



„CAROL DAVILA” UNIVERSITY

**OF MEDICINE AND PHARMACY
BUCHAREST**

DOCTORAL SCHOOL

HABILITATION THESIS

ABSTRACT

**THE NEED FOR A MULTIDISCIPLINARY APPROACH
TO PATIENT WITH CHRONIC KIDNEY DISEASE**

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The habilitation thesis titled “The Need for a Multidisciplinary Approach towards patients with Chronic Kidney Disease” was written according to the Methodology of the University of Medicine and Pharmacy “Carol Davila” in Bucharest concerning the organisation and conduct of the process of gaining the habilitation title - 2020

In this habilitation thesis, I have briefly presented the main results obtained as part of my research and teaching activity after obtaining the title of Doctor in Medicine – PhD (2007), and during the evolution of my academic, scientific, and professional career, as well as the main development directions that I will try to realise after obtaining the habilitation.

The results of my activity are presented together with specialised literature to briefly demonstrate my personal contribution and also my capacity to organise coordinate and develop teaching and research activities, together with professional and medical ones.

The habilitation thesis is composed of four sections. The first offers the most consistent part which is dedicated to the **Scientific activity**. This begins with an introduction over the domain researched, namely “The Chronic Kidney Disease (CKD)”, in which I underlined the importance of CKD as a subject due to its increasing global prevalence (1 in 10 subjects) and representing an alarming public health concern due to its grave impact on the patient’s quality of life and its association with impressive increases in mortality and morbidity rates, resulting in the draining of health service resources. The diagnosis in incipient CKD stages, guiding the patient to a nephrologist, actively monitoring them, and offering precocious treatment can contribute to higher survivability rate and improved quality of life. This section has four chapters and more subchapters written across 63 pages which unequally cover all the stages of the CKD, especially the most important particularities of this condition and the main aspects studied in my teaching and research career of over 30 years.

The results of the research are briefly presented in a narrative manner across subchapters dedicated to each type of literature: books and chapters of books (2 plus 15), articles published in 17 ISI rated journals or 17 BDI indexed articles based on their subjects: CKD in non-dialysed patients, haemodialysis related diseases, diabetic nephropathy and other renal and renal-related diseases. Furthermore, two chapters are dedicated to other medical or surgical pathologies, approached during my research activity because of my dual professional commitment as a nephrologist but also as an internist who teaches medical semiology to 3rd Year students in a very busy emergency hospital. There are 5 chapters of books, 16 articles

published in ISI rated journals or 15 articles in BDI indexed journals, covering subjects not related to kidney pathology.

Similarly, all time activity citations from ISI rated journals or BDI indexed, as well as evaluation and metrics indicators are presented. There are over 140 citations and an 8 h-Index in Web of Science. In Google scholar there are over 180 citations and a 9 h-Index.

Finally, there are some reviews (11), peer-review, written for ISI rated journals and BDI indexed ones that are listed. They are mostly related to nephrology, but also other subjects related to my dual medical and academic commitment.

In the second section, “**The Academic activity**”, I have briefly detailed (in 7 pages) the academic development to the actual position, grades, and teaching responsibilities connected to the medical semiology studies with 3rd Year students and clinical nephrology (modular studies) with 5th Year students. I have also presented the guidance for students towards the development of their dissertations and in the student scientific communication sessions, as well as my participation in the exam committees within the university.

The third section describes “**The Professional career**”, the stages and professional formation courses, the professional grades obtained through competition and the certificates obtained (4 pages). In this chapter, I have briefly written my participation as an examiner to various exams for obtaining the specialist or registrar physician titles in more specialities: primary care, internal medicine, and nephrology. Finally, I have also mentioned my participation in the Nephrology Committee, a specialised committee within the Health Ministry. Various recognitions of my professional activity are illustrated via the participation in medical societies and evaluation indicators and metrics as relevance of the researcher, as they are illustrated in specialised programs.

In the fourth section, I have described “**The Plans of evolution and development of the academic career**”, and the management of future research projects. Across 8 pages, I have described the main research themes and the means through which they will be approached towards actively contributing at increasing the importance and relevance of my academic and research activity. Most of these themes are clinical in nature: diabetic nephropathy, the renal effect of paraproteins, congenital nephropathies, dialysis and therapeutic apheresis, hepatorenal interferences, telemedicine in nephrology, a holistic vision

of the hospitalised patient, the usefulness of the clinical examination and POC examinations in hospital practice. All these themes are sourced from the needs of the patients we care for and in accordance with the global research tendencies in CKD.

In the final chapter, **Conclusion** the risks and opportunities in realising the research plans are analysed under a SWOT-type analysis. This analysis argues for an optimistic but realistic vision for this approach.

The final section includes the **Bibliography**, which is formed of 170 titles. The list of references includes publications from the specialised literature which are relevant to the subject of the thesis, as well as personal works (published articles, books and scientific studies), which supported the development of this thesis as well as to compare it with the state-of-the-art research in this medical field.