



Europass Curriculum Vitae



Personal information

First name(s) / Surname(s) **Rus, Victoria Ancuta**
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E-mail **victoria.rus@umfst.ro**
Nationality **Romanian**
Date of birth
Gender **Female**

Occupational field

University of Medicine and Pharmacy Tirgu Mures, Department of Informatics and Biostatistics (since 2016)

Work experience

Dates	2016-present
Occupation or position held	Assistant Lecturer
Main activities and responsibilities	Teaching and research
Name and address of employer	Department of Informatics and Biostatistics University of Medicine and Pharmacy Tirgu Mures , Faculty of Medicine, 38 Gh. Marinescu street, 540139, Tirgu Mures city, Mures county, Romania
Type of business or sector	University education
Dates	2016-present
Occupation or position held	Coordinator of specialty practice in nutrition and dietetics for first year students
Main activities and responsibilities	Applying in the dietetic clinical practice the theoretical notions of nutrition and dietetics, starting with nutritional standards, knowledge of correct nutrition, the link between food and disease behavior, by categories of pathologies. • Analysis of the food component of the hospitalized patient • Critical analysis of personalized diet components and pathology • Explaining the role of diet in maintaining health and preventing chronic diseases. • Identification of problem nutrients in the context of chronic diseases • Assessing the quality of nutritional information presented in the media Understanding the language, methodology and issues specific to nutrition research
Dates	2013-present
Occupation or position held	General Secretary
Main activities and responsibilities	Implementing of European standards of training in nutrition and dietetics
Name and address of employer	Romanian Nutrition and Dietetics Association , 6 Aurel Filimon street, 540110, Tirgu Mures city, Mures county, Romania
Type of business or sector	Education, Health, Nutrition, Private sector independent character, Nongovernmental, Nonprofit and nonpolitical

Dates 2016-2018

Occupation or position held **Team member:** "Psycho-social motivations associated with food choices and eating practices (EATMOT)", PROJ/CI&DETS/2015/0008, in collaboration with Escola Superior Agrari di Instituto Politecnico de Viseu / Portugal, Departamento de Industrias Alimentares

Main activities and responsibilities Management / Research

Name and address of employer Departamento de Industrias Alimentares, Escola Superior Agrari di Instituto Politecnico de Viseu / Portugal

Type of business or sector Health

Dates 2015 - 2016

Occupation or position held **Team Member:** „Smoking and Exposure to secondhand smoking among Pregnant Women and Children”, part from the main project „Building Capacity for Tobacco Research in Romania”: <http://trr.umftgm.ro/>

Main activities and responsibilities Management / Research

Name and address of employer National Institute of Health - Fogarty International Center, SUA.

Type of business or sector Health

Education and training

Dates 2015-present

Title of qualification awarded **PhD student**

Principal subjects/occupational skills Nutrition in Cardiology, Acute miocardyal infarction

Name and type of organisation providing education and training Doctoral School UMF Tirgu Mures, Coordinator: Prof.dr. Theodora Benedek
University of Medicine and Pharmacy Tirgu Mures, Faculty of Medicine, 38 Gh. Marinescu street, 540139, Tirgu Mures city, Mures county, Romania

Level in national or international classification PhD student

Dates from 01.08.2018 to 30.09.2018

Title of qualification awarded **Erasmus Placement Student Traineeship**

Principal subjects/occupational skills Medical nutrition therapy including special experiences in pediatrics, diabetes clinics and renal outpatient clinics.
To carry out studies on nutrition to improve public health.
To analyze nutrient content of the most commonly consumed foods in the region.
Ability to apply knowledge from basic science and from medical and nutritional disciplines.
Ability to perform nutritional and dietary client/patient care and provide information about nutrition and diet.
Willingness to broaden and deepen one's own competences during traineeship.
Ability to get in touch with patients/clients, to engage in a conversation, to manage a conversation.
Ability to conduct a consultation step by step and in a problem solving way.
Ability to communicate effectively with others in one-on-one, small group, and large group situations.

Name and type of organisation providing education and training **Halic University, Turkey**

Level in national or international classification EQF level 8

Dates 2018-present

Title of qualification awarded **Masters in Statistical methods and techniques in health and clinical research**

Principal subjects/occupational skills Database systems, clinical epidemiology and methods used in health research, economy applied to health, qualitative research methods

Name and type of organisation providing education and training Pluridisciplinary Consortium:
Polytechnic University of Timisoara - Department of Mathematics
West University of Timisoara - Faculty of Mathematics and Computer Science
University of Medicine and Pharmacy "Victor Babeş" from Timisoara

Level in national or international classification MSc

Dates 2013 - 2015

Title of qualification awarded **Masters in Clinical and Comunitary Nutrition**

Principal subjects/occupational skills Clinical and comunitary nutrition interventions

Name and type of organisation providing education and training University of Medicine and Pharmacy Tirgu Mures, Faculty of Medicine, 38 Gh. Marinescu street, 540139, Tirgu Mures city, Mures county, Romania

Level in national or international classification MSc

Dates 2010-2013

Title of qualification awarded **Licensed in Nutrition and Dietetics**

Occupational skills covered Nutrition, Dietetics

Name and type of organisation providing education and training University of Medicine and Pharmacy Tirgu Mures, Faculty of Medicine, 38 Gh. Marinescu street, 540139, Tirgu Mures city, Mures county, Romania

Level in national or international classification Bsc

Professional Activity

- ✓ Member of the organizational team of "News in Clinical and Community Nutrition" summer school, Tirgu Mures, 2011
- ✓ Member of the organizational team of "The Role of the Dietician in Health Promotion and Health Care in Romania" International Conference, Tirgu Mures, 2012
- ✓ Member of the organizational team of "New Frontiers in Dietetics: Standardized Language and Nutritional Counseling ", National Conference, Tirgu Mures, 2014
- ✓ Member of the organizational committee of "Workshop with international participation: Therapy Clinical Dietetics, updates, applications to international and Romanian perspectives", RoNDA-University of Medicine and Pharmacy Tirgu Mures, 2015
- ✓ Member of the organizational committee of "National Conference of Sports Nutrition", 1st edition, RoNDA-University of Medicine and Pharmacy Tirgu Mures, 2015
- ✓ Member of the organizational committee of "National Conference of Sports Nutrition", 2nd edition, RoNDA-University of Medicine and Pharmacy Tirgu Mures, 2016
- ✓ Member of the organizational committee of International Conference on Nutrition and Dietetics "Dietitian insertion - Romanian health system at European level to the national" assigned University of Medicine and Pharmacy Tirgu Mures, Romania, 2016
- ✓ Member of the organizational committee of „The 4th Dietitian National Conference "Child obesity - Updates, Prevention and Treatment Perspectives", Tirgu Mures, 2017
- ✓ Member of the organizational committee of „The 3rd International Sport Nutrition Conference "Transdisciplinary Research in Physical Therapy, Physical Activity and Sports Nutrition", Tirgu Mures, 2017
- ✓ Attended the International Summer Academy "Boost your Entrepreneurship Skills in Transylvania", "Flavor, the new education – Flavor is my bussines" Tirgu Mures, 2017.
- ✓ Member of the organizational committee of „The 5th National Nutrition and Dietetics Conference "Current Nutritional Approaches to Allergies and Food Intolerance" 4-5 May, National Conference, Tirgu Mures, 2018

- ✓ Rus Stere Victoria, Ruta Florina, Tarcea Monica. Assessing the knowledge attitudes and eating habits of fibres in Târgu Mureş population, *Acta Medica Marisiensis*, 2015;61(2):126-129.
- ✓ Rus Stere Victoria, Ruta Florina, Avram Calin, Tarcea Monica. Prevalence of obesity overweight and high blood pressure in a suburban community of Tirgu Mures County, *Acta Medica Transilvanica Sibiu*, 2015; 20(3):15-21, ISSN: 1453-1968.
- ✓ Georgescu Mihai, Tarcea Monica, Marginean Claudiu, Ruța Florina, Rus Victoria, Șipos Remus, Abram Zoltan. Relationship between high level of salivary cotinine test and demographic characteristics of pregnant smokers from Mures County. *Acta Medica Marisiensis* 2017; 63(1):31-35, ISSN 2247-6113
- ✓ Badau A, Badau D, Serban C, Tarcea M, Rus V. Wellness integrative profile 10 (WIP10) — an integrative educational tool of nutrition, fitness and health. *JPMA*, 2018;68:882-887. FI=0.61
- ✓ Victoria Rus, Diana Opincariu, Roxana Hodas, Tiberiu Nyulas, Marian Hintea, Theodora Benedek. Inter-relation between Altered Nutritional Status and Clinical Outcomes in Patients with Acute Myocardial Infarction Admitted in a Tertiary Intensive Cardiac Care Unit. *Journal of Cardiovascular Emergencies* 2018;4(1):32-40
- ✓ Simion Iustinian, Rus Victoria, Sălcudean Maria, Dogar Catalin, Tarcea Monica, Ruta Florina. A Pilot Study Evaluating Preferences for Caffeinated Drinks Consumption Among Mures Medical Students. *Bulletin of University of Agricultural Sciences and Veterinary Medicine Cluj-Napoca. Food Science and Technology*. 2018;75: 15. 10.15835/buasvmcn-fst:0006.
- ✓ Tarcea M, Fazakas Z, Ruța Florina, Rus Victoria, Zugravu C, Guiné R. Romanian Knowledge and Attitudes regarding Dietary Fibers. *Bulletin UASVM Food Science and Technology*. 2017; 73(2), ISSN-L 2344-2344; Print ISSN 2344-2344; Electronic ISSN 2344-5300, DOI: 10.15835/buasvmcn-fst:12329
- ✓ Tiberiu Nyulas, Emese Marton, Victoria Ancuta Rus, Nora Rat, Mihaela Ratiu, Theodora Benedek, Imre Benedek. Morphological Features and Plaque Composition in Culprit Atheromatous Plaques of Patients with Acute Coronary Syndromes. *Journal of Cardiovascular Emergencies* 2018;4(2):84-94, ISI fără factor de impact – Original research
- ✓ Tiberiu Nyulas, Emese Marton, Victoria Ancuta Rus, Mihaela Ratiu, Theodora Benedek, Imre Benedek. Evaluation of epicardial adipose tissue role as a marker of vulnerability in establishing cardiovascular clinical prognosis in a group of patients diagnosed with stable angina and myocardial infarction. *Journal of Interdisciplinary Medicine* 2018;3(2):77-83, BDI – Original research
- ✓ Rus Victoria Ancuța, Florina Ruța, Maria Sălcudean, Monica Tarcea, Costela Șerban, Călin Avram, Iustinian Simion, Theodora Benedek. Adherence to the DASH-style Diet and the Presence of Cardiovascular Risk Factors in Adults from Tîrgu Mureş. *Journal of Interdisciplinary Medicine* 2018 Aug 27; Epub ahead of print. DOI: 10.2478/jim-2018-0023
- ✓ Rus Victoria, Opincariu Diana, Hodas Roxana, Nyulas Tiberiu, Hintea Marian, Benedek Theodora. Inter-relation between Altered Nutritional Status and Clinical Outcomes in Patients with Acute Myocardial Infarction Admitted in a Tertiary Intensive Cardiac Care Unit. *Journal of Cardiovascular Emergencies*. 2018; 4(1): 32-40. DOI: 10.2478/jce-2018-0005
- ✓ Georgescu Ion Mihai, Rus Victoria Ancuța, Tarcea Monica, Ruta Florina Daniela, Fazakas Zita, Guiné Raquel, Serban Costela, Iacob Oana, Frigy Attila. Population preferences for sources that offers information about dietary fibres health effects – an international cross-sectional survey. *J Pak Med Assoc*. 2018; Accepted to be published, FI=0.71
- ✓ Mihaela Ratiu, Nora Rat, Tiberiu Nyulas, Geanina Moldovan, Victoria Rus, Theodora Benedek, Imre Benedek. Coronary Plaque Geometry and Thoracic Fat Distribution in Patients with Acute Chest Pain – a CT Angiography Study. *Journal of Cardiovascular Emergencies* 2019;5(1):18-24. DOI: 10.2478/jce-2019-0001
- ✓ Rus Victoria Ancuta, Chitu Monica, Cernea Simona, Benedek Imre, Hodas Roxana, Zavate Ramona, Nyulas Tiberiu, Hintea Marian, Benedek Theodora. Altered Nutritional Status, Inflammation and Systemic Vulnerability in Patients with Acute Myocardial Infarction Undergoing Percutaneous Coronary Revascularization – a Prospective Study in a Level 3 Cardiac Critical Care Unit. *Nutrition&Dietetics*. 2019; FI=1.08, Accepted to be published. DOI:10.1111/1747-0080.12536

- Books**
- ✓ Ruța Florina Daniela, Rus Victoria. Mini-guide for mother's health. Tirgu Mures Publisher University Press, 2014, ISBN 978-973-169-303-3
 - ✓ Dobrin Cristina, Rus Victoria, Ruța Florina, Tarcea Monica. Dietary guide for gastrointestinal pathology. Tirgu Mures Publisher University Press, 2015, CD, ISBN 978-973-169-418-4
 - ✓ Cotruță Smaranda, Tarcea Monica, Ruța Florina, Rus Victoria. Food processing technology, vol.I. Tirgu Mures Publisher University Press, 2015, CD, ISBN 978-973-169-417-7
 - ✓ Moldovan Geanina Tarcea Monica, Ruța Florina, Fazakas Zita, Rus Victoria, Martin Adrian, Cotruță Smaranda, Hădmaș Roxana, Conțiu Liana. Guide food in communities (Community Nutrition Intervention). Tirgu Mures Publisher University Press, 2015
 - ✓ Tarcea Monica, Crăciun Claudiu, Ruța Florina Daniela, Rus Victoria. Nutrition in collectivities. Tirgu Mures Publisher University Press, 2017, ISBN 978-973-169-506-8
 - ✓ Tarcea Monica (coord), Pitea Ana Maria, Crăciun Claudiu, Ignat Sonia, Ruța Florina Daniela, Rus Victoria, Szasz Simona, Iacob Oana, Sălcudean Maria, Nașca Cristina, Nemes Levente. Nutrition in the life cycle. Tirgu Mures Publisher University Press, 2017

Personal skills and competences

Mother tongue	Romanian									
Other languages										
Self-assessment	Understanding					Speaking				Writing
<i>European level (*)</i>	Listening		Reading		Spoken interaction		Spoken production			
Language	B2	English	B2	English	B2	English	B2	English	B2	English
Language	B1	Spanish	B2	Spanish	B2	Spanish	B2	Spanish	B1	Spanish
Social skills and competences	Teamwork, adaptability, responsibility									
Organisational skills and competences	Disciplined and organized									
Computer skills and competences	Good computer skills: Microsoft Word, Excel, Power-Point, Photoshop, GraphPad, and SPSS program.									