



**CAROL DAVILA**  
**UNIVERSITY OF MEDICINE AND PHARMACY**  
**DOCTORAL SCHOOL**  
**MEDICINE**

**HIGH-RISK PREGNANCY – FROM THEORETICAL  
ASPECTS TO THE UNDERSTANDING OF THE  
LOCAL CONTEXT AND THE DEVELOPMENT OF  
OPTIMAL MANAGEMENT STRATEGIES**

**- Habilitation thesis summary -**

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The habilitation thesis entitled “High-risk pregnancy – from theoretical aspects to the understanding of the local context and the development of optimal management strategies” is structured in four parts and presents the main results of my professional, academic and scientific career after obtaining the PhD degree and the plans for further career development and advancement. I work as Associate Professor of Obstetrics and Gynecology at “Carol Davila” University of Medicine and Pharmacy and as Senior Consultant in Obstetrics and Gynaecology in Filantropia Clinical Hospital, Bucharest and I have been confirmed as a Doctor in medical sciences in 2015 after presenting the PhD thesis entitled “The perinatal effects of oxytocin”.

I have prepared this habilitation thesis in accordance with the standards of the Habilitation Guidelines of the “Carol Davila” University of Medicine and Pharmacy, Bucharest.

**The first part** of the thesis reviews my scientific activity. This part is further subdivided in three main areas that reflect my scientific interests and publishing history:

1. Hypertensive disorders and other medical complications of pregnancy
2. Obstetrical emergencies and maternal mortality
3. Fetal and neonatal disorders

After completing the PhD studies, I undertook a clinical and research fellowship in Fetal and Maternal Medicine in King’s College Hospital in London under the supervision of Professor Kypros Nicolaides. I was involved in several research projects on hypertensive disorders of pregnancy and contributed as first author or as co-author to 12 research publications. During my stay in London I have acquired the knowledge of writing scientific papers, using adequate statistical methods, writing research projects and grants, and coordinating research teams. At my return to Romania I continued the collaboration with King’s College team and I involved Filantropia Clinical Hospital in a research project as the site representing Romania in a multicentre European study, the STATIN-trail, a randomised double-blind placebo controlled study with pravastatin for reduction of hypertensive complications of pregnancy (<https://fetalmedicine.org/research/new-randomized-trials>). As a team, alongside my colleagues in the hospital and the university we worked on several research projects that have materialized in the publications of more than 100 research papers. I was the editor of a book on hypertensive disorders in pregnancy, co-author of four books published in the most prestigious Romanian publishing houses, two chapters in an international book published

with Elsevier and 21 chapters in Romanian medical books. I was the first author and co-author of 39 scientific papers published in ISI journals with impact factor, out of which 6, as first author, in a journal with an impact factor above 5. I have also authored or co-authored 16 scientific papers published in ISI journals not granted with impact factor and 44 published in journals indexed in international data bases. In Web of Science, the calculated Hirsch index is 9 and the total number of citations is 206. The cumulated impact factor as first author is 52,191. I have presented my research work in over 10 international conferences as invited speaker and was granted four awards for my lectures and the research I have done, including an award offered by the Carol Davila University of Medicine and Pharmacy for the book I edited along with Professor Gheorghe Peltecu “Medical Complications of Pregnancy”. I have coordinated as manager a European funded project that aimed the training by medical simulation of doctors and midwives from all over the country in managing major obstetrical emergencies. The project runed for more then three years and was the first of its kind to be undertaken in Romania ([www.gest-urgent.ro](http://www.gest-urgent.ro)).

I am in the editorial bord of four national and international journals and I have served as a reviewer for more then 15 national and international journals.

**In the second part** of this thesis I presented my academic background and achievements. I have started working with students in 2011 as junior Assistant Professor. In 2015, after an open competition, I was admitted as senior Assistant Professor of Obstetrics and Gynaecology in “Carol Davila” University of Medicine and Pharmacy and in 2017 I became Senior Lecturer. In 2019 after an open competition I was promoted to the position of Associate Professor in the Department of Obstetrics and Gynaecology. As member of the academic staff I am very much interested in working with my students, in the classroom but also involving them in different research project. I have coordinated and guided four of my students in the original research work that was required for their medical thesis and their results were published in international and national journals. I am working day-to day with our trainees in both clinical but also research projects. We annually design and organize courses dedicated to our residents, as well to other junior and senior medical doctors in Obstetrics and Gynaecology and other related specialities to offer updates of the theoretical and practical knowledge.

**In the third part** of this thesis I have reviewed my major professional achievements to this moment. I am senior consultant in Obstetrics and Gynaecology with special interest in the subspecialty of Fetal and Maternal Medicine. I am specialist in Maternal and Fetal

Medicine, having several years of experience in this subspecialty as a trainee in London in King's College and University College Hospitals. I have attended more than 30 international courses related to this field. I have organised the maternal and fetal medicine clinics in Filantropia Clinical Hospital and initiated a high-risk pregnancy clinic where women with complicated pregnancies from Bucharest but also the Southern region in Romania are attended. I have completed a master programme in Management, and I was recently appointed interim Chief obstetrician in Filantropia Clinical Hospital.

**In the fourth part** of this thesis I describe the academic and research plans for the career advancement. Mainly my work will be focused on attracting extramural funding for the hospital and the University to support our research plans. I plan to continue to involve the hospital and the University in international and national research studies. I will also establish an integrated data base for consenting patients record keeping and that is suitable for anonymized research studies and I plan to organise a system where blood and fluid samples will be collected from all consenting patients to be kept for future studies. I will organise training for students, residents and senior doctors using conventional as well as online methods and help my colleagues in planning and organising national and international conferences.

As member of Carol Davila University of Medicine academic community, the most prestigious Romanian Medical School, together with my team, I will do my best to contribute to the scientific progress and medical education, promoting its prestige among the best medical schools in the world.