



Universitatea
Transilvania
din Braşov

HABILITATION THESIS

SUMMARY

**Title: Contributions to the development and research of quality
in primary health care**

Domain: MEDICINE

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BRAŞOV, 2024

The habilitation thesis entitled "**Contributions to the development and research of quality in primary health care**" represents a synthesis of my scientific, academic and professional activities, my entire path being dedicated to increasing quality in primary care.

The implementation of quality in health systems, with special emphasis on primary health care, is a global desideratum of all major international organizations, through quality being able to achieve the aim of universal coverage with services of the population.

The benefits to population health of having a quality primary health care system are proven by international research. In our country, the development of the field of quality and especially of specific research in this direction is little represented and the need is acutely felt.

Chapter 1.

Contributions to quality development in primary health care

At different stages of professional development, I have participated in pioneering projects in the field of quality enhancement that have led to changes in the development of the specialty.

The research of the activity profile in a family medicine cabinet responds to the need for information on the health problems of the population, but also on how professionals are prepared to meet these needs. The MEDINET sentinel dispensaries network project is an implementation research model, which consisted in recording medical consultations, for 3 years, by a group of 100 family doctors, in a dedicated medical software. The collected data were used to improve the quality of activity, to streamline the use of the health system, but also to identify the needs of basic and continuous medical education. Research networks are still regarded today as a valuable source for research projects.

Practice guidelines are tools recognized as the "gold standard" for clinical management of diseases or symptoms and have an impact in increasing quality in health. My contributions to the development of practice guides resulted in the publication of 5 practice guides,

developed through a rigorous scientific approach of literature review. The guidelines we have developed address topics of prevention for both adults and children, as well as management of chronic diseases, specifically dedicated to primary health care. Participation in the development of guidelines also resulted in the publication of a Telemedicine Guide in primary care in a Unicef project in 2022.

Research directions.

Quality at the place of service delivery through evidence-based research

Evidence-based management of preventive services

Research conducted in the field of prevention includes the following directions: management of adverse effects to vaccines (study on the impact of ibuprofen on the immunogenicity of the pneumococcal vaccine), analysis of the prevalence of risk factors in the community (article on the prevalence of vitamin D deficiency in the adult population of Romania), behavior, knowledge and attitudes of health professionals in relation to vaccination (article on recommendation behavior COVID-19 vaccination in health professionals), the impact of social determinants in healthy behavior (review on the determining role of the family in projecting a healthy future of the nation).

Evidence-based management of curative services

Research on the importance of knowing the incidence of certain diseases in clinical practice, but also the therapeutic benefits of drugs or supplements, has brought information on evidence-based practice to the front line, but also the interdisciplinary character of the activity in this segment of healthcare. The research topics addressed are: incidence of certain pathologies in frontline practice (study on the incidence of acute otitis media in primary care), therapeutic benefits of nutritional supplements (review article and research on the benefits of royal jelly), therapeutic benefits of some drugs (review article on the benefits of botulinum toxin in the treatment of migraine), exploratory research on the emerging benefits of some drugs (review on the effects of metformin in dementia prevention), news in the diagnostic

and therapeutic approach of chronic pathologies (review on the management of multiple drug-resistant hypertension, chronic pain management, research on post-stroke recovery patients).

Service design in primary health care.

The main research is highlighted: the analysis of the need for services in the community (Interdisciplinary Grants project and two publications in BDI journals on the health needs of the population in Brasov County), research on medical and social services (review on "social prescription" in Romania) as well as the analysis of the inadequate use of primary health care services to the detriment of emergency services (original article in 2024).

Public health dimension of primary care.

This section presents contributions to the development of a policy framework for adolescent pregnancy prevention, in a project funded by UNICEF.

Quality evidence-based education in basic and vocational and continuing education of the family doctor.

In this section, original research is highlighted on the issue of asymmetries due to the COVID-19 pandemic in basic education, the development and modernization of the training curriculum in family medicine residency, as well as the analysis of its implementation.

Chapter 2

Contributions to the development of the discipline of family medicine and primary health care are highlighted, by creating a model educational curriculum, aligned with Europe, by developing evidence-based educational materials, by creating opportunities for training residents and continuous training of doctors. We have also published books and book chapters in national publishing houses, dedicated to the specialty (7 chapters in *The Essential in Family Medicine*, 2023)

National and international recognition are supported by membership in professional societies, member of editorial boards of journals and reviewer of international journals.

The international visibility is confirmed by the research activity that is materialized in the publication of 12 articles as first author in ISI journals (4 in Q1 journals, 6 in Q2 journals and 2 in Q3 journals) and 5 articles as co-author in ISI journals (1 in Q1 journal and 4 in Q2 journals) cumulating an impact factor of 45.4 and score HIRSH 8 (Web of Science) and a number of 213 citations.

To these are added 13 articles in databases, 14 in proceedings of national and international conferences and participations with constant original papers at national and international conferences (14).

The managerial experience both from the perspective of my own practice and through the quality of president and vice president of professional associations, vice-dean and executive director of the Public Health Directorate of Brasov during the pandemic supports my involvement at all levels for the development of the discipline and specialty of family medicine.

From the perspective of career development and evolution plans, I highlighted that professional and academic activity are closely correlated and that the development of quality services in the office will further integrate students and residents, as well as continuous training.

The main directions of research in primary health care are drawn from the very definition and description of the professional duties of the family doctor / general practitioner updated by the World Organization of Family Physicians (WONCA) in 2023.

For the development of research, it is necessary to develop a support framework for specific research in primary care, which can be a way of attracting specialists to this field of research. Research in medical education is an important way to increase quality in medical education.