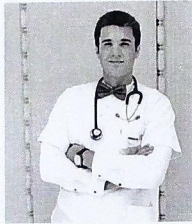


PERSONAL INFORMATION

Cristian Toma



PERSONAL STATEMENT

Urology Resident Physician

A graduate with strong communication and organisational skills

WORK EXPERIENCE

01/01/2016–Present

**Urologist**

Clinical Hospital "Prof.Dr.Th.Burghele", Bucharest (Romania)

Resident Physician/House Officer in Urology - Training period January 2016 - March 2021  
 Clinical Hospital of Urology " Prof. Dr. Th. Burghele" is a high volume center with 180 beds and 10 Operating Rooms including 5 endourology OR, 1 laparoscopy OR.

My area of expertise starts to shape around open surgery, laparoscopic surgery and endourology. I have attended several laparoscopic and flexible intrarenal surgery courses such as:

1. The 7th edition of the International Urologic Laparoscopy Course, 1-3rd June 2017, Cluj-Napoca- training on living biological tissue ( swine)
2. Advanced Laparoscopic Urology Workshop , 23-24th November 2017, Cluj-Napoca - all the participants were integrated in the operating teams for radical prostatectomy and radical cystectomy with neobladder
3. Video- Assited techniques for urological pathology - 8-10th of November, Bucharest within the Ponderas Academic Hospital - training on living biological tissue (swine) - Retrograde Intrarenal Surgery (flexible+holmium laser), laparoscopic procedures, training on medical simulators for TUR-B and TUR-P
4. Workshops within the National Congresses of the Romanian Association of Urology - 2016, 2017, 2018 editions
5. Trainer on Basic Laparoscopic Skills for students and 1st year residents within LifeSim Medical Simulation Center ( teaching students and residents on how to acquire skills for space orientation, camera holding, object manipulation, knot tying, sutures and cutting techniques). >25 editions as Lecturer
6. Volunteer as Lecturer for Students Societies in Romania, Ukraine, Republic of Moldavia and Turkey for conferences and workshops on Medical Simulation, Surgery and Laparoscopy.
7. Trainer on Basic Laparoscopic Skills for 1st year residents within CEMT Medical Simulation Center, Bucharest
8. Trainer on Urologic Basic Lap Skills for 1st and 2nd year urology residents - "Prof.Dr.Th.Bughele" Clinical Hospital -2017,2018,2019
9. Trainer within Laparoscopy workshop from ROMURO 2019 National Congress organized by ARU - Romanian Urology Association

01/09/2014–01/10/2018

**Scientific Coordinator and Instructor in Medical Simulation**

LifeSIM Medical Simulation Center, Bucharest (Romania)

Organizing and training Medical Human Resources from different specialities starting from Semiology , Internal Medicine and General Surgery to Gynecology, I.C.U. and endovascular procedures on various simulators and in wet labs. In my more than 4 years activity of medical simulation I have actively participated in organizing and training more than 4000 medical professionals.

The most representative projects would be:

- 1.CARDIO-PED- POSDRU/179/3.2/S/152289**
- 2.AD COR-POSDRU/179/3.2/S/152012**

3. Program de stagii de practica in obstetrica si ginecologie si consiliere profesionala pentru studenti la medicina- POSDRU/189/2.1/G/155745

4. POCU /91/418/108028 - Formarea specialiștilor implicați în furnizarea de servicii medicale pentru prevenția nașterii premature și pentru îngrijirea nou născutului prematur în vederea reducerii mortalității și morbidității infantile

- 01/10/2018 **UMF"Carol Davila" Urology department volunteer**  
 University of Medicine and Pharmacy "Carol Davila", Bucharest (Romania)  
 Having medical simulation experience and enthusiasm, under the strict supervision of the Urology Department of the University, I organize 2 to 4 hours hands on workshops for the students from the 5th year during the urology module. The workshops include practical training on simulators for urinary catheters, suprapubic catheters, Digital rectal examination and surgical skills such as instrument manipulation, using sterile gloves, knot tying and basic suturing techniques.
- 01/04/2019–21/04/2019 **Internship/Observership/Fellowship USA**  
 Johns Hopkins Hospital - Brady Urological Institute, Baltimore (United States)  
 Uro-oncology training - Prostate cancer, Bladder Cancer, Kidney Cancer
- 01/05/2018–15/07/2018 **Fellowship in Urology Turkey**  
 Uludag University - Urology Department, Bursa (Turkey)  
 During the almost two months I have completed an observership in one of the best Urology Departments Turkey has to offer. During my stay I managed to attend organ harvesting, kidney transplant, radical prostatectomy, radical and partial nephrectomy, penile implantation, retrograde intrarenal surgery, microscopic urologic surgery.

## EDUCATION AND TRAINING

- 01/10/2009–01/09/2015 **Medical Doctor**  
 University of Medicine and Pharmacy "Carol Davila" Bucharest, Bucharest (Romania)  
 Exchange programs:  
 1. Transmed - participant in 2011 - 1 week in the Republic of Moldavia ;volunteer in 2012,2013  
 2. ERASMUS Student at Facolta di Medicina e Chirurgia , Universita degli Studi di Palermo, Sicily, Italy  
 Member of Honour - Romanian Students Surgical Society SSCR;Active Member: Medical Students Society of Bucharest , Romanian Surgery Society SRC, Scientific Organization of Medical Students.  
 National President at Romanian Students Surgery Society SSCR(Prior to being president I occupied the position of observer,instructor,head of FR, General secretary).I participated to more than 60 workshops, medical congresses, conferences and medical students projects (as volunteer or coordinator) on different specialities such as general surgery,cardiovascular surgery,vascular and digestive surgery,cardiology,interventional radiology and neuroradiology,blood donationactivities,endocrinology,transplantology,coloproctology,peripheral vascular interventions,plastic surgery ,oculoplastic surgery,basic reasearch skills.  
 I contributed to the organization of 3 surgery camps ,three 10 week long phytotherapy courses for students. I volunteered to teaching elementary school pupils aspects of hygiene, anatomy, physiology Road Safety, First Aid, Abuse and Violence, Healthy Nutrition, Anti-tobacco within a project called "Young Sanitarians". Summer practice within the EU POSDRU projects "PERFMED","ORTOPRAXIS", Ginecologie POSDRU/156/1.2/G/140076 Tehnologii moderne educationale bazate pe utilizarea instrumentelor TIC in vederea cursului de Obstetrica Ginecologie(mObsGin)
- 01/09/2004–01/06/2009 **Ion Luca Caragiale National College, Ploiesti (Romania)**  
 Member, Instructor, Judge at "Asociatia de Educatie Sociala- AES Ploiesti " - the most powerful debating academy in Romania - More than 20 prizes on team and individual rankings with close to 30 participations at local, regional, national, international and worldwide competitions in Romania,

Macedonia, Czech Republic, Germany  
 Member/Judge for ARDOR Romanian National Association of Debating, Oratory and Rhetorics  
 Member and founder of the club "Pentru Ploiesti"- Social and Cultural Activities  
 More than 60 Awards (1st,2nd,3rd) and Participations at local,regional,national competitions and conventions in  
 Mathematics,English,French,Romanian,Biology,Geography,Physics,Chemistry,History,Computer Science and Basketball tournaments.

PERSONAL SKILLS

Mother tongue(s) Romanian

Foreign language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
Italian	B2	B2	B2	C1	C1
Istituto Italiano di Cultura Vito Grasso					
French	B2	C1	B2	B1	B2
TCF Institut Francais de Roumanie					
English	C1	C1	C1	C1	C1
Cambridge ESOL Level 2 University of Cambridge					
German	A2	A2	A2	A2	A1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user  
Common European Framework of Reference for Languages

Communication skills - good communication skills gained through my experience as Medical Simulation Programme Coordinator  
 - excellent social skills gained through my experience as volunteer for several students organizations

Organisational / managerial skills - leadership ( former coordinator of private medical simulation center)  
 - good team-leading skills gained as National President of Romanian Students Surgery Society ( 8 branches at that time in 8 cities from Romania with more than 3000 active members)

