

# EUROPASS CURRICULUM VITAE

Elena-Valentina IONESCU

*"Wisdom is not received. We must discover it for ourselves, following a journey that no one can make for us." - Marcel Proust*

## PROFESSIONAL EXPERIENCE

### MEDICAL DIRECTOR

#### Techirghiol Balneary and Recovery Sanatorium

[December 2010 – Present]

Address: Str. Victor Climescu, nr. 34-40, Techirghiol, Romania Location:

Techirghiol, Romania

**Business sector:** Human health activities and social assistance

Professional medical activity management, medical team supervision and coordination, president of the Medical Council, a spectrum of tasks and responsibilities - from resource management and task distribution to employee motivation and conflict resolution, leadership and administrative task fulfillment.

#### Specific duties:

- Coordinates and is responsible for developing proposals regarding the hospital development plan, annual medical services plan, revenue and expenditure budget;
- Monitors the quality of medical services provided at the hospital level, including through patient satisfaction evaluation, and developments, together with department heads, proposes improvements to medical activity;
- Approves medical practice protocols at the hospital level and monitors the implementation process of protocols and medical practice guidelines throughout the hospital;
- Is responsible for coordinating and correlating medical activities carried out at the department level to ensure adequate treatment for hospitalized patients;
- Coordinates the implementation of health programs at the hospital level;
- Prepares the training and professional development plan for medical staff, upon proposal from department and laboratory heads;
- Authorizes the use of the hospital's medical database for medical research activities, under legal conditions;
- Ensures compliance with professional ethics and medical deontology standards at the hospital level, collaborating with the Romanian College of Physicians;
- Is responsible for the accreditation of hospital medical staff and the accreditation of medical activities carried out in the hospital, in accordance with current legislation;
- Analyzes and makes decisions in situations involving special medical cases;
- Participates, alongside the manager, in organizing medical assistance in case of disasters, epidemics and other special situations;

- Establishes the main coordinates regarding the consumption of medicines and medical materials at hospital level;
- Supervises compliance with current provisions regarding the medical documentation of treated patients, ensuring confidentiality of medical data, and establishing the hospital archive.

## **ASSOCIATE PROFESSOR WITH HABILITATION - DEPARTMENT 4, FACULTY OF MEDICINE**

### **"OVIDIUS" UNIVERSITY CONSTANTA**

**[2020 – Present]**

Location: Constanta, Romania

Recovery and Balneophysiotherapy discipline, Department 4, Faculty of Medicine, "Ovidius" University Constanta.

- Teaching and instruction activities for Faculty of Medicine students, General Medicine specialization, General Medical Assistants specialization, Balneophysiotherapy and Medical Recovery specialization, in all derived fields of medical recovery, balneophysiotherapy and physiotherapy, in bachelor's degree study programs, according to the approved analytical curriculum;
- Teaching and instruction activities for Faculty of Physical Education and Sport students, Physiotherapy and Special Motricity specialization, in bachelor's degree study programs, according to the approved analytical curriculum;
- Course, seminar, practical work activities;
- Participation in continuous student evaluation, testing, colloquia, examinations;
- Participation in the development of teaching materials, author and co-author in the development of written materials for student use or post-university use;
- Participation in bachelor's, dissertation examination committees, participation in admission, development of bachelor's thesis subjects;
- Bachelor's thesis coordinator;
- Doctoral thesis coordinator;
- Student scientific circles guidance; scientific research activity, project participation;
- Supervisor, later coordinator (from January 2020) in the training activity of residents in Recovery, Physical Medicine and Balneology specialty, from October 2012, according to official addresses from Faculty of Medicine /"Ovidius" University Constanta and ASP Constanta;
- Participation in other activities within the department, faculty, university, etc.;
- Member of national/international scientific societies;
- Member of examination committees for obtaining specialist and primary physician titles in recovery, physical medicine and balneology, organized by Constanta University Center;
- Member of examination committees for physician hiring;
- Member of Department IV Bureau, Clinical Medical Disciplines II, Faculty of Medicine, 2019-2023

## **SENIOR LECTURER**

**Faculty of Medicine, "Ovidius" University Constanta**

**[2015 – 2019]**

Location: Constanta, Romania

**ASSISTANT LECTURER**

**"Ovidius" University Constanta**

**[2013 – 2015]**

Location: Constanta, Romania

**PRIMARY PHYSICIAN IN RECOVERY, PHYSICAL MEDICINE AND BALNEOLOGY**

**Techirghiol Balneary and Recovery Sanatorium**

**[October 2011 – Present]**

Location: Techirghiol, Romania

Provision of physical medicine and rehabilitation medical services

**SPECIALIST PHYSICIAN IN RECOVERY, PHYSICAL MEDICINE AND  
BALNEOLOGY**

**Techirghiol Balneary and Recovery Sanatorium**

**[February 2007 – October 2011]**

Location: Techirghiol, Romania

Provision of physical medicine and rehabilitation medical services

**RESIDENT PHYSICIAN IN RECOVERY, PHYSICAL MEDICINE AND BALNEOLOGY**

**University Emergency Hospital Bucharest**

**[January 2002 – January 2007]**

Location: Bucharest, Romania

Education for physical medicine and rehabilitation medical services

**INTERN PHYSICIAN**

**Constanta County Emergency Hospital**

**[January 2001 – January 2002]**

Location: Constanta, Romania

Education for general medical services

**EDUCATION AND PROFESSIONAL TRAINING**

**Certificate of Linguistic Competence - Level C1 Advanced User No. 294 from 04.07.2025**

**"Ovidius" University Constanta [July 2025]**

**Certificate of Complementary Studies in Health Services Management**

Series C No. 058740, registration number 60660 from 22 January 2025

Issued by: Ministry of Health, Regulatory and Medical Professional Training  
Directorate

**Order regarding granting Habilitation Certificate**

No. 6405 from 27.09.2023, issued by the Minister of Education

**Certificate of Linguistic Competence - Level C1 Advanced** No. 468 from 21.12.2020 "Ovidius" University Constanta [December 2020]

**Plasmolifting in Cosmetology & Trichology** - Specialist Certificate No. MD/RO-CT 100294 Romania – Republic of Moldova, ENI-Cross-border Cooperation [March 2017]

**Plasmolifting Geltherapy in Cosmetology** - Specialist Certificate No. MD/RO-GC 070161 Romania – Republic of Moldova, ENI-Cross-border Cooperation [March 2017]

**Plasmolifting in Orthopedics and Traumatology** - Specialist Certificate No. 001620 Romania – Republic of Moldova, ENI-Cross-border Cooperation [March 2017]

**Certificate of Linguistic Competence** No. 605 from 14.03.2016 "Ovidius" University Constanta [March 2016]

**Certificate of completion of Teacher Training Department (DPPD)**

Psychopedagogical modules 1 and 2, Nos. 893 and 894 from 08.07.2016

"Ovidius" University Constanta, Teacher Training Department [2015 – 2016]

**Certificate of completion Control-Evaluation in medical services and manager's role**

Ministry of Regional Development and Public Administration, National Agency of Public Officials [2013]

Field of study: Health and assistance

**Certificate Quality Management in Hospitals** No. 1406 from 15.03.2013

National School of Public Health, Management and Professional Development in Health, Bucharest [March 2013]

**Trainer Certificate**

Ministry of Education, Research, Youth and Sports; Ministry of Labour, Family and Social Protection [March 2012 – April 2012]

**Mediator Certificate**

Craiova Mediation Center Association [July 2012]

**Health Management**

Ministry of Education, Research, Youth and Sports; Ministry of Labour, Family and Social Protection [April 2011 – August 2011]

**Project Manager Certificate** No. 119 from 22 December 2010

Ministry of Labour, Family and Equal Opportunities; Ministry of Education, Research and Youth [December 2010]

**Doctor of Medical Sciences**, diploma No. 6508 from 19.12.2013 Ministry of Education, Research, Youth and Sports [2007 – 2012]

**Competence in Ultrasound**, Series C, No. 025449 - General Ultrasound Specialty Ministry of Education and Research, "Ovidius" University Constanta [April 2009 – June 2009]

**Residency in Recovery, Physical Medicine and Balneology**

Certificate No. 54472 from 08.01.2007

Ministry of Public Health, General Directorate of Organization, Human Resources, Professional Development [2002 – 2007]

**Internship in medical and surgical disciplines**

"Ovidius" University Constanta [2001 – 2002]

**Faculty of General Medicine**, Bachelor's diploma No. 38 from 16.03.2001 "Ovidius" University Constanta [1994 – 2000]

**Constanta Health High School**, Baccalaureate diploma No. 1965 from 05.08.1994 Ministry of Education [1990 – 2000]

**LANGUAGE SKILLS**

**Mother tongue:** Romanian

**Other languages:**

**English**

Listening: C1, Reading: C1, Writing: C1, Written Expression: C1, Conversation: C1

**French**

Listening: B1, Reading: B1, Writing: B1, Written Expression: B1, Conversation: B1

**DIGITAL SKILLS**

Microsoft Office (Excel, PowerPoint, Word) - experienced level / PC knowledge / Windows, macOS, Ubuntu, Android and iOS / Internet browsing (IE, Google Chrome, Firefox, Opera, etc.)

**DRIVING LICENSE**

Driving license: Category B

**CONFERENCES AND SEMINARS**

**48th Annual National Congress of Physical Medicine and Rehabilitation** – hybrid congress, held in Poiana Braşov, October 15-18, 2025, 24 CME credits, according to decision No. 9271/01.09.2025

**Symposium "Contemporary Medicine and Modern Patient Complexity - Clinical, Integrative and Multidisciplinary Approaches"**, September 27, 2025, Constanta, 6 CME points, according to address No. 7324 from 10.07.2025

**Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology** national with international participation, Parliament Palace, Bucharest, June 2-5, 2025, 32 European CME Credits (European Accreditation Council for Continuing Medical Education)

**Anniversary Conference of Regenerative Medicine, Recovery and Balneology**, May 22-23, 2025, Techirghiol, Romania

**Practical Workshop Course on Intra-articular Infiltrations**, Techirghiol Balneary and Recovery Sanatorium, May 22-23, 2025, 12 CME credits according to CMR

address No. 4059/15.04.2025 Series CT No. 21 from 23-05-2025

**Symposium "Innovation in daily medical practice"**, May 21-22, 2025, Constanta, 12 CME points, certificate series CT No. 4039 from 15.04.2025

**Course 12th International Cadaver Lab Pro on Viscosupplementation: Beyond Knee Treatments**, Barcelona, Spain, April 4-5, 2025 – Certificate of Attendance

**47th Annual National Congress of Physical Medicine and Rehabilitation with International Participation**, hybrid congress, October 16-19, 2024, Poiana Braşov, Romania, 24 CME credits, according to decision No. 8034/07.10.2024

**47th ISMH World Congress** (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania, 36 European credits

**Certificate of participation in the Symposium "Current approaches in managing patients with multiple conditions"**, May 9-10, 2024, Focşani, Romania, 12 CME credits according to address 3563 from 30.04.2024

**Certificate of participation in 18th ISPRM World Congress – ISPRM 2024** (International Society of Physical and Rehabilitation Medicine), June 1-6, 2024, Sydney, Australia

**46th Annual National Congress of Physical Medicine and Rehabilitation**, October 11-14, 2023, Bucharest, Romanian Society of Medical Rehabilitation, 24 Continuing Medical Education credits, according to CMR Decision 7398 from 27.09.2023

**National Congress of Physical Medicine, Recovery and Balneology with International Participation**, Timişoara, September 1-5, 2023, ARB-SRMFRB, No. 071 from 06.09.2023, with 40 European credits

**Certificate of participation in the course "Integrated approach of patients with endocrine disorders, diabetes mellitus, obesity and metabolic syndrome"** within the project: Increasing professional competence of specialists in the medical sector in implementing national programs in endocrinology and diabetes - ENDODIAB, SMIS Code: 107996, Human Capital Operational Program, 20 CME credits according to CMR address 7080 from 20.12.2022, period 07.04-10.04 2023

**Certificate of participation in Workshop "Musculoskeletal Ultrasound in Upper Limb Pathology"** Acronym EcoMSKSup, held Hybrid in Techirghiol and online, on August 31, 2023, 6 CME credits (address No. 6499/07.08.2023)

**Certificate of participation in 17th ISPRM World Congress – ISPRM 2023** (International Society of Physical and Rehabilitation Medicine), June 4-8, 2023, Cartagena, Colombia

**Symposium Modern treatment of patients with multiple conditions**, CMR address No. 9394 from 18.11.2022, certificate No. 197, Constanta, December 2-3, 2022

**Symposium Modern treatment of arterial hypertension**, CMR address No. 9395 from 18.11.2022, certificate No. 200, Constanta, December 5-6, 2022

**Symposium Multidisciplinary approach to modern treatment for breast cancer**, CMR address No. 9393 from 18.11.2022, certificate No. 205, Constanta, November 29-30, 2022

**45th National Congress of Medical Rehabilitation** of the Romanian Society of Medical Rehabilitation, Bucharest, October 13-15, 2022

**National Congress of Physical Medicine, Recovery and Balneology with International Participation** Slănic Moldova, September 3-7, 2022, Techirghiol, September 7-10, 2022

**The 16th ISPRM2022 World Congress**, Lisbon, Portugal, 2022

**Roma Pain Days**, September 2-3, 2022

**International Conference of the Universitaria Consortium in Physical Education, Sports and Physiotherapy**, The Efficiency Of The Nirvana System In The Recovery Of Scapulo-Humeral Periarthritis, November 12-13, 2021, Iași, Romania

**Quality culture - strategic priorities in UOC "Strategic Cooperation in Higher Education in the Science of Sports and Physical Education: experiences, challenges, and perspectives"**, 2021

**National Congress of Recovery, Physical Medicine and Balneology with International Participation**, September 1-5, 2021, Covasna, participation certificate SERIES ARB-SRMFRB No.117/ 05.09.2021

**44th Annual National Congress of Medical Rehabilitation**, September 23-25, 2021, online

**National Conference with International Attendance**, August 12-15, 2021, Techirghiol – 122 Years of Romanian Balneology, Multidisciplinary Approach in Rehabilitation of the Patient with Sensorium-Neuro-Myo-Arthro-Kinetic Deficits, 2021

**Virtual ISPRM 2021 Congress** Virtual, Italy, June 12-15, 2021

**45th World Congress International Society of Medical Hydrology and Climatology**, June 10-11, 2021

**Conference "Longing for health"**, Techirghiol, Constanta, June 1, 2021

**Webinar Impact of SARS-CoV-2 pandemic in physical medicine and rehabilitation**, April 7, 2021

**International Women's Day**, British Council, March 10, 2021, webinar

**Online storytelling: Engaging, Personal, Creative**, British Council, February 18, 2021, webinar

**NASA's Mission to Mars Student Challenge**, February 18, 2021

**How to think about final evaluation from the beginning of the semester?**, Aspire Teachers 2021 Webinar Series, February 11, 2021

**Education Exchange**, webinar British Council, February 10, 2021

**CELTA DAY – The benefits of the CELTA Certificate**, Cambridge Assessment English, February 5, 2021, webinar

**"Empowering Teachers to Empower Students"** held on January 31 - February 4, 2021, for synchronous and asynchronous virtual modes

**Awareness for United Nations Sustainable Development Goal No 2 "Zero Hunger" as part of RiscUp4SDGs** - (January 2021 - August 2021) International Collaborative Project, January 15, 2021

**43rd Annual National Congress of Medical Rehabilitation**, online, October 1-3, 2020

**Conference of the National Authority for Quality Management in Health dedicated to World Patient Safety Day**, online, September 25, 2020

**National Congress of Physical Medicine, Recovery and Balneology, with International Participation**, online, September 2-5, 2020

**10th World Congress of the World Institute of Pain (WIP)** Rome, Italy, August 26-29, 2020

**10th World Congress of the World Institute of Pain (WIP)**, online, Rome, Italy, August 26-29, 2020

**Symposium Modern treatment of anemias**, Ovidiu, December 16-17, 2019

**42nd National Congress of Medical Rehabilitation with International Participation National Congress of Medical Rehabilitation with International Participation**, Cluj-Napoca, October 2019

**20th Congress of the Romanian Society of Anatomy**, Constanta, May 16-18, 2019

**16th National Conference of Balneology and Medical Rehabilitation**, Bucharest, April 11-13, 2019

**41st National Congress of Medical Rehabilitation with International Participation**, Cluj-Napoca, October 24-27, 2018

**"Integrative dimension of valorizing sanogenic resources from the Techirghiol lake area"**

**2nd International Urban, Environment and Health Congress**, April 16-20, 2018, Cappadocia, Turkey

**Scientific communications session of teaching staff and students**, Constanta, Dobrogea Medical Days, April 2018

**Journal of Medicine and Life**, Vol.10, Special Issue Third Edition, 2017

**International Symposium "Protection of the Black Sea Ecosystem and Sustainable Management of Maritime Activities"**, 8th Edition, Constanta, September 7-9, 2017

**National interdisciplinary conference "Comprehensive approaches in pain issues and vertebro-medullary pathology in the context of marking the International Spinal Cord Injury Day (SCI Day)"**, Techirghiol, September 3-5, 2017

**National conference with international participation "Scientific landmarks of Romanian balneology at Techirghiol. Studies and research in the field of natural therapeutic factors of the coast"**, Techirghiol, May 22-24, 2017

**Annual Congress of the Romanian Society of Physical Medicine, Recovery and Balneoclimatology, with international participation**, Techirghiol, May 25-27, 2017

**Scientific communications session of teaching staff and students**, Constanta, April 2017

**National Conference with International Participation "Maritime balneology, physical medicine and recovery - tradition, modernity and innovation" – 117 years of balneology at Techirghiol**, September 1-4, 2016



**6th International Conference "Protection of Natural Resources and Environmental Management: The Main Tools for Sustainability", PRONASEM 2016, Bucharest, November 11-13, 2016**

**Maritime Medicine Conference, Constanta, September 8-10, 2016**

**Stroke 360 Conference: "Stroke: Current multidisciplinary practice with application to the South-East region of Romania" – Conference 2, March 22, 2016, Constanta**

**International workshop "Water added value to health and life" – June 17-19, 2016, Eforie Nord**

**41st ISMH World Congress "Evergreen Balneology-the way ahead", Bucharest, May 19-21, 2016**

**"Dobrogea Medical Days – 2nd edition" - Scientific communications session of teaching staff and students, Constanta, April 2016**

**38th National Congress of Medical Rehabilitation with International Participation, Sibiu, September 2015**

**1st International Conference on "Ecology and Protection of Marine and Freshwater Environments" Viterbo-Italy, October 2015**

**"Dobrogea Medical Days" -25 years of medical education, Constanta, May 2015**

**"116 Years of Balneology at Techirghiol" – "Techirghiol – the first spa establishment in Dobrogea", Techirghiol, June 2015**

**"115 Years of Balneology at Techirghiol", Techirghiol, June 2014**

**International multidisciplinary scientific Conferences on social sciences and arts SGEM, 2014, Albena, Bulgaria**

**International UAB – BENA Conference Alba Iulia, Romania May 23-25, 2013**

**Scientific communications session of teaching staff and students, Constanta, April 2012**

**"113 Years of Balneology at Techirghiol – Tradition and Innovation in European Context", Techirghiol, July 2012**

**38th World Congress of the International Society of Medical Hydrology and Climatology, Granada, Spain, 2012**

**International Seminar on Public Administration And Civil Service Management, Tel Aviv, Israel, 2012**

**9th National Conference of Balneology, Neptune 2011**

**First edition of the National Forum for Health Tourism, Iași, Romania, 2011**

**Profiles International Conference "Great people choose best practice" Brasov, 2011**

**The 64th General Assembly and International Scientific Congress of the World federation on Hydrotherapy and Climatology, Bled, Slovenia, 2011**

**37th World Congress of the International Society of Medical Hydrology and Climatology, Paris, France, 2010**

**The 63rd General Assembly and International Scientific Congress of the World federation on Hydrotherapy and Climatology, Hammamet, Tunisia, 2010**

**62nd International Scientific Congress of the World Federation Of Hydrotherapy and Climatotherapy, Yokohama, Japan, 2009**

**National Congress OsArt and osteoporosis course with certification in osteodensitometry, Sinaia, May 27-30, 2009**

**The National Conference of Neurosurgery and Neurorehabilitation, Mamaia 2009**

**The 61st International Scientific Congress of the World Federation Of Hydrotherapy and Climatotherapy, Guangdong (Zhuhai) China, 2008**

**36th Congress of the International Society of Medical Hydrology & Climatology, Porto, 2008**

## **PROJECTS**

**Erasmus +, "We are opening the door of Health Tourism with Physical Therapy and HealingWater"**

Emet Vocational and Technical Anatolian High School 2020-1-TR01-KA102-084521-8902-48807, May 23 - June 2, 2022

Role: Implementation team member – Practice Tutor

**Development of an integrated program for sustainable entrepreneurship in the fields of health and wellness tourism – SUSTENT**

Funded through the Education, Scholarships and Youth Entrepreneurship Program of Romania funded through SEE Grants

Contract number: 21-COP-0031, in accordance with Financing Contract No. 11554/15.09.2021

Period: April 1, 2022 – September 30, 2023 Role:

Research member

**"FORTIN for Satu Nou, Mircea Vodă – transforming a marginalized community into a prosperous community"**

Role: Project Coordinator

Human Capital Operational Program, POCU/138/4/1, founded address 10546/27.12.2017

Period: 2017-2021

**Implementation team member/tutor project POCU "PRACTICE-practical training programs at the workplace for students in the South-East region", beneficiary UOC, 2019, POCU/6.13/6.14/109271**

**"New therapeutic procedures based on natural factors with potential application in the field of recovery - wellness-SPA", 2017**

**"PROKINETO- Counseling program and development of skills for future specialists in kinesiotherapy"; Contract POSDRU 189/2.1/G/156834, implementation team member – tutor.**

**Component project director "PROMUDINOV"- COMPLEX PROJECTS REALIZED IN CDI CONSORTIA (PCCDI) – not funded – "New therapeutic**

procedures based on natural factors with potential application in the field of recovery - wellness-SPA" - PN-III-P1-1.2-PCCDI-2017, PCCDI-2017-0724, UEFISCDI, 2017

**Interactive virtual game-based system for neurological rehabilitation in children/ Interactive Game-based Virtual System for Neurological Rehabilitation in Children**, Project Manager – not funded – Experimental Demonstrative Project PN-III-P2-2.1-PED-2016-1551, UEFISCDI, 2016

**"Thermal Baths for Active Ageing" (2011-2013)**

"Lifelong Learning Programme", subprogram "Leonardo da Vinci", project No. LLP-LdV/PAR/2011/RO/125

Value: 25,000 euros, EU funded, won through competition

International partnership between Terme di Montecatini (Italy), Termas del Cuntis (Spain), University of Pisa (Italy), Techirghiol Balneary and Recovery Sanatorium (Romania)

Project result: "Guide of good practice for balneal cure in elderly"

Role: Research team member

**"Multidisciplinary research for the realization of intelligent mechatronic equipment for masokinetotherapy"** (MASOVECH), project No. 208/12.09.2008, Program 5 Innovation, Module 1, Product development – systems, won through competition, research team member.

**HONORARY DISTINCTIONS AND AWARDS**

**Mention** – Pilot Exploratory Study: Effects of Strength Training, Determined by Bioimpedance, in Twins. 48th National Annual Congress of Physical Medicine and Rehabilitation with International Participation, Hybrid Congress, October 15-18, 2025, Poiana Braşov, Romania. Andreea-Dalila NEDELCU, Liliana-Elena STANCIU, Elena-Valentina IONESCU, Andreea-Bianca UZUN, Lavinia BODEANU, Andreea NINCĂ, Lorena NINCĂ, Mădălina-Gabriela ILIESCU.

**Merit Diploma** - Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**First Prize** - Expectations of the Patient with Spondyloarthritis. Doinița OPREA, Mihaela MINEA, Carmen OPREA, Liliana Elena STANCIU, Elena Valentina IONESCU, Mădălina Gabriela ILIESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**First Prize** - Management and Functional Rehabilitation of a Female Patient with Polytrauma and Multiple Fractures. Alexandra Ecaterina CIOTA, Minodora EFTENIE, Alexandra-Andreea MIHAI, Constantin VASILCANU, Liliana VLĂDĂREANU, Elena Valentina IONESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**First Prize** - Alcohol as a Neurolytic Agent in the Treatment of Lower Limb Spasticity: A Case Report. Stelian Ilie MOCIU, Elena Valentina IONESCU, Alexandra Ecaterina CIOTA, Minodora EFTENIE, Alexandra-Andreea MIHAI, Mădălina-Gabriela

ILIESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Second Prize** - The Role of Kegel Exercises in Reducing Involuntary Urine Loss in Overactive Bladder and Mixed Urinary Incontinence – A Clinical Study. Lucian ȘERBĂNESCU, Vadym ROTAR, Elena-Valentina IONESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Second Prize** - The Immunomodulatory Effect of Vitamin D in Autoimmune Diseases. Cristina Mădălina LUNGU, Doinita OPREA, Ipek HALIT-AMET, Andreea Alexandra LUPU, Elena Valentina IONESCU, Mădălina Gabriela ILIESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Second Prize** - Management and Rehabilitation of a Young Patient with Ischemic Stroke and Thrombophilia: A Multidisciplinary Approach. Minodora EFTENIE, Alexandra-Andreea MIHAI, Constantin VASILCANU, Alexandra Ecaterina CIOTA, Mihaela MINEA, Elena Valentina IONESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Second Prize** - Integrating Acupuncture and Balneotherapy: A Holistic Approach to Rehabilitation and Pain Management. Marius Sorin CHIRIAC, Andreea Alexandra LUPU, Liliana Elena STANCIU, Mădălina Gabriela ILIESCU, Doinița OPREA, Carmen OPREA, Elena-Valentina IONESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Second Prize** - Heel Pain: Etiology and Ultrasound Pathological Changes. Mihaela MINEA, Liliana VLĂDĂREANU, Elena-Valentina IONESCU, Mădălina-Gabriela ILIESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Second Prize** - Dry Needling in Chronic Low Back Pain – Why Does It Work? Liliana VLĂDĂREANU, Mădălina Gabriela ILIESCU, Elena Valentina IONESCU, Elena DANTEȘ. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology, national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Third Prize** - Physical Exercise and Balneoclimatic Therapies: A Synergistic Approach to Musculoskeletal Health. Diana DOMUNCO, Liliana VLĂDĂREANU, Mihaela MINEA, Elena-Valentina IONESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Mention** - Effects of Rehabilitation Treatment in Cervical Dystonia – Case Report. Irina ALBADI, Madalina Gabriela ILIESCU, Elena Valentina IONESCU, Ana Maria IONESCU, Gelu ONOSE. Anniversary United Congress of Recovery, Physical

Medicine and Balneoclimatology national with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Mention** - Balneotherapy in the Rehabilitation of Scapulohumeral Periarthritis: A Clinical Perspective. Carmen OPREA, Cosmina ILIE, Andreea Alexandra LUPU, Liliana Elena STANCIU, Mădălina Gabriela ILIESCU, Doinița OPREA, Liliana VLĂDĂREANU, Elena-Valentina IONESCU. Anniversary United Congress of Recovery, Physical Medicine and Balneoclimatology National with international participation, Parliament Palace, Bucharest, June 2-5, 2025

**Diploma of the University Book Salon**, awarded by UMF Carol Davila Bucharest, Series A1, number 025, for the book COROLAR MONOGRAPHIC GUIDE OF BALNEOCLIMATOLOGY – BALNEATION, CRENOTHERAPY AND CLIMATOTHERAPY, Coordinating Editors: Prof. Univ. Dr. Med. Gelu Onose, Conf. Univ. Dr. Delia Cintează, Conf. Univ. Dr. Habil. Elena-Valentina Ionescu, Lector Univ. Dr. Elena-Roxana Țucmeanu, October 2024

**Mention** - Benefits of Hypoxia-Hyperoxia Intermittent Therapy on Hepatic Metabolism and Exercise Tolerance in Obese Patients. 47th National Annual Congress of Physical Medicine and Rehabilitation with International Participation, Hybrid Congress, October 16-19, 2024, Poiana Brașov, Romania. Andreea-Bianca UZUN, Andreea-Dalila NEDELCU, George SOARE, Irem ABDULA, Elena-Valentina IONESCU, Liliana-Elena STANCIU, Mădălina-Gabriela ILIESCU, Doina-Ecaterina TOFOLEAN.

**First Prize** - Baker's Cyst Size Dynamics After Intermittent Vacuum Therapy as Rehabilitative Treatment in Patients with Knee Osteoarthritis, Elena-Valentina Ionescu, Liliana-Elena Stanciu, Andreea Bujduveanu, Mihaela Minea, Doinita Oprea, Alexandra Ecaterina Ciota, Madalina-Gabriela Iliescu, Bogdan Ciornei, Carmen Oprea. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**First Prize** - The Effects of Balneotherapy on Functional Status and Quality Of Life in Patients with Spondyloarthropathies, Adelina Elena Cristea, Mihaela Minea, Doinita Oprea, Teodora Elena Iliescu, Ioan Calatoiu, Elena Valentina Ionescu, Irem Abdula, Mădălina Gabriela Iliescu. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**First Prize** - Therapeutic Strategies in Ankylosing Spondylitis - Clinical Features, Doinița Oprea, Mădălina-Gabriela Iliescu, Bianca Neagu, Elena Valentina Ionescu, Adelina Elena Cristea, Diana Jimbu, Mihaela Minea. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania

**First Prize** - Remarkable Evolution in a Young Man Diagnosed with Amyotrophic Lateral Sclerosis: Case Report and Perspectives on Prolonged Therapeutic Management, Alexandra Ecaterina Ciota, Stelian Ilie Mociu, Liliana Vlădăreanu, Mădălina-Gabriela Iliescu, Elena Valentina Ionescu. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**Second Prize** - Cryoneurolysis as An Adjuvant in Physical and Rehabilitation Medicine, Stelian Ilie Mociu, Elena Valentina Ionescu, Alexandra Ecaterina Ciota, Minea Mihaela, Oprea Carmen, Adrian Mociu, Mădălina-Gabriela Iliescu. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**Second Prize** - Balneotherapy Between Two Important and Controversial Terms: Antiaging or Aging Well? Marius Sorin Chiriac, Mihaela Minea, Bianca Neagu, Doinita Oprea, Mădălina-Gabriela Iliescu, Elena Valentina Ionescu. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**Second Prize** - Secrets of Longevity: Promoting Health through Lifestyle Factors, Andreea-Bianca Uzun, Andreea-Dalila Nedelcu, Irem Abdula, Adelina-Elena Cristea, Carmen Oprea, Elena-Valentina Ionescu, Doinita Oprea, Mădălina-Gabriela Iliescu, Liliana-Elena Stanciu. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**Third Prize** - Enhancing Quality of Life: A Non-Invasive High-Intensity Focused Electromagnetic Field (Hifem) Device for Urinary Incontinence Treatment, Vadym Rotar, Bogdan Ciornei, Serbanescu Lucian, Alexandra Ecaterina Ciota, Madalina Gabriela Iliescu, Elena-Valentina Ionescu. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**Third Prize** - Rare Entity and Clinical Adventure with Multiple Diagnostic and Management Challenges, Bogdan Ciornei, Vadym Rotar, George Diaconu, Ștefan Vrîncianu, Mădălina Gabriela Iliescu, Elena-Valentina Ionescu. 47th ISMH World Congress (May 23-25, 2024), conjoined with The Romanian Congress of Physical and Rehabilitation Medicine and Balneology (May 21-22, 2024), Techirghiol, Romania.

**First Prize** - Anatomical variations of the distal ulnar extremities - clinical case, Liliana-Elena STANCIU, Elena-Valentina IONESCU, Andreea BUJDUVEANU, Mădălina-Gabriela ILIESCU. 46th Annual National Congress of Physical Medicine and Rehabilitation, October 11-14, 2023, Bucharest.

**Program 5.2, Subprogram 5.2.3 - Award for research results - Web of Science Articles** for the article "Recent Advances in Molecular Research on Hydrogen Sulfide (H<sub>2</sub>S) Role in Diabetes Mellitus (DM)—A Systematic Review", International Journal of Molecular Sciences, 2022, as principal author.

**Program 5.2, Subprogram 5.2.3 - Award for research results - Web of Science Articles** for the article "Main Cations and Cellular Biology of Traumatic Spinal Cord Injury" Cells 2022, as principal author.

**Mention** at the congress "National Congress of Physical and Rehabilitation Medicine and Balneology, Timișoara 1-5 September 2023", for the paper "The advantages of musculoskeletal ultrasound".

**First Prize** - Modulation of serum serotonin and its role in osteoarticular pathology. 45th National Congress of Medical Rehabilitation, October 13-15, 2022, Bucharest.

**Excellence Diploma** - President of Scientific Committee, National Congress of Physical Medicine, Recovery and Balneology with International Participation, September 3-7, 2022, Slănic Moldova and September 7-10, 2022, Techirghiol.

**Special Prize** - "The Heart", National Congress of Physical Medicine, Recovery and Balneology, 2022.

**Excellence Diploma** for outstanding activity in promoting balneoclimatotherapy and physical medicine, as President of the Organizing Committee of the Romanian Congress of Physical and Rehabilitation Medicine and Balneology, May 21-22, 2024, and as Vice-President of the Organizing Committee of the 47th ISMH World Congress, May 23-25, 2024, Techirghiol, Romania.

**Award "Evergreen Balneology – the way ahead"**, 41st ISMH World Congress, Bucharest, May 19-21, 2016.

**International Award "Preservation and development of SPA"**, 64th General Assembly and International Scientific Congress of the World Federation on Hydrotherapy and Climatology, Bled, Slovenia, 2011.

**"Opinion Leader" Distinction** for outstanding support of Romanian medicine, Neptune 2010.

## **ORGANIZATIONAL SKILLS**

**Key competencies:** Proactivity, Adaptability and Flexibility, Responsibility, Analytical Thinking, Multitasking Ability, Organization

**Professional experience in management and coordination:** Over 10 years of experience as Medical Director at Techirghiol Balneary and Recovery Sanatorium, a hospital with 935 beds of national interest. Developed leadership and organizational skills through service duties and organizing numerous events at the institution.

### **Key activities and roles:**

- Administrator S.C. Medical Rehabilitation S.R.L.
- CMI Dr. Ionescu Elena-Valentina
- Expert at the National Authority for Quality Management in Health - elaborating accreditation standards
- Coordinator of hospital accreditation commission
- Investigator in multiple clinical studies
- President/Member of scientific and organizational committees for national and international congresses and conferences
- Editor and reviewer for multiple international scientific journals
- Coordinator of medical residency training programs
- Member of scientific councils and evaluation committees
- Organization and coordination of international congresses, national conferences, workshops, and scientific events
- Development and implementation of medical protocols and quality standards
- Budget management and strategic planning for healthcare institutions

- Team building, staff training, and professional development programs

## **MEMBERSHIP IN NATIONAL/INTERNATIONAL SOCIETIES**

- **2021 – Present:** Member of ISPRM (International Society of Physical and Rehabilitation Medicine)
- **2015 – Present:** Founding Member of the Romanian Society of Physical Medicine, Recovery and Balneoclimatology
- **2014 – Present:** Member of the Romanian Association of Balneology
- **2012 – Present:** Member of the Balkan Medical Union
- **2009 – Present:** Member of the Balkan Environmental Association (B.E.N.A.)
- **2007 – Present:** Member of the World Federation of Hydrotherapy and Climatotherapy (FEMTEC)
- **2007 – Present:** Member of the International Society of Medical Hydrology and Climatology (ISMH)
- **2006 – Present:** Member of the National Society of Physical Medicine and Medical Rehabilitation
- **2001 – Present:** Member of the Romanian College of Physicians

## **SCIENTIFIC PUBLICATIONS AND RESEARCH**

### **Publication statistics:**

- **63 full papers** in ISI Thomson Reuters (Web of Science) indexed journals, **32 as first author**
- **14 papers** in BDI, CNCSIS B+ indexed journals, **5 as first author**
- **96 full articles** published in national journals (other categories)
- **175 studies/articles** published in proceedings of national and international scientific events, with ISBN
- **7 European projects** as researcher, coordinator, or implementation team member

**Doctoral Thesis:** "The effect of peloidotherapy on plasma levels of leptin and adiponectin in knee osteoarthritis" (2012)

### **Authored Educational Materials and Books:**

- "Good practice guide in balneal prophylactic, therapeutic and rehabilitation treatment in elderly" (2013)
- "Ergotherapy in functional rehabilitation" (2015)
- "Knee Osteoarthritis – from pathogenesis to therapeutic options" (2015)
- "Knee Osteoarthritis: Diagnoses, Management and Health Effects" – Chapter 2 "Adipokines: Biological Pathways in Knee Osteoarthritis?" Nova Science Publishers, USA (2016)
- "ACUPUNCTURE – THEORETICAL AND PRACTICAL BASIC NOTIONS" (2021)
- "ELEMENTS OF PHYSIOTHERAPY" (2021)



- "COROLAR MONOGRAPHIC GUIDE OF BALNEOCLIMATOLOGY – BALNEATION, CRENOTHERAPY AND CLIMATOTHERAPY" - Coordinating Editor (2024)

### **Editorial and Reviewer Activities:**

- Reviewer for MDPI journals (Life, Medicina, Diagnostics, Brain Sciences)
- Reviewer for Springer - International Journal of Biometeorology
- Reviewer for Balneo and PRM Research Journal
- Reviewer for Medicine International
- Reviewer for Journal of Scientific Research and Reports
- Reviewer for Acta Endocrinologica
- Member of editorial and scientific committees for multiple journals and conferences

### **SUPERVISION AND COORDINATION OF ACADEMIC THESES**

**Coordinator and supervisor of over 60 undergraduate (bachelor's) and graduate (master's/dissertation) theses** for students from the Faculty of Medicine and Faculty of Physical Education and Sport, "Ovidius" University Constanta, covering topics in:

- Physical medicine and rehabilitation
- Balneotherapy and physiotherapy
- Medical recovery and kinesiotherapy
- Sports medicine and special motricity
- Clinical research in musculoskeletal disorders
- Therapeutic interventions in neurological conditions

*(Complete list of supervised theses available upon request - Annex 1)*

### **PARTICIPATION IN EVALUATION COMMITTEES**

**Members of numerous evaluation and selection committees, including:**

- Habilitation committees for associate professor candidates
- Doctoral thesis evaluation committees
- University competition committees for academic positions
- Specialist and primary physician certification examination committees (Recovery, Physical Medicine and Balneology)
- Medical staff hiring and promotion committees
- Quality assurance and accreditation committees for healthcare institutions

*(Detailed list available upon request - Annex 4)*

### **ADDITIONAL INFORMATION**

**Complete list of scientific papers available upon request** (Annex 5), including detailed bibliography with ISI-indexed publications, conference proceedings, book chapters, and research reports.

**Note:** This Europass CV represents a comprehensive overview of professional experience, academic achievements, research contributions, and organizational leadership in the fields of physical medicine, rehabilitation, and balneoclimatology.

**Date:** November 2025

**Signature:** Assoc. Prof. Dr. Elena-Valentina IONESCU