

ABSTRACT

As a neonatology and pediatrics physician, my academic and clinical endeavors have significantly contributed to the field of neonatal and maternal health. These contributions are highlighted through several key research studies and their implications for clinical practice.

One notable study I was involved in is "A Prospective Analysis of the Retinopathy of Prematurity Correlated with the Inflammatory Status of the Extremely Premature and Very Premature Neonates". This research provided invaluable insights into the development of retinopathy of prematurity, a major concern in neonatal care for premature infants. By correlating ROP with inflammatory markers, we were able to identify potential early interventions and tailor management strategies to mitigate the risks of this serious condition, ultimately aiming to improve the visual outcomes of these vulnerable infants.

Another significant piece of research was the "First Neonates with Vertical Transmission of SARS-CoV-2 Infection in Late Pregnancy in West Part of Romania: Case Series". This study was crucial during the COVID-19 pandemic as it documented the first cases of vertical transmission in Romania. The findings not only contributed to the global understanding of SARS-CoV-2's impacts on neonatal health but also helped in developing guidelines for the management of pregnant women infected with COVID-19, ensuring both maternal and neonatal safety.

My work also includes the study on "First neonates with severe acute respiratory syndrome coronavirus 2 infection in Romania: Three case reports", which provided early insights into the clinical presentations and outcomes of neonates born to COVID-19 positive mothers. This research was pivotal in shaping early clinical responses and preparedness in neonatal intensive care units across the country, enhancing our ability to provide care under unprecedented conditions.

Additionally, I explored the psychological aspects of maternal health in the study "Perinatal characteristics and mother's personality profile associated with increased likelihood of postpartum depression occurrence in a Romanian outpatient sample". This research underscored the importance of psychological support and screening in the perinatal period, highlighting how maternal mental health profoundly

impacts both mother and child. The findings advocate for integrated care approaches that include mental health as a standard component of prenatal and postpartum care.

These research contributions have not only enhanced our scientific understanding but have also directly impacted clinical protocols and guidelines, improving the care and outcomes for both neonates and their mothers. Through these studies, my work continues to shape neonatal and maternal care practices, underscoring the importance of a holistic approach to health that encompasses both medical and psychological dimensions.

My research has extensively explored the impact of medical interventions on quality of life, emphasizing the vital connection between treatment efficacy and overall well-being in various medical conditions. Each study has not only deepened our understanding of effective treatments but has also highlighted the significance of quality of life as a primary outcome measure in healthcare.

In one significant project, I examined the management of facial hyperhidrosis, a condition that can severely impair social interactions and self-esteem. The study focused on evaluating the utility and quality of life improvements following Botulinum toxin injections. The results demonstrated substantial relief from symptoms, significantly enhancing daily functioning and social confidence in patients. This research provided robust evidence supporting Botulinum toxin as a life-changing treatment for individuals suffering from this debilitating condition, thereby guiding best practices in dermatological and cosmetic treatment plans.

Another related study assessed the effectiveness of Botulinum toxin in treating axillary hyperhidrosis, emphasizing a longitudinal perspective over one year. The research highlighted not only the immediate benefits of symptom control but also the sustained improvements in quality of life, including reduced anxiety and enhanced social and professional engagement. By documenting these long-term effects, the study has helped to establish treatment protocols that prioritize patient well-being, encouraging more healthcare providers to consider Botulinum toxin therapy as a primary option for managing axillary hyperhidrosis.

Additionally, my work has extended into the realm of pediatric health, particularly in managing Attention Deficit Hyperactivity Disorder. The study on the effectiveness of psychostimulant and non-psychostimulant drug therapy in ADHD was crucial in highlighting how different therapies can improve the daily lives of children and adolescents with ADHD. This research not only provided insights into the

comparative effectiveness of these treatments but also emphasized their impact on improving educational performance, behavioral interactions, and family dynamics. By focusing on these broader quality of life measures, the study has influenced prescribing patterns and informed clinical guidelines that consider both the medical and social needs of young patients.

These contributions to understanding the impact of medical interventions on quality of life illustrate my dedication to not only advancing medical knowledge and treatment effectiveness but also ensuring that these advancements translate into tangible improvements in patients' lives. By focusing on quality of life as a crucial metric, my work encourages a more patient-centered approach in medical practice, ensuring that treatments provide not only symptomatic relief but also a broader enhancement of well-being. As I continue my research, I remain committed to exploring innovative therapies and interventions that promise not just to treat but to transform lives.

My contributions to understanding the psychological dimensions in medical conditions represent a crucial intersection between mental health and medical outcomes, where personality traits and psychological states significantly influence the course of physical diseases. Through rigorous research, I've elucidated how psychological factors can impact disease severity, patient recovery, and overall treatment outcomes.

In one of my key studies, I examined the relationship between Type D personality and the complexity of coronary artery disease. This study revealed that individuals with Type D personality, characterized by high levels of stress and negativity, are more prone to severe forms of coronary artery disease. This insight is crucial for cardiologists and healthcare providers, suggesting that psychological assessments could become a routine part of cardiovascular disease management, allowing for more tailored treatment strategies that address both the psychological and physiological components of heart health.

Another significant study focused on the role of inflammatory markers and Type D personality on symptom profiles and severity in patients with Major Depressive Disorder (MDD). The findings underscored the complex interplay between psychological traits and biological processes in determining the severity of depression. This research has broad implications, suggesting that treatment for depression could be enhanced by identifying and addressing personality-driven vulnerabilities in

conjunction with traditional pharmacological and therapeutic approaches, thereby improving patient outcomes.

Additionally, my research into the psychological dimensions during the perinatal period examined how personality dimensions and trait anxiety contribute to the likelihood of suicide ideation among women. This study is particularly important because it highlights critical risk factors during a highly vulnerable period for women, informing better screening and intervention strategies that can be implemented in prenatal care programs. This research emphasizes the need for a holistic approach to perinatal care that includes mental health as a fundamental aspect of maternal health.

These studies collectively demonstrate the profound impact of psychological factors on medical conditions. They advocate for an integrated approach to healthcare, where psychological assessments and interventions are seamlessly integrated into medical treatment plans. By understanding the psychological underpinnings of physical diseases, medical professionals can offer more comprehensive and effective care that addresses the needs of the whole person.

As I continue to explore this fascinating interface between psychology and medicine, my aim is to further develop this holistic model of care. Such an approach not only enhances individual patient outcomes but also has the potential to influence broader healthcare practices and policies by underscoring the importance of considering psychological factors in the management of physical diseases. This commitment to integrating psychological dimensions into medical research and practice continues to drive my professional endeavors and contributes significantly to the fields of psychology and medicine.

As I reflect on my academic and professional journey, becoming a Consultant Neonatologist and an Associate Professor at the "Victor Babeș" University of Medicine and Pharmacy in Timișoara represent key milestones that highlight my commitment to medical excellence and education in neonatology and pediatrics.

In 2013, I was honored to achieve the role of Consultant Neonatologist, which allowed me to be part of the neonatal intensive care unit team at the County Emergency Hospital in Timișoara. This position not only allowed me to participate in implementing the latest neonatal intensive care clinical protocols but also to be part of the team of professionals who directly impact the lives of our most vulnerable patients through innovative practices of preterm care in neonatal intensive care. The consultant position demands deep expertise in neonatal physiology, quick decision-making under

pressure, and the capacity to integrate new research findings into practical application, ensuring the best possible outcomes for newborns needing intensive care.

Simultaneously, my appointment as an Associate Professor in 2022 marked a significant advancement in my academic career. This role has enabled me to lead educational and research activities within the Department of Pediatrics and Neonatology, shaping the curriculum and mentoring both undergraduate and graduate medical students. My focus has been on integrating cutting-edge scientific research with clinical education, thus preparing students for the complexities of modern healthcare practices. Through this role, I have supervised numerous research initiatives, contributing to the field through publications in respected medical journals and presentations at international conferences.

In 2024, I was appointed coordinator of the National Women's and Child Health Program, the Nutrition and Child Health Subprogramme - Prevention of hearing impairments through hearing screening in newborns.

My active participation in national and international medical events has been a vital part of my professional development and contribution to the medical community. These engagements have provided platforms for exchanging knowledge with other experts in the field, staying abreast of the latest advancements, and advocating for innovative practices in neonatal and pediatric care. My involvement in these events has not only enhanced my understanding and skills but has also positioned me as a leader in neonatology and pediatrics, influencing practices both locally and globally.

Moreover, my extensive publication record serves as a testament to my dedication to advancing medical knowledge. The research I have conducted and published has covered a broad spectrum of neonatal and pediatric issues, including groundbreaking studies on neonatal conditions, developmental outcomes, and the integration of psychological considerations into patient care. These publications have contributed significantly to the scientific community, providing insights that help shape effective and compassionate neonatal and pediatric practices.

In conclusion, my roles as a Consultant Neonatologist and an Associate Professor, coupled with my active engagement in medical symposiums and prolific contributions to medical literature, reflect my profound dedication to the fields of neonatology and pediatrics. These experiences have not only fulfilled my professional aspirations but have also positioned me to make a lasting impact on the health and

well-being of newborns and children, as well as on the educational trajectories of the next generation of medical professionals.