

Doctoral field: Medicine

PhD Supervisor Prof. dr Andrea Elena Neculau

RESEARCH TOPICS FOR THE DOCTORAL ADMISSION COMPETITION (TEMATICI)
PENTRU CONCURS

TOPIC 1: Lifestyle Medicine – prevention, intervention and implementation in clinical practice

Content:

Lifestyle medicine is an evidence-based medical specialty that applies therapeutic interventions related to fundamental lifestyle behaviours — nutrition, physical activity, sleep, stress management, tobacco cessation and social connection — to prevent, treat and reverse chronic diseases. Integrating this discipline into current medical practice is a priority for European health systems, in the context of the growing burden of noncommunicable diseases.

Key aspects to address:

Research is encouraged addressing the effectiveness and feasibility of lifestyle-based interventions in chronic disease management (obesity, type 2 diabetes, arterial hypertension, cardiovascular diseases, metabolic syndrome), the development and implementation of lifestyle prescription programmes (exercise prescription, food as medicine, sleep medicine) in primary care, the assessment of barriers and facilitators to adopting healthy behaviours at individual and community level, the role of motivational counselling and behavioural change techniques (health coaching, motivational interviewing), as well as the integration of lifestyle medicine competencies into medical curricula and continuing professional development.

Research must emphasise interdisciplinarity, highlight translational aspects across levels of health care, demonstrate the active role of the patient, and have an implementation-oriented character.

Recommended bibliography:

- American College of Lifestyle Medicine (2021). Lifestyle Medicine Core Competencies.
- European Lifestyle Medicine Organization – ELMO (2023). Position Statement on Lifestyle Medicine in Europe.
- Frates EP, et al. (2018). Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits. Monterey: Healthy Learning.
- WHO (2023). Global action plan on physical activity 2018–2030: more active people for a healthier world.
- Lim SS, et al. (2012). A comparative risk assessment of burden of disease attributable to 67 risk factors. *Lancet*, 380(9859), 2224–2260.
- Peters, David H., et al. "Implementation research: what it is and how to do it." *Bmj* 347 (2013).

• WHO (2013) Implementation research in Health – A practical guide
Notes / Prerequisites / Obs.: <i>Relevant professional experience or prior research activity (publications, conferences) may constitute a significant advantage.</i>
■ Scientific doctorate ■ Professional doctorate
■ state-funded ■ fee-paying or funded from sources other than the state budget

TOPIC 2: Rural Medicine – challenges, solutions and health equity
Content: Rural medicine faces specific challenges related to geographical accessibility, shortage of medical personnel, poverty and social isolation, accelerated population ageing and high prevalence of chronic diseases. In Romania, urban–rural health disparities represent a significant public health problem with direct implications for clinical outcomes and quality of life in rural populations. Research in rural medicine aims to identify and implement locally adapted solutions to reduce these inequities. Key aspects to address: Research is encouraged addressing rural populations' access to primary health care services and the factors that influence it (geography, infrastructure, workforce), innovative service delivery models in rural settings (telemedicine, mobile health units, integrated care networks), the health status and social determinants of health in rural communities in Romania, recruitment, retention and training of physicians and health personnel in rural areas, community-based interventions for health promotion and chronic disease prevention in rural contexts, as well as health policies and financing mechanisms tailored to the specific needs of rural medicine. Research must emphasise interdisciplinarity, highlight translational aspects across levels of health care, demonstrate the active role of the patient, and have an implementation-oriented character.
Recommended bibliography: • WHO (2010). Increasing access to health workers in remote and rural areas through improved retention: global policy recommendations. • WONCA Working Party on Rural Practice (2021). Policy on rural practice and rural health. • Kruse, C. S., et al. (2017). Telemedicine use in rural and underserved populations: barriers to access and potential solutions. JMIR. • European Commission (2022). State of health in the EU – Romania. Country Health Profile. • Marmot M, et al. (2020). Health equity in England: The Marmot Review 10 years on. London: Institute of Health Equity. • Peters, David H., et al. “Implementation research: what it is and how to do it.” Bmj 347 (2013). • WHO (2013) Implementation research in Health – A practical guide
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