

PERSONAL INFORMATION

Claudiu Avram



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<https://scholar.google.com/citations?user=Fe6hREAAAAJ&hl=ro&oi=ao>

Sex Male | Date of birth 14/06/1977 | Nationality Romanian

PERSONAL STATEMENT

MD, PhD, Hab.Dr.

WORK EXPERIENCE

- 2004 - present** Full Professor (Assistant Professor.: 2004-2011; Associate Professor: 2011-2020; Full Professor: 2020-present)
West University of Timisoara, www.uvt.ro
- Research and teaching activities in: Cardiovascular prevention and rehabilitation; Rehabilitation of geriatric diseases; Research methodology.
- Business or sector:** High education
- 2012 - present** Specialist medical doctor in Rheumatology
Cabinet Medical Dr. Avram (2015 – present); Clinica Medicover Timisoara (2012-2017); Clinica Hiperdia Timisoara (2012-2015)
- Medical examinations and treatment recommendations in Rheumatology
- Business or sector:** Healthcare

EDUCATION AND TRAINING

- 2016 **Habilitation thesis: "Contributions to the rehabilitation of cardiopulmonary, musculoskeletal and sport related disorders"**
Babeş-Bolyai University from Cluj-Napoca
- 2004-2009 **PhD degree, with the thesis: "Comprehensive rehabilitation in metabolic syndrome" granted with the "Magna cum laude" title**
Victor Babes University of Medicine and Pharmacy Timisoara
- 2008-2012 **Residency in Rheumatology**
Emergency Clinical County Hospital Timisoara
- 2001-2003 **Bachelor degree in Physical Therapy**
West University of Timisoara
- 1996-2002 **Bachelor degree in Medicine**
Victor Babes University of Medicine and Pharmacy Timisoara

PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	B2	B2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user

Communication/social skills

- good communication skills gained through my experience as teacher and medical doctor

Organisational / managerial skills

- founder and coordinator of a masteral university programme "Physical rehabilitation and kinetoprophylaxy" in West University of Timisoara
- member of the senate of West University of Timisoara from 2012
- from 2008 to 2015: co-editor in chief of "Timisoara Physical Education and Rehabilitation Journal", indexed in 6 international data bases (ProQuest, Ebsco, Versita, Doaj, J-Gate, Index Copernicus)
- project director of the postdoctoral research project: "Ergospirometry – a new strategy for exercise capacity evaluation and exercised training individualization in young patients with metabolic syndrome", financed by UEFISCDI (Contract no. 36/28.07.2010) which was successfully finished on July 2012;

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving
Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

Levels: Basic user - Independent user - Proficient user

Driving licence

- good command of office suite (word processor, spread sheet, presentation software)
- B

ADDITIONAL INFORMATION

Experience in national/international research projects

- Postdoctoral research project: "Ergospirometry – a new strategy for exercise capacity evaluation and exercised training individualization in young patients with metabolic syndrome", financed by UEFISCDI (Contract no. 36/28.07.2010) which was successfully finished on July 2012;
- International project "European action on secondary and primary prevention of coronary heart disease in order to reduce events - EUROASPIRE III", coordinated by the European Society of Cardiology (2009-2010)
- Research project - type IDEI: "Optimizing somatic and cardio-metabolic parameters in obese young people by changing lifestyles and implementing an individualized physical activity protocol", financed by UEFISCDI (Contract no.: 2961/2009).
- Research project PNCDI 2: "Efficient rehabilitation therapy by developing and implementing SOP treatment protocols and optimization of therapeutic strategies - REHAOPTIM", Contract no. 41028/2007
- CEEX 2006 research project: "Computerized optimisation of the diagnostical process, therapeutic intervention and prognosis of cardiovascular disease - CARDIOCOMP", 2006 - 2008. Financed by VIASAN no: 81/2006
- Research project CNCSIS type A: "The benefit of comprehensive cardiac rehabilitation on endothelial dysfunction in patient with CABG - a correlative study with polymorphism no-endothelial synthetasis". Contract No. 27690/14.03.2005
- National project: "EUROASPIRE III Romania Follow Up", coordinated by Romanian Society of Cardiology
- Project POSDRU: „Sistem inovativ transdisciplinar de dezvoltare a aptitudinilor de munca pentru studenti/masteranzi" (POSDRU/109/2.1/G/82617)

PUBICATIONS

Scientific papers with impact factor in Web of Science indexed journals

- **Avram C**, Drăgoi RG, Popoviciu H, Drăgoi M, Avram A, Amaricăi E. Association between arterial stiffness, disease activity and functional impairment in ankylosing spondylitis patients: a cross-sectional study. *Clin Rheumatol*. 2016 Aug;35(8):2017-22. doi: 10.1007/s10067-016-3297-7. Epub 2016 May 12. (IF=2.042)
- Bajas, D., Vlase, G., Mateescu, M., Grad, O. A., Bunoiu, M., Vlase, T., & **Avram, C.** (2021). Formulation and Characterization of Alginate-Based Membranes for the Potential Transdermal Delivery of Methotrexate. *Polymers*, 13(1), 161.
- 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.
- 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? *In Vivo*. 2016 07-08;30(4):521-528. (IF= 0.832)
- Drăgoi RG, Amaricăi 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. *Clin Rehabil*. 2016 Apr;30(4):340-6. doi: 10.1177/0269215515578292. Epub 2015 Mar 25. (IF=2.403)
- Tudorache E, Oancea C, **Avram C**, Fira-Mladinescu O, Petrescu L, Timar B. Balance impairment and systemic inflammation in chronic obstructive pulmonary disease. *Int J Chron Obstruct Pulmon Dis*. 2015 Sep 8;10:1847-52. doi: 10.2147/COPD.S89814. (IF=3.046)
- 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. *BMC Health Services Research* 2013, 13:75. doi:10.1186/1472-6963-13-75 (IF=1.659)
- Mihaela Oravitan, **Claudiu Avram**. The effectiveness of electromyographic biofeedback as part of a meniscal repair rehabilitation programme. *Journal of Sports Science and Medicine*. 2013 Sep 1;12(3):526-32. (IF= 0.898)
- Mihaescu A, **Avram C**, Bob F, Gaita D, Schiller O, Schiller A. Benefits of Exercise Training during Hemodialysis Sessions: A Prospective Cohort Study. *Nephron Clinical Practice*. 2013;124(1-2):72-8. doi: 10.1159/000355856. Epub 2013 Oct 18. (IF= 1.698)
- Tudorache V, Oancea C, **Avram C**, Fira-Mladinescu O. Changes in physical activity in healthy people and COPD patients. *Wien Klin Wochenschr*. 2014 Jan;126(1-2):30-5. doi: 10.1007/s00508-013-0452-x. (IF= 0.836)
- **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. *Journal of Food Agriculture & Environment* Vol.9 (3&4): 16-19. July-October 2011 (IF=0.517)

Proceedings papers indexed in Web of Science

- **Avram C**, Oravitan M, Nagel AC, Almajan-Guta B, Dragoi RG. Relation between obesity and arterial stiffness in young individuals. *Proceedings of the 7th World Congress of International Society of Physical and Rehabilitation Medicine*. Edizioni Minerva Medica 2013: 222-224
- Dragoi RG, Sadlonova M, Duer M, **Avram C**, Dragoi M, Popoviciu H, Nagel A, Smolen JS, Stamm TA. Educational needs of patients with psoriatic arthritis correlates with gender, disease activity and physical functioning. *Proceedings of the 7th World Congress of International Society of Physical and Rehabilitation Medicine*. Edizioni Minerva Medica 2013: 290-291
- Dragoi RG, **Avram C**, Dragoi M, Popoviciu H, Nagel A, Duer M, Milicin C, Stamm TA. Impact of rheumatoid arthritis treatment on arterial stiffness. *Proceedings of the 7th World Congress of International Society of Physical and Rehabilitation Medicine*. Edizioni Minerva Medica 2013: 247-249
- Rusu AM, Almajan-Guta B, **Avram C**, Oravitan M, Nagel AC. Inspiratory muscle training and effort capacity in cystic fibrosis patients. *Proceedings of the 7th World Congress of International Society of Physical and Rehabilitation Medicine*. Edizioni Minerva Medica 2013;157-159
- **Avram C**, Oravitan M, Dragoi RG. Benefit of individualized exercise training in patients with metabolic syndrome. *Proceedings of the 18th European Congress of Physical and Rehabilitation Medicine (PRM)*. Edizioni Minerva Medica 2012: 3-5
- Almajan-Guta B, Rusu A, **Avram C**. Increasing quality of life in Romanian cystic

- fibrosis teenagers using a complex approach of physiotherapy. Proceedings of the 18th European Congress of Physical and Rehabilitation Medicine (PRM). Edizioni Minerva Medica 2012: 37-38
- Merghes PE, Hoble LD, **Avram C**. Physical fitness and ventilatory efficiency after medium altitude training in young athletes. Proceedings of the 18th European Congress of Physical and Rehabilitation Medicine (PRM). Edizioni Minerva Medica 2012: 6-8
 - **C. Avram**, M. Oravitan, B. Almajan-Guta, L.D. Hoble, A.M. Rusu, R.G. Dragoi. Interval exercise training effectiveness in sleep apnea patients with metabolic syndrome. Proceedings of the 6th Congress of the International Society of Physical and Rehabilitation Medicine, Edizioni Minerva Medica S.P.A. 2011. pg. 20-22, ISBN: 978-88-7711-616-1.
 - B. Almajan-Guta, **C. Avram**, A. M. Rusu, H. Filipescu, V. Almajan-Guta, O. Cluci, L. Pop, M. Oravitan. Incentive techniques and airway clearance therapy in teenagers with cystic fibrosis. Proceedings of the 6th Congress of the International Society of Physical and Rehabilitation Medicine. Edizioni Minerva Medica S.P.A. 2011. pg. 42-44, ISBN: 978-88-7711-616-1.
 - M. Dragoi, **C. Avram**, D. A. Nemes, R. G. Dragoi. The pulmonary function improvement through inspiratory muscle training of patients with ankylosing spondylitis. Proceedings of the 6th Congress of the International Society of Physical and Rehabilitation Medicine, Edizioni Minerva Medica S.P.A. 2011. pg. 54-56, ISBN: 978-88-7711-616-1
 - M. Oravitan, **C. Avram**, A. M. Rusu, L. D. Hoble, B. Almajan-Guta. Optimizing the somatic and cardio-metabolic parameters at young obese by modifying the lifestyle and implementing an individualized physical training protocol. Proceedings of the 6th Congress of the International Society of Physical and Rehabilitation Medicine Edizioni Minerva Medica S.P.A. 2011. p. 102-103, ISBN: 978-88-7711-616-1.
 - R. G. Dragoi, D. A. Nemes, M. Dragoi, A. Nita, **C. Avram**. The role of dynamic functional evaluation of knee osteoarthritis. Proceedings of the 6th Congress of the International Society of Physical and Rehabilitation Medicine, Edizioni Minerva Medica S.P.A. 2011. pg. 116-117, ISBN: 978-88-7711-616-1
 - **C. Avram**, S. Iurciuc, L. Craciun, A. Avram, M. Iurciuc, C. Ciulacu, D. Stancila, D. Gaita. Metabolic syndrome patients: primary care can be more than usual care. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica, 2010, p. 87-89 ISBN-13: 978-88-7711
 - **C. Avram**, M. Oravitan, S. Voicu, L.D. Hoble, E. Bota, A.M. Rusu, R.G. Dragoi. Endurance training and physical fitness in young metabolic syndrome patients. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2010, p. 89-92. ISBN-13: 978-88-7711
 - **C. Avram**, M. Oravitan, S. Voicu, A. Nagel, M. Barzu, B. Almajan-Guta, M. Iurciuc. Individualized exercise training benefit on hemodynamic parameters in young metabolic syndrome patients. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2010, p. 122-125. ISBN-13: 978-88-7711
 - Craciun L, Avram A, Iurciuc S, **Avram C**, Iurciuc M, Popovic C, Mancas S, Gaita D. Lipids targets achievement in Euroaspire III Romania Follow-Up: from guidelines to clinical practice. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2010, pg. 236-238. ISBN-13: 978-88-7711
 - Iurciuc M, **Avram C**, Iurciuc S, Franculescu C, Vlad A, Mancas S. Comprehensive rehabilitation programs may improve some of the ambulatory blood pressure parameter. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2010, p. 253-255. ISBN-13: 978-88-7711
 - Avram A, Iurciuc S, Craciun L, Iurciuc M, **Avram C**, Gojka G, Gaita D, Mancas S. Hospital and ambulatory-based cardiovascular rehabilitation programmes in coronary patients with revascularisation procedures. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2010, pag. 260-263. ISBN-13: 978-88-7711
 - Stancila D, Craciun L, **Avram C**, Iurciuc S, Mihaicuta S, Vernic C, Gaita D. Euroaspire III Romania follow-up: role of general practitioner in smoking cessation. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2010, pag. 307-308. ISBN-13: 978-88-7711
 - Almajan-Guta B, Almajan-Guta V, **Avram C**, Pop L, Argesanu V. Sports and airway clearance techniques in children with cystic fibrosis. Proceedings of the 17th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva

- Medica 2010, Pages: 137-139. ISBN-13: 978-88-7711
- **C. Avram**, M. Oravitan, L.D. Hoble, D. Gaita, I.D. Branea. Interval exercise training benefit on body composition and physical fitness in young obese women. Proceedings of the 6th European Sports Medicine Congress (EFSMA), 6th European Sports Medicine Congress, Antalya, Turkey 14-18 October 2009. Pages: 135-140, Published: 2009.
 - Mihaela Oravitan, Nicolae Bogdan Negru Aman, **Claudiu Avram**, Endre Szabo, Mariana Barzu, Eugen Bota. Study regarding muscular parameters changes at young obeses after an individualized physical training programme. Proceedings of the 6th European Sports Medicine Congress (EFSMA), Antalya, Turkey 14-18 October 2009. Pages: 247-251, Published: 2009
 - C.A. Avram, O. Fira-Mladinescu, **C. Avram**, A. Anghel, D. Gaita. The impact of various eNOS polymorphism on clinical evolution of coronary patients with CABG referred to a comprehensive cardiac rehabilitation programme. Proceedings of the 16th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2008: 176-177.
 - **C. Avram**, M. Oravitan, M. Iurciuc, S. Iurciuc, A. Nagel, D. Gaita. Rehabilitation of patients with metabolic syndrome by using physical activity monitors. Proceedings of the 16th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica, Pages: 124-126, Published: 2008.
 - M. Oravitan, **C. Avram**, L. Galosi. Application of electromyographic biofeedback in rehabilitation after total knee arthroplasties. Proceedings of the 16th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2008: 240-242
 - **C. Avram**, M. Oravitan, E. Sirbu, M. Domokos, O. Fira-Mladinescu. The benefit of interval exercise training programme on patients with metabolic syndrome. Proceedings of the 16th European Congress of Physical and Rehabilitation Medicine. Edizioni Minerva Medica 2008: 230-232

Books with ISBN

- **Claudiu Avram**, Egri Iasmina. Întrebări și răspunsuri în obezitate. Editura Universitatii de Vest, Timișoara, 2012, ISBN: 978-973-725-382-4
- **Claudiu Avram**. Prevenția cardiovasculară la pacienții 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 în recuperarea pacienților cu sindrom metabolic. Editura de Vest, Timișoara, 2012, ISBN: 978-973-36-0557-7
- **Claudiu Avram** (coordonator). Exerciții fizice tematice în kinetoterapie. Editura Eurobit, Timișoara, 2015; ISBN: 978-973-132-085-4
- **Claudiu Avram**. Recuperarea cardiovasculară în spital și ambulator. Editura Eurobit, Timișoara, 2011, ISBN: 978-973-620-892-8
- Gaita D., **Avram C.** Recupearea cardiovasculară - între concepte și practică, Editura Brumar, Timișoara, 2007 ISBN 9789736023231
- Gaita D., Avram A., **Avram C.** Antrenamentul fizic în recuperarea cardiovasculară, Editura Brumar, Timișoara, 2007. ISBN 9789736023231.

Book chapters with ISBN

- **Avram C.** *Evaluarea funcției musculaturii periferice*, în "Tratat de reabilitare pulmonară", Editura Mirton Timișoara 2009, pg.136-139, 413-417; ISBN 978-973-52-0574-4
- **Avram C.**, Gaita D. *Aspecte practice ale antrenamentului fizic la pacienții pulmonari cronici*, în "Tratat de reabilitare Pulmonară" Editura Mirton, Timișoara 2009, pg.209-216; ISBN 978-973-52-0574-4
- **Avram C.**, Fira-Mladinescu O. *Ergospirometria*, în "Tratat de reabilitare pulmonară", Editura Mirton, Timișoara 2009, pg.124-129; ISBN 978-973-52-0574-4
- Voicu M. Tudorache, Oancea C., **Avram C.** *Implementarea unui program comprehensiv de reabilitare pulmonară*, în "Tratat de reabilitare pulmonară" Editura Mirton, Timișoara 2009, pg.173-182; ISBN 978-973-52-0574-4
- **Avram C.**, Fira-Mladinescu O. *Ergometria*, în "Tratat de reabilitare pulmonară". Editura Mirton, Timișoara 2009, pg.114-121; ISBN 978-973-52-0574-4
- Gaita D., **Avram C.** *Disfuncția endotelială*, în "Disfuncția Erectilă". Editura Medicală, București 2008.
- Mitu F., Mitu M., **Avram C.**, Gaiță D. *Terapia nefarmacologică în sindromul metabolic – rolul dietei*, în "Progrese în cardiologie, volumul III". Ed. Media Med Publicis, București 2008. ISSN I 843-3731;
- **Avram C.**, Gaiță D., Mitu F. *Prevenția și tratamentul sindromului metabolic – beneficiile activității fizice*, în "Progrese în cardiologie, volumul III". Ed. Media Med

Scientific papers in journals
 indexed in
 International Data Bases

- Publicis, Bucuresti 2008. ISSN I 843-3731;
- Gaiță D, **Avram C**, Avram A, Zdrengea D. Mancaș S. *Optimizarea stilului de viață în prevenția cardiovasculară – de la ghiduri actuale la practica clinică*, in “Progrese în cardiologie, volumul II”, Ed. Media Med Publicis, Bucuresti 2007, pg. 361-384; ISSN I 843-3731
- Gaita D., Avram A., Zdrengea D., **Avram C**. *Recuperarea in insuficienta cardiaca – recomandari actuale*, , in “Progrese în cardiologie, volumul I”, Ed. Media Med Publicis, Bucuresti 2006, pg. 417-44.
- Strava CC, Rusu AM, **Avram C**. Anthropometric characteristics, body composition and physical performance of female cadet volleyball players. *Journal of Physical Education and Sport*, 16 Supplement issue (1), Art 106, pp. 664 - 667, 2014; DOI:10.7752/jpes.2016.s1106
- **Claudiu Avram**, Mihaela Oravitan, Dan Gaita and Cristiana Adina Avram. National survey on diet and eating behaviours for the prevention of cardiovascular diseases. *Exp Clin Cardiol*. Vol 20 Issue10 pages 6542-6549 / 2014
- **Claudiu Avram**, Mihaela Oravitan, Dan Gaita. Distribution and profile of alcohol consumers in Romania - a health related approach. *Journal of Food, Agriculture & Environment* Vol.11 (3&4) October-December 2013. (IF=0.435)
- Almajan-Guta B., Rusu A.M., Nagel A., **Avram C**. Injury frequency and body composition of elite romanian rugby players. *Timisoara Physical Education and Rehabilitation Journal*, Volume 8, Issue 15, 2015:17-21. DOI: 10.1515/tperj-2015-0011
- **Claudiu Avram**, Mihaela Oravitan. Fruit, Vegetables and Fast Food Consumption among University Students. Volume 5, Issue 10, *Timisoara Physical Education and Rehabilitation Journal*, 2013:54-60. DOI: 10.2478/tperj-2013-0008
- Răzvan Gabriel Drăgoi, Horațiu Popoviciu, Mihai Drăgoi, **Claudiu Avram**, Cristian Milicin. Evaluating educational needs of patients with rheumatoid arthritis using a Romanian version of the educational needs assessment tool (RoENAT). *Revista Română de Reumatologie – VOL. XXII Nr. 2, An 2013:98-102*
- Dan Gaiță, Mihaela Oravițan, **Claudiu Avram**. National Study on the Physical Activity Level as a Means of Preserving Health. Volume 6, Issue 11, *Timisoara Physical Education and Rehabilitation Journal*, 2013:16-21. DOI: 10.2478/tperj-2013-0011
- Mihaela Oravițan, **Claudiu Avram**, Stela Iurciuc, Petru Mergheș, Bogdan Almăjan-Guță. The influence of lifestyle on cardio-metabolic risk in students from Timisoara University Center. Volume 6, Issue 11, *Timisoara Physical Education and Rehabilitation Journal*, 2013:7-15. DOI: 10.2478/tperj-2013-0010
- Adrian Nagel, **Claudiu Avram**. Reference Values and Gender Differences of the Functional Parameters in Romanian Elite Junior Tennis Players. Volume 5, Issue 10, *Timisoara Physical Education and Rehabilitation Journal*, 2013:22-27. DOI: 10.2478/tperj-2013-0003
- Bogdan Almăjan-Guță, **Claudiu Avram**, Alexandra Mihaela Rusu, Sebastian Gheltofan, Cluci Ornela Olivia, Molcut Alin. Changes of body composition in patients with cystic fibrosis after a complex physiotherapy program. *Revista Română de Kinetoterapie* 2012, Vol 18, nr. 30 (<http://www.revrokineto.com/viewart/15/en>)
- **C. Avram**, C.A. Avram, L.M. Craciun, S. Iurciuc, L.D. Hoble, A.M. Rusu, B. Almajan-Guta, S. Mancas. Inpatient and outpatient cardiac rehabilitation programmes improve cardiometabolic risk in revascularized coronary patients with type 2 diabetes. *Timisoara Physical Education and Rehabilitation Journal*, vol. 3, issue 5/2011, pag.24-34, ISSN 2065-0574
- Bogdan Almăjan-Guță, **Claudiu Avram**, Violeta Almăjan-Guță, Lucian D. Hoble, Alexandra M. Rusu, Ornela O. Cluci. Îmbunătățirea indicilor ventilometrici prin folosirea tehnicilor de clearance asociate cu aerosoloterapia la adolescenții cu mucoviscidoză. *Timisoara Physical Education and Rehabilitation Journal*, vol. 3, issue 5/2011, ISSN 2065-0574
- **Claudiu Avram**, Mihaela Oravitan, Lucian D. Hoble, Bogdan Almajan-Guta. Cardiopulmonary exercise testing - effective method for evaluation and recommendation of individualized exercise training in patients with metabolic syndrome. *Timisoara Physical Education and Rehabilitation Journal*, Volume 3, Issue 7, 2012, SSN 2065-0574.
- Lucian D. Hoble, **Claudiu Avram**. Strength, power and opto-acoustic reaction during off-season period in professional rugby players. *Journal of Physical Education and Sport (JPES)*, 12(1), Art 2, pp 9 - 12, 2012
- Rusu Alexandra Mihaela, **Avram Claudiu**, Mihaela Oravitan, Almajan-Guta Bogdan, Cluci Ornela Olivia, Gaita Dan Ion. Lifestyle intervention and quality of life in young obese patients. *Timisoara Physical Education and Rehabilitation Journal*, Volume 4, Issue 8, 2012, ISSN 2065-0574.

- Ornela O. Cluci, Bogdan Almajan-Guta, **Claudiu Avram**, Alexandra M. Rusu. Importance of 6 Minute Walk test in the assessment of teenagers with cystic fibrosis. Timisoara Physical Education and Rehabilitation Journal, Volume 4, Issue 8, 2012, ISSN 2065-0574.
- P. Merghes, **C. Avram**. The muscular profile improvement after medium altitude exercise training in young tennis players. Sport si Societate 2012 vol. 12 nr.2: 125-130
- Iuliana Gherghel, **Claudiu Avram**. Efficiency of Physical Therapy for Improving Hemodynamic Parameters in Young Obese Patients. Timisoara Physical Education and Rehabilitation Journal, 2013, Volume 5, Issue 9, DOI: 10.2478/v10325-012-0003-y
- Adina Avram, Stela Iurciuc, Laura Craciun, **Claudiu Avram**, Mircea Iurciuc, Cristian Sarau, Gabrijela Gojka, Anca Grosos, Simina Urseanu, Daniel Duda Seiman, Maria Rada, Dan Gaita, Silvia Mancas. EUROASPIRE III ROMANIA – the need to reinforce cardiac rehabilitation in patients with coronary artery disease. Timisoara Medical Journal, 2010, Vol. 60 , No.4, ISSN 158-5251.
- Laura Craciun, Adina Avram, **Claudiu Avram**, Cristian Sarau, Stela Iurciuc, Mircea Iurciuc, Vlad Ionescu, Silvia Mancas, Dan Gaita. Revascularized coronary patients: benefit of cardiac rehabilitation program. Timisoara Medical Journal, 2011, Vol. 61, No. 1-2. ISSN 158-5251.
- Lucian Hoble, Loredana Meșină, Alexandra Rusu, **Claudiu Avram**, Mihaela Oravițan. The role of cardiopulmonary exercise test for individualized exercise training recommendation in young obese subjects. Timisoara Physical Education and Rehabilitation Journal, vol. 2, issue 4/2010, pag.41-46, ISSN 2065-0574
- Loredana Mesina, Lucian Hoble, Andreea Cocaina, Timea Szasz, **Claudiu Avram**. Nutritional assessment and its role in evaluation and prescription of exercise training. Timisoara Physical Education and Rehabilitation Journal, vol. 2, issue 4/2010, pag.55-60, ISSN 2065-0574 .
- Cristiana Adina Avram, M. Iurciuc, Laura Craciun, **Claudiu Avram**, Stela Iurciuc, Daniela Stancila, D. Gaita, Silvia Mancaș. EuroAspire III Romania Follow-up – riscul cardiovascular al pacienților diabetici poate fi redus printr-un program structurat de prevenție primară. Romanian Journal of Cardiology, Vol. XXV, nr. 2, 2010, pag 107-113. ISSN: 1583-2996
- Eugen Bota, **Claudiu Avram**, Adrian Nagel, Sorinel Voicu, Gheorghe Simion. Strength training benefit on weak muscle groups in young handball players. Sport Medicine Journal, 2010 Vol. VI, no. 3, 1448 -1452
- Adina Avram, Stela Iurciuc, Laura Craciun, **Claudiu Avram**, Lucian Hoble, Mihaela Oravitan, Mircea Iurciuc, Dan Gaita, Silvia Mancas. Comprehensive cardiac rehabilitation programs improve weight management in overweight and obese coronary patients following revascularization. Sport Medicine Journal Vol. VI, No.2, (22) – 2010
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Patents

- Title: *Electronic spirometer with double measuring method for measuring the respiratory parameters*. Patent Number: RO126829A0; RO126829A3; RO126829B1. Patent Assignee: Oancea C; Fira MO; Matei CN; Ionita I; Motoc AGM; Lazureanu EV; **Avram C**; Tampa MS; Boruga O; Fira-Mladinescu O.

Scientific prizes

- The “Iuliu Hatieganu” prize offered by the Romanian Academy in 15 December 2011, for co-authoring the book “Tratat de reabilitare pulmonara”
- Young Scientist Award prize, offered by Egon and Ann Diczfalusy Foundation, from Szeged, Hungary, on 10th of November 2009 (http://www.shp.hu/hpc/userfiles/diczfalusy/3rd_awardees.pdf)
- Excellence Prize of Romanian Society of Rheumatology in 2013 as author of the paper “Evaluation of educational needs in patients with rheumatoid arthritis using a Romanian version of the questionnaire RoENAT”