

UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE

„CAROL DAVILA” BUCUREȘTI

ȘCOALA DOCTORALĂ

DOMENIUL MEDICINĂ



**INTERDISCIPLINARITY IN DIGESTIVE, NEPHRO-
UROLOGICAL AND OPERATIONAL PATHOLOGY
TOWARDS AN OPTIMAL APPROACH OF PATIENTS -
CLINICAL RESEARCH**

ABSTRACT OF HABILITATION THESIS

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Abstract of habilitation thesis

The habilitation thesis entitled "*Interdisciplinarity in digestive, nephro-urological and operational pathology towards an optimal approach of patients - clinical research*", summarizes the main academic, scientific and professional achievements obtained after the award of the title of doctor in medical sciences in 2006, as well as my future career development prospects and it contains four parts.

In the first part, I present the scientific activity, with emphasis on the main achievements obtained after defending the doctoral thesis. In the general context of the explosion of information, of the diversification and improvement of the types and methods of treatment, which is characteristic of the medicine in the third millennium, I approached a borderline field between two related disciplines: gastroenterology and nephrology, disciplines derived from internal medicine. The elaboration of the doctoral thesis was an essential moment in the development of scientific research skills. The subject of the thesis, "Treatment with pegylated interferon in chronic hepatitis C at iterative dialysis patients", represented the interference between the two specialities which I had studied.

My main subsequent scientific concerns were mainly in the study of liver diseases, especially the study of chronic hepatitis C and its treatment. This field has been more than a preoccupation, I can say that it has become a passion, which has led me to get involved in doing more scientific work or to take part in national or international multicenter studies, the conclusions of which have been published in prestigious medical journals.

I also approached other areas of scientific interest both from gastroenterology - such as celiac disease, inflammatory bowel disease, digestive manifestations in autoimmune diseases, abdominal neoplastic pathology, diagnostic and therapeutic investigations in digestive pathology, infectious etiology in digestive tract diseases, also with an emphasis on the clinical challenges caused by the infection with the SARS-CoV-2 virus and in the field of nephro-urological diseases, operational medicine and polytrauma.

However, my main concern remained liver pathology, which is why I coordinated, together with a prestigious team of authors, the publication of a treaty in this field, "***Liver Diseases - A Multidisciplinary Textbook***", made with an impressive international contribution, published by Springer in 2020.

The research projects, clinical trials, publications, and communications at national and international scientific events in which I was involved, are briefly presented in this

paper, outlining the scope of concerns and results obtained in 33 years of my career.

The quantification of the impact of my research activity is reflected in obtaining the following scientometric indicators: *Google Scholar - 379 citations, Hirsch index - 11, i10 index - 11, Web of Science - 70 publications, 191 citations, Hirsch index 7, cumulative impact factor first author - 32,909*. The results of the scientific and research activity, at the time when I wrote the thesis, in absolute value are as follows: participation in international multicenter clinical trials - principal investigator in 18 studies, member of the study team in 29, 9 research projects out of which 4 projects with European funding; publishing of 7 books and 10 book chapters. I have published, as main author or co-author, 29 articles in extenso and 56 abstracts in ISI indexed journals with impact factor, 29 articles and 38 abstracts in ISI indexed journals without impact factor, 17 articles and 58 abstracts in BDI indexed journals, 25 abstracts in CNCSIS journals and 80 in the volumes of scientific events.

In recognition of the value of my scientific work and its innovative nature, I have received 13 international awards and 8 national awards.

The scientific and practical experience gained during my career led to my appointment in 2015 as a member of the Gastroenterology Commission of the Ministry of Health, in which I was Vice President between 2016-2018 and currently I have the same position, starting from March 2022. As Vice President, I have been actively involved in the elaboration of diagnostic and treatment protocols, especially in the treatment of interferon-free hepatitis and liver cirrhosis with virus C, in cost-volume contracts, but also the introduction of innovative medications in inflammatory bowel disease or rare digestive diseases. An important role of the commission is also the elaboration of the curriculum for the preparation of residents in the speciality of gastroenterology, of the subjects for the examination for specialist physicians and the recognition of the internships carried out by the residents in European clinics. At the same time, the commission played an important role in promoting the development of this speciality in the management of the Ministry of Health, an example being the introduction of the national program of endoscopic treatment of digestive haemorrhages, as well as the introduction in the national program of diagnosis and treatment using high-performance equipment, in the subprogram of interventional radiology of the treatment of some digestive diseases - hepatocellular carcinoma, digestive haemorrhages, refractory ascites, etc.

The second part of the thesis presents my academic career and the main didactic responsibilities, from university tutor in 2004, at the Military Medicine Institute, Medical

Department II, to associate professor of internal medicine, at Titu Maiorescu University, Faculty of Medicine, in the period 2015-2021. I have been an associate professor in the discipline of Internal Medicine and Gastroenterology, Central Military Emergency University Hospital „Dr Carol Davila”, “Carol Davila ”University of Medicine and Pharmacy, Bucharest, since 2021.

In the third part, I present my professional career, starting with my graduation from the Faculty of Military Medicine, within the Bucharest Institute of Medicine and Pharmacy, in 1989. I have been working in the medical field for over 30 years, mainly in the Central Military Hospital and I have passed through all stages of my medical career, from resident physician to hospital manager.

The integration of the medical, scientific and didactic activity with the management career was the premise for the connection to the reality and practical necessities in the management decision making, being at the same time an additional motivation to find the best solutions, taking into account the wide range of medical activities carried out in a university hospital.

To develop the scientific research activity within the hospital, I set up a special department: "The Research Structure", which consists of 16 nuclei and research teams in various specialities, both medical and surgical, with positions dedicated exclusively to this activity. Due to that, 102 clinical trials and 21 research projects were conducted in the Central Military Emergency University Hospital “Dr Carol Davila” from 2017-to 2022.

Moreover, to stimulate the scientific research activity in the Central Military Emergency University Hospital “Dr Carol Davila”, 2011, initiated, as president, the organization of “The Annual Conference of the Central Military Hospital”, with international participation, a scientific event that takes place every year. Conference attendants were annually rewarded with EMC credits, therefore their number increased progressively, reaching 2019 more than 1000 registered participants. In 2021, on the occasion of the 190th anniversary of the hospital, we organized the 10th edition of the conference.

Another important activity for me is the one performed as editor-in-chief of the *Romanian Journal of Military Medicine*, a position which I have held since 2015. As editor-in-chief, together with an exceptional team, we managed to increase the visibility of the journal, which was founded in 1897 as the Journal of Military Medicine, but unfortunately, it had not been highly valued in the years before we took it over. Due to the rigour in the selection of published articles, the quality and accuracy of scientific

information, starting with 2019 the journal is indexed in the *Web of Science Core Collection of Clarivate Analytics*, is currently evaluated for the award of the impact factor.

As a manager, I made the efforts and took the necessary steps to create as many university clinics as possible within the Central Military Emergency University Hospital “Dr Carol Davila”, through the professional training of the physicians and with the endowment and training capabilities that can be offered. Thus, 7 new clinics at the “Carol Davila” University of Medicine and Pharmacy and 7 new clinics at Titu Maiorescu University were established, the number of university staff increased in the hospital, and 24 academic positions have been filled since my first mandate started.

As a specialist physician, head of a medical department and later hospital manager, I have always placed the patient in the centre of activity, as well as the introduction of the concept of integrated medicine, by delivering quality medical services in the best patient interest. The results obtained in the activity of the manager of the Central Military Emergency University Hospital “Dr Carol Davila”, expressed in fact in the achievements, visibility and the increasing importance of the hospital, were valued at the national level, several distinctions and prizes being awarded to the hospital.

I had the honour to have my activity valued with the *National Order "Star of Romania" in the rank of "KNIGHT"* with a badge for the military, offered by the President of Romania, by Decree no. 1050 / 29.11.2017, the highest distinction that can be awarded.

The last chapter of this thesis illustrates the future development prospects of my didactic and professional scientific career. I want to continue my activity based on the values and principles that have guided me throughout my career: professionalism, ethics, competence, interdisciplinarity, collaboration, responsibility, open mind, and excellence. And more than anything, trust in the young generation and its education in the spirit of tradition and reputation of the Carol Davila University of Medicine and Pharmacy and the Central Military Emergency University Hospital "Dr Carol Davila", benefiting from all training and development opportunities offered by these two institutions.

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