

PERSONAL INFORMATION
AVRAM. CLAUDIU
CURRICULUM VITAE

Name **CLAUDIU AVRAM**
Address Timișoara, Romania
Email avram.claudiu@umft.ro
Nationality Romanian
Date of birth 14 JUNE
Gender MALE

PROFESSIONAL EXPERIENCE

Period (from – to) **2022 – PRESENT**
Name and address of employer Victor Babeș University of Medicine and Pharmacy in Timisoara, Romania
Type of business or sector Teaching staff
Current position University lecturer
Main activities and responsibilities Teaching and research in *rheumatology – polyarticular rheumatology module*

Period (from – to) **2014 – 2022**
Name and address of employer West University of Timișoara, Department of Kinetotherapy and Special Motor Skills. 4 V. Parvan Street, Timisoara, Romania (University Assistant: 2004-2011; University Lecturer: 2011-2013; University Associate Professor: 2014-2020; University Professor: 2020-2022)
Type of activity or sector Teacher
Current position PhD supervisor
Main activities and responsibilities Supervising doctoral students;

Period (from – to) **2025 - PRESENT**
Name and address of employer Timișoara Municipal Emergency Clinical Hospital
Position Head physician in rheumatology, head of the Department of Physical Medicine and Rehabilitation with integrated rheumatology unit, Timișoara Municipal Emergency Clinical Hospital
Main activities and responsibilities Coordination of clinical department activities; Conducting consultations, hospitalisations and medical treatments in the field of rheumatology

SPECIALISED STUDIES AND COURSES

Period (from – to) **2001**
Name and type of educational institution West University of Timișoara.
Name of qualification obtained Bachelor's degree in Kinetotherapy

Period (from – to) **1996 - 2002**
Name and type of educational institution **Faculty of General Medicine**, Victor Babeș University of Medicine and Pharmacy, Timișoara
Name of qualification obtained Bachelor's Degree in General Medicine
Level within the national classification Doctor

Period **October 2004 – November 2009**
Preparation of doctoral thesis **“Comprehensive recovery in metabolic syndrome”** publicly defended on 6 November 2009, awarded the grade “Magna Cum Laude” by UMF “Victor Babes”

Period	Timisoara May 2024 Habilitation thesis "Interdisciplinary management of rheumatic and cardiopulmonary disorders - from research to clinical practice" publicly defended on 8 May 2024 at the " Victor Babeş " University of Medicine and Pharmacy in Timișoara
Period	December Habilitation thesis "Contributions to the rehabilitation of cardiopulmonary, musculoskeletal and sport-related disorders" publicly defended on 7 December 2016 at the Babeş-Bolyai University in Cluj-Napoca

SKILLS AND COMPETENCES

PERSONAL

Mother tongue
Self-assessment
European level (*)

English

Understanding

Listening

Reading

Speaking

Participation in conversation

Oral discourse

B2 Very good B2 Very good B Good B2 Good B2

<p>SCIENTIFIC SKILLS AND COMPETENCES SCIENTIFIC</p>	<p>Publicare de cărți si monografii cu ISBN:</p> <ul style="list-style-type: none"> - Claudiu Avram, Egri Iasmina. Întrebări și răspunsuri în obezitate. Editura Universitatii de Vest, Timișoara, 2012, ISBN: 978-973-725-382-4 - Claudiu Avram. Recuperarea cardiovasculară in spital și ambulator. Editura Eurobit, Timisoara, 2011, ISBN: 978-973-620-892-8 - Preventia cardiovasculara la pacientii cu sindrom metabolic. Editura de Vest, Timișoara, 2012, ISBN: 978-973-0556-0 - Claudiu Avram. Exerciții fizice terapeutice. Editura Universitatii de Vest, Timișoara, 2012, ISBN: 978-973-620-892-8 - Claudiu Avram. Antrenamentul fizic in recuperarea pacientilor cu sindrom metabolic. Editura de Vest, Timișoara, 2012, ISBN: 978-973-36-0557-7 - Gaita D., Avram C. Recupearea cardiovasculara - intre concepte si practica, Editura Brumar, Timisoara, 2007 ISBN 9789736023231 - Gaita D., Avram A., Avram C. Antrenamentul fizic in recuperarea cardiovasculara, Editura Brumar, Timisoara, 2007. ISBN 9789736023231. <p>Publicare de capitole de cărți cu ISBN:</p> <ul style="list-style-type: none"> - Avram C. Evaluarea funcției musculaturii periferice, in <i>Tratat de reabilitare Pulmonară</i> Editura Mirton Timisoara (2009), pg.136-139, 413-417; ISBN 978-973-52-0574-4 - Avram C., Fira-Mladinescu O. <i>Testarea la efort, in Tratat de reabilitare Pulmonară.</i> Editura Mirton, Timișoara 2009; ISBN 978-973-52-0574-4 - Avram C., Fira-Mladinescu O. Ergospirometria, in <i>Tratat de reabilitare Pulmonară</i> Editura Mirton, Timișoara 2009, pg.209-212; ISBN 978-973-52-0574-4 - Voicu M. Tudorache, Oancea C., Avram C. Implementarea unui program comprehensiv de reabilitare pulmonară, in <i>Tratat de reabilitare Pulmonară</i> Editura Mirton, Timișoara 2009, pg.173-179; ISBN 978-973-52-0574-4 - Gaita D., Avram C. Implementarea unui program comprehensiv de reabilitare pulmonară, in <i>Tratat de reabilitare Pulmonară</i> Editura Mirton, Timișoara 2009, pg.173-179; ISBN 978-973-52-0574-4 - Avram C., Gaita D. Aspecte practice ale antrenamentului fizic la pacienții pulmonari cronici, in <i>Tratat de reabilitare Pulmonară</i> Editura Mirton, Timișoara 2009, pg.209-212; ISBN 978-973-52-0574-4 - Gaita D., Avram C. <i>Disfunctia endoteliala, in Disfunctia Erectila.</i> Editura Medicala, Bucuresti 2008 - Gaita D., Avram A., Zdrenghea D., Avram C. - Recuperarea in insuficienta cardiaca – recomandari actuale, 2006, 417-44; Progrese în cardiologie, volumul II. Media Med Publicis - Gaiță D, Avram C, Avram A, Zdrenghea D. Mancaș S. Optimizarea stilului de viață în prevenția cardiovasculară – de la ghiduri actuale la practica clinică. Progrese în cardiologie, Bucuresti, 2007, volumul II, 361-384. Media Med Publicis, ISSN I 843-3731 - Avram C., Gaiță D., Mitu F. Prevenția și tratamentul sindromului metabolic – beneficiile activității fizice Progrese în cardiologie, volumul III. Media Med Publicis 2008, ISSN I 843-3731. - Mitu F., Mitu M., Avram C., Gaiță D. Terapia nefarmacologică În sindromul metabolic – rolul
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Lista articolelor indexate Web Of Science cu factor de impact:

1. Glazer C, Oravitan M, Pantea C, Stanila AM, Jurjiu NA, Totok A, Marghitas MP, **Avram C**. 3D-printed orthoses vs. traditional plaster cast: a comparative clinical study. *Balneo & PRM Research Journal*. 2025 Mar 1;16(1).
2. Laura Maria Craciun, Florina Buleu, Stela Iurciuc, Daian Ionel Popa, Gheorghe Nicusor Pop, Flavia Goanta, Greta-Ionela Goje, Ana Maria Pah, Marius Badalica-Petrescu, Olivia Bodea, Ioana Cotet, **Claudiu Avram**, Diana-Maria Mateescu, Adina Avram. Arterial Stiffness and Early Cardiac Dysfunction in Type 2 Diabetes Mellitus: A Potential Role for 25 OH Vitamin D3 Deficiency. *Medicina* 2025, 61, 1349. <https://doi.org/10.3390/medicina61081349>
3. Glazer, C.; Oravitan, M.; Pantea, C.; Almajan-Guta, B.; Jurjiu, N.-A.; Marghitas, M.P.; **Avram, C.**; Stanila, A.M. Evaluating 3D Hand Scanning Accuracy Across Trained and Untrained Students. *Bioengineering* 2025, 12, 777. <https://doi.org/10.3390/bioengineering12070777>
4. Jurjiu NA, Pirjol I, Glazer C, Oravițan M, **Avram C**. Posture evaluation using real-time body tracking analysis. *Balneo & PRM Research Journal*. 2025 Mar 1;16(1).
5. Jurjiu, N.-A.; Glazer, C.; Oravitan, M.; Pantea, C.; **Avram, C**. Photogrammetry in Spinal Assessment: A Comparative Analysis with Traditional Clinical Methods. *J. Clin. Med.* 2025, 14, 4032. <https://doi.org/10.3390/jcm14124032>
6. Vreju AF, Pârvănescu CD, Turcu-Stiolică ad, Dinescu SC, Firulescu SC, Bărbulescu AL, Chisălău AB, Ionescu RA, Popoviciu HV, Gofiță CE, Dumitrașcu RM, Ene CG, Gherghina FL, Ciurea PL, **Avram C**. Time to redefine hyperuricemia? The serum uric acid cut-off level for precipitation might be lower: a pilot study. *Rom J Morphol Embryol* 2023; 64(4):543–548
7. Bordean L, Chis M, Cimpean AM, Barb AC, Cosma AA, Fenesan MP, Cotoi OS, Nicolescu L, Nicolescu CM, **Avram C**. Age, sex, metabolic and pharmacologic factors may predict nonresponse status to rheumatoid arthritis therapies. *in vivo*. 2023 Sep 1;37(5):2387-401.
8. Okolišan D, Vlase T, Vlase G, Bradu IA, **Avram C**. Thin polysaccharide films as carriers for local anesthetic drugs. *Journal of Thermal Analysis and Calorimetry*. 2023 Oct 30:1-6.
9. Oana-Ruxandra Stincel, Mihaela Oravitan, Corina Pantea, Bogdan Almajan-Guta, Nicoleta Mirica, Alexandru Boncu, **Claudiu Avram**. Assessment of Forward Head Posture and Ergonomics in Young IT Professionals – Reasons to Worry? *Med Lav* 2023; 114 (1): e2023006
10. Okolišan D, Vlase G, Vlase T, **Avram C**. Preliminary Study of κ -Carrageenan Based Membranes for Anti-Inflammatory Drug Delivery. *Polymers*. 2022 Oct 12;14(20):4275.
11. Unger J, Mattsson M, Drăgoi RG, **Avram C**, Boström C, Buttgerit F, Lackner A, Witte T, Raffener B, Peichl P, Durechova M. The Experiences of Functioning and Health of Patients With Primary Sjögren's Syndrome: A Multicenter Qualitative European Study. *Frontiers in Medicine*. 2021 Nov 18;8:770422.
12. Bordean L, Chis M, Raica M, Cotoi OS, Ceausu AR, **Avram C**, Cimpean AM. CLIC1 Expression in Skin Biopsies from Patients With Rheumatoid and Psoriatic Arthritis as a Potential Tool to Predict Therapy Response. *in vivo*. 2021 Sep 1;35(5):2559-67.
13. Bajas D, Vlase G, Mateescu M, Grad OA, Bunoiu M, Vlase T, **Avram C**. Formulation and characterization of alginate-based membranes for the potential transdermal delivery of methotrexate. *Polymers*. 2021 Jan 4;13(1):161.
14. Mateescu M, Vlase G, Jumanca D, Galuscan A, **Avram C**, Vlase T. Comparative Study Regarding Thermal Behaviour of Mixtures Based on Hydroxyapatite and Methacrylate for Dental Use. *MATERIALE PLASTICE*. 2021 Mar 1;58(1):1-0.
15. **Avram C**, Drăgoi RG, Popoviciu H, Drăgoi M, Avram A, Amariță E. Association between

	<p>arterial stiffness, disease activity and functional impairment in ankylosing spondylitis patients: a cross-sectional study. <i>Clin Rheumatol.</i> 2016 Aug;35(8):2017-22. doi: 10.1007/s10067-016-3297-7. Epub 2016 May 12. (IF=2.042)</p> <p>16. Iurciuc S, Avram C, Turi V, Militaru A, Avram A, Cimpean AM, Iurciuc M. Physical Training, Hemodynamic Parameters and Arterial Stiffness: Friends or Foes of the Hypertensive Patient? <i>In Vivo.</i> 2016 07-08;30(4):521-528. (IF= 0.832)</p> <p>17. Drăgoi RG, Amaricai E, Drăgoi M, Popoviciu H, Avram C. Inspiratory muscle training improves aerobic capacity and pulmonary function in patients with ankylosing spondylitis: A randomized controlled study. <i>Clin Rehabil.</i> 2016 Apr;30(4):340-6. doi: 10.1177/0269215515578292. Epub 2015 Mar 25. (IF=2.403)</p> <p>18. Tudorache E, Oancea C, Avram C, Fira-Mladinescu O, Petrescu L, Timar B. Balance impairment and systemic inflammation in chronic obstructive pulmonary disease. <i>Int J Chron Obstruct Pulmon Dis.</i> 2015 Sep 8;10:1847-52. doi: 10.2147/COPD.S89814. (IF=3.046)</p> <p>19. Titus Slavici, Claudiu Avram, Gabriela Victoria Mnerie, Adriana Badescu, Doina Darvasi, Florin Molnar-Matei, Mihai Aristotel Ungureanu. Economic efficiency of primary care for CVD prevention and treatment in Eastern European countries. <i>BMC Health Services Research</i> 2013, 13:75. doi:10.1186/1472-6963-13-75 (IF=1.659)</p> <p>20. Mihaela Oravitan, Claudiu Avram. The effectiveness of electromyographic biofeedback as part of a meniscal repair rehabilitation programme. <i>Journal of Sports Science and Medicine.</i> 2013 Sep 1;12(3):526-32. (IF= 0.898)</p> <p>21. Mihaescu A, Avram C, Bob F, Gaita D, Schiller O, Schiller A. Benefits of Exercise Training during Hemodialysis Sessions: A Prospective Cohort Study. <i>Nephron Clinical Practice.</i> 2013;124(1-2):72-8. doi: 10.1159/000355856. Epub 2013 Oct 18. (IF= 1.698)</p> <p>22. Tudorache V, Oancea C, Avram C, Fira-Mlădinescu O. Changes in physical activity in healthy people and COPD patients. <i>Wien Klin Wochenschr.</i> 2014 Jan;126(1-2):30-5. doi: 10.1007/s00508-013-0452-x. (IF= 0.836)</p> <p>23. Claudiu Avram, Mircea Iurciuc, Laura Craciun, Adina Avram, Stela Iurciuc, Cristian Oancea, Dan Gaita. Dietary and physical activity counseling in high-risk asymptomatic patients with metabolic syndrome – A primary care intervention. <i>Journal of Food Agriculture & Environment</i> Vol.9 (3&4): 16-19. July-October 2011 (IF=0.517)</p>
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Timișoara,
27.02.2026

Associate Professor Claudiu Avram