

## Norecopa: *what's in it for me?*



[norecopa.no/DVE-fisk](https://norecopa.no/DVE-fisk)

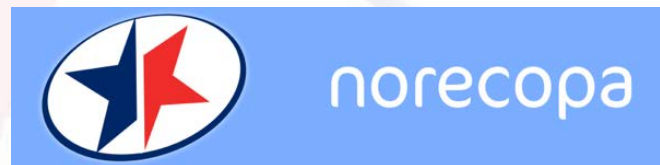
marksandspencer.com

[adrian.smith@norecopa.no](mailto:adrian.smith@norecopa.no)

# Norecopa

Norges konsensus-plattform for erstatning, reduksjon  
og forbedring av dyreforsøk

Tilstreber å være en kilde til globale 3R-ressurser



<https://norecopa.no>

Norecopa: PREPARE for better Science



Stiftet i 2007

European Consensus-Platform for Alternatives

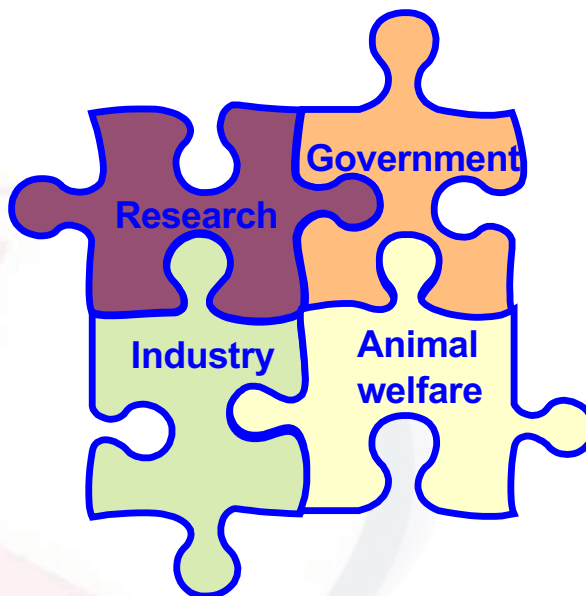
[ecopa.eu](http://ecopa.eu)



ecopa støtter nasjonal plattformer som har representanter for alle de 4 store interessepartene i sitt styre:

**Opprettet i 2003:**

Danmark  
Finland  
Frankrike  
Italia  
Norge  
Spania  
Sverige  
Tyskland



Norecopa: PREPARE for better Science

## **Styret:**

- **Bente Bergersen**, *Mattilsynet, styreleder*  
*vara: Gunvor Knudsen, Mattilsynet*
  
- **Chris Noble**, *Nofima Tromsø*  
*vara: Siri Kristine Gåsnes, Veterinærinstituttet*
  
- **Kristian Straume-Lie**, *Biomark*  
*vara: Ingebjørg Sævareid, Salmon Group*
  
- **Susanna Lybæk**, *Dyrevernalliansen*  
*vara: Birgitte Fineid, Dyrebeskyttelsen Norge*

### **Norecopa er ikke**

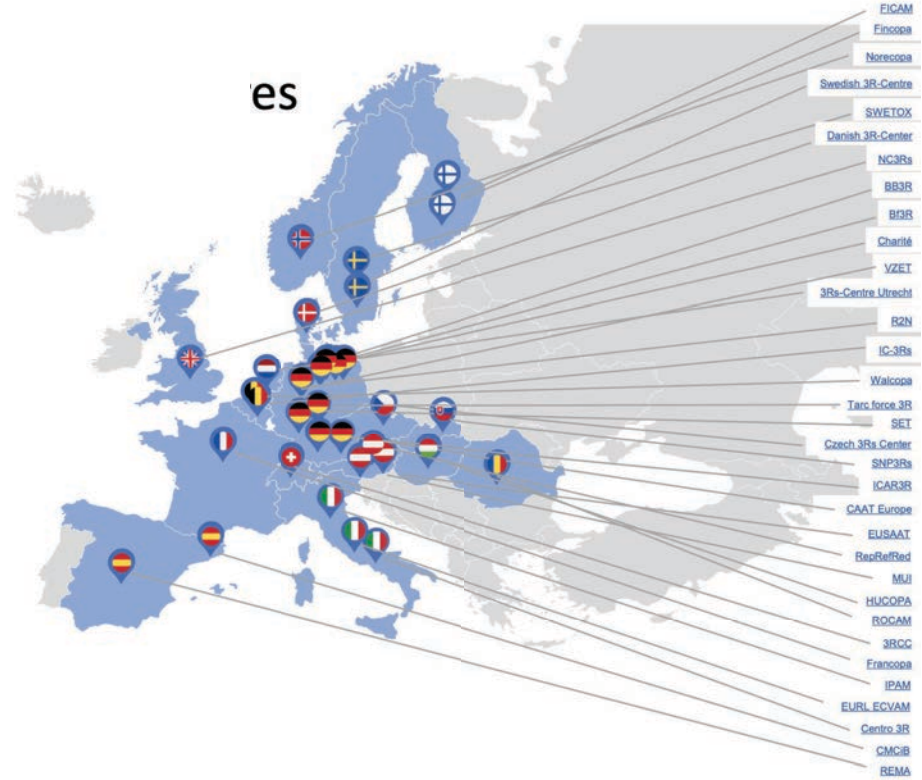
- **en dyrevernorganisasjon**
- **et forvaltningsorgan**
- **en forskerforening**

**Norecopa er en selvstendig medlemsorganisasjon med egne meninger som tilstreber konsensus mellom partene**

*European network of 3R Centres (EU3Rnet)*

Interaktivt kart:

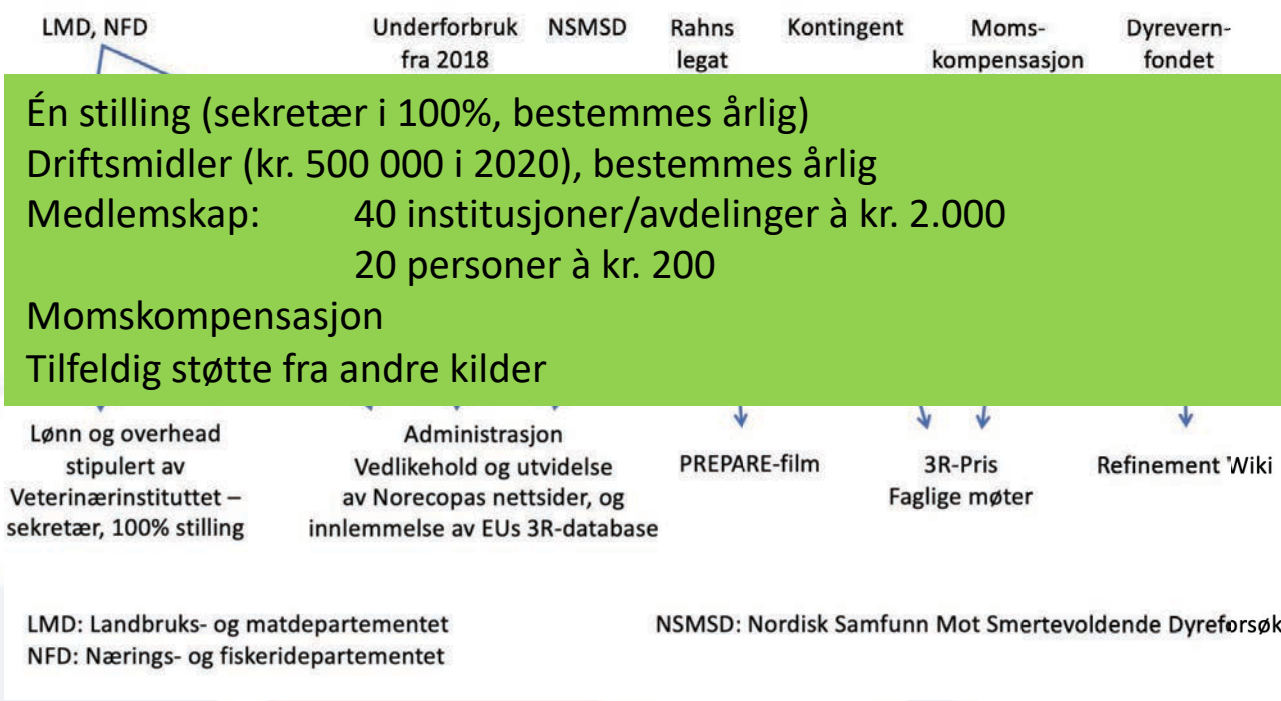
[norecopa.no/3REuropeOverview](http://norecopa.no/3REuropeOverview)



Please note that some of these Centres, such as EURL ECVAM, serve more than the country in which they have been placed.  
 This overview has been compiled by [Norecopa](http://Norecopa). Please report any errors or send suggestions for additions to [post@norecopa.no](mailto:post@norecopa.no)  
 Designed by PresentationGo.com. Flags from flaticon.com

# Årsrapporten fra 2019: Grovfordeling av Norecopas inntekter

Omtrentlig fordeling av Norecopas inntekter i 2019 på de ulike kostnadspostene



*Er du eller din arbeidsplass medlem?*

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norecopa.no

The screenshot shows the norecopa.no website header and a search dropdown menu. The header includes the norecopa logo, navigation links (About Norecopa, Alternatives, Databases & Guidelines, Education, Legislation, Meetings, More resources, News, PRI), and language options (NORSK, ENGLISH). A search bar is located in the top right corner. The dropdown menu lists 10 countries with their respective flags:

1. United States
2. United Kingdom
3. Canada
4. India
5. Norway
6. Spain
7. Australia
8. Germany
9. Brazil
10. France

Below the header, there is a list of resource categories: Anaesthesia and analgesia | Animal facilities | Animal welfare organisations | Blood sampling | Email discussion lists | Environmental enrichment | Ethics | Experimental design and reporting | Harm-Benefit Assessment | Health and safety | Health monitoring | Humane endpoints | Literature searches and systematic reviews | Organisations | Reporting guidelines | Suppliers.

At the bottom left, the text reads: norecopa.no / [More resources](#)

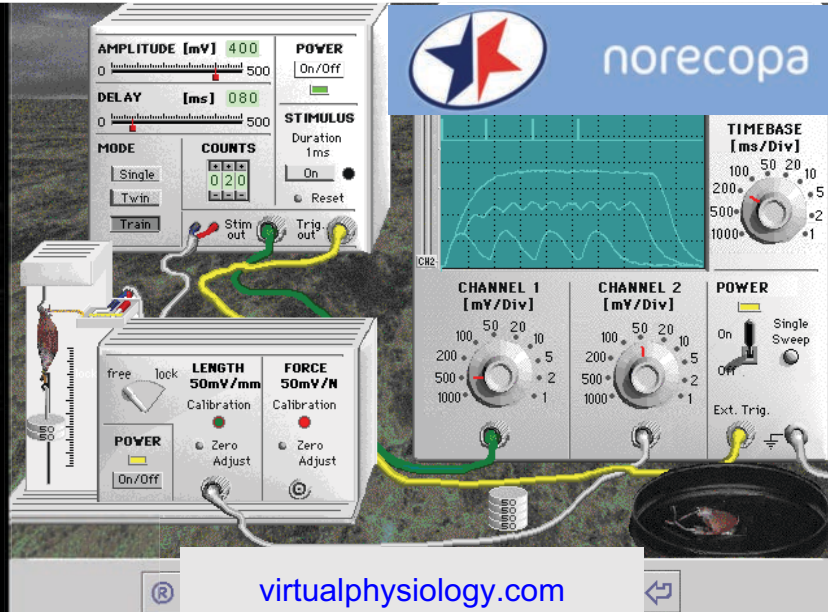
over 9 000 nettsider  
over 300 000 treff i 2020

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[norecopa.no/NORINA](http://norecopa.no/NORINA)



[3dglasshorse.com](http://3dglasshorse.com)



[virtualphysiology.com](http://virtualphysiology.com)



[rescuecritters.com](http://rescuecritters.com)



[limbsandthings.com](http://limbsandthings.com)



norecopa.no/education-training/films-and-slide-shows



Rat s.c. injection  
Norecopa | 1,380 views



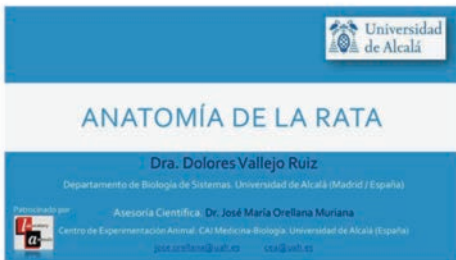
Rat i.p. injection (method 1)  
Norecopa | 1,415 views



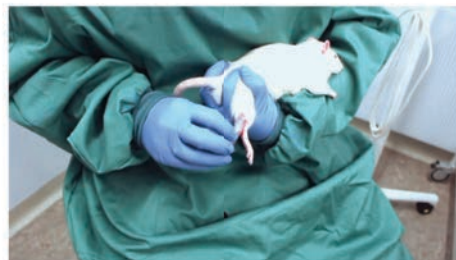
Rat i.p. injection (method 2)  
Norecopa | 1,280 views



Anatomy of the rat  
Norecopa | 1,310 views



Anatomía de la rata  
Norecopa | 977 views



Blood sampling of the rat from the saphenous vein  
Norecopa | 5,299 views

Fisk...?

Fish | Farm animals | Laboratory animals | Wildlife and wild fish | Cephalopods | Other aquatic animals

norecopa.no / Species / Fish / Sampling

### Sampling fish

- > Black MC (2000) **Collection of body fluids**. Chapter 30 in: [The laboratory fish](#) (Ostrander GK, eds). Baltimore: Academic press, 513-527. Blood, urine, fecal materials, eggs and milt.
- > Roche H, Boge G (1996) **Fish blood parameters as potential tool for identification of stress caused by environmental factors and chemical intoxication**. Marine Environmental Research 41, 27-43. Shows that if 10 fish in a tank are sampled serially the stress level in the last fish will be significantly higher than in the first fish.
- > Wooster GA, Hsu HM, Bowser PR (1993) **Nonlethal surgical procedures for obtaining tissue samples for fish health inspections**. Journal of Aquatic Animal Health 5, 157-164
- > Hawkins P (2009) **An overview of existing guidelines handling, bleeding, administration and identification techniques**

Norecopa: PREPARE for better Science

**3R-Guide** (390 guidelines for animal research and testing): [norecopa.no/3r-guide](http://norecopa.no/3r-guide)



**Guidelines for health and welfare monitoring of fish used in research**

3R Guide database/10725

The aim  
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**Guidelines for the care and use of fish in research**

3R Guide database/10729

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**Fin clipping in fish**

3R Guide database/10732

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**An overview of existing guidelines for handling, bleeding, administration and identification techniques**

Penny Hawkins, Research Animals Department, Science Group, RSPCA, UK

[norecopa.no/media/6342/fish-guidelines.pdf](http://norecopa.no/media/6342/fish-guidelines.pdf)

# 3R-Guide (390 guidelines for animal research and testing): [norecopa.no/3r-guide](http://norecopa.no/3r-guide)



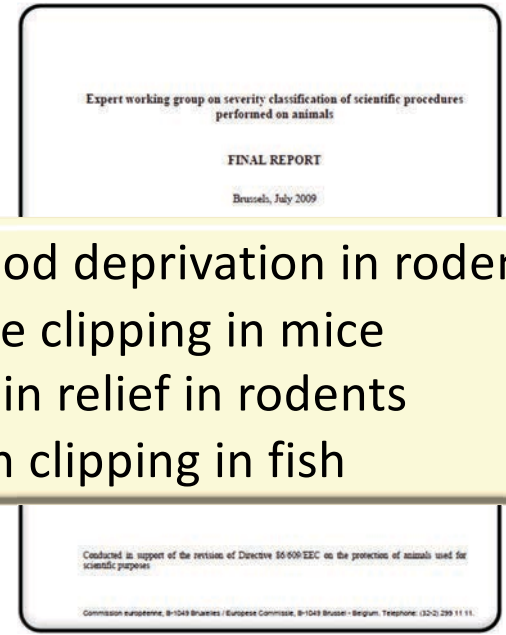
## Guidance on the severity classification of procedures involving fish

Report from a Working Group convened by Norecopa

P Hawkins, N Dennison, G Goodman, S Hetherington, S Llywelyn-Jones, K Ryder and AJ Smith  
*Laboratory Animals*, 45: 219-224, 2011  
[norecopa.no/categories](http://norecopa.no/categories)

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Food deprivation in rodents  
Toe clipping in mice  
Pain relief in rodents  
Fin clipping in fish



[ec.europa.eu/environment/chemicals/lab\\_animals/pdf/report\\_ewg.pdf](http://ec.europa.eu/environment/chemicals/lab_animals/pdf/report_ewg.pdf)

## The Welfare of Fish

By Tore S. Kristiansen, Anders Fernö, Michail A. Pavlidis & Hans van de Vis

Record number: 139098

This book investigates how fish experience their lives, their amazing senses and abilities, and how human actions impact their quality of life. The authors examine the concept of fish welfare and the scientific knowledge behind the inclusion of fish within the moral circle, and how this knowledge can change the way we treat fish in the future. In many countries fish are already protected by animal welfare legislation in the same way as mammals, but in practice there is still a major gap between how we ethically view these groups and how we actually treat them. The poor treatment of fish represents a massive animal welfare problem in aquaculture and fisheries, both in terms of the number of animals affected and the severity of the welfare issues.



Thanks to its interdisciplinary scope, this book should appeal to professionals, academics and students in the fields of animal welfare, cognition and physiology, as well as fisheries and aquaculture management.

### List of chapters

A Brief Look into the Origins of Fish Welfare Science; Ethics and the Welfare of Fish; The Diverse World of Fishes; Fish behaviour: Determinants and Implications for Welfare; The Effects of Early Life Experience on Behavioural Development in Captive Fish Species; Fish Brains: Anatomy, Functionality, and Evolutionary Relationships; Inside the Fish Brain: Cognition, Learning and Consciousness; Awareness in Fish; The Predictive Brain: Perception Turned Upside Down; Can Fish Experience Pain?; How Fish Cope with Stress?; Individual Variations and Coping Style; Assessing Fish Welfare in Aquaculture; Welfare of Farmed Fish in Different Production Systems and Operations; Ornamental Fish and Aquaria; Fish as Laboratory Animals; Catch Welfare in Commercial Fisheries; Fish Welfare in Capture-Based Aquaculture (CBA); Fish Welfare in Recreational Fishing; Impacts of Human-Induced Pollution on Wild Fish Welfare; What Have We Learned?

More information [is available here](#).

Part of the [Animal Welfare](#) book series (AWNS, volume 20).

eBook: 117.69 euros  
Hardcover: 139.99 euros

ISBN 978-3-030-41674-4 (hardcover)  
ISBN 978-3-030-41675-1 (eBook)

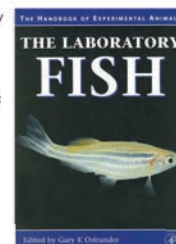
Year: 2020

## The Handbook of Experimental Animals: The Laboratory Fish

By Edited by Ostrander, Gary K.

Record number: 13282 (legacy id: 6134)

This book is a comprehensive reference source for anybody working with laboratory fish. High quality illustrations are included throughout the volume. Also includes a colour plate section. Glossary. Appendix of useful addresses. Table of Contents: Part 1: Introduction (Diversity of fish, Early observations and descriptions, Fish in experimentation); Part 2: Housing, Maintenance and Breeding; Chapter 1: Facilities and Husbandry (Large Fish Models); Chapter 2: Facilities and Husbandry (Small Fish Models); Chapter 3: Diet; Chapter 4: Common Diseases and Treatment; Part 3: Gross Functional Anatomy; Chapter 5: Integumentary System; Chapter 6: Skeletal System; Chapter 7: Muscular System; Chapter 8: Nervous System; Chapter 9: Respiratory System; Chapter 10: Circulatory System; Chapter 11: Digestive System; Chapter 12: Urinary Tract; Chapter 13: Endocrine System; Chapter 14: Immune System; Chapter 15: Sensory Systems; Chapter 16: Reproductive Systems; Part 4: Microscopic Functional Anatomy; Chapter 17: Integumentary System; Chapter 18: Skeletal System; Chapter 19: Fish as an Experimental Model for Studying Muscle Function; Chapter 20: Nervous System; Chapter 21: Respiratory System; Chapter 22: Circulatory System; Chapter 23: Digestive System; Chapter 24: Urinary Tract; Chapter 25: Endocrine System; Chapter 26: Immune System; Chapter 27: Sensory Systems; Chapter 28: Reproductive Systems; Part 5: Procedures; Chapter 29: Stress and Anesthesia; Chapter 30: Collection of Body Fluids; Chapter 31: Routes of Administration for Chemical Agents; Chapter 32: Fish Necropsy; Chapter 33: Surgical Techniques; Chapter 34: Fixation of Fish Tissues; Chapter 35: Autoradiography of Fishes; Part 6: Experimental Models; Chapter 36: Cancer; Chapter 37: Toxicology; Chapter 38: Cell and Tissue Culture. Glossary (Terms defined in the glossary are emboldened in the main text); Index. This book also discusses the zebrafish.



Comments & References: 678 pages. 2-colour, user-friendly format. Available as a Hardcover and for Kindle at Amazon. Published by Academic Press, now part of Elsevier. This book is a Volume in the Handbook of Experimental Animals Series. Please see record numbers 6117, 7110 and 7877 for three other volumes in the same series. The summaries of the book chapters can be accessed [online from Science Direct](#), and individual chapters can be purchased.

ISBN: 978-0-12-529650-2

Price:

Year: 2000

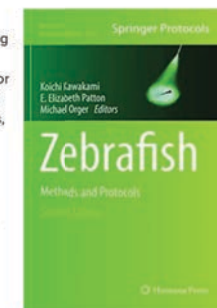
Free of charge: Online: Free of charge

## Zebrafish: Methods and Protocols, Second Edition

By Kawakami, Koichi; Orger, Michael and Patton, Elizabeth

Record number: 23948

This book details new emerging areas of zebrafish research focusing on genetics and genomics, techniques for developing and analysing zebrafish disease models, and methods for neuroscience. This edition guides readers through methods for mutagenesis and genome editing in zebrafish, applications of GFP-expressing transgenic fish, techniques for cancer models, imaging of infection and host-pathogen interactions, metabolism and transport of lipids, and the structure and function of neural circuits and their role in generating behaviour. Chapters include introductions to their respective topics, lists of the necessary materials and reagents, step-by-step, readily reproducible laboratory protocols, and tips on troubleshooting and avoiding known pitfalls. For more information on this book, [please click here](#).

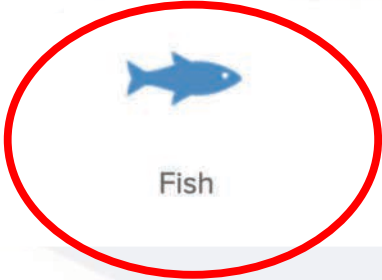


Comments & References: Second Edition. Includes cutting-edge methods and protocols, and contains key notes and implementation advice from experts. Available as a Hardcover and as an eBook. Suitable for new and experienced zebrafish researchers as a complement to the first edition of this book. Part of the "Methods in Molecular Biology" series.

ISBN: Hardcover: 978-1-4939-3769-1; eBook: 978-1-4939-3771-4

Price: Hardcover: US\$139.00; eBook: US\$109.00

Year: 2016



[norecopa.no/species](https://norecopa.no/species)

## Webinar and Meetings calendar

- > [Can Big Data Replace Animal Testing?](#), online LUSH conference, 11-12 November 2020
- > [Accessibility of recombinant antibodies](#), webinar, 12 November 2020
- > [EARA Media Training Workshop \(for Portugal\)](#), online workshop, 12 November 2020
- > [The Role of Dogs and Minipigs in DART programs](#), webinar, 12 November 2020
- > [BSTP Annual Scientific Meeting: Pathology of Humanised Mouse Models](#), 12-13 November 2020
- > [Opossums in animal research](#), webinar, 13 November 2020
- > [Animal Research 2020 and Beyond](#), virtual event, 13 November 2020
- > [Assessing and alleviating pain and distress in laboratory animals](#), Stockholm, 16-17 November 2020
- > [Djurskyddskonferensen 2020](#), online, 17 November 2020
- > [Primate Welfare Meeting](#), online, 18 November 2020
- > [Minipigs in animal research](#), webinar, 18 November 2020
- > [Standarder for økt fiskevelferd](#), webinar, 19 November 2020
- > [EARA Media Training Workshop \(for the Netherlands\)](#), online workshop, 19 November 2020
- > [Organizing and operating activities in a laboratory animal facility: Part II - Critical points and bottlenecks](#), Milan, 19-20 November 2020
- > [The Naked Mole Rat in animal research](#), webinar, 20 November 2020
- > [Non-invasive delivery of analgesics in rodents – possibilities and limitations](#), webinar, 20 November 2020
- > [ESLAV-ECLAM virtual meeting](#), 24-25 November 2020
- > [Xenopus in animal research](#), webinar, 25 November 2020
- > [Rabbits in animal research](#), webinar, 26 November 2020
- > [In vitro methods in practice: workshop](#), online event, 26 November 2020
- > [Are there alternatives to antibodies?](#), Copenhagen, 26 November 2020
- > [Zebrafish in animal research](#), webinar, 27 November 2020
- > [Assessing and alleviating pain in laboratory zebrafish](#), webinar, 27 November 2020
- > [Animal Research: Critical, Challenging & Creative Thinking Course: 30 November - 3 December 2020](#)

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[norecopa.no/meetings/recorded-webinars](https://norecopa.no/meetings/recorded-webinars)

- > [Can we achieve positive welfare for farmed fish?](#) (Sanchez-Saurez & Torgerson-White, 6 November 2020)
- > [How fish are treated under UK law](#) (Bowles, 5 November 2020)
- > [The salmon, the louse and the cleaner fish](#) (Lybæk, 5 November 2020)
- > [Better farming practices in aquaculture: can standards drive change?](#) (Alemany, 5 November 2020)
- > [Octopus farming](#) (Lara, 4 November 2020)
- > [Recent progress in the welfare of crabs, lobsters, and other decapods, in the food industry](#) (Broadhurst, 4 November 2020)
- > [Improving slaughter of fish, decapods and cephalopods in practice](#) (Spence, 4 November 2020)
- > [Wild fish slaughter - capture, loading, storage and slaughter](#) (van de Vis, Reimert, Gerritzen, Bokma & Boonstra, 4 November 2020)
- > [The Use of an Automated Captive Bolt for Euthanasia of Laboratory Rats](#) (Yam, Schuppli & Weary, 4 November 2020)
- > [Humanely ending the life of animals - Laboratory, session 1](#) (FSVO/UFAW/HSA symposium, 4 November 2020)
- > [Humanely ending the life of animals - Laboratory, session 2](#) (FSVO/UFAW/HSA symposium, 4 November 2020)

## Pdf-filer av 80+ presentasjoner ved Norecopas møter



Norecopa: PREPARE for better Science



norecopa

NORSK ENGLISH

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[Fish 2005](#) | [Wildlife 2008](#) | [Fish 2009](#) | [Agricultural animals 2012](#) | [Field research 2017](#) | [Past meetings](#) | [Meetings Calendar](#) | [An informal guide to arranging a scientific meeting](#) | [Presentations](#)

## norecopa.no/meetings/presentations



Most of the presentations on this page are from events arranged by Norecopa. A few of them are from external events where Norecopa's staff have lectured.

They are grouped into

[Koenig 101017.pdf](#)

- > [General presentations](#)
- > [Care and use of animals in field research](#)
- > [Care and use of farm animals in research](#)
- > [Care and use of fish in research](#)

Title	Speaker	Affiliation	Year
<b>General presentations</b>			
<a href="#">Design of animal studies: Increasing reproducibility and animal welfare</a>	Adrian Smith	Norecopa	2020
<a href="#">PREPARE before you ARRIVE: Good reporting relies on good planning</a>	Adrian Smith	Norecopa	2019
<a href="#">Animal-free testing and humans-on-a-chip: How far have we come?</a>	Leopold Koenig	TissUse GMBH, Berlin, Germany	2017
<a href="#">Nordic 3R-Centres: What can we offer?</a>	Tom Bengtsen	Denmark's 3R-Center	2017
<a href="#">Prize-winning 3R activity in Norway</a>	Gøril Eide	University of Tromsø, Norway	2017
<a href="#">Have the 3Rs made any difference?</a>	Elliot Lilley	RSPCA, UK	2017



# Harmonisation of the Care and Use of Fish in Research

Scientific Programme

**Tuesday 22nd September 2009**

Experiences from the inspection of fish research facilities in the UK

Kathy Ryder, Home Office Inspectorate, UK

[Abstract](#) [Presentation](#) (0.5 MB)

Research needs within fish welfare - presentation of a report on the status in Norway

Trond Brattelid, NIFES, Norway

[Abstract](#) [Presentation](#) (0.5 MB)

Do we have practical positive and negative welfare indicators for fish that we can use in a research/farm setting?

John Avizienius, RSPCA, UK

[Abstract](#) [Presentation](#)

Health monitoring of fish used in research - progress?

Anne Ramstad, VESO Vikan, Norway

[Abstract](#) [Presentation](#) (0.6 MB)

Husbandry and environmental enrichment - what do fish need and has there been much progress?

Gareth Readman, AstraZeneca, UK

[Abstract](#) [Presentation](#) (0.7 MB)

Telemetry in fish - update

Øyvind Aas-Hansen, Nofima Marin, Norway

[Abstract](#) [Presentation](#) (1.5 MB)

## *Harmonisation of the Care and Use of Fish in Research*

*Gardermoen, 22 – 24 September 2009*

*A consensus document from the participants*

### **Introduction**

An international consensus meeting was held in September 2009 at Gardermoen, Oslo, to discuss the care and use of fish in research. A total of 61 participants from Norway (43), Great Britain (10), Sweden (4), Canada (1), The Netherlands (1), Singapore (1) and the USA (1) attended the meeting.

The meeting was organised by Norway's Consensus-Platform for Replacement, Reduction and Refinement of Animal Experiments, Norecopa ([www.norecopa.no](http://www.norecopa.no)). It was a sequel to a similar consensus meeting arranged in May 2005

(<http://oslovet.veths.no/dokument.aspx?dokument=153>).

The specific aims of the meeting were:

- to provide a forum for dialogue between stakeholders (regulators, industry, researchers and animal welfarists)
- to increase focus on "the 3Rs" (*Replacement, Reduction, Refinement*) of Russell & Burch ([http://altweb.jhsph.edu/publications/humane\\_exp/het-toc.htm](http://altweb.jhsph.edu/publications/humane_exp/het-toc.htm))
- to further harmonisation and best practice in fish care and use
- to investigate whether progress has been made since the consensus meeting held in May 2005
- to identify tasks for Norecopa to work with in the area of fish research and testing.

This document summarises the participants' views on fish research and the potential for implementation of the 3Rs in this field. It is a consensus document that has been circulated to all participants for approval.

[norecopa.no/meetings/fish-2009](http://norecopa.no/meetings/fish-2009)

Deltar gjerne i forsknings- og utviklingsprosjekter, bl.a. med søknader til Forskningsrådet og legater

*f.eks.*

ENRICH Fish 3R-KART EU-datasett Fiskevaksiner NORINA Wiki Konferansestøtte

se f.eks. [norecoba.no/species/fish/projects](https://norecoba.no/species/fish/projects)

## Norecopas 3R-pris (30.000 kroner + diplom)

*Interesse??*



Norecopa's 3R-prize was awarded for the third time in 2013, to cand.med.vet. Anne Berit Romstad at VESO Viken.

3 ganger til forskning relatert til bruk av fisk

[norecopa.no/about-norecopa/3r-prize](http://norecopa.no/about-norecopa/3r-prize)



Original Article

**PREPARE: guidelines for planning animal research and testing**

Adrian J Smith<sup>1</sup>, R Eddie Clutton<sup>2</sup>, Elliot Lilley<sup>3</sup>, Kristine E Aa Hansen<sup>4</sup> and Trond Brattelid<sup>5</sup>

**Abstract**  
There is widespread concern about the quality, reproducibility and translatability of studies involving research animals. Although there are a number of reporting guidelines available, there is very little overarching guidance on how to plan animal experiments, despite the fact that this is the logical place to start ensuring quality. In this paper we present the PREPARE guidelines: Planning Research and Experimental Procedures on Animals: Recommendations for Excellence. PREPARE covers the three broad areas which determine the quality of the preparation for animal studies: formulation, dialogue between scientists and the animal facility, and quality control of the various components in the study. Some topics overlap and the PREPARE checklist should be adapted to suit specific needs, for example in field research. Advice on use of the checklist is available on the Norecoppa website, with links to guidelines for animal research and testing, at <https://norecoppa.no/PREPARE>.

**Keywords**  
guidelines, planning, design, animal experiments, animal research

Date received: 5 April 2017; accepted: 27 June 2017

**Introduction**  
The quality of animal-based studies is under increasing scrutiny, for good scientific and ethical reasons. Studies of papers reporting animal experiments have revealed alarming deficiencies in the information provided,<sup>1,2</sup> even after the production and journal endorsement of reporting guidelines.<sup>3</sup> There is also widespread concern about the lack of reproducibility and translatability of laboratory animal research.<sup>4-7</sup> This can, for example, contribute towards the failure of drugs when they enter human trials.<sup>8</sup> These issues come in addition to other concerns, not unique to animal research, about publication bias, which tends to favour the reporting of positive results and can lead to the acceptance of claims as fact.<sup>9</sup> This has understandably sparked a demand for reduced waste when planning experiments involving animals.<sup>10-12</sup> Reporting guidelines alone cannot solve the problem of wasteful experimentation, but thorough planning will increase the likelihood of success and is an important step in the implementation of the 3Rs of Russell & Burch (replacement, reduction, refinement).<sup>13</sup> The importance of attention to detail at all stages is,

in our experience, often underestimated by scientists. Even small practical details can cause omissions or artefacts that can ruin experiments which in all other respects have been well-designed, and generate health risks for all involved. There is therefore, in our opinion, an urgent need for detailed but overarching guidelines for researchers on how to plan animal experiments which are safe and scientifically sound, address animal

Laboratory Animals  
0011-7  
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DOI: 10.1177/0023677217724823  
journals.sagepub.com/home/lan  
SAGE

Pre-published under Open Access on 3 August 2017 in *Laboratory Animals*, sponsored by the Universities Federation for Animal Welfare (UFAW), UK



<https://doi.org/10.1177/0023677217724823>

Lest eller nedlastet over 15 000 ganger

Smith, AJ, Clutton, RE, Lilley, E, Hansen KEAa, Brattelid, T. (2018):  
*PREPARE: Guidelines for planning animal research and testing.*  
*Laboratory Animals*, 52(2): 135-141.  
DOI: [10.1177/0023677217724823](https://doi.org/10.1177/0023677217724823)

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## **PREPARE:**

Planning Research and Experimental Procedures on Animals: Recommendations for Excellence

PREPARE dekker 15 temaer:

### **Formulation of the study**

1. Literature searches
2. Legal issues
3. Ethical issues, harm-benefit assessment and humane endpoints
4. Experimental design and statistical analysis

### **Dialogue between scientists and the animal facility**

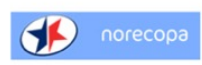
5. Objectives and timescale, funding and division of labour
6. Facility evaluation
7. Education and training
8. Health risks, waste disposal and decontamination

### **Methods**

9. Test substances and procedures
10. Experimental animals
11. Quarantine and health monitoring
12. Housing and husbandry
13. Experimental procedures
14. Humane killing, release, reuse or rehoming
15. Necropsy



# PREPARE



## The PREPARE Guidelines Checklist

### Planning Research and Experimental Procedures on Animals: Recommendations for Excellence

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PREPARE<sup>1</sup> consists of planning guidelines which are complementary to reporting guidelines such as ARRIVE<sup>2</sup>. PREPARE covers the three broad areas which determine the quality of the preparation for animal studies:  
 1. Formulation of the study  
 2. Dialogue between scientists and the animal facility  
 3. Quality control of the components in the study

The topics will not always be addressed in the order in which they are presented here, and some topics in the checklist can be adapted to meet special needs, such as field studies. PREPARE includes guidance on facilities, since in-house experiments are dependent upon their quality. The full version of the guideline is available on the norecopa website, with links to global resources, at <https://norecopa.no/PREPARE>. The PREPARE guidelines are a dynamic set which will evolve as more species- and situation-specific guidelines are produced, and as best practice within Laboratory Animal Science progresses.

Three Rs!

Topic	Recommendation
<b>(A) Formulation of the study</b>	
1. Literature searches	<input type="checkbox"/> Form a clear hypothesis, with primary and secondary outcomes. <input type="checkbox"/> Consider the use of systematic reviews. <input type="checkbox"/> Decide upon databases and information specialists to be consulted, and construct search terms. <input type="checkbox"/> Assess the relevance of the species to be used, its biology and suitability to answer the experimental questions with the least suffering and to welfare needs. <input type="checkbox"/> Assess the reproducibility and translatability of the project.
2. Legal issues	<input type="checkbox"/> Consider how the research is affected by relevant legislation for animal research and other areas, e.g. animal transport, occupational health and safety. <input type="checkbox"/> Locate relevant guidance documents (e.g. EU guidance on project evaluation).
3. Ethical issues, harm-benefit assessment and humane endpoints	<input type="checkbox"/> Construct a lay summary. <input type="checkbox"/> In dialogue with ethics committees, consider whether statements about this type of research have already been produced. <input type="checkbox"/> Address the 3Rs (replacement, reduction, refinement) and the 3Ss (good science, good sense, good sensibility). <input type="checkbox"/> Consider pre-registration and the publication of negative results. <input type="checkbox"/> Perform a harm-benefit assessment and justify any likely animal harm. <input type="checkbox"/> Discuss the learning objectives, if the animal use is for educational or training purposes. <input type="checkbox"/> Allocate a severity classification to the project. <input type="checkbox"/> Define objective, easily measurable and unequivocal humane endpoints. <input type="checkbox"/> Discuss the justification, if any, for death as an end-point.
4. Experimental design and statistical analysis	<input type="checkbox"/> Consider pre-studies, statistical power and significance levels. <input type="checkbox"/> Define the experimental unit and decide upon animal numbers. <input type="checkbox"/> Choose methods of randomisation, prevent observer bias, and decide upon inclusion and exclusion criteria.

Topic	Recommendation
<b>(B) Dialogue between scientists and the animal facility</b>	
5. Objectives and timescale, funding and division of labour	<input type="checkbox"/> Arrange meetings with all relevant staff when early plans for the project exist. <input type="checkbox"/> Construct an approximate timescale for the project, indicating the need for assistance with preparation, animal care, procedures and waste disposal/decontamination. <input type="checkbox"/> Discuss and disclose all expected and potential costs. <input type="checkbox"/> Construct a detailed plan for division of labour and expenses at all stages of the study.
6. Facility location and design	<input type="checkbox"/> Conduct a physical inspection of the facilities, to evaluate building and equipment standards and needs. <input type="checkbox"/> Discuss staffing levels at times of extra risk.
7. Personnel training and risks	<input type="checkbox"/> Assess the current competence of staff members and the need for further education or training prior to the study. <input type="checkbox"/> Perform a risk assessment, in collaboration with the animal facility, for all persons and animals affected directly or indirectly by the study.
8. Waste disposal and decontamination	<input type="checkbox"/> Assess, and if necessary produce, specific guidance for all stages of the project. <input type="checkbox"/> Discuss means for containment, decontamination, and disposal of all items in the study.
<b>(C) Quality control of the components in the study</b>	
9. Test substances and procedures	<input type="checkbox"/> Provide as much information as possible about test substances. <input type="checkbox"/> Consider the feasibility and validity of test procedures and the skills needed to perform them.
10. Experimental animals	<input type="checkbox"/> Decide upon the characteristics of the animals that are essential for the study and for reporting. <input type="checkbox"/> Avoid generation of surplus animals.
11. Quarantine and health monitoring	<input type="checkbox"/> Discuss the animals' likely health status, any needs for transport, quarantine and isolation, health monitoring and consequences for the personnel.
12. Housing and husbandry	<input type="checkbox"/> Attend to the animals' specific instincts and needs, in collaboration with expert staff. <input type="checkbox"/> Discuss acclimatization, optimal housing conditions and procedures, environmental factors and any experimental limitations on these (e.g. food deprivation, solitary housing).
13. Experimental procedures	<input type="checkbox"/> Develop refined procedures for capture, immobilisation, marking, and release or rehoming. <input type="checkbox"/> Develop refined procedures for substance administration, sampling, sedation and anaesthesia, surgery and other techniques.
14. Humane killing, release, reuse or rehoming	<input type="checkbox"/> Consult relevant legislation and guidelines well in advance of the study. <input type="checkbox"/> Define primary and emergency methods for humane killing. <input type="checkbox"/> Assess the competence of those who may have to perform these tasks.
15. Necropsy	<input type="checkbox"/> Construct a systematic plan for all stages of necropsy, including location, and identification of all animals and samples.

References  
 1. Smith AJ, Clutton RE, Lilley E, Hansen KEA & Bratteid T. PREPARE Guidelines for Planning Animal Research and Testing. *Laboratory Animals*, 2017, DOI: 10.1177/0023677217724823.  
 2. Kilkenny C, Browne WJ, Cuthill IC et al. Improving Bioscience Research Reporting: The ARRIVE Guidelines for Reporting Animal Research. *PLoS Biology*, 2010, DOI: 10.1371/journal.pbio.1000412.

Further information  
<https://norecopa.no/PREPARE> | [post@norecopa.no](mailto:post@norecopa.no) | [@norecopa](https://twitter.com/norecopa)



The screenshot shows the top navigation bar of the norecopa website. It features the norecopa logo on the left, the text 'norecopa' in the center, and language options 'NORSK' and 'ENGLISH' on the right. Below the logo is a search bar with the text 'Search: Q'. A horizontal menu contains the following items: 'About Norecopa', 'Alternatives', 'Databases & Guidelines', 'Education', 'Legislation', 'Meetings', 'More resources', 'News', 'PREPARE', 'Species', and 'Wiki'.

- PREPARE Checklist | 1-Literature searches | 2-Legal issues | 3-Ethical issues, Harm-Benefit Assessment and humane endpoints | 4-Experimental design and statistical analysis | 5-Objectives and timescale, funding and division of labour | 6-Facility evaluation | 7-Education and training | 8-Health risks, waste disposal and decontamination | 9-Test substances and procedures |

Links to quality guidelines and scientific papers worldwide on e.g. blood sampling, injection volumes, housing and husbandry, analgesia, humane endpoints, experimental design

### Harm-Benefit Assessment

An evaluation of the likely sources and level of suffering of a planned procedure, followed by an assessment of the potential benefits of the research weighed against these harms, lies at the heart of [legislation in the EU](#) and elsewhere. Advice on how to conduct a harm-benefit analysis is available here. [A framework for severity assessment and severity classification](#) must be established and justified. The likely adverse effects of each procedure should be described, along with their likely incidence and methods of recognising them, with indications of how these effects can be mitigated by implementing refinement. This necessitates the involvement of personnel with the relevant expertise to recognise, assess and reduce animal suffering, especially severe suffering. [Guidance on this is available on the RSPCA website](#). Specific justification of all unalleviated animal

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## Clicker training

Clicker training is an operant conditioning based on positive reinforcement. When the animal offers the desired behavior, a *click* or another distinctive sound (secondary reinforcer) is delivered and within the following few seconds the reward is presented (primary reinforcer)<sup>[1]</sup>. The *click* bridges the time between the desired behavior and the presentation of the reward<sup>[1]</sup>. A target stick providing a visual guide for the animal can be used for the training.

Animals are usually trained individually, though it is also possible to perform clicker training in a groups, e.g. in mice, rats, and rabbits. For rats, it was demonstrated that they learned tasks by observing the clicker training of their cage mates<sup>[2]</sup>.

Clicker training can be used to train animals in a stress-free way. The following behaviours are examples for what this technique can be used for:

**Mice:** entering a tunnel, following a target stick, climbing on the palm of the hand<sup>[3]</sup>

**Rats:** following a target stick, voluntarily change cages

**Rabbits:**

touch

**Pigs:** following a target stick, voluntarily change cages and desired behavior is reinforced with a pellet of treats and apple juice<sup>[4]</sup>.



Left: A mouse is following the experimenter's hand. If the hand is lifted, the mouse will remain on the palm of the hand. Right: The mice are trained in a group. Two mice are following the target stick on the palm of the experimenter's hand.

**Et stort potensial for fiskeforskere!**

- ↑ 1.0 1.1 Feng, Lynna C.; Howell, Tiffani J.; Bennett, Pauleen C. (1 August 2016). "How clicker training works: Comparing Reinforcing, Marking and Bridging Hypotheses" *Applied Animal Behaviour Science*. **181**: 34–40. doi:10.1016/j.applanim.2016.05.012. ISSN 0168-1591.
- ↑ 2.0 2.1 Leidinger, Charlotte Sophie; Kaiser, Nadine; Baumgart, Nadine; Baumgart, Jan (25 October 2018). "Using Clicker Training and Social Observation to Teach Rats to Voluntarily Change Cages" *JoVE (Journal of Visualized Experiments)* (140): e58511. doi:10.3791/58511. ISSN 1940-087X. PMC 6235608. PMID 30417890.
- ↑ Leidinger, Charlotte; Herrmann, Felix; Thöne-Reineke, Christa; Baumgart, Nadine; Baumgart, Jan (6 March 2017). "Introducing Clicker Training as a Cognitive Enrichment for Laboratory Mice" *JoVE (Journal of Visualized Experiments)* (121): e55415. doi:10.3791/55415. ISSN 1940-087X. PMC 5408971. PMID 28287586.
- ↑ "Positive Reinforcement Training in Large Experimental Animals" (PDF).

Experts for clicker training in mice and rats: TARC, Mainz, Germany

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Survey sheds light on the 'crisis' rocking research.

Monya Baker

25 May 2016 | Corrected: 28 July 2016

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## Why Most Published Research Findings Are False

John P. A. Ioannidis

Published: August 30, 2005 • <https://doi.org/10.1371/journal.pmed.0020124>

## Avoidable waste in the production and reporting of research evidence

Iain Chalmers, DSc • [Prof Paul Glasziou, RACGP](#)

Published: June 15, 2009 • DOI: [https://doi.org/10.1016/S0140-6736\(09\)60329-9](https://doi.org/10.1016/S0140-6736(09)60329-9)

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## Foredrag om planlegging av dyreforsøk, f.eks. [norecopa.no/CBMR](https://norecopa.no/CBMR)



### Summary

1. **PLAN**, in collaboration with animal care staff from day one and consult the guidelines: *be PREPARED*
2. **WRITE** a good manuscript, showing that you have been aware of the potential causes of irreproducibility, and with enough detail that scientists can evaluate the model
3. **FLAG** any advances you have made within the 3Rs, preferably in the title or abstract (or write a separate method paper)



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