Pharmacy after the event.

In International Week of Health & Technology

Students of the Degree in Human Nutrition and Dietetics, along with Lecturer Marta Cuervo, travelled to Leuven, Belgium, to take part in the International Week of Health & Technology 2015. Isabel Espeu, Nicole Salvador, Adriana Pérez, Andrea Sierra, Elisa Sinihaldi and Diana Sagastume joined over a dozen European universities at the gathering, where the School made its third annual appearance.

Throughout the week, students and lecturers attended sessions on the gathering’s main theme, "Healthy Ageing", one of the pillars of the European Commission’s Horizon 2020 program. In groups made up of one member from each university, students worked on three projects: Healthy Ageing 2015 (Nutrition and Dietetics), Big Data 2015 and Tour of Flanders 2015. Dr. Marta Cuervo led a session on "Detection of Undernutrition in the Elderly" as part of the Erasmus Plus program.

Attending this event strengthens the School’s international standing in nutrition and dietetics studies because it expands the School’s horizons and facilitates educational and cultural exchange.

In Volunteering Beyond Our Borders

In June 2015, Mario Rodriguez Monteverde, a Second Year student in the Degree in Pharmacy, travelled to Ghana with an NGO to work in a hospital’s general medicine department, where he was in contact with patients with HIV, tuberculosis and other contagious diseases. “It was a great opportunity and a new experience. I learned a lot about how health teams get on in third-world conditions”, Rodríguez said. In the interview, he said, “You don’t really appreciate pharmacists’ work until you understand the importance of professionals working without technological equipment or easy access to resources”.

Yadira Pastor, a former student in the Master’s Degree in R&D&I in Medicines, worked at Monkole Hospital in the Democratic Republic of the Congo as part of her Master’s Thesis Project at the University of Navarra’s Institute of Tropical Health. Her thesis forms part of a project to develop a Shigella vaccine.

Yadira said, “It was an incredible experience. I know that’s what people usually say about these things, but it’s true. It was wonderful on a personal level and very interesting and encouraging professionally. It’s really gratifying to see the things you’ve worked on and things you’re still working on in the lab being applied in the real world.”
When you think of pharmacy, think about 21st-century pharmacy, which includes managing human and material resources, using new technologies, marketing products, and giving patients personalized advice. Below is one of the profiles that can be found in the new Careers Guidebook issued by the School of Pharmacy this year, which includes former students’ thoughts about their professional experiences after attending our programs.

Teresa Simón, Researcher at the Institut Lavoisier, Université de Versailles-Saint-Quentin, France

How did you end up doing research at Versailles?

In the last year of my dissertation, I decided to pursue a career as an academic and researcher, which meant doing a postdoctoral stay abroad to complete my CV. I didn’t work with Dr. Horcajada directly, but I was in Dr. Blanco-Prieto’s research group and we collaborated with Dr. Horcajada’s team. That’s how I learned they were looking for someone and that I fit the profile. I got in touch, sent them my CV, did a few interviews and was lucky enough to be chosen to work with them.

How did you develop the skills and competences that led you to that job?

The doctoral degree is very intensive. If you’re as lucky as I was to get it in a competitive research group and you have dissertation supervisors who are really committed to your work, it can be truly invaluable. In my case, I learned to apply many techniques in biochemistry, physiochemistry, drug development and animal surgery, among other fields. I learned to plan seminars and practical classes for undergraduates, gave oral presentations at national and international conferences, and even completed some of my studies abroad. Except for the strictly experimental ones, all the activities were essential to developing the skills a competitive researcher needs.

How did studying at the University of Navarra’s School of Pharmacy change your world view?

My horizons were really broadened by the education I received, particularly the professional contacts I made with School professors and researchers, many of whom became friends. For me, it’s important to work as a teacher and researcher as a service to society and my students. It may sound very abstract, but I’ve seen it and lived it, and hopefully I’ve learned it, too. It simply means trying to get better at preparing your classes, being available to students, respecting them. It means planning and doing experiments professionally, trying to get more out of your research tools and not wasting time and money. It means putting the patient at the center of your projects.

I’d also like to mention the School’s international dimension. Even as an undergraduate, my advisor pushed me to go abroad. Thanks to her encouragement, I took part in a supervised internship in London. Afterwards, while I was writing my dissertation, I did a brief stay in the United Kingdom and another in Germany. I also participated in international conferences and projects with foreign universities. All this has given me a richer vision of the university and research. It’s done a lot to help me grow personally.

What’s your next professional prospect?

I’ve just signed a new 18-month postdoctoral contract for a research project I’m really excited about. I’ll be working with some pretty impressive people in the scientific community. I’m hoping to capitalize on all of this and use this time to keep building my research career.