

**UNIVERSITY OF MEDICINE AND PHARMACY**

**"CAROL DAVILA" BUCURESTI**

DOCTORAL SCHOOL

MEDICINE

**RESEARCH AND STUDIES IN RHEUMATIC AND LIVER  
DISEASES THROUGH INTEGRATED INTERDISCIPLINARY  
APPROACHES**

**SUMMARY OF THE HABILITATION THESIS**

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The habilitation thesis entitled "RESEARCH AND STUDIES IN RHEUMATIC AND HEPATIC DISEASES THROUGH INTEGRATED INTERDISCIPLINAR APPROACHES" includes the scientific, academic and professional achievements of my post-doctoral career, as well as and my future goals, plans and perspectives.

The post-doctoral scientific achievements included a series of researches and studies both in the field of Rheumatology and Gastroenterology, Hepatology or Internal Medicine with interdisciplinary approaches in the specialities of Diabetology, Dermatology, Oncological Surgery.

The paper is structured in 4 chapters according to the CNATDCU recommendations, preceded by the Table of Contents and Bibliography as the last part. The Bibliography includes the references that were the basis for the writing of the Habilitation Thesis, including the publications to which I have personally contributed in the fields presented.

Chapter 1 covers Scientific Activity and Achievements. The international and national grants and where I participated as a member, the double blind, randomised, multicentre clinical trials where I was Principal Investigator or Sub-Investigator, followed by ISI, BDI articles, reviews published as Principal Author or Co-author and indexed in Web of Science or PubMed in the fields I have worked in, as well as abstracts published in ISI, BDI journals from various scientific events and national or international congresses are presented.

The integrated interdisciplinary approaches have broadened my scientific horizon by giving me the opportunity to coordinate, participate and publish, actions that were the basis for the realisation of the basis and originality of this Habilitation Thesis, the similarity coefficients after verification by the anti-plagiarism programme by the UMFCD Library, being CS1(6,24%) respectively CS2(1,32%)

In the field of Rheumatology we have published ISI articles covering pathologies such as systemic lupus erythematosus, biological therapy(various molecules) in the treatment of rheumatoid arthritis, post Covid-19 pathology, myositis, adverse reactions, psoriasis and psoriatic arthropathy, rhythm and conduction disturbances in systemic scleroderma, capillaryocopy, latent tuberculosis in rheumatic diseases, therapies in scleroderma, pregnancy aspects of rheumatoid arthritis as risks, biological and conventional treatments, breastfeeding in patients with rheumatoid arthritis, access to and costs of biologic therapies in Eastern European countries, safety and therapeutic efficacy data from the Romanian Rheumatic Diseases Registry, prognostic scores and extraarticular manifestations in ankylosing spondylitis, observational studies in lupus nephritis, dynamics and adherence to biologic therapy in rheumatoid arthritis, spondyloarthritis, psoriatic arthropathy, aspects of rheumatoid arthritis pathology in young and elderly, clinical and laboratory features in gout patients.

In the field of Gastroenterology I have been concerned with the therapeutic aspects of chronic viral hepatitis B, C and D. I have participated in observational or double blind randomised,

multicentre, randomised, multicentre studies. The observational studies, which were international, investigated SVR influences related to RNA values. HCV, ribavirin dose reduction, age, lifestyle management (physical activity and hypocaloric diet) in patients infected but also having hepatic steatosis, metabolic syndrome and insulin resistance, evaluation of a predictive score of SVR in Peginterferon and ribavirin treatment, medico-surgical therapies in diabetic foot neuropathy, non-invasive methods for the diagnosis of non-alcoholic steatohepatitis, HCV genotyping in Romania, treatment of some rectal cancers with surgical approaches, national consensus for DAA treatments in chronic hepatitis C.

Chapter 2 comprising Academic Activity and Achievements complements the scientific activity with book chapters where I co-authored treatises in Internal Medicine, an undergraduate course in Rheumatology, workbooks for students, management of rheumatic diseases of pregnancy, and a monograph in gastroenterology.

Chapter 3 includes the Professional Activity and Achievements, describing the professional career, international and national refresher courses, participation in admission, residency, specialist exams, promotion from UMF "Carol Davila", elaboration of licence papers. In recognition of my professionalism I was appointed as a member for 3 years in the Rheumatology Commission of the Ministry of Health, and I am currently the President of the CNAS Rheumatology Expert Commission where I have conducted cost-effectiveness analyses that had as impact the introduction of the mandatory use of biosimilars to reduce costs in the FNUASS. Recognition of my professionalism has been translated a series of international and national awards, respectively invitations as Lecturer at international congresses, which are listed in my Habilitation Thesis.

Chapter 4 presents the Academic Career Evolution and Development Plans with general professional development goals, teaching clinic facilities, virtual library development, digitised specialty courses and new research topics in Rheumatology and Gastroenterology. The chapter is divided into professional, didactic and academic objectives. The final objective is to increase the reputation of the Department and the Medical Clinic where I work.

Through the objectives proposed in this academic career development plan, I aim for a continuous process of professional and personal development, with the aim of making the greatest possible contribution to the training of new generations of specialists of high moral and professional quality.

The fundamental values that have been and will continue to underpin the development of my professional career are: freedom of thought, professionalism, dedication, honesty, intellectual fairness, transparency, respect and tolerance. Throughout my professional career I have promoted teamwork and fostered competence and professionalism in medical, teaching and research activities.