

**CAROL DAVILA UNIVERSITY OF MEDICINE AND
PHARMACY BUCHAREST
DOCTORAL SCHOOL
MEDICINE**

**Exposure to environmental and behavioral risk factors
- theoretical, scientific, and practical approaches**

HABILITATION THESIS ABSTRACT

**CANDIDATE:
Nițescu Maria, Assoc. Prof. Dr.,
Carol Davila University of Medicine and Pharmacy,
Bucharest**

2024

Exposure to environmental and behavioral risk factors

- theoretical, scientific, and practical approaches

HABILITATION THESIS ABSTRACT

The habilitation thesis entitled: “**EXPOSURE TO ENVIRONMENTAL AND BEHAVIORAL RISK FACTORS - THEORETICAL, SCIENTIFIC AND PRACTICAL APPROACHES**” presents my entire scientific, academic and professional activity, as well as the prospects related to the development of my academic career.

Practically, habilitation thesis relies on the 16 years of teaching activity at Carol Davila University of Medicine and Pharmacy, and the over 30 years of medical activity in hygiene and public health in the Public Health Directorate of Bucharest Municipality, Ministry of Health and National Institute for Infectious Disease „Prof. Dr. Matei Balș”

The thesis is structured in four chapters according to the elaboration and editing guide of habilitation thesis of Carol Davila University of Medicine and Pharmacy.

The first chapter of thesis reveals the scientific activity and the main scientific results obtained.

In the course of my activity, starting with my doctoral research and until now, a few research directions stood out which I would like to further elaborate.

An important place in my scientific activity is taken by the studies on food and nutrition, especially the knowledge of nutrition status of different groups of population, knowledge of eating behavior related to chronic or infectious pathology, functional food and their role in preventing non-communicable diseases. Closely related to my activity as a hygienist doctor, other topics of interest include the patient’s safety in hospital environment and the influence of air pollution over health.

Since the conclusion of my Ph.D. thesis until now I participated in 13 research projects, international and national studies and educational projects and clinical studies.

I have published 43 articles, of which 22 articles in Web of Science indexed journals (12 articles as main author) which have been cited in Web of Science 144 times. The citations of these papers make the index Hirsch 8 in Web of Science, 10 in Scopus and 12 in Google

Scholar. 2 among the papers getting an award in the UEFISCDI competition – awards for research results (2017-2021).

The second chapter is dedicated to my academic activity.

Teaching activity implies a great responsibility in training the students and residents, but also for the teaching staff of the discipline team. Since 2010, after getting clinical integration, the academic work represented the most important part of my job.

I have started my teaching career in 2008, after the completing my PhD, being admitted through a competitive examination as Lecturer at Hygiene and Medical Ecology Department, Faculty of Medicine. Since 2017 I have been Associate Professor, and since 2021 I have been Head of Discipline.

Our department provides courses and practical works of Hygiene to the students of 3rd year and an optional course, “Environmental health in the context of sustainable development” to the students of 1st year, Medicine Faculty, as well as courses and practical works to the residents in Hygiene, Public Health and Management, Medical Microbiology, Diabetes, Nutrition and Metabolic Diseases.

I am involved in the Master Program “Operational researches and interventions in the management of medico-social and public health services”, coordinated by Public Health and Management Department, where I am conducting two courses and practical works. I have been and I am also still involved in postgraduate courses and programs of complementary studies implemented by Carol Davila University of Medicine and Pharmacy.

As Head of Discipline, I have updated the curricula for the mandatory discipline and I have drawn up the curricula for the optional course. In collaboration with my colleagues, I have drawn up courses, practical works and presentations in PPT for students and residents. During the 16 years of didactic activity, I have coordinated and guided over 20 bachelor theses and 7 dissertations in the Master Program and I have been involved in the elaboration of some scientific works presented by students in scientific events.

Chapter 3 describes my professional activity in hygiene and public health field.

During the first 15 years of activity as a hygienist doctor I worked with the Public Health Directorate of Bucharest Municipality and the Ministry of Health, occupying management positions for 10 years. Thus, I was involved in the coordination of public health activities as provided by the legislation in force, I coordinated the public health control activity nationwide and I represented the Ministry of Health in inter-ministerial work groups in my competence field.

With the National Institute for Infectious Disease “Prof. Dr. Matei Balș” I am coordinating the Food and Nutrition Commission and the Hygiene Commission, whose activity is of paramount importance for the patient’s safety in hospital environment and of the medical staff. I have also been in charge with the hospital preparation for accreditation during the first cycle of hospitals accreditation.

During the COVID-19 pandemic, I have been involved in the reorganization of hospital circuits, adjustment of procedures and protocols to the new epidemiological conditions, in the staff training regarding hospital cleaning and disinfection and the good operation of anti-COVID-19 Vaccination Centre.

In 2010, for my special contribution to medical research and practice, as well as a sign of appreciation of my significant activity conducted within the health system, I was decorated by Romania’s President with the Sanitary Merit Order in Knight Rank.

Chapter 4 shows the future directions of my academic, scientific and professional development.

My main goal is to consistently improve the teaching and scientific activity.

As a Chairman of the Hygiene Commission of the Romanian College of Physicians and Chairman of the Consultative Hygiene Commission of the Ministry of Health I will continue the initiated activity to update the study curricula of resident doctors according to their assignments as hygiene doctors within the county Public Health Directorates and to include the legislative changes regarding their possible employment in hospitals. It is therefore justified the inclusion of hospital hygiene module and the curricula alignment to the European Training Program in Infections Control and Prevention field.

I also intend that together with my colleagues from other medical universities to public a course manual and a compendium of practical works in view of assuring a unitary training of residents at national level.

As a head of discipline, my priority is to cut down the deficit of teaching staff, to attract students onto this specialty and to increase the resident doctors’ interest for research and doctoral school.

I will carry on the initiated research projects and together with my discipline colleagues and with the colleagues from other departments we will develop projects to apply to national and international competition. I shall consistently preoccupy to increase the scientific visibility of Carol Davila University of Medicine and Pharmacy, both at home and internationally.

Bucharest, August 2nd, 2024