

**UNIVERSITATEA DE MEDICINĂ ȘI FARMACIE „CAROL  
DAVILA” BUCUREȘTI  
ȘCOALA DOCTORALĂ  
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**Internal Medicine  
Integrated view upon knowledge  
The complexity of a medical specialty  
from Osler to Sheila Sherlock  
HABILITATION THESIS ABSTRACT**

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# **HABILITATION THESIS ABSTRACT**

## **Internal Medicine Integrated view upon knowledge The complexity of a medical specialty from Osler to Sheila Sherlock**

What is more fulfilling than 20 years of career gathered in a hundred pages? What is more than plans and dreams turned into reality?

The habilitation thesis in **Internal Medicine, Integrated view upon knowledge, The complexity of a medical specialty from Osler to Sheila Sherlock** displays my professional, academic, and science career accomplishments until the moment of speaking, alongside the planned strategy I have for further growing the science and academic fields.

The beginning of this thesis, associated with the first chapter incorporates the early stages of my career, from the moment I graduated university with a degree until the moment in time I became:

- Primary doctor in internal medicine – 2006;
- Primary doctor in gastroenterology – 2010;
- Diabetes and nutrition diseases specialist – 2015;

In addition, this chapter incorporates post-university courses and training which I participated in both in Romania and abroad. Described in extenso in the thesis, some of them are as follows:

- Digestive endoscopy certification – 2002;
- Health economics/ Health management certification – 2009;
- Digestive endoscopy training courses – 2002 - 2016;
- Gastroenterology training courses – 2006 - 2020;
- Public health training courses – 2009 – 2020;

Both the professional and scientific careers huddle numerous namings and invitations for head positions in national and international expert committees. Therefore, as an expert I held the following positions:

- Gastroenterology Head of department SUUB – 2007 - 2011;
- Internal Medicine Head of department SUUB 2011- 2016 – 2018 - 2020;
- Technical working group for hepatitis and IBD at National Health Insurance House;

- Technical working group for hepatitis C at National Health Insurance House;
- Advisory Board Member Ministry of Health for the implementation of the National Strategy for Chronic and Viral Hepatitis Control 2016-present;
- Advisory Board Member Ministry of Health for implementation screening programs (oncology) 2016-present;
- President of the Central Committee for the National Residency Exam 2016, 2017,2018, 2019;
- Member of the Central Commission for the National Residency Exam, 2020;
- Member of the Central Commission for the Attendance exam at Carol Davila University of Medicine and Pharmacy, 2020;
- Member of the Central Commission for the Bachelor examination, 2020;
- Committee Chair for the Internal Medicine Specialist exam, 2020;
- Member of the Speciality and Fellow Exam Commission for the family medicine and gastroenterology speciality 2007-2010 -- 2017-2019;
- Committee Chair in the Exam Commission for the specialist doctor in internal medicine position entry, in the hospitals of Giurgiu, Pitești, Ploiești, etc., 2017-2019;
- Member of Directory Club Committee Crohn Disease and Colitis RCCC”, 2018-present;
- Member of SGPP Steering Group of prevention and promotion of noncommunicable diseases Eu Commission, 2017-present;
- Member of Governmental Board of iPAAC Innovative Partnership for Action Against Cancer, 2018 - present;
- Member of Advisory Board European in the project Lets Hep C Coordonator Instituto de Ciencias de Saude Lisbos Portugalia, 2018 – present;
- Member of Advisory Board EU Horizon 2020 To-Reach Towards a joint European research programme on health services and systems, 2017 - 2019;
- Member of Dissertation Exam Commission (ex. Gr. T. Popa University of Medicine and Pharmacy, Iași);
- Member of National Strategy for Cancer Elaboration Commission - POCA project,
- Coordinator of National Control Strategy for Viral Hepatitis Control in Romania Commission, 2019- present;
- National Focal Point for Colorectal Cancer Joint Research Centre of EU Com;

The thesis also pursues my teaching career. As 1998 was the year I became Assistant Professor at Carol Davila University of Medicine and Pharmacy, I consider this to be the ground of my teaching journey. I now am Associate Professor in Internal Medicine II and Gastroenterology clinic.

Some of the most important teaching pillars of any academic career are as follows:

**Student activity** – both teaching and clinical activities in specialties such as Gastroenterology, Pneumology, Emergency medicine. My teaching activity gained contour when I had the opportunity to collaborate at the making of gastroenterology, pneumology, and emergency medicine course support.

Furthermore, I actively participated in the process of student's exam paper elaboration.

**Guidance activity and coordination** of the residency program in Internal Medicine and Gastroenterology.

**Providing guidance** for the Internal Medicine student's Bachelor thesis.

**Guest Speaker 101 Conferences** at National and International Congresses on Internal Medicine, Gastroenterology, Hepatology, Diabetes and Nutrition diseases, Infectious Diseases, Rheumatology, Public Health, Oncology, and Family Medicine specialties under the umbrella of scientific reunions, organized by World Health Organisation, European Commission, European Parliament. The topics of these conferences are furtherly described in the thesis of habilitation.

**The scientific activity** focuses on various complementary and interconnected fields of medicine: gastroenterology, hepatology, oncology, infectious diseases, diabetes, metabolic diseases, and nutrition.

**Leading and being part of clinical observational or interventional research teams** concluded in results valid for publication either in a summative shape or original article.

**42 research clinical studies**

**15 clinical studies**

Being the author and co-author in research teams lead to writing and editing summaries

**38 ISI-rated summaries - abstacks published in medical journals with impact factor**

**30 summaries -abstarcts published in medical journals with ISSN.**

Writing original articles as the main author or co-author -- the results of the study conducted while being part of multidisciplinary research teams from “Carol Davila” UMF in collaboration with other universities of medicine from Romania or Europe.

**13 ISI-rated articles as the main author published in journals with impact factor**

**7 ISI-rated articles as a co-author published in journals with impact factor**

**20.98 Cumulative impact factor for articles published as main author in ISI-rated journals**

Signing as the main author or a co-author papers regarding the medical specialties mentioned before - reviews, original articles, or case reports in indexed papers.

**31 papers published in indexed based journals**

As Chief editor at Medic.ro paper, 2004-2007, I have signed over 30 articles as author.

Author of 16 book chapters, most in the field of hepatology, of 8 manuals, under coordination.

Supervising – director of or being part of research teams from 10 scientific national and international projects having educational purposes.

Coordinating or being part of the organizing team for national scientific events with international participation or international scientific events, some of them are:

- Coordinator of the Conference with international participation, under the auspices of the European Commission, **Leaving No One Out - towards equitable access to effective and quality assured preventive services Workshop on Cancer Control**
- **Cancer primary prevention and screening, registration and monitoring, key elements of the National Cancer Control Plan**, held in Bucharest and having as co-chairs the Chancellor (Rector) of “Carol Davila” UMF and the Director of DG SANTE Martin Seychell.
- Member of the international organizing team of **HepHIV 2019 Conference: Challenges of Timely and Integrated Testing and Care** led by **Jürgen Rockstroh MD**, Professor of Medicine and Head of the HIV Outpatient Clinic at the University of Bonn, Germany.

The last chapter “Facing the future” guarantees continuity in the academic and scientific projects and activities engagement, stating the strategy of this future journey.

The durability of my intention to continue engaging and leading projects with hepatology focus has an aim: the development of a Centre of Excellence in hepatic diseases.

This shall meet both the prevention, screening and diagnosis strategies, and medical or surgical therapy for complications of chronic-hepatic diseases.

Furthermore, this foresees a rise in visibility of the results brought up by clinical studies and improving the quality of both the team and the collaboration status between it and “Carol Davila” University of Medicine and Pharmacy and other Romanian and European universities.

I came to the conclusion that what is more important than publishing, participating, and coordinating projects and events is the process of gathering a team of experts with a never-ending drive to earn knowledge and innovation through research.

However, I did not solely encourage and support their growing process, but also mine, by learning side by side with them what it means to constantly look for evolution.

Therefore, a question remains; what would a teacher become if not for the *teach and let yourself be taught* process? This would be called an algorithmic thesis of life for its uninterrupted process of growing up to achieving a flying-higher potential.

My path remains one: I walk on the pavement built by my ancestors, I use the lessons learned from my mentors, and keep stacking up bricks to my missio