



# Tamara Mirela Porosnicu

Date of birth: 30/01/1984 |  
Gender: Female

Nationality: Romanian  
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## ● VOCATIONAL EDUCATION AND TRAINING

1998 – 2002 Hunedoara, Romania

**BACCALAUREATE DIPLOMA - REAL PROFILE, CHEMISTRY - BIOLOGY SPECIALIZATION** Theoretical High School "Iancu de Hunedoara", Hunedoara (Romania)

2002 – 2008 Timisoara, Romania

**BACHELOR'S DEGREE** University of Medicine and Pharmacy "Victor Babes" Timisoara, Faculty of General Medicine

2009 Madrid, Spain

**DIPLOMA OF SPANISH AS A FOREIGN LANGUAGE (INTERMEDIATE LEVEL)**

01/10/2021 – ONGOING Timisoara, Romania

**PHD STUDENT - MEDICINE, DOCTORAL SCHOOL OF MEDICINE - PHARMACY**

"Victor Babes" University of Medicine and Pharmacy Timisoara, Faculty of General Medicine

DOCTOR OF MEDICINE 2024

## ● PROFESSIONAL EXPERIENCE

01/01/2010 – 31/12/2014 Timisoara, Romania

**RESIDENT PHYSICIAN ANESTHESIA AND INTENSIVE CARE "PIUS BRINZEU" COUNTY EMERGENCY CLINICAL HOSPITAL**

01/01/2015 – 2020 Timisoara, Romania

**SPECIALIST IN ANESTHESIA AND INTENSIVE CARE**, CLINICAL HOSPITAL FOR INFECTIOUS DISEASES AND PNEUMPHTHISIOLOGY "DR. VICTOR BABES"

2020 – ONGOING Timisoara, Romania

**PRIMARY PHYSICIAN ANESTHESIA AND INTENSIVE CARE "DR. VICTOR BABES" CLINICAL HOSPITAL FOR INFECTIOUS DISEASES AND PNEUMPHTHISIOLOGY**

10/2023 – ONGOING

**ASSISTANT PROFESSOR, ANESTHESIA AND INTENSIVE CARE DISCIPLINE**, "VICTOR BABES" UNIVERSITY OF MEDICINE AND PHARMACY, TIMISOARA

## ● LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

Other language( Other languages):

	UNDERSTANDING		SPOKEN		WRITING
	Listening comprehension	Reading	Oral expression	Written expression	
<b>SPANISH</b>	B2	B2	B2	B2	B2

	UNDERSTANDING		SPOKEN		WRITING
	Understanding oral	Read more	Written expression	Conversation	
<b>ENGLISH</b>	C1	C1	C1	C1	C1
<b>GERMAN</b>	B2	B2	B2	B2	B2

Levels: A1 &A2 Basic User B1 &B2 Independent User C1 &C2 Experienced User

## ●DIGITAL SKILLS

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Microsoft Microsoft Office | Internet Browsing | Social Media | Good use of communication programs (mail messenger, skype) | Zoom

## ●FURTHER INFORMATION

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### MANAGEMENT AND LEADERSHIP SKILLS

**Certification for the course "Management of the Intensive Care Department"** 19-20.07.2016  
Bucharest, Romania

**Local coordinator for the development and monitoring of the AP-ICU** 01.08.2016 - present, Clinical Hospital of Infectious Diseases and Pneumphysiology "Dr. Victor Babes" Timisoara

**Coordinator of the Anesthesia and Intensive Care Department** 10.01.2018 - present, Clinical Hospital of Infectious Diseases and Pneumphysiology "Dr. Victor Babes" Timisoara

**Coordinator of the Infectious Diseases Intensive Care Department** 01.01.2023 - present, "Dr. Victor Babes" Clinical Hospital for Infectious Diseases and Pneumphysiology Timisoara

### PUBLICATIONS

#### ARTICLES BY ITS FIRST AUTHOR

- i. Efficacy of Therapeutic Plasma Exchange in Severe Acute Respiratory Distress Syndrome in COVID-19 Patients from the Western Part of Romania.

**Porosnicu TM**, Gindac C, Popovici S, Marinescu A, Jipa D, Lazaroiu V, Sandesc D, Oancea C, Folescu R, Zamfir AS, Zamfir CL, Nussbaum LA, Sirbu IO. *Medicine (Kaunas)*. 2022 Nov 23; 58(12):1707. doi:10.3390/medicina58121707. PMID: 36556909.

- ii. Laboratory Findings and Clinical Outcomes of ICU-admitted COVID-19 Patients: A Retrospective Assessment of Particularities Identified among Romanian Minorities.

Mocanu A, Lazureanu VE, Laza R, Marinescu AR, Cut TG, Sincaru SV, Marza AM, Popescu IM, Herlo LF, Nelson-Twakor A, Rivis M, Bratosinand F, **Porosnicu TM**, Mederle AO. *J Pers Med*. 2023 Jan 21; 13(2):195. doi:10.3390/jpm13020195. PMID: 36836429.

- iii. Assessing the Outcomes of Patients with Severe SARS-CoV-2 Infection after Therapeutic Plasma Exchange by Number of TPE Sessions.

**Porosnicu TM**, Sandesc D, Jipa D, Gindac C, Oancea C, Bratosin F, Fericean RM, Kodimala SC, Pilut CN, Nussbaum LA, Sirbu IO. *J Clin Med*. 2023 Feb 22; 12(5):1743. doi:10.3390/jcm12051743. PMID: 36902537.

- iv. The Impact of Therapeutic Plasma Exchange on Inflammatory Markers and Acute

Phase Reactants in Patients with Severe SARS-CoV-2 Infection.

**Porosnicu TM**, Sirbu IO, Oancea C, Sandesc D, Bratosin F, Rosca O, Jipa D, Boeriu E, Bandi SSS, Pricop M. *Medicina (Kaunas)*. 2023 Apr 29; 59(5):867. doi:10.3390/medicina59050867. PMID: 37241099.

v. Phenotypes of Exacerbations in Chronic Obstructive Pulmonary Disease.

Nisip Avram LC, **Porosnicu TM**, Hogeia P, Tudorache E, Hogeia E, Oancea C. *J Clin Med*. 2025 Apr 30; 14(9):3132. doi:10.3390/jcm14093132. PMID: 40364162.

vi. Extracorporeal Membrane Oxygenation Modulates the Inflammatory Milieu and Organ Failure Trajectory in Severe COVID-19 and Sepsis.

Barbura N, **Porosnicu TM**, Oancea C, Sandesc D, Papurica M, Bedreag O, Gîndac C, Marinescu AR, Laza R, Lazureanu VE. *J Clin Med*. 2025 Jun 13; 14(12):4224. doi:10.3390/jcm14124224. PMID: 40565970.

vii. Continuous Hemofiltration During Extracorporeal Membrane Oxygenation in Adult Septic Shock: A Comparative Cohort Analysis.

Barbura N, **Porosnicu TM**, Papurica M, Badea MA, Bedreag O, Bratosin F, Lazureanu VE. *Biomedicines*. 2025 Jul 26; 13(8):1829. doi:10.3390/biomedicines13081829. PMID: 40868084.

viii. The Clinical and Laboratory Predictors of Intensive Care Unit Admission in Romanian Measles Cases: A Retrospective Cohort Analysis (2023-2025).

Dobrin AR, **Porosnicu TM**, Ragab I, Herlo LF, Lazureanu VE, Herlo A, Bratosin F, Oancea CI, Alda S, Licker M. *Viruses*. 2025 Aug 14; 17(8):1119. doi:10.3390/v17081119. PMID: 40872832.

ix. Effluent-Dose Response of Continuous Haemofiltration Integrated into Veno-Venous ECMO for Septic Shock: A Retrospective Cohort Study.

Barbura N, **Porosnicu TM**, Oancea C, Sandesc D, Papurica M, Bedreag O, Gîndac C, Marinescu AR, Laza R, Lazureanu VE. *Medicine (Kaunas)*. 2025 Sep 11; 61(9):1653. doi:10.3390/medicina61091653. PMID: 41011044.

x. Safety and Efficacy of Citrate Anticoagulation in Therapeutic Plasma Exchange: A Clinical Study.

Gîndac C, **Porosnicu TM**, Kundnani NR, Sgăvârdea N, Bârsac CR, Meche V, Băloi A, Nussbaum LA, Bedreag OH, Săndesc D, Păpurică M. *Clin Pract*. 2025 Sep 23; 15(10):172. doi:10.3390/clinpract15100172. PMID: 41148770.

## ISI CO-AUTHOR ARTICLES

1. Infection with Acinetobacter baumannii in an intensive care unit in the Western part of Romania.  
Lăzureanu V, **Porosnicu M**, Gândac C, Moisil T, Bădițoiu L, Laza R, Musta V, Crișan A, Marinescu AR. BMC Infect Dis. 2016 Mar 8; 16 Suppl 1(Suppl 1):95. doi:10.1186/s12879-016-1399-0. PMID: 27169538
2. Clostridium Difficile and COVID-19: General Data, Ribotype, Clinical Form, Treatment-Our Experience from the Largest Infectious Diseases Hospital in Western Romania.  
Marinescu AR, Laza R, Musta VF, Cut TG, Dumache R, Tudor A, **Porosnicu M**, Lazureanu VE, Licker M. Medicina (Kaunas). 2021 Oct 13; 57(10):1099. doi:10.3390/medicine57101099. PMID: 34684136.
3. Analysis of Deaths and Favorable Developments of Patients with SARS-CoV-2 Hospitalized in the Largest Hospital for Infectious Diseases and Pneumo-Phthisiology in the West of the Country.  
Laza R, Dragomir C, Musta VF, Lazureanu VE, Nicolescu ND, Marinescu AR, Paczeyka R, **Porosnicu TM**, Bica-Porfir V, Laitin SMD, Dragomir I, Ilie C, Baditoiu LM. Int J Gen Med. 2022 Mar 29; 15:3417-3431. doi: 10.2147/IJGM. S359483. eCollection 2022. PMID: 35378919.
4. Post-Severe-COVID-19 Cardiopulmonary Rehabilitation: A Comprehensive Study on Patient Features and Recovery Dynamics in Correlation with Workout Intensity.  
Dumitrescu A, Doros G, Lazureanu VE, Septimiu-Radu S, Bratosin F, Rosca O, Patel H, **Porosnicu TM**, Vitcu GM, Mirea A, Oancea C, Mihaicuta S, Stoicescu ER, Barata PI. J Clin Med. 2023 Jun 29; 12(13):4390. doi:10.3390/jcm12134390. PMID: 37445425.
5. Untangling the Professional Web: Understanding the Impact of Work-Related Factors on the Mental Health of Healthcare Professionals During the Late Stages of Covid-19 Pandemic.  
Laza R, Lustrea A, Lazureanu VE, Marinescu AR, Nicolescu N, Herlo A, Cut TG, **Porosnicu TM**, Papava I, Romosan RS, Romosan AM, Bondrescu M, Dimeny CZ, Nica-Bacaitanu CB, Andor M, Dehelean L. J Multidiscip Healthc. 2023 Aug 17; 16:2391-2404. doi:10.2147/JMDH. S424563. eCollection 2023. PMID: 37609050.
6. Risk Factors for Pulmonary Embolism in Individuals Infected with SARS-CoV2-A Single-Centre Retrospective Study.  
Herlo A, Marinescu AR, Cut TG, Laza R, Oancea CI, Manolescu D, Hogeia E, **Porosnicu TM**, Sincaru SV, Dumache R, Ispas S, Nelson Twakor A, Nicolae M, Lazureanu VE. Biomedicines. 2024 Apr 1; 12(4):774. doi:10.3390/biomedicines12040774. PMID: 38672130.
7. Quality of Life Evaluation Before and After Pulmonary Lobe Resection for Benign Diseases: A Comparative Study Among Patients with Tuberculosis, Bronchiectasis, and Benign Lung Nodules.  
Nicola A, **Porosnicu TM**, Laitin SMD, Oancea C, Tudorache E. Diseases. 2024 Nov 30; 12(12):307.

doi:10.3390/diseases12120307. PMID: 39727637.

8. Comparing Quality of Life and Psychological Changes in Benign and Malignant Lung Resections.

Nicola A, Adelina M, **Porosnicu TM**, Oancea C, Marc MS, Barata PI. Healthcare (Basel). 2024 Dec 24; 13(1):6. doi:10.3390/healthcare13010006. PMID: 39791613.

## CONFERENCES AND SEMINARS

2010

• **Romanian National Council of Resuscitation Course: European Guidelines 2010 for Cardiopulmonary and Cerebral Resuscitation, Timisoara, Romania, 2011 - 12 CME credits**

2011

• **National Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine 9th edition, Timisoara, Romania, 2011 - 22 CME credits**

2012

• **38th Congress of the Romanian Society of Anesthesia and Intensive Care, Sinaia, Romania, 2012 - 30 CME credits**

2012

• **6th Romanian-French Congress of Anesthesia and Intensive Care, Sinaia, Romania, 2012**

2012

• **4th Romanian-Israeli Symposium on Current Affairs in Anesthesia and Intensive Care, Sinaia, Romania, 2012**

2012

• **10th Congress of the Romanian Society of SEPSIS, Sinaia, Romania, 2012**

2012

• **National Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine 10th edition, Timisoara, Romania, 2012 – 26 CME credits**

2010

• **National Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine 8th edition, Timișoara, Romania, 2010 - 23 CME credits**

2012

• **6th Romanian-Israeli Symposium on Current Affairs in Anesthesia and Intensive Care, Sinaia, Romania, 2012**

2013

• **39th Congress of the Romanian Society of Anesthesia and Intensive Care, Sinaia, Romania, 2013 - 30 CME credits**

2013

• **7th Romanian-French Congress of Anesthesia and Intensive Care, Sinaia, Romania, 2013**

2013

• **5th Romanian-Israeli Symposium on Current Affairs in Anesthesia and Intensive Care, Sinaia, Romania, 2013**

2013

• **11th Congress of the Romanian Society of SEPSIS, Sinaia, Romania, 2013**

2013

• **14th National Symposium on Clinical Nutrition, Romanian Society of Enteral and Parenteral Nutrition (ROSPEN), Poiana Brașov, Romania, 2013 - 18 CME credits**

2013

- **ESA Autumn Meeting, European Society of Anaesthesia, Timisoara, Romania, 2013 – 12 CME credits**

2013

- **News and Advanced Techniques in the Management of Patients with Acute Renal Failure - Extracorporeal Purification Techniques, Guidelines and Protocols in Anesthesia, Intensive Care, GAMBRO, 2013, Timisoara, Romania**

2014

- **40th Congress of the Romanian Society of Anesthesia and Intensive Care, Sinaia, Romania, 2014 - 30 CME credits**

2014

- **8th Romanian-French Congress of Anesthesia and Intensive Care, Sinaia, Romania, 2014**

17/05/2014 – Sinaia

**Wokshop: New Principles in the Approach to Airways - Scientific Program of the SRATI Congress 2014**

23/10/2014 – 25/10/2014 – Sinaia, Romania

**National Course of Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine - XIIth edition**

13/05/2015 – 17/05/2015 – Sinaia, Romania

**The 41st Congress of the Romanian Society of Anesthesia and Intensive Care. The 9th Romanian-French Congress of Anesthesia and Intensive Care. The 7th Romanian-Israeli Symposium on Current Affairs in Anesthesia and Intensive Care. 2nd Symposium "Dodoloata Romania" of the Anesthesia and Intensive Care Societies of Romania and Moldova**

22/04/2015 – 24/04/2015 – Targu Mures, Romania

**The basic method for evaluation and support in Intensive Care**

29/05/2015 – 30/05/2015 – Frankfurt, Germany

**Practical management of complicated hospital infections in Europe**

08/10/2015 – 10/10/2015 – Timisoara, Romania

**National Course of Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine - XIIIth edition**

11/05/2016 – 15/05/2016 – Sinaia, Romania

**The 42nd Congress of the Romanian Society of Anesthesia and Intensive Care. The 10th Romanian-French Congress of Anesthesia and Intensive Care. The 8th Romanian-Israeli Symposium on Current Affairs in Anesthesia and Intensive Care. The 3rd Symposium "Dodolata Romania" of the Anesthesia and Intensive Care Societies of Romania and Moldova.**

02/06/2016 – 04/06/2016 – Timisoara, Romania

**National Conference on Infectious Diseases, with the theme: "Open doors to the future"**

22/09/2016 – 24/09/2016 – Timisoara, Romania

**National Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine - fourth edition**

30/09/2016 – 02/10/2016 – Sibiu, Romania

**Innovative techniques in extracorporeal blood purification in the Intensive Care Unit**

05/12/2016 – 09/12/2016 – Timisoara, Romania

**Professional training course for medical personnel for the control of nosocomial infections and the prudent use of antibiotics**

21/05/2017 – 24/05/2017 – Brussels, Belgium

**37th International Symposium on Intensive Care and Emergency Medicine**

10/05/2017 – 14/05/2017 – Sinaia, Romania

**The 43rd Congress of the Romanian Society of Anesthesia and Intensive Care. The 11th Romanian-French Congress of Anesthesia and Intensive Care. The 9th Romanian-Israeli Symposium on Current Affairs in Anesthesia and Intensive Care. The 4th Symposium "Dodolata Romania" of the Anesthesia and Intensive Care Societies of Romania and Moldova.**

08/11/2017 – 10/11/2017 – Timisoara, Romania

**13th International Perforator Flap Harvesting Course in Living Tissue**

28/09/2017 – 30/09/2017 – Timisoara, Romania

**National Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine**

20/03/2018 – 23/03/2018 – Brussels, Belgium

**38th International Symposium on Intensive Care and Emergency Medicine**

25/04/2018 – 28/04/2018 – Chicago, IL, USA

**2018 Annual Meeting of the American Society for Apheresis**

27/09/2018 – 29/09/2018 – Chisinau, Republic of Moldova

**The 16th International Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine. The 28th European Congress of the Society for Computing and Technology in Anesthesia and Intensive Care. The 5th National Congress of the Society of Anesthesiology and Reanimatology of the Republic of Moldova.**

08/11/2018 – 10/11/2018 – Bihor, Romania

**Course "The role of the attending physician/prescriber in ensuring transfusion safety"**

01/03/2019 – 02/03/2019 – Timisoara, Romania

**Course "Mechanical Ventilation Days Timisoara"**

06/04/2019 – Cluj, Romania

**Symposium "Combined Techniques - Innovative in Extracorporeal Blood Purification in Intensive Care"**

08/05/2019 – 12/05/2019 – Sinaia, Romania

**The 45th Congress of the Romanian Society of Anaesthesia and Intensive Care**

26/09/2019 – 28/09/2019 – Timisoara

**International Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine**

21/10/2019 – 24/10/2019 – Bucharest, Romania

**Course "Biorisk Management in Rare Diseases (Ebola)"**

11/12/2019 – 14/12/2019 – Cluj, Romania

**The role of ultrasound in analgesic techniques applied to cancer patients**

24/09/2020 – 26/09/2020 – Timisoara, Romania

**International Course on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine**

10/06/2020 – Online course

**Webinar on "The usefulness of Procalcitonin in COVID-19"**

2011

**• Flap seminar in living tissue 11th ed., Pius Branzeu Center for laparoscopic surgery and microsurgery, Timișoara, Romania, 2011 - 18 CME credits**

10/05/2021 – 11/05/2021 – Online course

**TTM Teaching Course - Royal College of Surgeons of England**

15/09/2021 – 19/09/2021 – Online

**47th edition of The Romanian Society of Anaesthesia and Intensive Care Congress**

25/11/2021 – Online

**Webinar "The COVID-19 patient: challenges and solutions"**

28/10/2022 – 29/10/2022 – Prague, Czech Republic

**Prague Ventilation Masterclass**

11/2021 – 01/2022 – Online

**National Conference on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine**

04/05/2022 – 06/05/2022 – Milan, Italy

**33rd SMART 2022 – Smart Meeting Anaesthesia, Resuscitation & InTensive Care 2022**

11/05/2022 – 15/05/2022 – Sinaia, Romania

**The 48th Congress of the Romanian Society of Anaesthesia and Intensive Care Congress**

08/06/2022 – 10/06/2022 – Timisoara, Romania  
**National Conference on Infectious Diseases**

02/07/2022 – Berlin, Germany  
**CytoSorb World Users' Meeting**

29/09/2022 – 01/10/2022 – Timisoara, Romania  
**National Conference on Guidelines and Protocols in Anesthesia, Intensive Care and Emergency Medicine**

09/2023 – Singapore  
**2023 World Critical Care & Anesthesiology Conference**

2023 – Timisoara  
**EXTRAVITAL - Implementation in the current activity of the Anesthesia and Intensive Care Units (ICU) in Romania of the modern methods of "Extracorporeal Life Support of cardio-pulmonary, renal and hepatic functions"**

## **DRIVER'S LICENSE**

**Driver's license: AM**

**Driver's license: B**