

**Rodica Lucia Avram** (former Ploesteanu)

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• **WORK EXPERIENCE**

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01/01/2010 – 31/12/2016

**RESIDENT IN CARDIOLOGY – Spitalul Universitar de Urgenta Sfantul Pantelimon**

Bucuresti, Romania

01/01/2017 – CURRENT

**SPECIALIST IN CARDIOLOGY – Spitalul Clinic de Urgenta "Sfantul Pantelimon"**

Bucharest, Romania

03/2017 – CURRENT

**ASSISTANT LECTURER – "Carol Davila" University of Pharmacy and Medicine**

Bucharest, Romania

• **EDUCATION AND TRAINING**

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01/10/2003 – 01/10/2009 – Bucuresti, Romania

**Doctor Medic – Facultatea de Medicina si Farmacie "Carol Davila", Medicina generala.**

01/01/2010 – 31/12/2016 – Bucuresti, Romania

**Cardiology resident – Spitalul Clinic de Urgenta "Sfantul Pantelimon"**

01/01/2013 – 01/08/2015 – Bucuresti, Romania

**Master Biostatistica – Universitatea de Matematica**

15/04/2010 – 17/04/2010 – Bucuresti, Romania

**Clinical applications of echocardiography: old and new – European Society of Cardiology**

03/11/2011 – Bucuresti, Romania

**HTA UPDATE- Evaluare si tratament – Societatea Romana de Cardiologie**

2017 – CURRENT

## Transesophageal echocardiography competence

2018 – CURRENT – Bucharest, Romania

## Vascular Ultrasound Competence

### ● LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	<b>C2</b>	<b>C2</b>	<b>C2</b>	<b>C2</b>	<b>C2</b>
<b>FRENCH</b>	<b>B1</b>	<b>B1</b>	<b>A2</b>	<b>A1</b>	<b>A1</b>

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

## Publications

### LISTA LUCRARI

1. Metabolic Syndrome And Mean Platelet Volume Variation In Patients With Chest Pain And Negative Cardiac Enzymes Alexandru Cristian Nechita, Caterina Delcea, Vasilica Enache, **Rodica Lucia Ploesteanu**, Camelia Cazacu, Anna-Maria Andronescu, Andreea Mihaela Stroi, Costel Sorin Stamate.. Journal of Medicine and Life ISSN 1844-3109 - 2013 Jun 15;6(2): 156-60. Epub 2013 Jun 25.
2. Determinants of mean platelet volume variation at presentation of patients with unstable, stable and atypical angina (poster). C. Delcea, AC. Nechita, V. Enache, **RL. Ploesteanu**, AM. Stroi, PD. Epure, F. Ciobanu, SC. Stamate, AM. Andronescu. Acute Cardiac Care Istanbul, Turkey 20-22 Oct 2012
3. Clinical, biological, transthoracic echocardiographic and therapeutic determinants of hospitalisation. A-C. Nechita<sup>1</sup>, V. Enache<sup>1</sup>, **RL. Ploesteanu** <sup>1</sup>, AM. Stroi<sup>1</sup>, C. Delcea<sup>1</sup>, PD. Epure<sup>1</sup>, F. Ciobanu<sup>1</sup>, SC. Stamate<sup>1</sup>, A-M. Andronescu<sup>1</sup> - (1) Acute Cardiac Care Istanbul, Turkey 20-22 Oct 2012
4. Mean platelet volume variability in patients presenting with chest pain. C. Delcea, D.E. Amariei, A.C. Nechita, V. Enache, A.M. Andronescu, **R.L. Ploesteanu**, A.M. Stroi, S.C. Stamate, M.M. Vintila. Eurothrombosis Summit Viena 11-13 Oct 2012
5. Influenta hipertensiunii arteriale asupra volumului trombocitar mediu la pacientii cu simptome anginoase. (Arterial hypertension influence on the mean platelet volume in angina patients). C. Delcea, A.C. Nechita, V. Enache, **R.L. Ploesteanu**, A.M. Stroi, P.D. Epure, F. Ciobanu, S.C. Stamate, A.M. Andronescu, M. Vintila. Al 51-lea Congres National de Cardiologie, Sinaia, 2012
6. Determinantii clinici, biologici, ecocardiografici si terapeutici ai duratei de spitalizare la pacientii cu insuficienta cardiaca acuta (Clinical, biological and echocardiographic determinants of the duration of hospitalization in patients with acute heart failure). AC. Nechita, V. Enache, AM. Stroi, **RL. Ploesteanu**, C. Delcea, PD. Epure, Prof. MM. Vintila, Congresul National de Cardiologie, Sinaia 2012.
7. The addition of non-invasive ventilation to standard therapy in acute pulmonary edema: are there benefits?. **R L Ploesteanu**, AC Nechita, V Enache, A M Stroi, DP Epure, C Delcea, AM Andronescu, CS Stamate, MM Vintila, European Journal of Heart Failure Abstracts Supplement ( 2014 ) 16 ( Supplement 2 , 131)
8. Clinical, Biological, Echocardiographic and Therapeutic Determinants of the Length of Hospital Stay of Patients with Acute Heart Failure. Alexandru Cristian Nechita, Vasilica Enache, Andreea Mihaela Stroi, **Rodica Lucia Ploesteanu**, Caterina Delcea, Costel Sorin Stamate. Journal of Medicine and Life ISSN 1844-3109 Dec 15;6(4):440-5. Epub 2013 Dec 25.
9. Ecocardiografia, un instrument important in diagnosticarea unui etiologii rare de insuficienta cardiaca (Echocardiography, an important tool in making the correct diagnosis in a case of heart failure with a rare etiology). **R.L. Ploesteanu**, A.C. Nechita, V. Enache, C. Delcea, E. Mihu, D.P Epure, A.M Andronescu, S.C Stamate, M.M Vintila. Al 53-lea Congres National de Cardiologie, Sinaia, 2014.
10. Cardiomiopatie peripartum și endocardită infecțioasă (Peripartum cardiomyopathy and infective endocarditis). **R.L. Ploesteanu**, A.C. Nechita, V. Enache, S.C. Stamate, M.M. Vintilă. Al 54-lea Congres National de Cardiologie, Sinaia, 2015.
11. Exteriorizarea parțială a generatorului de puls și opțiunile terapeutice (Partial pulse generator exteriorisation and therapeutic options). **Rodica Lucia Ploesteanu**, A. Alecu, I.M. Coman, Mihaela Rugină. Carte Imagistica in Cardiologie, vol IX, 2015.



12. TAVI între realitate și ideal în stenoza aortică (TAVI between reality and ideal in aortic stenosis). S. Andrucovici, A.C. Nechita, **R.L. Ploeșteanu**, R.A. Pecec, L.G. Mortu, G.Vladu, Supplement Romanian Journal of cardiology, 2016.
13. Predictorii clinici și biologici ai mortalității pe termen mediu la pacienții cu tromboembolism pulmonar acut (Clinical and biological predictors of medium term mortality in patients with acute pulmonary embolism). A.C. Nechita, **R.L. Ploeșteanu**, S. Andrucovici, C. Delcea, A.A. Andronescu, M. Băluță, E.M. Mișu, S.C. Stamate, M.M.Vintilă, Supplement Romanian Journal of cardiology, 2016.
14. Viteza transvalvulară aortică la pacienții cu scleroză valvulară – criteriu de risc suplimentar în patologia cardiovasculară (aortic trans valvular velocity in patients with aortic sclerosis – additional risk criteria in cardiovascular disease). E.M. Mișu, C. Delcea, **R.L. Ploeșteanu**, C.A. Nechita, C.S. Stamate, Supplement Romanian Journal of cardiology, 2016.
15. Trombofilie combinată, mutațiile genei MTHFR și consumul de contraceptive orale. Rezultat (Combined Thrombophilia, MTHFR mutation and use of oral contraceptives. Result). **R.L. Ploesteanu**, A.C. Nechita, A.A. Andronescu, S. Andrucovici, E.M. Mișu, M. Băluță, S.C. Stamate, Supplement Romanian Journal of cardiology, 2016
16. Factori de prognostic ai decesului intraspital în tromboembolismul pulmonar acut (Prognosis factors of in-hospital mortality in acute pulmonary thromboembolism). A.C. Nechita, **R.L. Ploeșteanu**, S. Andrucovici, C. Delcea, E. M. Mișu, L. Protopopescu, S.C. Stamate, M.M. Vintila, Supplement Romanian Journal of cardiology, 2016
17. Sincopa, predictor de mortalitate în tromboembolismul pulmonar? (Syncope, predictor of mortality in acute pulmonary embolism?). **R.L. Ploeșteanu**, A.C. Nechita, S. Andrucovici, C. Delcea, M. Baluta, R. Motomanca, S.C. Stamate, M.M. Vintilă, Supplement Romanian Journal of cardiology, 2016
18. Boala aortică degenerativă asimptomatică, markerul unei patologii cardiovasculare complexe (Asymptomatic aortic degenerative disease, a marker for complex cardiovascular pathology). E.M. Mișu, C. Delcea, **R.L. Ploeșteanu**, C.A. Nechita, C.S. Stamate, Supplement Romanian Journal of cardiology, 2016
19. Update on cardiotoxicity evaluation during the treatment of breast cancer. Diana Andreea Gae , Daniela Luminița Zob , Nelly Cherciu, **Rodica Lucia Ploeșteanu**, Dana Lucia Stănculeanu, Oncolog-Hematolog.ro, 2017.
20. Factori de prognostic ai mortalității intra-spital la pacienții normotensivi cu tromboembolism pulmonar acut (Prognostic factors for in-hospital mortality in normotensive patients with acute pulmonary embolism). A.C. Nechita, **R.L. Ploesteanu**, S. Andrucovici, C. Delcea, M. Batuta, S.C. Stamate, Supplement Romanian Journal of cardiology 2017.
21. Rolul prognostic al acidului lactic la pacienții normotensivi cu tromboembolism pulmonar acut (Lactate as prognostic marker in normotensive patients with acute pulmonary embolism). **R.L. Ploesteanu**, A.C. Nechita, C. Delcea, S. Andrucovici, D. Gae, M.E. Mișu, S.C. Stamate, Supplement Romanian Journal of cardiology 2017.
22. Parametrii clinici și paraclinici utili în evaluarea pacienților oncologici cu tromboembolism pulmonar: experiența unui centru de cardiologie (Useful clinical and paraclinical parameters for assessment of cancer patients with pulmonary thromboembolism: a cardiology centre experience). D.A. Gae, **R.L. Ploesteanu**, A.C. Nechita, S. Andrucovici, S.C. Stamate, Supplement Romanian Journal of cardiology 2017.
23. Suportul inotrop și hipotensiunea arterială, care este legătura? (Inotropic support and arterial hypotension, what is the connection?). **R.L. Ploesteanu**, A.C. Nechita, S. Andrucovici, D. Gae, A.M. Andronescu, E.M. Mișu, S.C. Stamate, Supplement Romanian Journal of cardiology 2017.
24. Cardiomiopatia Takotsubo la un pacient cu neuropatie Charcot Marie Tooth (Takotsubo cardiomyopathy in a Charcot Marie Tooth neuropathy patient). S. Andrucovici, A.C. Nechita, **R.L. Ploesteanu**, D.A. Craciunica, S.C. Stamate, Supplement Romanian Journal of cardiology

25. Lactate as a prognostic marker in normotensive patients with acute pulmonary embolism. **R.L. Ploesteanu**, AC. Nechita, C. Delcea, S. Andrucovici, MM. Baluta, SC. Stamate, European Heart Journal Supplement ( 2018 ) 7 ( Supplement ), S332
26. Is syncope a predictor of mortality in acute pulmonary embolism?. **R.L. Ploesteanu**, AC. Nechita, C. Delcea, S. Andrucovici, AM. Andronescu, SC. Stamate, European Heart Journal Supplement ( 2018 ) 7 ( Supplement ), S331
27. Tromboza veoasa profunda la pacientii cu trombembolism pulmonary si importanta prognostica. (Deep Vein Thrombosis in patients with pulmonary trombembolism and prognosis). **R.L Ploesteanu**, A.C Nechita, C. Delcea, S. Andrucovici, L.G. Mortu, B.Gusoiu, M.M Baluta, S.C Stamate, Supplement Romanian Journal of cardiology 2018
28. Rolul prognostic al modificarilor electrocardiografice la pacientii normotensive cu trombembolism. (The role of electrocardiographic changes in prognosis for normotensive patients with pulmonary tromembolism). A.C Nechita, **R.L Ploesteanu**, C. Delcea, S. Andrucovici, G. Vadu, B. Gusoiu, A.M Andronescu, S.C Stamate. Supplement Romanian Journal of cardiology 2018
29. Localizarea tomografica a trombului la pacientii cu trombembolism pulmonary si rolul prognostic. (Computed tomography localization of thrombus in pulmonary thromboembolism patients and the prognostic role). **R.L. Ploesteanu**, A.C Nechita, C. Delcea, S. Andrucovici, A. M. Andronescu, B. Gusoiu, M. Baluta, S.C Stamate, Supplement Romanian Journal of cardiology 2018
30. Effects of neuromuscular electrical stimulation in patients with heart failure – review. **Ploesteanu R.L.**, Nechita AC, Turcu D, Manolescu BN, Stamate SC, Berteanu M, Journal of Medicine and Life Vol. 11, Issue 2, April-June 2018, pp.107-118
31. Aortic valve sclerosis – more than a simple anatomic abnormality: Literature review. E. M Mihu, A.C Nechita, **R.L. Ploesteanu**, S.C Stamate, I.T Nanea, Revista romana de anatomie functionala si clinica, macro si microscopica si de Antropologie, vol XVIII- nr 2-2018
32. Employment status after myocardial infarction in young patients, AM Andronescu, CS Stamate, AC Nechita, **R.L. Ploesteanu**, M Dorobantu, European Journal of Preventive Cardiology ( May 2018 ) 25 ( Supplement 1 ), 67

## **Effect of neuromuscular electrical stimulation in patients with acute heart failure**

Journal of Science and Arts Year 20, No. 2(51), pp. 491-500, 2020  
2020

**RODICA LUCIA AVRAM, ALEXANDRU CRISTIAN NECHITA, MARIUS NICOLAE POPESCU, MATEI TEODORESCU, LIVIU NICOLAE GHILENCEA, DIANA TURCU, MIHAI BERTEANU**

**Abstract.** Objective: We evaluated the effects of neuromuscular electrical stimulation (NMES) therapy on functional capacity and oxidative stress in patients hospitalized for acute heart failure (AHF). Design: We included 30 consecutive patients admitted for AHF with a left ventricular ejection fraction  $\leq 50\%$  who were randomized into two groups: NMES therapy added on conventional rehabilitation (CR) ( $n = 15$ ,  $67.2 \pm 13.35$  years) and CR alone ( $n = 15$ ,  $63.26 \pm 10.29$  years). NMES therapy was performed at the level of the quadriceps muscle bilaterally, daily, for 60 minutes with a frequency of 10 Hz. Results: The mean duration of NMES therapy was  $6.93 \pm 2.54$  days. Functional capacity assessed by the 6 minute walk test was significantly improved in the group with NMES therapy ( $p=0.036$ ). The oxidized LDL value showed a decreasing trend compared to the admission value in the group with NMES therapy, but without statistical significance. Conclusion: This paper shows that for patients with AHF, NMES therapy used for a short term and initiated early during the hospitalization period improves exercise tolerance, suggesting the importance and possible necessity of including it as standard cardiac recovery therapy. NMES did not influence the plasmatic value of oxidized LDL.

**Keywords:** cardiac rehabilitation, acute heart failure, neuromuscular electrical stimulation.



## **Is syncope a predictor of mortality in acute pulmonary embolism?**

Journal of Medicine and Life Vol. 12, Issue 1, January-March 2019, pp. 15–20, DOI: 10.25122/jml-2019

**Rodica Lucia Ploesteanu**, Alexandru Cristian Nechita, Silvia Andrucovici, Caterina Delcea, Elena Mihaela Mihu, Diana Gae, Sorin Costel Stamate

### **Abstract**

Whether syncope as a presenting symptom independently classifies acute pulmonary embolism (APE) into a high mortality risk group remains a matter of controversy.

We retrospectively included all consecutive patients admitted to our clinic with APE from January 2014 to December 2016.

Our sample consisted of 76 patients with a mean age of  $69 \pm 13.6$  years, 64.5% female. 14.3% presented with syncope at admission.

In-hospital mortality was 20.8%. Patients with syncope were more likely to require inotropic support (OR = 5.2, 95 % 1.17-23.70,

$p=0.03$ ) due to the association of cardiogenic shock (OR= 15.95% CI 3.02-74.32,  $p < 0.001$ ) and systolic blood pressure below 90

mmHg (OR=5.52, 95% CI 1.24-24.47,  $p=0.03$ ). Patients with syncope had a higher PESI score ( $150.9 \pm 51.1$  vs  $99.9 \pm 30.1$ ,  $p < 0.001$ )

and a greater in-hospital mortality (OR= 4.5, 95% CI 1.14-17.62,  $p=0.03$ ). However, multivariate logistic regression equations did not

identify syncope as an independent predictor of mortality.

In our sample, syncope did not independently reclassify the patient in a higher mortality group, but due to the association with

hemodynamic instability, which remains the primary tool in therapeutic decision-making.

**Keywords:** Acute pulmonary embolism, syncope, hemodynamic instability, thrombotic load, echocardiography

## **Durerea toracică: dacă nu este inima, atunci ce? (Chest pain: if it is not the heart, what is it?)**

2019

L.G. Mortu, **R.L. Ploesteanu**, A. Nechita, C. Alexandru, M. Popescu, I.A. Țiglea, G. Vladu, D. Crăciunică, V. Florescu, C.S. Stamate, Supplement Romanian Journal of cardiology 2019

## **Caracteristicile și prognosticul pe termen scurt al pacienților cu embolie pulmonară și cancer**

G. Vladu, **R.L. Ploesteanu**, A.C. Nechita, V. Enache, L.G. Mortu, S. Andrucovici, A.M. Andronescu, M. Băluță, S.C. Stamate, Supplement Romanian Journal of cardiology 2019

## **Evaluarea pacienților cu trombembolism pulmonar și trombi la nivelul cavităților drepte**

2019

**R.L. Ploesteanu**, A.C. Nechita, C. Delcea, S. Andrucovici, G. Vladu, A.M. Andronescu, S.C. Stamate, Supplement Romanian Journal of cardiology 2019

### **Diferențele pe sexe la pacienții cu tromboembolism pulmonar acut**

2019

A.C. Nechita, R.L. Ploeșteanu, S. Andrucovici, G. Vladu, A.M. Andronescu, M. Băluță, S.C. Stamate, Supplement Romanian Journal of cardiology 2019

### **Factori ce influențează durata de spitalizare la pacienții cu tromboembolism pulmonar acut**

2019

R.L. Ploeșteanu, A.C. Nechita, C. Delcea, S. Andrucovici, G. Vladu, M.M. Băluță, A.M. Andronescu, S.C. Stamate, Supplement Romanian Journal of cardiology 2019

### **Is NSTEMI different than STEMI in young patients?**

2019

Ploesteanu Rodica Lucia (CoAutor), Andronescu Anna Maria (Autor principal), Stamate Costel Sorin (CoAutor), Nechita Alexandru Cristian (CoAutor), Vintila Marius Marcian (CoAutor), Dorobantu Maria (CoAutor), Hypertension Research (2019).

### **Contemporary stroke prevention strategies in 11 096 European patients with atrial fibrillation**

2019

a report from the EURObservational Research Programme on Atrial Fibrillation (EORP-AF) Long-Term General Registry, collaborator, Europace, 2019.

### **Right heart thrombi in pulmonary embolism patients**

2020

RL Avram, AC Nechita, C Delcea, AM Andronescu, G Vladu, S Andrucovici, MM Baluta, SCStamate, Acute cardiac care 2020, poster presentation (e-poster)

### **Duration of hospitalization in acute pulmonary embolism**

RL Avram, AC Nechita, C Delcea, G Vladu, S Andrucovici, AM Andronescu, MM Baluta, SCStamate, Acute cardiac care 2020, poster presentation (e-poster)

### **Functional capacity in patients with coronary artery disease**

2020

R L. Avram, C. Delcea, AC. Nechita, MN. Popescu, M. Teodorescu, E. Lechea, D. Turcu, LN. Ghilencea, M. Berteanu  
ESC Preventive Cardiology Congress 2020, e-poster

## ● **DRIVING LICENCE**

Driving Licence: B



## ● ORGANISATIONAL SKILLS

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### Organisational skills

Team spirit, good orator

## ● COMMUNICATION AND INTERPERSONAL SKILLS

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### Communication and interpersonal skills

very good communication skills acquired through own experience and involvement in independent didactic activities and in the scientific activity of - presentations articles, case presentations, theoretical presentations various specialized topics

## • CONGRESE

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### Congrese

National Conference on Atherothrombosis, 19-20 March 2010, Romania  
Symposium "Arguments in Optimal Dose", December 9, 2010 Bucharest, Romania  
National Congress of Cardiology 7-9 October 2010, Sinaia, Romania  
National Congress of Cardiology, September 29 - October 1, 2011, Sinaia Romania.  
National Congress of Cardiology, 4-6 October 2012, Sinaia, Romania  
Symposium "Clinical Research in Romania in the Context of Global Competitiveness"  
November 15, 2013  
National Congress of Cardiology, 3-5 October 2013, Sinaia, Romania  
National Congress of Cardiology, 2-4 October 2014, Sinaia, Romania  
Heart Failure, May 17-20, 2014, Athens.  
National Congress of Cardiology, 17-19 September 2015 Sinaia, Romania  
Symposium of Hypertrophic Cardiomyopathy, 9-10 May 2015, Sibiu, Romania  
National Working Groups Conference, May 7-9, 2015, Sibiu, Romania  
National Congress of Cardiology, 21-24 September 2016 Sinaia, Romania  
National Congress of Cardiology, 20-23 September 2017 Sinaia, Romania  
Acute cardiovascular care Congress, Milan, 3-5 March 2018  
National Congress of Cardiology, 19-22 September 2018 Sinaia, Romania  
5th Congress of Romanian Society of Hypertension, 11-13 October 2018  
Acute cardiovascular Care, 2-5 March 2019, Malaga, Spain  
National Congress of Cardiology, 18-21 September 2019, Sinaia, Romania  
EACVI Teaching Course on Transoesophageal 2D and 3D Echocardiography, 18-20 oct 2019,  
Prague, Czech Republic  
Spring Conference of the Romanian cardiology Society, 13-17 May 2020

## • STUDI CLINICE

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### Studii Clinice

- The Pheito study - sub-investigator
- The TRUE-AHF study - sub-investigator
- Relax-AHF study - sub-investigator
- Relax study -CHF - sub-investigator
- Commander study - sub-investigator
- Apex study - sub-investigator
- Fourier study - sub-investigator
- The Galaxy HF study - sub-investigator
- The Esperion study - sub-investigator
- The Pheito 2 study - sub-investigator
- Prominent Study - Sub-Investigator
- Anthem Study - Sub - Investigator