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*Transilvania University of Braşov*

# **HABILITATION THESIS**

## **ABSTRACT**

### **PARKINSON'S DISEASE AND OTHER MOVEMENT DISORDERS – FROM DIAGNOSES TO TREATMENT**

Domain: MEDICINE

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BRAŞOV, 2021

In the habilitation thesis I presented a summary of the scientific, professional and academic activities after obtaining the doctoral degree in medical sciences. In 2008 I sustained the PhD thesis entitled „Contributions to the study of haemodynamics of Willis Circle” under supervision of Prof. Dr. Ion Pascu at University of Medicine and Pharmacy of Târgu Mureş.

The first section of the habilitation thesis contains the main results obtained in the field of Parkinson’s disease (PD) and other movement disorders. I presented the professional evolution and achievements, with details related to the development of the medical and academic professional career, the experience in management and leadership and the international recognition.

The scientific and educational activity was focused in the field of Parkinson’s disease and other movement disorders, domain which offered me many professional and personal satisfactions, in addition to multiple challenges. The activity within the International Parkinson’s and Movement Disorders Society (MDS) included numerous educational aspects, intense research activity and collaborations with one of the most prestigious research groups in the world.

The mentorship activity within the team, the involvement of the students and residents led to the increase of the scientific production of our team. The permanent educational activity conducted to my own continuous improvement in this field, but also of my younger colleagues.

I graduate Faculty of General Medicine, „Iuliu Haţieganu” University of Medicine and Pharmacy Cluj-Napoca in 1995.

I became resident in neurology in 1997 at the Psychiatry and Neurology Hospital of Braşov. In 2003 I became specialist doctor in neurology, and in 2010 senior consultant in neurology.

Regarding the didactic experience, I became university preparer in 1997, at Transilvania University of Braşov, Faculty of Medicine; in 2002 I promoted by contest to assistant professor in the same institution, in 2003 lecturer and in 2017 Associate Professor. In all this time I sustained didactic activity, practical training and courses with the students at General Medicine, General Nursing and Balneo-physio-kineto therapy and rehabilitation.

My clinical, academic and didactic activity has been focusing in the following research directions: describing the various phenotypes of Parkinson’s disease and other movement disorders, novel treatments in PD, the assessment of several non-motor impairments in PD, etc.

The obtained results of these research directions were materialized in published articles and books, collaboration projects with top international study groups. I presented a significant number of works at different congresses and conferences in my country and abroad. I was member in many organizing committees of several scientific events, being chair of various sections at the national and international congresses. I organized an important number of educational and scientific face to face events, but also virtual and hybrid events.

I coordinated and I was part of research grants and I interacted and collaborated with other colleagues from Romania and abroad. The results of the researches have been published in journals with impact factor and presented at various congresses and conferences. I took part of international collaboration projects with prestigious study groups in the field of Parkinson's disease.

I was permanently focused by exchange experiences abroad, which helped me improve my skills in different domains. I followed a large number of courses in Romania and abroad, expanding my knowledge being one of the constant aims during my career.

In the scientific field, I achieved a significant number of publications: a) books – 9, out of which i.) book editor of Elsevier Publishing Group; ii.) co-editor of Elsevier Publishing Group; iii.) editor-in-chief at Springer; iv.) author of a book chapter in Cambridge Publishing Group; v.) single author of a monograph and co-editor of monographs/courses which were issued in publishing houses recognized by CNCSIS; b) main author of 14 scientific papers with impact factor, 39 scientific papers as co-author published in journals with impact factor, 30 papers in PUBMED and CNCSIS B+ journals; c) I participated at 136 international Courses/Congresses/Conferences and 77 national Courses/Congresses/Conferences.

I participated at research projects, both as project manager and member of research teams. I participated at international clinical trials, as principal investigator, team member or subinvestigator.

The second section contains evolution and development plans of the career, in the scientific, professional and didactic fields.

The evolution and development plans of the career include the studies in current and future research directions: the Lewy Body dementia; the phenotypic characterization of patients with dementia and the non-motor symptoms in Parkinson's disease. Together with our team, I will apply to different national and international grants, depending of the project call.

We will continue and extend the collaboration with other research groups from our country and abroad. Including students in research projects will be a permanent target. The results of these research can be materialized in scientific communications at national and international congresses and conferences, publications in journals with impact factor, which will increase the visibility of our team. A constant aim will be the increase of the dynamics of scientific reports, especially in journals with high impact factor.

After I obtain the habilitation, I will follow, when appropriate, the preparing process of the PhD theses as a co-tutor with the international research centers with which we collaborate. Therefore, the future doctoral students will have the access to the devices and techniques that are not available in our country.

One aim is to improve the electronic databases of the patients, for a better characterization in time for these groups of patients. Also, these databases will constitute very useful clinical data, which can be used for bachelor and doctoral theses.

The ability to coordinate research teams, to organize and conduct didactic activities, to explain and facilitate the learning and research processes is sustained by the personal experience in managing a research team, proved by the number of scientific works and presentations at national and international conferences and congresses as part of a research study group.

One important aspect is the mentorship one. This concept has a tremendous importance, as it will polish up the young colleagues and it will offer the necessary tools in the learning process.