

PERSONAL INFORMATION

NICOLAE-OVIDIU PENEȘ



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Web of Science Researcher ID: AAW-2370-2021, ORCID 0000-0001-8123-0761

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Male, Romanian citizen

PROFESSIONAL BACKGROUND

2024 Habilitated to conduct PhD students
OME nr 7562/ 05.12.2024

2023 - present Associate Professor, Chair of Geriatrics and Gerontology

"Carol Davila" University of Medicine and Pharmacy, Geriatrics and Gerontology, "Ana Aslan" National Institute of Geriatrics and Gerontology, Department 5, Internal Medicine, Bucharest, Faculty of Medicine, resolution no. 390/21.02.2023

Organization and delivery of Geriatrics and Gerontology courses and practical works. Organization and delivery of lectures for 5th year students in Geriatrics and Gerontology. Organization and delivery of lectures in Geriatrics and Gerontology for resident students in Geriatrics and Gerontology. Research activity within the research projects of the subject; Coordination of numerous undergraduate papers; Coordination of scientific papers presented at Student Scientific Sessions Member/Secretary in the Promotion Boards of candidates for various positions at the Faculty of Medicine; participation in the boards for the supervision of written exam and/or marking in the admission, undergraduate, residency program, primary physician program; theoretical lectures, case presentations, practical activities, examination.

Field: Health, higher education and research

2021 Specialist Doctor, Geriatrics and Gerontology

- National Institute of Geriatrics and Gerontology, "Carol Davila" University of Medicine and Pharmacy, Faculty of Medicine, MoH resolution 785/02.06.2021
- 2017 **Manager, "Ana Aslan" National Institute of Geriatrics and Gerontology**
MoH resolution 188/ 28.02.2017
- 2015 - 2017 **Head of Section, IC Clinic / Bucharest Emergency University Hospital**
Anesthesia & Intensive Care Clinic, Bucharest Emergency University Hospital, Faculty of Medicine, resolution no. 1251/29.09.2015

Coordination of medical activity, assessment, diagnosis, treatment of patients in IC Clinic I, Bucharest Emergency University Hospital, Romania
- 2008 **Primary Physician, Anesthesia & Intensive Care**

Primary Physician exam in Anesthesia & Intensive Care; no. 5514/26.0612, Primary physician, National exam organized by the Ministry of Health, MoH resolution 1971/03.12.2008
- 2005 - 2023 **Assistant Lecturer, Chair of Anesthesia & Intensive Care**

Anesthesia & Intensive Care Clinic, Bucharest Emergency University Hospital, "Carol Davila" University of Medicine and Pharmacy, subject Anesthesia & Intensive Care, Bucharest, Faculty of Medicine, Competition for teaching positions 2005, resolution no. 32166/28.02.2005

Organization and support of practical work in Anesthesia & Intensive Care. Organization and support of lectures for students of Anesthesia & Intensive Care, 6th year series with Romanian teaching, and 6th year module series with English teaching. Organization and delivery of Anesthesia & Intensive Care course lectures for Anesthesia & Intensive Care resident students. Research activity within the research projects of the subject; Coordination of undergraduate research projects; Coordination of scientific papers presented at the Student Scientific Sessions Member/secretary in the Promotion Boards of candidates for different positions at the Faculty of Medicine; participation in the boards for the supervision of the written exam and/or marking of the admission exams, undergraduate, residency program, specialty, primary physician program.
- 2005 **Medical Doctor**

"Cardio-Circulatory Disorders in Acute Neuroleptic Intoxication: Toxodynamic Mechanisms and Therapeutic Consequences". Scientific coordinator: Professor Dr. Victor Voicu, Faculty of Medicine, "Carol Davila" University of Medicine and Pharmacy in Bucharest, diploma series D no. 0003166, issued under no. 1897/26.07.2005 through OMEC no. 3956/25.04.2005
- 2003 - 2005 **Teaching Assistant, Chair of Anesthesia & Intensive Care**

Bucharest Emergency University Hospital, Anesthesia & Intensive Care, "Carol Davila" University of Medicine and Pharmacy, Contract no. 111/24.02.2003

2003 Specialist Doctor, Anesthesia & Intensive Care

Ministry of Health - "Carol Davila" University of Medicine and Pharmacy, Anesthesia & Intensive Care Bucharest, Faculty of Medicine, MoH resolution 1190/2003

1998 - 2003 Resident Physician, Anesthesia & Intensive Care

"Carol Davila" University of Medicine and Pharmacy, Anesthesia & Intensive Care Bucharest, Faculty of Medicine - National admission examination

Evaluation, diagnosis and treatment of patients in the wards/clinics according to the residency program plan. Preparation of observation and discharge records. Participation in clinical trials. Floreasca Clinical Emergency Hospital, Bucharest, Romania

1999 - 2002 Assistant Lecturer, Chair of Clinical Pharmacology and Toxicology, ICU

Bucharest Clinical Emergency Hospital, Chair of Clinical Pharmacology and Toxicology, "Carol Davila" University of Medicine and Pharmacy

1998 - 2003 Doctoral Student, Chair of Clinical Pharmacology and Toxicology, ICU

National admission examination - Bucharest Clinical Emergency Hospital, Chair of Clinical Pharmacology and Toxicology, Anesthesia & Intensive Care Clinic, "Carol Davila" University of Medicine and Pharmacy

1997 - 1998 Medical Intern, General Medicine

Bucharest Clinical Emergency Hospital, Anesthesia & Intensive Care

Assessment, diagnosis, treatment of patients in wards/clinics under the supervision of a specialist. Floreasca Clinical Emergency Hospital, Bucharest, Romania

1997 Coordinator in the National Specialized First-Aid Program - Romania - inter-ministerial

Ministry of Education / Ministry of Health

MoH Order IVB/1509 dd 18.02.1998 | ME Order 9827 dd 23.02.1998

EDUCATION AND TRAINING

- 2024 Public defense of the Habilitation Dissertation titled "Integrated Research in the Field of Quality-of-Life Development through Precision Medicine. Integrated Assessment and Advanced Integrative Therapeutic Interventions in Acute and Chronic Patients in Different Life Stages"
- "Carol Davila" University of Medicine and Pharmacy, Bucharest, Romania
- 2023 Continued education - "Clinical Trials: From Interpretation to Writing - A Practical Course for Beginners and Advanced"
- Completion Certificate no. B 14639 dd June 24, 2023, Bucharest, "Carol Davila" University of Medicine and Pharmacy
- 2017-2021 Residency Program in Geriatrics and Gerontology - Second medical specialty. Specialist Doctor in Geriatrics and Gerontology
- "Carol Davila" University of Medicine and Pharmacy, Faculty of Medicine, Bucharest, Romania
- Geriatrics, Gerontology | Specialist Doctor Certificate - MoH Order 785/02.06.2021 issued on 03.06.2021 under no. 45038
- 2017 Refresher Course in Hospital Management (RO)
- Ministry of Health, Romania
- Hospital Management | Completion Certificate series MS, no. 0327, issued under no. 299/20.10.2017
- 2014 Medical Specialization in Nutrigenomics and Pharmacogenomics (LX)
- Academy Reunis, Luxembourg
- Nutrigenomics, Pharmacogenomics | 4PGENOMICS Nutrigenomics Pharmacogenomics Certificate, 23-24.05.2014
- 2014 Neurocognitive Competence Assessment (USA)
- Certificate of competence CNS-VITAL Signs, Certificate of Completion for Neurocognitive Assessment Training Practice & Interpretation
- Neurocognitive assessment | Certificate of competence 06.06.2014, CNS-VITAL Signs, USA,
- 2011 Medical Specialization in Age Management Medicine (USA)
- Cenegetics Education and Research Foundation (ACCME accredited AMA PRA Cat. 1 credits) | Las Vegas, NV, United States of America, diploma from 14.08.2011
- 2008 Specialization in Sports Nutrition - "Sports Nutrition Certification"
- Sports Nutrition | Sports Nutrition Certificate no. 1882050/18.10.2008

- 2006 International Training Course in Modern Regional Anesthesia Techniques (AUS), The European Society of Regional Anesthesia & Pain Therapy
Certificate of Training in Modern Techniques of Regional Anesthesia, Innsbruck, Austria, 2-4.02.2006
- 2005 National Course on Guidelines and Protocols in Anesthesia & Intensive Care and Emergency Medicine - 3rd Edition
Romanian Anesthesia & Intensive Care Society - October 6-9, 2005
- 2005 Defense of Doctor's Degree Dissertation titled "Cardio-Circulatory Disorders in Neuroleptic Intoxication, Toxodynamic Mechanisms and Therapeutic Consequences" - supervisor: Prof. Dr. Victor Voicu
Center for Doctoral Studies | Medical Field | "Carol Davila" University of Medicine and Pharmacy, Bucharest, Romania
- 2003 Pain Therapy Competence, Ministry of Health, National Center for Postgraduate Training of Doctors, Pharmacists, Other Postgraduate Staff and Nurses
Competence Certificate - Pain Therapy, series C nr.010085/4.11.2003, reg. no. 11815
- 2003 Specialization Course in Anesthesia & Intensive Care - updates in regional anesthesia, Ministry of Education and Research
"Carol Davila" University of Medicine and Pharmacy in Bucharest, certificate series C, no. 0002580, issued under no. 2580/ 14.10.2003
- 2001 Specialization Program in Anesthesia & Intensive Care (ES)
Vall D'Hebron University Hospital, Barcelona, Spain, 30.08.2001
- 2001 Updating Course in Anesthesia & Intensive Care (RO)
Romanian Anesthesia & Intensive Care Society, "Iuliu Hașeganu" University of Medicine and Pharmacy in Cluj-Napoca; Anesthesia Section, Royal Society of Medicine, Great Britain, 25-28 May 2001, Cluj-Napoca
- 2000 A&IC Updating Course (RO)
5th National Congress with International Participation of the Romanian Anesthesia & Intensive Care Society, May 2000
- 2000 Postgraduate Course in "Nutrition in the Critically Ill Patient" (RO), Ministry of Health, National Institute for Postgraduate Training of Doctors and Pharmacists
Certificate series A no. 113615/ 05.11.2000, reg. no. 70118/ 2000
- 1999 Specialization in Drug Addiction, Drug Dependence (FR)

- René Descartes University, Paris, France, May-June 1999
- 1999 **Specialization Course in Hemodialysis and Use of Specific Equipment**
Floreasca Clinical Emergency Hospital, Bucharest, Romania
- 1998 **Specialization Course in Treatment of Hypothermic Patients (USA)**
International Trauma Anesthesia and Critical Care Society, Baltimore, USA,
30.03.1998
- 1998 - 2003 **Residency Program in Anesthesia & Intensive Care Specialist Doctor in Anesthesia & Intensive Care**

"Carol Davila" University of Medicine and Pharmacy, Faculty of Medicine,
Specialist Doctor Certificate acc. to MoH Order 1190/2003

Evaluation, diagnosis, treatment of patients in the wards/clinics according to the
residency program. Preparation of observation and discharge records.
Participation in clinical trials.
Emergency University Hospital in Bucharest, Romania
- 1998 - 2005 **Doctoral Studies at "Carol Davila" University of Medicine and Pharmacy in Bucharest, Faculty of Medicine, Bucharest, Romania; Toxicology and Clinical Pharmacology, A&IC**

Medical Doctor, Medical Sciences - Ministry of Education Order
3956/25.04.2005., Doctor's Degree Diploma series D series D no. 0003166,
issued under no. 1897/26.07.2005. Through contest. PhD dissertation titled
"Cardio-Circulatory Disorders in Acute Neuroleptic Intoxication: Toxodynamic
Mechanisms and Therapeutic Consequences". Supervisor: Dr. Victor Voicu;
(Doctoral Studies, ISCED 6)
- 1996 **Training Session in Anesthesia & Intensive Care**

The International Federation of Medical Students Associations, Standing Board
on Professional Exchange, Trieste, Italy, August 31, 1996
- 1995 **Training in First Aid (Basic and Advanced Life Support)**

Floreasca Clinical Emergency Hospital, Bucharest, certificate no. 4119/
03.04.1995
- 1991 - 1997 **Faculty of Medicine, "Carol Davila" University of Medicine and Pharmacy in Bucharest**

Medical specialization, Graduation Diploma series P series no. 0068005, issued
under no. 595/12.01.1998, ISCED 5A
- 1987 - 1991 **Sanitary High-School in Bucharest, Romania**

High-School classes, Graduation certificate series J no. 118354, issued under no. 3605/1991 (ISCED 5B)

PERSONAL SKILLS

Mother tongue

Romanian

Other foreign languages

	UNDERSTAND		TALK		WRITE
	Listening	Reading	Join the conversation	Oral speech	
English	C1	C1	C1	C1	C1
French	B1	B1	B1	B1	B1
Spanish	B1	B1	B1	B1	B1

Levels: A1/2: Elementary user - B1/2: Independent user - C1/2: Experienced user
Common European Framework of Reference for Languages

Communication skills

Communication skills (interaction with students, colleagues in the domain and other domains, members of national and international project teams, other collaborators) acquired and sustained through teaching and research;
Ability to quickly integrate and adapt in working groups, team spirit, ensuring a constructive working atmosphere, problem solving skills;
Ability to establish and maintain good working relationships with teachers and researchers from different educational and research institutions.

Organizational/ management skills

Experience in writing and managing research projects (project director/project manager).
Coordination of diploma dissertations and scientific papers presented at Student Scientific Communication Sessions and Student Congresses.
Member of the organizing board of scientific events (congresses, workshops).
Scientific Board Founder and President - Age Management Journal.
Postgraduate courses in Hospital Management. Project director in numerous scientific research projects. Clinic manager and national medical institute manager.
Responsible for the successful organization of numerous courses and scientific events.

Organizational/ management skills	Organizational skills acquired through various functions in different socio-professional organizations, coordination of research projects, product development projects, projects, papers presented in student scientific communication sessions. Responsible for the quality management and internal control of the Bucharest Emergency University Hospital, secretary of the monitoring, coordination and methodological guidance subboard no. 2, member of the structure.
Hands-on skills	Experience acquired through teaching, scientific and research activity in the main research areas: 1. Ability to use tools and equipment and curriculum research, acquired as a result of achieving research objectives 2. Available and qualified to utilize the capacity of laboratory apparatus and instruments for scrolling and performing all necessary operations and steps in clinical trials Experience gained through teaching, scientific research and medical practice: 1. Anesthesia & Intensive Care; Nutrigenetics and Nutrigenomics; Pain Therapy; Clinical Nutrition; Geriatrics and Gerontology; Age Management; Hospital Management; Life Support; Emergency Medicine; Clinical Toxicology.
IT skills	Microsoft Office (Word, Excel, Power Point, Outlook), Data analysis software (Origin Pro, Prism Graph), Apple MacOS, Apple iWorks, Digital communication skills - Microsoft 365 Teams, Google Classrooms, Skype, Zoom; Good knowledge in Microsoft Office™ tools
Driving license	Class B

ADDITIONAL INFORMATION

AFFILIATIONS

1. Romanian College of Physicians, 1997 - member
2. International Society of Trauma, Anesthesia & Intensive Care, 1997 - member
3. American Academy of Experts in Traumatic Stress, 1997 - member, expert
4. Romanian Anesthesia & Intensive Care Society, 1999, member
5. Romanian Clinical Nutrition Society, 1999 - founding member
6. American Academy of Experts in Traumatic Stress, 2002, fellow
7. European Anesthesia Society, 2002, member
8. Romanian Association for the Study of Pain, 2003 - member
9. Romanian Society of Regional Anesthesia, member
10. World Anti-Aging Academy of Medicine, 2011 - member
11. Romanian Geriatrics and Gerontology Society, 2019 - member
12. Age Management Society, 2023 - founding president
13. Gerontological Society of America (GSA), 2025 - member
14. American Geriatrics Society (AGS), 2025 - member
15. American Society of Anesthesiologists (ASA), 2026 - member
16. California Society of Anesthesiologists (CSA), 2026 - member
17. California Society of Interventional Pain Physicians (CALSIPP), 2026 - member

COMMITTEE MEMBER

- Member of the 2024-2025 Bachelor's thesis defense committee, September 2025, Ana Aslan Institute, University of Medicine and Pharmacy 'Carol Davila'
- Member of the Commission for the equivalence of official specialist medical titles issued by Australia, Canada, Israel, New Zealand and the United States of America in the specialty of geriatrics and gerontology - Ministry of Health Romanian Government (address no. 1470/ 05.11.2025)
- Member of the Commission for the equivalence of official specialist medical titles issued by Canada, Australia, Israel, New Zealand and the United States of America - Ministry of Health Romanian Government (address no. AFR 8348/ Reg1/28883/22.10.2025)
- Member of the competition committee for the position of Assistant Professor, position 12, Faculty of Medicine, University of Medicine and Pharmacy 'Carol Davila' (decision 906/04.04.2025)
- Member of the competition committee for the position of Lecturer, position 5, Faculty of Medicine, University of Medicine and Pharmacy 'Carol Davila' (decision 633/13.03.2025)

COMMITTEE
MEMBER

- Member of the commission competition for the position of Lecturer, position 4, Faculty of Medicine, University of Medicine and Pharmacy 'Carol Davila' (decision 633/13.03.2025)
- Member and chairman in competition boards for the position of primary physician and specialist
- Member, president or secretary in boards for teaching positions in A&IC, Geriatrics and Gerontology
- Supervisor and marker for entrance examinations at the Faculty of Medicine, Bucharest
- Head of the Supervisory Board, supervisor and marker of undergraduate exams at the Faculty of Medicine, Bucharest
- Member of the board for the formation of subjects for the admission exam
- Member of the Ethics Board of the Bucharest Emergency University Hospital
- Member of the examination board for the candidates registered for the A&IC nurse positions
- Member in the National Degree Examination Board and in the Admission Board of the Faculty of Medicine at "Carol Davila" University of Medicine and Pharmacy in Bucharest
- Secretary of the examination board for the promotion of researcher at the Academy of Medical Sciences
- Secretary of the examination board for the positions of doctor specialist organized by the Ministry of Health
- Member of the board for the National Degree Examination in Medicine
- Member of the board for the admission exam at the Faculty of Medicine
- Member of the board of the mock admission exam at the Faculty of Medicine
- Secretary of the examination board for Competence in Pain Therapy - organized by the Ministry of Health
- Secretary of the board of the promotion exam for scientific researcher organized by the Academy of Medical Sciences - A&IC-SUUB
- Member in the Examination Competition Board - Head of A&IC Ward at the Central Military Hospital in Bucharest
- Member secretary in the examination board for obtaining competences and super-specializations in Pain Therapy, Ministry of Health, National Center for Postgraduate Training of Doctors, Pharmacists and other Staff with Higher Education and Nurses
- Secretary of the examination board for filling the positions at the Faculty of Medicine – University of Medicine and Pharmacy, position of Head of A&IC Ward, Central Military Hospital in Bucharest

COMMITTEE
MEMBER

- Secretary of the examination board for the position of Head of A&IC Ward at the Elias Emergency University Hospital in Bucharest, Faculty of Medicine – University of Medicine and Pharmacy in Bucharest
- Coordinating Member of the Board for the Elaboration and Revision of the Romanian Cardio Respiratory and Cerebral Resuscitation Scheme
- Coordinating Member of the National Board for the elaboration of the Cardio-Respiratory-Cerebral Resuscitation Protocol

SCIENTIFIC &
RESEARCH ACTIVITY
ANNEX

Annexes: list of documents attached to the CV.

Scientific activity: List of published papers, list of research projects and obtained awards. Copies of diplomas and qualification certificates

SCIENTIFIC & RESEARCH ACTIVITY ANNEX

PhD THESIS

"CARDIO-CIRCULATORY DISORDERS IN ACUTE NEUROLEPTIC INTOXICATION. TOXODYNAMIC MECHANISMS AND THERAPEUTIC CONSEQUENCES", Specialty Medicine - A&IC - OMECT no. 3956/2005, B Doctor's Degree series D, no. 0003166 issued under no. 1897/2005

BOOKS AND CHAPTERS IN BOOKS PUBLISHED:

Books at national publishing houses:

1. **Penes, O.N.**, Acute Neuroleptic Intoxication, August 2006, Publisher: Amaltea Medical Publishing House ISBN: 973-9397-01-8, <https://www.amaltea.ro/intoxicatia-acuta-cu-neuroleptice..> **SINGLE AUTHOR**, 240 pages
2. **Penes, O.N.**, Maria Elena Ivascu, Note de Stagii si Lucrări Practice – Anestezie și Terapie Intensivă, August 2016, Amaltea Medical Publishing House, ISBN: 9789731621661, Published on 22 May 2017, <https://www.amaltea.ro/note-de-stagii-si-lucrari-practice>. **MAIN AUTHOR**, 128 pages
3. Kozma Andrei & al. Antropologie și Geriatrie, **Nicolae Ovidiu Penes** "Age Management și polimorfismul genetic", Romanian Academy Publishing House, 2024, Bucharest; ISBN 978-973-27-3537-4 Chapter

ISI/BDI INDEXED WORKS

ISI papers

2025	1. Prada, A.G., AURELIAN, S., Diculescu, R. I., Stroie, T., Peneş O. N., Pop, A. L., & Diculescu, M. M. (2025). IMPACT OF INFLAMMATORY BOWEL DISEASE PHARMACOTHERAPY ON FRAILTY AMONG OLDER ADULTS IN ROMANIA: A CROSS- SECTIONAL STUDY. <i>Farmacia</i>, 73(3), https://doi.org/10.31925/farmacia.2025.3.24, CA 2. Ana-Gabriela Prada, Costina Daniela Gîță, Sorina Maria Arelian, Sandra Monica Gîdei, Doina Istratescu, Tudor Stroie, Gabriel Ioan Prada, Ovidiu Nicolae Peneş, Anca Lucia Pop, Mihai Mircea Diculescu (2025), “The Importance of Nutriepigenetics in Older Adults with Inflammatory Bowel Diseases’, <i>Nutrients</i>, 17(4), 620, https://doi.org/10.3390/nu17040620, CA (IF 4.8).
2024	3. Penes, O.N.; Weber, B.; Pop, A.L.; Bodnarescu-Cobanoglu, M.; Varlas, V.N.; Kucukberksun, A.S.; Crețoiu, D.; Varlas, R.G.; Zetu, C. Gene Polymorphisms LEP, LEPR, 5HT2A, GHRL, NPY, and FTO-Obesity Biomarkers in Metabolic Risk Assessment: A Retrospective Pilot Study in Overweight and Obese Population in Romania. <i>Cardiogenetics</i> 2024, 14, 93-105. https://doi.org/10.3390/cardiogenetics14020008 - AP PRIM AUTOR (IF - 0.6) 4. Crisan S. #, Pop A. L.#, Hentes P., Lacatusu I., Badea N., Zetu C.* , A. M. Ciobanu, Penes O. N.#, Varlas V., Ozon E. A., Udeanu, D. I., Pre-formulation, formulation and pilot scale-up studies to establish the qualitative and quantitative composition of an innovative nanoform dietary supplement for menopausal therapy, <i>Farmacia</i>, 2024, 72(2), https://doi.org/10.31925/farmacia.2024.2.15, AP Equal contribution (IF - 1.6) 5. Varlas, V. N., Elian, V., Varlas, R. G., Bubulac, L., Epistatu, D., Peneş, O.N., & Părlătescu, I.. The Current State of The Pharmacotherapeutic Approach In Lichen Planus Of The Oral And Genital Mucosa. <i>Farmacia</i>, 2024, 72(1). CA (IF-1,6) 6. Varlas, V. N., Clotea, E. M., Varlas, R. G., Pop, A., Peneş, O. N., Crețoiu, D., & Bălănescu, L. (2024). Immature Sacrococcygeal Teratoma: A Case Report and Extensive Review of the Literature. <i>Diagnostics (Basel, Switzerland)</i>, 14(3), 246. CA (IF - 3.6)
2023	7. Crișan, S.; Pop, A.L.† Lacatusu, I.; Badea, N.; Mustaciosu, C.; Radu, M.; Varlas, V.N.*; Peneş, O.N.*; Ciobanu, A.M.; Ghica, M.; et al. Safety of Innovative Nanotechnology Oral Formulations Loaded with Bioactive Menopause Molecules: Influence of Genotoxicity and Biochemical Parameters on a Menopausal Rat Model. <i>Nutrients</i> 2023, 15, 4951. https://doi.org/10.3390/nu15234951, AP - AC 2 (IF - 5,9 Q1) 8. Varlas, V. N., Penes, N.O., Varlas, R. G., Crețoiu, D., Ciobanu, A., Suciu, N., & Zetu, C. Autism spectrum disorder-the possible trigger of pharmacological interventions used in infertility treatments or during pregnancy, 2023, <i>Farmacia</i>, 71(6) correspondent (IF - 1,6) 9. Pop, A.L.; Nasui, B.A.; Bors, R.G.; Penes, N.O.; Prada, A.G.; Clotea, E.; Crisan, S.; Cobelschi, C.; Mehedintu, C.; Carstoiu, M.M.; Varlas, V.N. The Current Strategy in Hormonal and Non-Hormonal Therapies in Menopause-A Comprehensive Review. <i>Life</i> 2023 13/649, https://doi.org/10.3390/life13030649, correspondent (IF - 3,2)

10. Pop, A.L., Crișan S., Henteș P., Pali M.- A, I. Lacatusu, Badea N., Ciobanu A.M., **Penes O. N.**, Nasui B.A., Udeanu D.I. Comparative dissolution study of a solid pharmaceutical form containing nanostructured lipid carrier (NLC) incorporating diosgenin - conventional vs. biorelevant dissolution media. Farmacia 2023 Vol 71, 1, <https://doi.org/10.31925/farmacia.2023.1.15>, **CA (IF - 1,6)**

2022 11. Coc, L. M. C., Lacatusu, I., Badea, **N.**, **Penes, O.**, Cobelschi, C. P., Pop, A., & Meghea, A. Curcumin co-loaded with a lipid mediator in the same nanostructured lipid delivery system. FARMACIA, 70(5), 932-943, 2022. <https://doi.org/10.31925/farmacia.2022.5.20>, https://farmaciajournal.com/wp-content/uploads/art-20-Coc_Lacatusu_Meghea_932-943.pdf, ISSN 0014-8237 **CA - (IF - 1,6)**

12. Pop, A. L., Musuc, A. M., Nicoară, A. C., Ozon, E. A., Crisan, S., **Penes, O. N.**, & Secăreanu, A. A. 2022. Optimization of the Preformulation and Formulation Parameters in the Development of New Extended-Release Tablets Containing Felodipine. Applied Sciences, 12(11), 5333. (IF2,838) - article yellow zone Q2 DOI:10.3390/app12115333, <https://www.mdpi.com/2076-3417/12/11/5333> - ISSN 2076-3417 - **CA (IF - 2.838)**

13. Pop, A.L., Henteș, P., Pali M-A, Oșanu L., Ciobanu A-M, Nasui B.A., Mititelu M, Crișan S., **Peneș O.N.**, Study Regarding A New Extended-Release Calcium Ascorbate And Hesperidin Solid Oral Formulation, Farmacia, 2022, Vol. 70, 1, <https://farmaciajournal.com/issue-articles/study-regarding-a-new-extended-release-calcium-ascorbate-and-hesperidin-solid-oral-formulation/> - **AP (IF - 1,6)**

14. Nasui, B.A.; Toth, A.; Popescu, C.A.; **Penes, O.N.**; Varlas, V.N.; Ungur, R.A.; Ciuciucuc, N.; Silaghi, C.A.; Silaghi, H.; Pop, A.L. Comparative Study on Nutrition and Lifestyle of Information Technology Workers from Romania before and during COVID-19 Pandemic. Nutrients 2022, 14, 1202. <https://doi.org/10.3390/nu14061202> - **correspondent (IF 5,9 - article red zone Q1)**

2021 15. Varlas, V.N.; Bors, R.G.; Albu, D.; Penes, O.N.; Nasui, B.A.; Mehedintu, C.; Pop, A.L. Social Freezing: Pressing Pause on Fertility. Int. J. Environ. Res. Public Health 2021, 18, 8088. doi: 10.3390/ijerph18158088 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8345795/> - **correspondent (IF - 4,614 - article red zone Q1)**

16. **Peneș N.O.**, Pop A.L., Borș R.G., Varlas V.N. Large borderline phyllodes breast tumor related to histopathology, diagnosis, and treatment management - case report. Rom J Morphol Embryol. 2021 Jan-Mar;62(1):283-288. doi: 10.47162/RJME.62.1.30. PMID: 34609433; PMCID: PMC8597354. <https://rjme.ro/archive/62/1/30/> **AP, (IF - 0.833)**

17. Varlas, V. N., Rhazi, Y., Ionescu, O. M., Micu, L. G., Pop, A. L., Bacalbașa, N., & **Peneș, N. O.** A dedifferentiated rare primary breast liposarcoma-case report and literature review. Romanian Journal of Morphology and Embryology, 2021, 62(1), 301-307. DOI: 10.47162/RJME.62.1.33, <https://rjme.ro/RJME/resources/files/620121301307.pdf>, **AP (IF - 0.833)**

	18. Alexe, I., Peneș, O. N. , Varlas, V., Georgescu, T. A., Grigoriu, C., Epistatu, D., & Bohiltea, R. E. (2021). Legal Provisions Tendencies of Malpractice and Medical Liability Regarding the COVID-19 Pandemic, September 2021 Rom J Leg Med, 29(3):299, DOI:10.4323/rjlm.2021.299, http://www.rjlm.ro/system/revista/59/299-304.pdf , ISSN 1844-8585 (online), ISSN 1221-8618 (print) correspondent (IF - 0.459)
2021	19. Varlas, V. N., Bohîltea, R., Gheorghe, G., Bostan, G., Angelescu, G., G. A., Penes, O.N. , & Diaconu, C. C. State of the Art in Hepatic Dysfunction in Pregnancy, Healthcare 2021, 9 (11), 1481, October 2021, https://doi.org/10.3390/healthcare9111481 , - ISSN 2227-9032 - CA (IF - 3.16)
2017	20. Peneș, N. O. , Weber, B., & Păun, S.D. Role of genetic polymorphism in nutritional supplementation therapy in personalized medicine. Rom J Morphol Embryol, 2017, 58(1), 53-58. 8, https://rjme.ro/archive/58/1/8/ , AP, (IF - 0.912) , ISSN 1220-0522 (print), ISSN 2066-8279 (online)
	20. Peneș, N. O. , Muntean, A. A., Moisoiu, A., Muntean, M. M., Chirca, A., Bogdan, M. A., & Popa, M. I. An overview of resistance profiles ESKAPE pathogens from 2010-2015 in a tertiary respiratory center in Romania. Rom J Morphol Embryol, 2017, 58(3), 909-922., https://rjme.ro/archive/58/3/25/ , ISSN 1220-0522 (print), ISSN 2066-8279 (online) AP - PA (IF - 0.912)
	21. Penes, O. N. , Neagu, A. M., Plata, F., & Paun, S. D. (2017). fabric with silver thread role in the control of bacterial contamination in critically ill patients 68(1), 54. Textile Industry, ISSN 1222-5347, 1/2017, ISI-listed journal, vol 68, no. 1, 2017, DOI:10.35530/IT.068.01.1341, http://www.revistaindustriatextila.ro/images/2017/Industria%20Textila%20001_2017.pdf AP (IF - 0.438)

BDI papers

1. Prada, G. I., Peneș, N. O., Nuță, C. R., Lucian, O., Moscu, S. G., Kozma, A., & Herghelegiu, A. M. Risk Factors for Falls In Rehabilitation Of Older Patients With Osteoporosis. Romanian Journal of Medical Rehabilitation, Volume I, Issue 1, PP 11-18, April 2024, https://www.inrmfb.ro/wp-content/uploads/2024/04/ART_3-PRADA.pdf
2. The Implication of Candida Infection in Oral Lichen Planus Lesions, MAEDICA - a Journal of Clinical Medicine 2021, December 2021; 16(4): 585,589, DOI:10.26574/maedica.2021.16.4.585, [https://www.maedica.ro/articles/2021/4/2021_16\(19\)_No4_pg585-589.pdf](https://www.maedica.ro/articles/2021/4/2021_16(19)_No4_pg585-589.pdf) - **MAIN AUTHOR**, ISSN 1841-9038
3. The oncobiome - the next frontier? June 2021, Ref: Ro J Infect Dis. 2021;24(2), DOI:10.37897/RJID.2021.2.11, https://rjid.com.ro/articles/2021.2/RJID_2021_2_Art-11.pdf. **MAIN CORRESPONDING AUTHOR**, ISSN: 1454-3389, e-ISSN (online): 2069-6051, ISSN-L: 1454-3389, CNCS/CNCSIS Rank: B+ Category, CNCS/ CNCSIS Code: 770, Indexed: ROAD, DOAJ, CROSSREF, SCOPUS
4. The urological complications of vaginal birth after cesarean (VBAC) - a literature review, October 2021 Journal of Medicine and Life 14(Jul-Aug; 14(4)):443-447, DOI:10.25122/jml-2021-0219, Online ISSN: 1844-3117, Print

ISSN: 1844-122X, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8485385/>, **MAIN CORRESPONDING AUTHOR**, ISSN: Online ISSN 1844-3117, Online ISSN 1844-3109, Print ISSN 1844-122x

5. The controversial role of placental microbiome in preterm birth, Ref: Ro J Infect Dis. 2021;24(2), June 2021, DOI: 10.37897/RJID.2021.2.3, https://rjid.com.ro/articles/2021.2/RJID_2021_2_Art-03.pdf. **MAIN AUTHOR, CORRESPONDENT**, ISSN: 1454-3389, e-ISSN (online): 2069-6051, ISSN-L: 1454-3389, CNCS/CNCSIS Rank: B+ Category, CNCS/CNCSIS Code: 770, Indexed: ROAD, DOAJ, CROSSREF, SCOPUS
6. Fine tuning in neuraxial subarachnoid anesthesia, August 2016 Romanian Journal of Medical Practice XI(2):172, DOI:10.37897/RJMP, https://rjmp.com.ro/articles/2016.2/RJMP_2016_2_Art-12.pdf, **MAIN AUTHOR**, ISSN 1842-8258 | e-ISSN 2069-6108, ISSN-L 1842-8258
7. A review of volatile induction and maintenance anesthesia, August 2016 Romanian Medical Journal LXIII(2):133-135,, Print ISSN: 1220-5478, DOI:10.37897/RMJ.2016.2.8, https://rmj.com.ro/articles/2016.2/RMJ_2016_2_Art-08.pdf, **MAIN AUTHOR**, ISSN 1220-5478 | e-ISSN 2069-606X, ISSN-L 1220-5478

GRANTS/ PROJECTS WON THROUGH COMPETITION/PROJECTS

2023

1. Operational Program Competitiveness 2014-2020, Contract no. 259/2020, Stimulating business demand for innovation through RDI projects carried out by enterprises individually or in partnership with R&D institutes and universities, aiming at process and product innovation in economic sectors with growth potential. Development of an innovative food supplement for menopausal women's health, contracting authority MFEU, RP, 2020-2023 - MP-RF

2016

2. Scientific research grant obtained through national competition "Clinical investigation of the benefits of intravaginally administered prebiotics in the treatment of bacterial and fungal vaginitis", RP - 2016
3. Scientific research grant obtained through international competition "Low flow anesthesia and risks associated with the use of soda lime. A comparative study between Amsorb Plus and soda lime", MSC - 2016
4. Scientific research grant obtained by national competition "The effects of intravenous administration of UV and light radiation using the UVLRx treatment system. Development of the working procedure. Dissemination", 2016 RP
5. Scientific research grant obtained through national competition "The role of supplements of natural origin in the control of inflammatory syndrome in chronic patients. Formula development. Dissemination". DP
6. National multicenter study "Post Traumatic Stress Disorder (PTSD) in A&IC medical staff", principal investigator, 2016- MSC
7. Study "Prospective and retrospective analysis on germ transmission in IC Clinic. Comparative evolution according to the modification of different procedures or means" - "Carol Davila" University of Medicine and Pharmacy -

Bucharest Emergency University Hospital, 2016 MSC

8. Educational project within the course "Cardiopulmonary and Cerebral Resuscitation", OAMGMAMR, Bucharest chapter, 18-22.04.2016 - DP, lecturer, 2016

9. Postgraduate educational project for continuing medical education: "Updates in Regional Anesthesia", as responsible/scientific secretary (Directors: Dr. Florin Costandache, Dr. Cristina Berteanu), UMF Bucharest, responsible for project organization - RP

10. Medist Imaging and Bucharest Emergency University Hospital IC Clinic Section, course held by Medist Imaging with the theme: "Refresher course in monitoring with transesophageal technology Imacor", August 01-05, 2016 - project member

2015

11. International multicenter study, as sub-investigator in clinical trial OMS721-TMA-001, A Phase 2, uncontrolled, three-stage, dose-escalation cohort study to evaluate the safety, pharmacokinetics, pharmacodynamics, immunogenicity, and clinical activity of OMS721 in adults with thrombotic microangiopathies - MP, MSC - 2015

2011

12. International competitive grant on "The role of clinical nutrition and supplements in cell antioxidant capacity" awarded by the Research Center of Laboratoires Reunis, Luxembourg (Academy Reunis) MSC - 2011.

2006

13. International multicenter study A0081064 - phase three international multicenter, double blind randomized study - "A 9 week randomized double blind, placebo controlled, multicenter, study of pregabalin BID in subject with posttraumatic peripheral neuropathic pain" - Use of Pregabalin in posttraumatic neuropathic pain - September 2006 member of the research team - MP

**DP - Project Director (2), * RP - Project Manager (3), MSC - Clinical Study Monitor/Investigator (5) MP - Project Member (1) RF - Phase Manager (1)*

PATENTS GRANTED DURING THE PROFESSIONAL ACTIVITY

Patent (1)

1. **Peneş N.O.**, Pop A. L., Industrial design - Advanced cardio-respiratory resuscitation scheme, OSIM, 2018
Cardiorespiratory resuscitation scheme - member of the board for the Elaboration and Revision of the Protocol for Cardiorespiratory and Cerebral Resuscitation, Inter-ministerial Program of the Ministry of National Education and Research and Ministry of Health (certificates MEN 9827/23.02.1998, MS IVB/4509/18.02.1998)

Patent applications (2):

2. Penes N. Ovidiu, Pop Anca Lucia, Pop Coriolan, Patent Application No. a 2025 00188, "Neuroenergizing and pro-

longevity food supplement based on nicotinamide riboside chloride, in the form of an oral spray”.

3. Penes N. Ovidiu, Pop Anca Lucia, Pop Coriolan, Varlas Valentin, Patent Application No. a 2025 00166, “Food supplement with optimised bioavailability for supporting NAD+ levels, based on nicotinamide riboside chloride and plant extracts with a bioenhancer role”.

4. Penes N. Ovidiu, Pop Anca Lucia, Pop Coriolan - Patent Application No. a 2024 00519, “Innovative formula of a product based on plants, vitamins and minerals that contributes to reducing stress and helps the normal functioning of the nervous system - food supplement”.

5. **Peneș N. O.**, Pop A. L., Invention patent application 2023 00266/25.05.2023 "Innovative formulation of a product with a complex composition based on hyaluronic acid and astaxanthin with photo-protective, antioxidant and anti-aging role, with oral administration - food supplement”.

6. **Peneș N. O.**, Pop A. L., Patent application no. a 2020 00173 of 01.04.2020, "Innovative formula with carnosine and pyroloquinoline quinone for oral administration to neutralize free radicals in the body - Food Supplement"

AWARDS

1. Diploma of Excellence for participation as a speaker at the International Conference on Longevity and Gerontology "Recent Advances in the Age Management" (29 March 2023).
2. Certificate of Excellence for participation as a speaker at the NutriTerra International Hybrid Congress "Precision nutrition and food security in the digital era. Nutrigenetic and life cycle nutrition" (14-16 June 2023, Bucharest).
3. Diploma of Excellence - promoter of the values of the "Ana Aslan" National Institute of Gerontology and Geriatrics, at the International Student Innovation and Scientific Research Fair "Cadet INOVA INOVA 17", "Nicolae Balcescu" Land Forces Academy, Sibiu, April 2017.
4. Anniversary medal dedicated to the 120th anniversary of the birth of Acad. Ana Aslan, 65 years since the founding of the "Ana Aslan" Institute of Gerontology and Geriatrics, as well as 60 years since the first industrial production of the autophagic drug Gerovital H3, for the conception of the managerial project for the development of the Institute and the revitalization of Geriatrics research, 30.03.2017.

AWARD-WINNING PATENTS

1. Diploma of Excellence and Pro Invent gold medal for: Innovative formula of a product based on plants, vitamins and minerals that contributes to reducing stress and helps the normal functioning of the nervous system - food supplement (International Salon of Scientific Research, Innovation and Invention PRO INVENT XXII edition, October 15-17, 2025, Cluj Napoca).
2. Diploma of Excellence and gold medal for: Innovative formula with carnosine and pyroloquinoline quinone for oral administration to neutralize free radicals in the body - food supplement (International Exhibition of Scientific Research, Innovation and Inventions PRO INVENT, 20th edition, 26-28 October 2022).
3. Diploma of Excellence and gold medal for "Innovative formula of a product with complex composition based on hyaluronic acid and astaxanthin with overprotective, antioxidant and anti-aging role, with oral administration - food supplement", Patent application no. a 2023 00266 of 25.05.2023 awarded at the International Exhibition of Research, Innovations and Inventions PRO INVENT, 21st edition, 25-27 October 2023, Cluj-Napoca

UEFISCDI - Awarding research results - articles - 2021 Contest

Varlas, V.N.; Bors, R.G.; Albu, D.; **Penes, O.N.**; Nasui, B.A.; Mehedintu, C.; Pop, A.L. Social Freezing: Pressing Pause on Fertility. Int. J. Environ. Res. Public Health 2021, 18, 8088. doi: 10.3390/ijerph18158088 (IF 3,39) article red zone (Q1)

STUDIES PUBLISHED IN ABSTRACTS IN JOURNALS AND BROCHURES OF NATIONAL AND INTERNATIONAL SCIENTIFIC EVENTS

Papers included in the program of scientific congresses, symposia and conferences

Presentations at professional medical and pharmaceutical events

Presentations at international scientific events

1. Nutriterra International Congress 2023 "Precision Nutrition & Food Security in the digital era. Nutrigenetics & Nutrition during the Life Cycle" Anniversary Edition on the Centenary of the Faculty of Pharmacy, University of Medicine and Pharmacy "Carol Davila" Bucharest, Romania, Hybrid Congress, June 14 - 16, 2023, Bucharest, Romania, e-Conference Penes, O.N., Genetic guided nutritional therapy in age management medicine - invited speaker
2. International Conference on Longevity and Gerontology: The role of genetic polymorphism in Age Management Therapies", speaker (29 March 2023, Bucharest)
3. 19th European Geriatric Medicine Society (EuGMS) Helsinki, 20-22 Sep 2023, Penes, O.N.
 - abstract area: cardiovascular medicine 2, title: Risk factors for cerebrovascular disease in the elderly
 - abstract area: nutrition part 1, title: Nutritional Disorders and Vascular Risk Factors in the Elderly
 - abstract area: comprehensive geriatric assessment 2, title: Long-term Consequences of Hypertension in the Elderly
 - abstract area: Pharmacology, title: Pharmacotherapy and Disorders of Gastric Motility in Older People
 - abstract area: Sarcopenia, title: Risk Factors Involved in Sarcopenic Obesity
 - abstract area: Frailty and resilience 2, title: Frailty syndrome and cardiovascular disease in the elderly
4. 18th Clinical Applications for Age Management Medicine Conference (AMMG), 23-26 April 2015, Orlando, FL, speaker on "Role of genetically guided nutritional supplementation therapy in Age Management Medicine"
5. 11th annual Anti-Ageing Conference (AACL 2014), London, 9-11 October 2014
 - Penes, O.N., "Therapeutic Approach of Superoxide Dismutase Deficiency" - course - guest lecturer/professor
6. 7th European Congress (EMMA 2011), 30 September – 1 October, Paris, France, speaker:
 - "Lifestyle coaching, nutrition and food supplements therapy roles in dramatically increasing of cellular antioxidative stress capacity"
 - "State of the Art in genomics"
7. 7th European Students" Conference at the Charite for Students and young Doctors, Berlin, 16-19 October 1996

8. 12th International Medical Science Student Congress, Istanbul, 15-18 May 1996
9. International Conference on the management of the critically ill patient, Bucharest, Parliament Palace, 1996

Presentations at national scientific events

1. XVIIIth National Congress of Geriatrics and Gerontology with International Participation: 'Romanian Geriatrics on the anniversary of two Academies of Sciences in Romania - 90 years since the establishment of the Academy of Medical Sciences and the Academy of Scientists of Romania' (29.10-01.11.2025), with the theme: 'Presenting the Concept of Age Management'.
2. National symposium Fr. I. Rainer Days with international participation 'Anthropology and Adolescence - biomedical and socio-cultural aspects' - invited, 10.05.2025, Bucharest.
3. National Symposium of Gerontopsychology with hybrid international participation "Tradition and innovation in gerontopsychology: classical approaches and new interdisciplinary trends" - special guest, 2.11.2024, Bucharest.
4. 16th National Congress of Geriatrics and Gerontology with international participation: "Romanian Geriatrics 50 years after the reception in the Romanian Academy of Mrs. Professor Doctor Ana Aslan" (23-26.10.2024), with the theme: "The elderly and genetic polymorphism".
5. Internal Medicine Congress 2024, Bucharest (06.04.2024), with the titles:
 - "Genetic Polymorphism and Age Management",
 - "Behavioral changes in the elderly with neurocognitive disorders", Bucharest
6. 15th National Congress of Geriatrics and Gerontology with international participation, lecturer: "Multidisciplinary and integrated approach to the problems of the elderly" (2-5.11.2023), with the theme: "Age Management and Genetic Polymorphism".
7. Interdisciplinary Perspectives Congress, "Carol Davila" University of Medicine and Pharmacy, 26-28 October 2023, Bucharest, Parliament Palace - "The role of genetic polymorphism in the management of elderly patients"
8. Participation in the Integrative and Personalized Medicine Conference "The Role of Nutrigenetics in Medical Practice" (18 October 2023, online)
9. Participation in the XIV National Congress of Geriatrics and Gerontology with international participation: multidimensional approach to active longevity (23 October 2022)
10. Participation in the XIII National Congress of Geriatrics and Gerontology with international participation: Functional Independence of the Elderly and Active Longevity (28-31 October 2021, held online)
11. Conference Moderator - "Interferences between conventional and complementary medicine", Session 3, 7th edition,

Bucharest 2016, Scientific Program Romanian Academy

12. Person in charge of organization/lecturer - training in Updates in Loco-Regional Anesthesia
13. Participation in the ARSD National Conference on "Current developments in opioid pain treatment", 16-18 September 2005.
14. Participant at the National Congress of Anesthesia & Intensive Care no. 27 - three oral presentations
15. Participation with oral presentations and posters at the 3rd Congress of the Romanian Society of Sepsis, 5-9 May 2005, Eforie Nord.

Various health communications in society and media

2000-2024

TV broadcasts, articles and interviews about health and prevention tips, permanent TV program for various national channels, health education and promotion of a healthy lifestyle for the general population on disease prevention, and prophylaxis of aging.

RECOGNITION AND IMPACT

QUOTES

Scopus - h-index = 8

ISI WEB - h-index = 8

Google Scholar h-index = 11

OTHER ACTIVITIES

Invited speaker

Guest lecturer at international scientific events

2023

1. Penes, O.N., "Recent advances in the management of ageing" - invited speaker, International Conference on Longevity and Gerontology (29 March 2023) - Diploma of Excellence (RO)
2. Penes, O.N., Genetic guided nutritional therapy in age management medicine - invited speaker - Nutriterra International Congress 2023 - "Precision Nutrition & Food Security in the digital era. Nutrigenetics & Nutrition during the Life Cycle" - Anniversary Edition on the Centenary of the Faculty of Pharmacy, "Carol Davila" University of Medicine and Pharmacy in Bucharest, Romania, Hybrid Congress, 14-16 June 2023, Bucharest, Romania, e-Conference (RO)
3. International Conference on Longevity and Gerontology: the role of genetic polymorphism in Age Management

therapies", speaker (29 March 2023, Bucharest).

2015

4. Penes, O.N., lecture on "Role of Genetic Guided Nutritional Supplementation Therapy in Age Management Medicine" - 18th Clinical Applications for Age Management Medicine Conference (AMMG), Orlando, Florida, (USA) - invited professor (2015)

2014

5. 11th Annual Anti-Ageing Conference (AACL 2014), London, 9-11 October 2014, Penes, O.N., "Therapeutic Approach of Superoxide Dismutase Deficiency" - course - invited speaker/professor

2011

6. 7th European Congress (EMMA 2011), 30 September – 1 October, Paris, France, speaker:
 - "Lifestyle coaching, nutrition and food supplements therapy roles in dramatically increasing of cellular antioxidative stress capacity"
 - "State of the Art in Genomics"

Guest lecturer at national scientific events

1. Internal Medicine Congress 2024, Bucharest (06.04.2024), with the presentations:
 - "Genetic Polymorphism and Age Management",
 - "Behavioral changes in the elderly with neurocognitive disorders", Bucharest
2. 15th National Congress of Geriatrics and Gerontology with international participation: "Multidisciplinary and integrated approach to the problems of the elderly" (02-05.11.2023), with the theme: "Age Management and Genetic Polymorphism"
3. Integrative and Personalized Medicine Conference - "The Role of Nutrigenetics in Medical Practice" (18 October 2023, online)
4. Congress "Interdisciplinary Perspectives", "Carol Davila" University of Medicine and Pharmacy, 26-28 October 2023, Bucharest, Parliament Palace - "The role of genetic polymorphism in the management of elderly patients"
5. Conference "Interferences between conventional and complementary medicine", Session 3, 7th edition, Bucharest 2016, Scientific Program Romanian Academy - moderator
6. Symposium: "Antibiotherapy in intra-abdominal infections", 2006, lecturer.
7. Advanced Airway Management (course), 2006, lecturer.
8. First National Course on Cardiopulmonary and Cerebral Resuscitation for Dentists, "Carol Davila" University of Medicine and Pharmacy in Bucharest, educational program, 2006 - director and lecturer
9. National Training Program in Pain Therapy (Healthcare Centre), responsible (scientific secretary - organizer) and lecturer, 2006

Participation in national and international congresses and conferences

2024

1. National Symposium of Gerontopsychology with international hybrid participation: "Tradition and innovation in gerontopsychology: classical approaches and new interdisciplinary trends" - special guest, 02.11.2024, Bucharest.
2. 16th National Congress of Geriatrics and Gerontology with international participation: "Romanian Geriatrics 50

years after the reception in the Romanian Academy of Mrs. Professor Doctor Ana Aslan" (23-26.10.2024), titled "The elderly and genetic polymorphism".

2023

3. 2nd edition of Nutriterra International Congress 2023: "Precision Nutrition & Food Security in the digital era. Nutrigenetics & Nutrition during the Life Cycle". Anniversary Edition on the Centenary of the Faculty of Pharmacy, "Carol Davila" University of Medicine and Pharmacy in Bucharest, Romania, Hybrid Congress, 14-16 June 2023, Bucharest, Romania, e-Conference - invited speaker
4. International Conference on Longevity and Gerontology: The role of genetic polymorphism in Age Management therapies, speaker (29 March 2023, Bucharest)
5. 19th European Geriatric Medicine Society (EuGMS), Helsinki, 20-22 Sept 2023, abstract area: Cardiovascular medicine 2. Title: Risk factors for cerebrovascular disease in the elderly | Nutrition part 1, title: Nutritional Disorders and Vascular Risk Factors in the Elderly | Abstract area: Comprehensive geriatric assessment 2, title: Long-term Consequences of Hypertension in the Elderly | Pharmacology, title: Pharmacotherapy and Disorders of Gastric Motility in Older People| Sarcopenia, title: Risk Factors Involved in Sarcopenic Obesity | Frailty and resilience 2, title: Frailty syndrome and cardiovascular disease in the elderly
6. Geriatrics Symposium: "Management of Elderly Elderly Algesic Syndrome" (17 June 2023, Brăila)
7. National symposium with international participation: "Multidimensional strategies for maintaining optimal functional capacity of the elderly" (06-08 June 2023, hybrid)
8. National Symposium with international participation - Fr. I. Rainer Days - 2023, Anthropology and Family - biomedical and socio-cultural aspects (4-6 May 2023, Bucharest)

2022

9. 14th National Congress of Geriatrics and Gerontology with international participation: Multidimensional approach to active longevity (23 October 2022)
10. Symposium: Lower Urinary Tract Syndrome in the Elderly organized by the Romanian Society of Gerontology and Geriatrics (15 October 2022)

2021

11. 13th National Congress of Geriatrics and Gerontology with International Participation: Functional Independence of the Elderly and Active Longevity (28-31 October 2021, held online)

2017

12. 21st IAGG World Congress of Gerontology and Geriatrics, titled "Global Aging and Health: Bridging Science, Policy and Practice", San Francisco, 2017

2016

13. National Conference of Anesthesia & Intensive Care, Bucharest, 11 February 2016

2006

14. 4th Congress of the Romanian Sepsis Society, Eforie Nord, 2006

2005

15. 3rd Congress of the Romanian Sepsis Society, Eforie Nord, 2005

16. ARSD Conference on "Current developments in opioid pain treatment", September, Bucharest, 2005

17. 6th National Symposium on Clinical Nutrition, Poiana Brasov, 2005

18. 25th Annual Congress of Anesthesia & Intensive Care and Continuing Medical Education Conferences, 2003

2003

19. First Congress of the Romanian Sepsis Society, Sinaia, 2003

2001

20. National Congress of Anesthesia & Intensive Care, Cluj Napoca, 2001

21. 23rd S.R.A.T.I. National Symposium and Romano-British Meeting, 2001

22. 5th National Congress of the Romanian Society of Anesthesiology & Intensive Care, 2001

2000

23. First National Congress of Clinical Nutrition organized by S.R.A.T.I. in collaboration with the European Society of Enteral and Parenteral Nutrition, Poiana Brasov, 2000

24. National Congress with international participation - The Romanian Anesthesia & Intensive Care Society, Bucharest, May 2000.

1998

25. Diseases of the liver and the bile ducts - New aspects and clinical implications - 12-13 Sep, Prague, Czech Republic

1996

26. International Conference on "Management of the Critically Traumatized Critically Ill Patient", Bucharest, Palace of Parliament, 1996.

27. European Medical Student Symposium, Thessaloniki, Greece, 1996

28. International Medical Congress, Istanbul, Turkey, 1996

29. European Conference for Medical Students and Young Doctors in Berlin, Germany, 1996

30. International Student Congress in Medical Sciences, Izmir, Turkey

31. Annual Medical Conference in Chisinau, Republic of Moldova

32. National Congress with International Participation of Toxicology and Clinical Pharmacology

LECTURER AND TRAINER. TEACHING ACTIVITY

1. Director and teaching trainer of the continuing medical education project on "Cardiopulmonary Resuscitation", OAMGMAMR, Arges chapter, 2005 - DP
2. Director and lecturer of the national continuing training program, 2005-2006, OAMGMAMR, Dambovită chapter - DP
3. Director and lecturer in the continuing medical education program on "Cerebral Cardiorespiratory Resuscitation",

OAMGMAMR, Prahova chapter - DP

4. Director and lecturer in continuing medical education program, OAMGMAMR, national chapter - DP
5. Lecturer at the Faculty of Medicine, Physiokinetotherapy - Medical Emergencies and A&IC, "Carol Davila" University of Medicine and Pharmacy in Bucharest
6. Lecturer on Practical Course - Management of the Respiratory Tract in neurologically affected patients - addressed to specialists and resident neurologists at SUUB Neurology Clinic
7. Teaching trainer in the National Program for Competence in Pain Therapy, organized by the National Center for Postgraduate Training of Doctors, Pharmacists - Other Staff with Higher Education and Nurses
8. Lecturer for courses and practical internships for students at the College of Geriatrics of U.M.F. Bucharest, 3rd year - "Nursing in Intensive Care"
9. Lecturer for courses and practical internships for the students of the Faculty of Medicine - UMF Bucharest, 4th year
14. Lecturer for courses and practical internships for students of the Faculty of Medicine - UMF Bucharest, 5th year
15. Lecturer for courses and practical internships for students of the Faculty of Medicine - UMF Bucharest, 4th year
16. Coordinator of the National Specialized Medical First-Aid Course – MoH Order no. IVB/1509 DIN 18.02.1998 | MEC Order no. 9827 of 23.02.1998.

MEMBER IN PUBLISHING TEAMS

1. Nutrients international journal (ISSN 2072-6643), section "Precision Nutrition: A personalised Approach to Health and Age Management". – JCI Q1: Nutrition and Dietetics – SCIE, IF 5.0 (red), CiteScore 9.1, 2025-2026 - Guest editor
2. Nutrients international journal (ISSN 2072-6643), section "Nutrigenetics and Nutrigenomics". A special issue of Nutrigenetic, Nutrigenomic & Nutriepigenetic Approaches in Age Management Interventions – JCI Q1: Nutrition and Dietetics – SCIE, IF 5.9 (red), 2024-2025 - Guest editor
3. Age Management Journal - Founding member, chairman of the editorial board, <https://agemanagementjournal.org/>
4. Romanian Protocol of Cardio-Respiratory and Cerebral Resuscitation, 2006 - author, coordinator
5. Editorial Board of the Guidelines of Clinical Toxicology, 2000 - Editorial Board Member

MEMBERSHIP IN PROFESSIONAL SOCIETIES

Romania

1. Anesthesia & Intensive Care Society, 1999, member
2. Clinical Nutrition Society, 1999, founding member
3. Regional Anesthesia Society, 2003, member
4. Association for the Study of Pain, 2003, member
5. Ethics Board of the University Emergency Hospital, 2016, Bucharest
6. Geriatrics and Gerontology Society, 2019, member
7. Age Management Society, 2023, founding president

International

1. International Society of Trauma Anesthesia & Intensive Care, 1997, member
2. American Academy of Experts in Traumatic Stress, 1997, expert member
3. European Anesthesia Society, 2002, member

4. American Academy of Experts in Traumatic Stress, 2002, fellow
5. World Anti-Aging Academy of Medicine, 2011, Member
6. Gerontological Society of America (GSA), 2025, member
7. American Geriatrics Society (AGS), 2025, member
8. American Society of Anesthesiologists (ASA), 2026 - member
9. California Society of Anesthesiologists (CSA), 2026 - member
10. California Society of Interventional Pain Physicians (CALSIPP), 2026 - member

OTHER ACTIVITIES IN VARIOUS PROFESSIONAL STRUCTURES

2024

1. NutriSciLab 2024 - Good practices in nutrition - 3rd edition - scientific board member <https://nutriterra.org/ro/nutriscilabs-bune-practici-in-nutritie/>

2023

1. Age Management Society - Romania - Founding member, Age Management formal Scientific Board president <https://agemanagementromania.org/>
2. Nutriterra International Congress 2023 "Precision Nutrition & Food Security in the digital era. Nutrigenetics & Nutrition during the Life Cycle" Anniversary Edition on the Centenary of the Faculty of Pharmacy, University of Medicine and Pharmacy "Carol Davila" Bucharest, Romania, Hybrid Congress, June 14 - 16, 2023, Bucharest, Romania, e-Conference - Member of the Scientific Board, Invited Lecturer www.nutriterra.org
3. Integrative and Personalized Medicine Conference (October 18-19, 2023, online)- Scientific Board Member
4. NutriSciLab 2023 - Good practices in nutrition - 3rd edition - scientific board member <https://nutriterra.org/ro/nutriscilabs-bune-practici-in-nutritie/>
5. Coordination of the symposium within the 15th National Congress of Geriatrics and Gerontology with international participation: "Multidisciplinary and integrated approach to the problems of the elderly" (02-05.11.2023)
6. Online continuing medical education course titled "Precision Nutrition. Nutrigenetics and nutrition throughout the life cycle", Nutriterra International Congress 2023, Bucharest, Romania, 14-16 June 2023 - Medical coordinator

2020

1. Nutriterra National Congress "Nutrition, Diet Therapy and Food Safety in the Context of the COVID-19", 28-29 May 2020, Bucharest | e-Conference - Member of the scientific board

2016

1. Member of the monitoring, coordination and methodological guidance board no. 2, in charge for quality management and internal control of the University Emergency Hospital Bucharest 2016 - Board Secretary
2. Conference "Interferences between conventional and complementary medicine", Session 3, 7th edition, Bucharest 2016, Scientific Program Romanian Academy - moderator
3. Ethics Board of the University Emergency Hospital in Bucharest, 2016 - board member
4. Postgraduate continuing education project: "Current developments in regional anesthesia", responsible / scientific secretary (Directors: Dr. Florin Costandache, Dr. Cristina Berteanu), UMF Bucharest 2016 – organizational manager
5. Board of the National Congress with International Participation, on Toxicology and Clinical Pharmacology, 1996 - member of the board

2015

1. Examination Board for the candidates registered for the contest for A&IC doctor - board member
2. Examination Board for the candidates registered for the contest for A&IC nurses - board member
3. Coordination of training activity through residency training program of the Ministry of Health 70360/ 4/11/2015
4. Coordination of training activities through the residency program for foreign students

2014

1. First Age Management Clinic in Romania - Founder

2011

1. National License Exam Board - board member
2. Admission Board of the Faculty of Medicine at "Carol Davila" University of Medicine and Pharmacy in Bucharest
- member of the board

2010

1. National Degree Exam Board - board member
2. Admission Board of the Faculty of Medicine at "Carol Davila" University of Medicine and Pharmacy in Bucharest
- member of the board

2009

1. National Degree Exam Board - board member
2. Admission Board of the Faculty of Medicine at "Carol Davila" University of Medicine and Pharmacy in Bucharest
- member of the board
3. Educational exchange program for students of the Faculty of Medicine, collaboration between UMF, Faculty of Medicine, and the Faculty of Medicine F.O.H.S. of Ben Gurion University and Soroka Medical Center, Israel, 2009-2013 (A&IC module) - program manager

2008

1. National Degree Exam Board - board member
2. Admission Board of the Faculty of Medicine at "Carol Davila" University of Medicine and Pharmacy in Bucharest
- member of the board
3. Boards for the degree exams at the Faculty of Medicine, "Carol Davila" University of Medicine and Pharmacy in Bucharest - secretary of the boards

2007

1. National Degree Exam Board - board member
2. Admission Board of the Faculty of Medicine at "Carol Davila" University of Medicine and Pharmacy in Bucharest
- member of the board
3. Boards for the degree exams at the Faculty of Medicine, "Carol Davila" University of Medicine and Pharmacy in Bucharest - board secretary

2005

1. Board for the elaboration of the Cerebral Cardiorespiratory Resuscitation Protocol - National Program of Specialized Medical First Aid, Romania. Editions 1998, 2000, 2003 (board chairmain Prof. Dr. Tulbure D.) - Board

member

2. Examination Board for Competence in Pain Therapy - organized by the Ministry of Health - Board Secretary
3. Examination for the promotion of scientific researcher organized by the Academy of Medical Sciences, A&IC-SUUB - Board Secretary
4. Supervisory Board for the National Degree Examination, September 2005 - Board Secretary
5. Examination Board, Head of A&IC Ward, Central Military Hospital Bucharest - board member
6. Examination Board for the promotion of teaching staff at the Faculty of Medicine, "Carol Davila" University of Medicine and Pharmacy in Bucharest- Board Secretary
7. Examination Board for Competence in Pain Therapy - organized by the Ministry of Health - Board Secretary

1999

1. Course: "Fundamentals of Cardio-Respiratory-Cerebral Resuscitation" with Crowne Plaza Hotel employees - guest lecturer
2. Specialized Medical First Aid Course in Dental Emergencies - course coordinator

1998

1. Practical Traineeship and Theoretical Course on Cerebral Cardio Respiratory Resuscitation in Acute Poisoning, with the 4th year students at the Faculty of Medicine (Supervisor: Prof. Dr. Victor Voicu) - guest lecturer
2. First Aid Course in Dental Emergencies - Faculty of Dentistry, UMF Bucharest - course coordinator

1996

1. Organizing Board of the National Congress with International Participation on Toxicology and Clinical Pharmacology - member of the board.

SECRETARY AND PROFESSIONAL EXAMS COORDINATOR

1. Secretary of the Examination Board for the position of doctor specialist, organized by the Ministry of Health
2. President of the examination board for the position of Referent I(s), Geriatrics and Gerontology - "Ana Aslan" National Institute of Gerontology and Geriatrics, Department 5 Clinical (August 03, 2023)
3. Member of the board for supervising-correction of the September session of the Admission Examinations at the Faculty of Medicine (1999 - 2014)
4. Member of the supervising-correction board for the Medical School Admission Exam (1999 - 2014)
5. Member of the Supervisory Board for the National Degree Examination in Medicine, September session (1999 - 2014)
6. Member of the supervision-correction board for the National Graduation Exam - February session
7. Secretary of the examination boards at the Faculty of Medicine, "Carol Davila" University of Medicine and Pharmacy in Bucharest
8. Member of the examination board for the candidates registered for the contest for A&IC doctors (2015)
9. Member of the examination board for the candidates registered for the contest for A&IC nurses (2015)
10. Secretary of the Examination Board organized by Ministry of Health
11. Secretary of the examination board for the positions in the Faculty of Medicine - UMF Bucharest - Head of A&IC Ward at the Central Military Hospital Bucharest
12. Secretary of the examination board for the position in the Faculty of Medicine - UMF Bucharest - Head of A&IC Ward at the Elias Emergency University Hospital in Bucharest.

TEACHING ACTIVITY

Coordination of diploma/dissertation papers, and awards/participation in student's scientific sessions

Coordination of Bachelor's Degree papers in Anesthesia & Intensive Care, Geriatrics and Gerontology, archived at the "Carol Davila" University of Medicine and Pharmacy

Vocational training courses coordinator

1. National Coordinator of the Inter-ministerial Program of Specialized Medical First Aid of the Ministry of Education and Research and the Ministry of Health and Family
2. Coordination of the training activity through the residency program of the Ministry of Health 70360/ 4/11/2015
3. Coordination of the residency program for foreign students (since 2015)
4. Online continuing medical education titled "Precision Nutrition. Nutrigenetics and nutrition during the life cycle", Nutriterra International Congress 2023, Bucharest, Romania, 14-16 June 2023 - Medical coordinator
5. Coordinator and lecturer in the project titled "Cardiopulmonary and Cerebral Resuscitation", OAMGMAMR, Bucharest chapter, 18-22.04.2016 - DP, 2016
6. Course in "State of the Art in genomics", Paris, 30 September 2011 (FR) - guest lecturer/responsible
7. Educational exchange program for students of the Faculty of Medicine Bucharest, collaboration U.M.F.Carol Davila-Faculty of Medicine and Faculty of Medicine F.O.H.S. of Ben Gurion University and Soroka Medical Center, Israel, 2009-2013 (A&IC module) - Responsible for educational program - RP
8. Director of several educational programs and lecturer in the national courses of cardiopulmonary and cerebral resuscitation organized by the Romanian Order of Nurses
9. Director of several educational programs and lecturer - Romanian College of Physicians
10. Scientific Secretary of the National Program for Obtaining Competence in Pain Therapy organized by the National Center for Postgraduate Training of Physicians, Pharmacists, Other Higher Education Personnel and Medical Assistants
11. Educational project "Medical-surgical emergencies in the dental office - Advanced specialized first aid measures", Association of Dentists in Private Practice, Romania, July 2003 - project director
12. Educational Programs - Romanian College of Physicians - director and lecturer of several programs
13. First National Course in Cardiopulmonary and Cerebral Resuscitation for Dentists, "Carol Davila" University of Medicine and Pharmacy in Bucharest educational program - director and lecturer
14. National Training Program in Pain Therapy (Centre for Improvement in Healthcare) - responsible (scientific secretary - organizer) and lecturer
15. Refresher course in "Updates in Regional Anesthesia" - responsible organizer/lecturer
16. Educational program (coordinator) and lecturer in the course of Cardiopulmonary and Cerebral Resuscitation (UMF) - program director
17. Researcher promotion exam Academy of Medical Sciences - board member
18. Program of Complementary Studies in Pain Therapy- -CPDS - Evaluator
19. Educational and continuous training project, Romanian College of Physicians, "Cardiorespiratory and cerebral cardio-resuscitation", Bucharest, 14.04.06 - project director
20. Continuing education project, Romanian College of Physicians, "Cardiopulmonary and Cerebral Resuscitation", Bucharest, 21-23.11.06 - project director
21. Continuing education project, Romanian College of Physicians, "Cardiorespiratory and cerebral cardio-

resuscitation", Bucharest, 18.04-20.04.06 - project director

22. Continuing education project: Mini-invasive techniques of lumbar pain management, Romanian College of Physicians, Bucharest, 28-29.11.2006 - project responsible.

Date:

04/22/2026

Signature:

Habilitated Assoc. Univ. Prof. Dr. Nicolae-Ovidiu Penes MD PhD