

**“CAROL DAVILA” UNIVERSITY OF MEDICINE
AND PHARMACY BUCHAREST
THE DOCTORAL SCHOOL
MEDICINE**

ABSTRACT OF THE HABILITATION THESIS

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Bucharest

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**PALLIATIVE CARE - AN INTEGRAL PART OF THE MANAGEMENT
OF ONCOLOGICAL PATIENTS**

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SYNOPSIS

The habilitation thesis entitled "Palliative care - an integral part of the management of oncological patients" is formed by three sections, according to the recommendations of CNATDCU and the national laws in force.

The thesis includes the professional, academic and research achievements that I have made since earning my Ph.D. degree. My doctoral thesis was entitled "Tumor angiogenesis as a prognostic factor in ovarian tumors as well as a therapeutic prognostic factor". The thesis was defended publicly in June 2003. After its defense, one of my important objectives was the study of antiangiogenic treatments in various cancer sites (lung, bowel, kidney, ovaries and cervix).

The first part of the habilitation thesis presents my academic and scientific achievements chronologically.

Thus, I took part in three international research projects, for two of which I was the person in charge (the director), and in one of the projects I was one of the members of the research team. At the same time, I was the main investigator in one international clinical trial.

I published numerous articles in ISI Web of Science-Clarivate indexed journals, with or without an impact factor, as well as articles in IDBs or ISSN/ISBN indexed journals. I am one of the members of the editorial board of an international journal.

I authored a book, published by a national publishing house, in which I presented the results of my doctoral research. Moreover, I was also the coordinator of 3 books and the co-author of 2 other books published by national publishing houses, in the field of palliative care. I was also the author of 16 chapters in a palliative care treaty published by a national publishing house.

I was a member of the Oncology Board – the Palliative Care Sub-Board of the Ministry of Health and the Oncology Expert Board of the National Health Insurance Company.

In recognition of my managerial achievements, I was awarded a diploma with honors by the Government of Romania – the Prefecture of Bucharest, and also a prize in recognition of my scientific achievements.

I was a member of the Organization/ Scientific Boards at a Congress and an international participation Conference, and also at three National Conferences. Thus, I was a member of the organization/ scientific boards at the First National Conference of Palliative Medicine with international participation, Sinaia, 1999 and at the International Congress on Palliative Care, Bucharest, October, 2004. Moreover, I was a speaker at numerous International Congresses and National Conferences, on topics such as "Communication of bad news", "Psychological aspects in end-stage diseases. The impact on the family" or "The Involvement of the palliative care team in end-stage diseases".

The philosophy and practice of palliative care have been and still are areas of interest and concern to me and towards which I have had this calling ever since the beginning of my career, being part of the first class of doctors who graduated from this subspecialty course in this field, later on becoming a Palliative Care trainer.

I contributed to the development of palliative care in Romania, through 3 international research projects (PACARO and REPACARO, as part of the Dutch program MATRA, the result of which were the Compendium of Palliative Care at Home and the European Journal

indexed in IDBs, PALIATIA and IZERZO, an international Romanian-Swiss research-development program, for the integration of medical oncology and palliative care in various institutions).

The scientific works and books were published in the field of palliative care, addressing aspects such as ethics, philosophy, communication, but also symptom management, emergencies and terminal care. Therefore, I published scientific papers in peer-reviewed journals and Web of Science Clarivate, papers in which I researched the management of some symptoms such as dyspnea, constipation, dysphagia, cachexia, anxiety, depression, but also the quality of life and nutritional status of oncological patients.

The paper regarding the treatment of dyspnea with strong opioids has reached 30 Web of Science Clarivate citations, and the paper regarding the management of cachexia has reached 24 Web of Science Clarivate citations.

Broncho-pulmonary cancer was another topic of interest to me, considering that in Romania, broncho-pulmonary cancer ranks second after prostate cancer in men and breast cancer in women, but mortality ranks first in both genders. Palliative care can be approached since the time of diagnosis in this type of location. I have published works in prestigious journals, with reference to both modern therapeutic methods in broncho-pulmonary cancer and the palliative care of these patients.

Another area of interest was colorectal cancer, with papers published regarding the treatments with monoclonal antibodies. I also published papers in prestigious journals on modern treatments, the quality of life and the psycho-emotional symptoms in ENT cancer and urogenital cancer patients.

Malignant melanoma in the Immunotherapy Era was another priority of mine, having published 2 papers in prestigious impact factor journals.

All my achievements were possible by collaborating with colleagues in the multidisciplinary team, namely professionals in the field of surgery, radiotherapy, radiology and pathology, as well as by involving other specialists in the field of psychology, physiotherapy and spiritual care.

All these achievements are documented and are proof of my complex research work.

The second part of the thesis presents my plans for the development of both my teaching and research activities. Regarding the teaching activity, I will seek to acquire new knowledge and competences through permanent training and I will be involved in a good development of the educational process with the aim of maintaining high standards in the teaching activity. Regarding the research activity, I aim at developing my personal skills and competences and at continuing to contribute to the development of scientific papers, specialty books and the organization of conferences where I can contribute with the presentation of the latest research.

These teaching, research, educational and professional activities will be corroborated with the consciousness of belonging to a group of people that share the same values. My entire work will be based on a set of values, namely: team spirit, balance, communication and respect.

The third part of my thesis presents the bibliographic references associated with the contents of the first two parts.