

**„CAROL DAVILA” UNIVERSITY OF MEDICINE
AND PHARMACY BUCHAREST**

**DOCTORAL SCHOOL
MEDICINE**

THE HABILITATION THESIS

CANDIDATE:

Mihaela Adela Iancu, MD, PhD
Associate Professor;

„Carol Davila” University of Medicine and Pharmacy
Bucharest

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**CONTRIBUTIONS REGARDING THE INTEGRATED
MULTIDISCIPLINARY APPROACH TO
PREVENTION IN FAMILY MEDICINE**

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SUMMARY

The habilitation thesis titled "Contributions Regarding the Integrated Multidisciplinary Approach to Prevention in Family Medicine" represents a synthesis of my scientific, academic, and professional activities after completing my doctoral thesis. The doctoral thesis, titled "Obesity in Children and Adolescents: Etiopathogenic, Clinical, and Prophylactic Aspects," was defended at the Doctoral School of the "Carol Davila" University of Medicine and Pharmacy in Bucharest and confirmed by an Order of the Ministry of National Education in 2025. My entire professional, academic, and scientific journey has been primarily dedicated towards improving the ability to prevent chronic diseases and oncological conditions, through family medicine.

In the habilitation thesis, I present the evolution of my academic, scientific, and professional career, as well as the main developmental directions pursued, the global context of significant postdoctoral scientific achievements, interdisciplinary collaborations, and highlighting the scientific papers developed to emphasize the integrated multidisciplinary nature of prevention in family medicine.

The habilitation thesis is structured into four distinct parts, in accordance with the standard drafting guidelines for the habilitation thesis at the "Carol Davila" University of Medicine and Pharmacy.

The introduction presents the motivation and essential aspects of my postdoctoral activities, which are detailed in the subsequent chapters of the habilitation thesis.

The first chapter, split into three subchapters, details the main works in the field of research, the research topics developed / studies conducted, the research projects, and the results of the scientific and research activities.

This section presents the research and directions developed in the field of medicine, with a focus on the activities of the family physician, specifically:

1. Prevention - the main integrative activity of family medicine - multidisciplinary connections (postdoctoral research).
2. Prenatal aspects of prevention with an impact on the subsequent development of chronic diseases – multidisciplinary and multidimensional scientific aspects with

practical applications in family medicine.

3. Prevention – part of the basic, vocational, and continuous training of the family medicine resident.

In addition to the published research, the educational and research projects I have participated in are also presented, as well as the treatises/manuals/books and chapters I have developed as a coordinator/author/co-author.

The results of my scientific and research activities are reflected in 19 articles published in ISI journals with impact factor, 6 articles published in ISI journals without impact factor, and over 60 articles published in BDI-indexed journals. The large number of ISI citations indicate the national and international recognition of my scientific activity, with an Hirsch-index of 8 and a cumulative impact factor, as the principal author, of 33.349. Additionally, my professional and scientific activity as a member of various educational and scientific projects is presented.

The second part, concerning academic and professional activity, includes the following chapters of the habilitation thesis: academic and professional journey, and plans for future evolution and development.

The chapter on academic journey and main teaching responsibilities details the progression from the position of university assistant to the current position of associate professor in the discipline of Family Medicine II, Department 5: Internal Medicine (Cardiology, Gastroenterology, Hepatology, Rheumatology, Geriatrics), Family Medicine, Occupational Medicine, Faculty of Medicine, "Carol Davila" University of Medicine and Pharmacy in Bucharest.

The teaching materials developed, intended for students, family medicine residents, and for the continuing medical education of specialist and primary care family physicians, are presented in the next subchapter.

As a coordinator of family medicine residents, I have guided and supported medical research in the specialty of family medicine, which has been an essential element in my academic and professional development.

Guiding students through the preparation of their thesis and for scientific communication sessions demonstrates my involvement in a dynamic and rigorous educational system, for which I have shown openness and provided support to future graduates of the "Carol Davila" University of Medicine and Pharmacy.

My participation in entrance exams, licensing exams, residency exams, and academic promotion competitions furthermore underscores my dedication and involvement in the educational activities of the "Carol Davila" University of Medicine and Pharmacy.

Managerial experience, both from coordinating my own practice and the Family Medicine II discipline, as well as serving as president and vice president of various professional societies, supports my involvement in the development of both the discipline and the specialty of family medicine.

Additionally, my professional achievements from an interdisciplinary perspective are presented, along with my managerial involvement in the field of family medicine in Romania (activities within the Specialty Commission of the Ministry of Health, committees in the interest of the family medicine specialty, and collaboration with other specialties).

In the chapter on Professional Activity / Professional Achievements, my professional journey is presented: professional training courses and internships, professional diplomas, and certificates obtained that highlight my continuous education for self-improvement and elements of recognition for my professional activity.

The chapter on plans for the evolution and development of my academic career details the proposals and future directions that I believe will bring value and innovation to the undergraduate and postgraduate education system in the specialty of family medicine, as well as my continuous development and permanent engagement with the present issues and developments in order to maintain the necessary openness towards innovation and improvement in the future.

Finally, this habilitation thesis highlights the specific ability to coordinate research teams, organize and manage teaching activities, as well as explain and facilitate learning and research. As a member of the teaching community at the "Carol Davila" University of Medicine and Pharmacy, I will continue to focus on my professional, academic, and scientific development, based on impact and competence, factors identified as supporting the motivation for academic development, with research and innovation from an integrative multidisciplinary perspective representing an essential aspect in the specialty of family medicine.