ALEXANDRU FLORIAN **CRIȘAN**

KINÉSITHÉRAPEUTE SENIOR

Indicateurs scientométriques

Web of Science
Publications - 29
Citations totales - 229
Indice h - 7

Langues étrangères

Anglais

Lecture
Compréhension
Expression écrite

Allemand

Lecture
Compréhension
Expression écrite

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Expérience professionnelle

2023 - Présent Université de Médecine et Pharmacie « Victor Babeș », Timișoara
Maître-assistant

2015 - 2023 Université de Médecine et Pharmacie « Victor Babeș », Timișoara
Assistant universitaire

2011 - 2012 Service de chirurgie plastique et reconstructrice, Hôpital Clinique Départemental d'Urgence « Pius Brînzeu », Timișoara
Stage clinique – Kinésithérapeute

2011 - 2012 Service d'orthopédie et de traumatologie, Hôpital Clinique Départemental d'Urgence « Pius Brînzeu », Timișoara
Stage clinique – Kinésithérapeute

2011 - Présent Hôpital Clinique « Victor Babeș » des Maladies Infectieuses et de Pneumologie, Timișoara
Kinésithérapeute

Formation

2023 - 2024 Université de l'Ouest de Timișoara
Département de formation des enseignants
Niveau II – Programme de formation péd agogique postuniversitaire

2022 - 2023 Université de l'Ouest de Timișoara
Département de formation des enseignants
Niveau I – Programme de formation pédagogique postuniversitaire

2018 - 2021 Université de l'Ouest de Timișoara
Faculté d'Éducation Physique et Sport
Spécialisation : Éducation Physique et Sport

2012 - 2015 Université de Médecine et Pharmacie « Victor Babeș », Timișoara
Études doctorales (PhD)

2010 - 2012
Université de l'Ouest de Timișoara
Faculté d'Éducation Physique et Sport
Master en kinésithérapie en orthopédie et traumatologie

2007 - 2010
Université de l'Ouest de Timișoara
Faculté d'Éducation Physique et Sport
Licence en kinésithérapie et psychomotr icité spéciale

Academic Committees and Institutional Service

2023 - Présent
Université de Médecine et Pharmacie « Victor Babeș », Timișoara
Directeur, Centre d'évaluation du mouvement, de la fonctionnalité et du handicap (CEMFD)

2023 - Présent
Université de Médecine et Pharmacie « Victor Babeș », Timișoara
Membre de la Commission universitaire pour la recherche scientifique

Publications

Revues indexées ISI – Auteur principal

1. **Crişan AF**, Oancea C, Timar B, Fira-Mladinescu O, Crişan A, Tudorache V. Cognitive impairment in chronic obstructive pulmonary disease. PLoS One. 2014 Jul 17;9(7):e102468.
2. **Crişan AF**, Oancea C, Timar B, Fira-Mladinescu O, Tudorache V. Balance impairment in patients with COPD. PLoS One. 2015 Mar 13;10(3):e0120573.
3. Pescaru CC, **Crisan AF**, Marc M, Trusculescu AA, Maritescu A, Pescaru A, Sumenkova A, Bratosin F, Oancea C, Vastag E. A Systematic Review of Telemedicine-Driven Pulmonary Rehabilitation after the Acute Phase of COVID-19. Journal of Clinical Medicine. 2023; 12(14):4854.
4. **Crisan AF**, Pescaru CC, Maritescu A, Carunta V, Oancea C, Vastag E. Respiratory Muscle Training and Its Impact on Balance and Gait in Patients with Severe COPD. Medicina 2024, 60, 257.
5. Maritescu, A.; **Crisan, A.F**.; Pescaru, C.C.; Stoicescu, E.R.; Oancea, C.; Iacob, D. Effectiveness of Combined Pulmonary Rehabilitation and Progressive Muscle Relaxation in Treating Long-Term COVID-19 Symptoms: A Randomized Controlled Trial. J. Clin. Med. 2024, 13, 6237.
6. Poplicean, E.; **Crișan, A.F.**; Tudorache, E.; Hogea, P.; Mladin, R.; Oancea, C. Unlocking Better Asthma Control: A Narrative Review of Adherence to Asthma Therapy and Innovative Monitoring Solutions. J. Clin. Med. 2024, 13, 6699.
7. **Alexandru Florian C**, Camelia Corina P, Adelina M, et al. Dual-task performance and balance in patients with severe COPD: a cross-sectional study. Therapeutic Advances in Respiratory Disease. 2024;18.
8. **Crisan, A.F.**; Pescaru, C.C.; Maritescu, A.; Stoicescu, E.R.; Carunta, V.; Oancea, C. The Impact of Chronic Obstructive Pulmonary Disease Severity on Psychological and Functional Outcomes: A Cross-Sectional Analysis. J. Clin. Med. 2025, 14, 1865.
9. **Crișan, A.F.,** Pescaru, C.C., Maritescu, A. et al. A 14-week structured breathing program: an investigation into its impact on psychological health parameters in university students. BMC Public Health 25, 1395 (2025). https://doi.org/10.1186/s12889-025-22585-8.
10. Maritescu, A.; Pescaru, C.C.; **Crisan, A.F.**; Stoicescu, E.R.; Oancea, C.; Iacob, D. The Effects of Progressive Muscle Relaxation on Mental Health and Sleep Quality in Adults with Cystic Fibrosis: A Randomized Controlled Trial. J. Clin. Med. 2025, 14, 2807.
11. Maritescu A, **Crisan AF**, Pescaru CC, Oancea C, Iacob D. The Psychological and Physical Benefits of Progressive Muscle Relaxation in Chronic Respiratory Diseases: A Systematic Review. Medicina (Kaunas). 2025 Jun 7;61(6):1055.
12. Pescaru CC, **Crișan AF**, Mărițescu A, Cărunta V, Marc M, Dumitrache-Rujinski Ș, Laitin S, Oancea C. Effects of CFTR Modulators on Pseudomonas aeruginosa Infections in Cystic Fibrosis. Infectious Disease Reports. 2025; 17(4):80.
13. Mihart D, **Crisan AF**, Carunta V, Trăilă D, Tudorache E, Oancea C. Neurocognitive Impairment in Idiopathic Pulmonary Fibrosis: A Systematic Review of Current Evidence. Med Sci (Basel). 2025 Nov 27;13(4):288.
14. Pescaru CC, **Crisan AF**, Maritescu A, Tudorache E, Oancea C. A Multidimensional Perspective on COPD: How Coping Styles and Self-Esteem Relate to Psychological Distress and Functional Capacity. Int J Chron Obstruct Pulmon Dis. 2025 Dec 27;20:4143-

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1. Voica AS, Oancea C, Tudorache E, Crisan AF, Fira-Mladinescu O, Tudorache V, Timar B. Chronic obstructive pulmonary disease phenotypes and balance impairment. Int J Chron Obstruct Pulmon Dis. 2016 Apr 29;11:919-25.
2. Barata PI, Marc MS, Tudorache E, Frandes M, Crisan AF, Olar DC, Oancea C. Self-reported sleep disturbance and mild cognitive impairment in COPD patients with severe airflow limitation. Clin Respir J. 2021 Jul;15(7):808-814.
3. Barata, P.I.; Crisan, A.F.; Maritescu, A.; Negrean, R.A.; Rosca, O.; Bratosin, F.; Citu, C.; Oancea, C. Evaluating Virtual and Inpatient Pulmonary Rehabilitation Programs for Patients with COPD. J. Pers. Med. 2022, 12, 1764.
4. Marc, M.S.; Pescaru, C.C.; Costin, E.O.; Crisan, A.F.; Maritescu, A.; Pescaru, A.; Suppini, N.; Olteanu, G.E.; Traila, D.; Oancea, C.; et al. Large Lung Consolidation: A Rare Presentation of Pulmonary Sarcoidosis. Life 2024, 14, 44.
5. Velescu, D.R.; Marc, M.S.; Traila, D.; Pescaru, C.C.; Hogea, P.; Suppini, N.; Crisan, A.F.; Wellmann, N.; Oancea, C. A Narrative Review of Self-Reported Scales to Evaluate Depression and Anxiety Symptoms in Adult Obstructive Sleep Apnea Patients. Medicina 2024, 60, 261.
6. Wellmann N, Ancusa VM, Marc MS, Trusculescu AA, Pescaru CC, Martis FG, Ciortea I, Crisan AF, Maritescu A, Balica MA, Fira-Mladinescu O. Telemedicine-Supported CPAP Therapy in Patients with Obstructive Sleep Apnea: Association with Treatment Adherence and Clinical Outcomes. J Clin Med. 2025 Jul 29;14(15):5339.
7. Ciortea I, Vastag E, Fira-Mladinescu C, Crisan AF, Wellmann N, Trusculescu AA, Bertici NS, Traila D, Oancea C, Fira-Mladinescu O. Subclinical Carotid Atherosclerosis Is Present from Early COPD Stages, Being in a Close Relationship with Systemic Inflammation. Journal of Clinical Medicine. 2026; 15(1):180.

Actes de conférences ISI – Auteur principal

1. **Alexandru F.Crisan**, Cristian Lazar, Emanuela Tudorache, Cristian Oancea, Ovidiu Fira-Mlădinescu, Alexandru Crișan, Voicu Tudorache. Montreal cognitive assessment in COPD. European Respiratory Journal, vol 44 / supplement 58 / Sept 2014. Abstracts / 24th International Congress Munich, Germany 6 –10 September 2014.
2. **Alexandru F. Crişan**, Cristian Oancea, Bogdan Timar, Ovidiu Fira-Mladinescu, Voicu Tudorache. Falls, an underestimated risk in COPD. European Respiratory Journal, vol 46 / supplement 59 / Sept 2015. Abstracts / 25th International Congress Amsterdam, Olanda 26 – 30 September 2015 (Best abstract in chronic care).
3. **Alexandru F. Crisan**, Camelia Pescaru, Adelina Maritescu, Vlad Carunta, Cristian Oancea, Emanuela Vastag. Breathing better, moving better: The benefits of inspiratory muscle training on balance and gait in severe COPD patients. European Respiratory Journal 2024; 64(suppl 68): PA1381.
4. **Crisan AF,** Pescaru CC, Maritescu A, Carunta V, Onofrei RR, Stoicescu ER, et al. Step by step: how dual-tasking affects balance in patients with severe COPD. European Respiratory Journal. 2025 Nov 18;66(suppl 69):PA1983.
5. **Crisan AF,** Pescaru CC, Maritescu A, Stoicescu ER, Oancea C, Iacob D. Beyond the lungs: the added benefit of progressive muscle relaxation in pulmonary rehabilitation for long COVID – a clinical trial. European Respiratory Journal. 2025 Nov 18;66(suppl 69):PA5798.

Actes de conférences ISI – Co-auteur

1. Tudorache Emanuela, Oancea Cristian, **Crisan Alexandru**, Pescaru Camelia, Fira-Mladinescu Ovidiu. Different chronic obstructive pulmonary disease phenotypes, systemic inflammation and the risk of falls. European Respiratory Journal Sep 2016, 48 (suppl 60) PA3445.
2. Tudorache Emanuela, Oancea Cristian, **Crisan Alexandru**, Pescaru Camelia, Fira-Mladinescu Ovidiu. Chronic obstructive pulmonary disease phenotypes, nutritional status and the risk of falls. European Respiratory Journal Sep 2016, 48 (suppl 60) PA3743.
3. Pescaru CC, **Crisan AF,** Maritescu A, Stoicescu ER, Carunta V, Oancea C. The mind-body struggle in COPD: unveiling the psychological and functional impact of disease progression. European Respiratory Journal. 2025 Nov 18;66(suppl 69):PA6004.

Articles en texte intégral publiés dans des revues nationales indexées BDI/B+ – Auteur principal

1. **Alexandru F. Cisan**, Voicu Tudorache, Ovidiu Fira-Mladinescu, Alexandru Crișan, Cristian Oancea. Pulmonary Rehabilitation during acute exacerbation of Chronic Obstructive Pulmonary Disease - non-invasive techniques. Medicine in Evolution, Volume XIX, Nr. 2, 2013.
2. **Crișan Alexandru Florian**. The role of the physiotherapist in pulmonary rehabilitation. Romanian Medical Journal - Volume LXVII, Suppl 6, 85 - 91, 2020.
3. Emanuel P, Emanuela T, **Florian Alexandru C**, Cristian O. Progressive dyspnoea in a rare disease – clinical case. Pneumologia. Romanian Society of Pneumology, 2025;73(1): 88-94.

Articles en texte intégral publiés dans des revues nationales indexées BDI/B+ – Co-auteur

1. Voica Sorina Alina, Cristian Oancea, Tudorache Emanuela, **Crisan Alexandru** F, Fira-Mladinescu Ovidiu, Tudorache Voicu. The Importance Of Body Composition In Patients With Chronic Obstructive Pulmonary Disease. Medicine in Evolution Volume XXI, No. 4, 2015.
2. Voica Sorina Alina, Cristian Oancea, **Crisan Alexandru F**, Tudorache Emanuela, Fira-Mladinescu Ovidiu, Tudorache Voicu. Body composition assessment in patients with chronic obstructive pulmonary disease. Fiziologia – Physiology. 2015.25.4(88)
3. Tudorache Emanuela, Motoc Nicoleta Stefania, Pescaru Camelia, **Crisan Alexandru**, Ciumarnean Lorerna. Impact of pulmonary rehabilitation programs in improving health status in COPD patients. Balneo Research Journal (Vol 10 No. 4):472-477 2019.
4. Daniel Tăilă, **Alexandru Florian Crișan**. Pulmonary rehabilitation in obstructive pathology versus restrictive pathology. Romanian Medical Journal - Volume LXVII, Suppl 6, 81 - 84, 2020.
5. Marc Monica, Pescaru Camelia, Ilie Adrian Cosmin, **Crișan Alexandru**, Hogea Stanca Patricia, Trăilă Daniel. Effectiveness of pulmonary rehabilitation in improving quality of life in patients with different COPD stages. Balneo Research Journal. 2020;11(1):3–8.
6. Trăilă Daniel, Pescaru Camelia, Suppini Porojan Noemi, Mihuta Camil, Hogea Patricia, **Crișan Alexandru**, Ciumărean Lorena, Marc Monica. Neuromuscular electrostimulation as an adjuvant therapy to pulmonary rehabilitation programs in chronic obstructive pulmonary disease. Balneo Research Journal. 2020;11(1):80-84.
7. Pescaru Camelia, **Crișan Alexandru**. Update în reabilitarea respiratorie. Viața Medicală, editura Medichub Media, București, 2021, ISBN 978-606-94854-9-1.
8. Wellmann N, Marc MS, Stoicescu ER, Pescaru CC, Trusculescu AA, Martis FG, Ciortea I, **Crisan AF**, Balica MA, Velescu DR, Fira-Mladinescu O. Enhancing Adult Asthma Management: A Review on the Utility of Remote Home Spirometry and Mobile Applications. J Pers Med. 2024 Aug 11;14(8):852.
9. Emanuel, Poplicean, Emanuela Tudorache, Alexandru Florian Crisan, Cristian Oancea. Progressive dyspnoea in a rare disease – clinical case. Pneumologia, vol. 73, no. 1, Romanian Society of Pneumology, 2025, pp. 88-94.

Ouvrage de spécialité national – Premier ou dernier auteur d'un chapitre

1. **Alexandru Florian Crișan,** Cristian Oancea. Monografie. Exigență și excelență în astm. Editie, Editia I ; ISBN, 978-606-26-1384-6. Astmul și sportul de performanță. 614-621.
2. Camelia Pescaru, Cristian Oancea, **Alexandru Florian Crișan**. Monografie. Exigență și excelență în astm ; Editie, Editia I ; ISBN, 978-606-26-1384-6. Reabilitarea pulmonară la pacienții post infecție COVID 19. 645-655.

Cours universitaires / Manuels universitaires – Auteur principal

1. Ergofiziologie. Alexandru Florian Crișan, Elena Amăricăi, Liliana Cațan, Andreea Cațan. Editura Victor Babeș 2024. ISBN 978-606-786-334-5.
2. Activități fizice adaptate pe grupe de vârstă. Alexandru Florian Crișan, Liliana Cațan, Adelina Mărițescu. Editura Victor Babeș 2025. ISBN 978-606-786-475-5.

Cours universitaires / Manuels universitaires – Co-auteur

1. Reabilitarea respiratorie în patologia pulmonară. Editura "ILEX" București, 2020. ISBN 978-606-8430-01-0.