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Report from “Curso Teórico/Práctico de ASEBIR, mejorando resultados: Coadyuvantes en el laboratorio de RHA// "Theoretical-practical Workshop of ASEBIR: Improving results: contributing factors in a Assisted Reproductive Laboratory." (15th December, Valencia, Spain)

First of all, I would like to thank the SRF Committee for supporting me with a travel grant to attend this exciting Theoretical and practical Workshop organised by the Spanish Society of Reproductive Biology (ASEBIR) at Hospital Universitario General of Valencia (15th December, Spain). This workshop has been an excellent chance to get updated about last studies and techniques performed in three fields (Andrology, Cryobiology and Embryology) of the routine human clinical Embryology. Specifically, this course has been particularly relevant because there were short talks in the morning related to last advances of testing sperm DNA fragmentation, different treatments to reduce sperm DNA fragmentation in men, advantages to use microfluid device as a sperm selection method versus swim-up or density gradients, experimental vitrification protocol for sperm samples, last improvements of vitrification media and devices for human oocytes and embryos, tips to take into account during blastocyst biopsy by Pulling and Flicking methods in order to enhance blastocyst survival and implantation potential. In the afternoon-evening, participants were distributed in small groups to rotate throughout 8 different practical sessions. We could put into practice the theoretical knowledge learned during morning sessions including the tips of professionals of the field (Senior Embryologists and Researchers working in different Spanish fertility clinics and Universities).

Furthermore, this Workshop has been a great opportunity to keep in touch with experienced embryologists and to share with them tips and different ways to work in a human fertility unit. These small details are particularly important in Embryology field because it could help to improve outcomes in the fertility clinic where I work currently apart from contribute to expand my knowledge on this amazing field.