**Curriculum Vitae Europass**

**Informatii personale**

| | |
|---|---|
| Nume / Prenume | **Grad Simona Mihaela** |
| E-mail(uri) | |
| Nationalitate(-ati) | Romana |
| Data nasterii | |
| Sex | F |

**Experienta profesionala**

| | |
|---|---|
| Perioada | 2009- 2015 |
| Functia sau postul ocupat | Asistent universitar UMF "Iuliu Hatieganu" Cluj-Napoca / Clinica Medicala II |
| Perioada | Iulie 2015 – Septembrie 2023 |
| Functia sau postal ocupat | Sef lucrari UMF "Iuliu Hatieganu" Cluj-Napoca / Clinica Medicala II |
| | Octombrie 2023 – Prezent<br>Conferentiar Universitar UMF "Iuliu Hatieganu" Cluj-Napoca / Clinica Medicala II |
| Numele si adresa angajatorului | Universitatea de Medicina si Farmacie "Iuliu Hatieganu" Cluj-Napoca / Spitalul Clinic Judetean de Urgenta |
| Tipul activitatii sau sectorul de activitate | Activitate didactica/clinica/cercetare |
| Participare/conducere granturi naţionle/internaţionale | Da |
| Perioada | Martie 2010 - Prezent |
| **Functia sau postul ocupat** | Medic Primar Gastroenerologie si Medicina Interna / Clinica Medicala II |
| Numele si adresa angajatorului | Spitalul Clinic Judetean de Urgenta Cluj-Napoca |
| Tipul activitatii sau sectorul de activitate | Activitate clinică pe secție și în laboratorul de Endoscopie digestiva (coordonator laborator) |


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

| | |
|---|---|
| Perioada | |
| | Octombrie 2009 |
| Calificarea / diploma obtinuta | Medic specialist gastroenterologie |
| Perioada | Noiembrie 2018 |
| Calificarea / diploma obtinuta | A doua specialitate – medic specialist medicina interna |
| Perioada | Iulie 2014 |
| Calificarea / diploma obtinuta | Doctor în ştiinţe medicale |
| Perioada | Iunie 2015 |
| Calificarea / diploma obtinuta | Medic primar gastroenterologie |
| Perioada | Iunie 2024 |
| Calificarea / diploma obtinuta | Medic primarmedicina interna |
| Perioada | 01 iunie- 30 iunie 2006 |
| Calificarea / diploma obtinuta | Bursier CEEPUS la Clinica Medicala , Universitatea Rijeka, Croatia |
| Perioada | 01 iulie 2008-01 octombrie 2008 |
| Calificarea / diploma obtinuta | Bursier Erasmus Facultatea de Medicină Bari |
| Perioada | 1-30 martie 2009 |
| Calificarea/diploma obtinuta | Bursa SNFGE, Nantes, Franta |
| Calificarea / diploma obtinuta | Bursier Erasmus |
| Perioada | 1- 30 sept 2014 |
| Calificarea/diploma obtinuta | Magdeburg, Germania |

Limba(i) straina(e) cunoscute

| Autoevaluare | **Intelegere** | | **Vorbire** | | **Scriere** |
|---|---|---|---|---|---|
| *Nivel european (*)* | Ascultare | Citire | Participare la conversatie | Discurs oral | Exprimare scrisa |
| **Engleza** | B2 | B2 | B2 | B2 | B1 |
| **Franceza** | A1 | A1 | A1 | A1 | A1 |

*(*) Nivelul Cadrului European Comun de Referinta Pentru Limbi Straine*


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

| | |
|---|---|
| **Informatii suplimentare** | Membru al asociaţiilor profesionale<br>• Membru al Comisiei de Medicină Internă din cadrul Ministerului Sănătății (03.09.2021-12.08.2022)<br>• Membru al Societatii Române de Gastroenterologie şi Hepatologie (SRGH)<br>• Membru fondator si Secretar al Societăţii Române de Neurogastroenterologie<br>• Membru al Societăţii Europene de Neurogastroenterologie şi Motilitate Digestivă<br><br>Diploma de excelenta – pentru initiativa si performanta in educatia academica medicala mai 2010<br><br>Membru organizator la congrese si workshopuri nationale si internationale<br>Subinvestigator la numeroase studii clinice<br>Web of Science ResearcherID: AAB-7181-2022; H-index 12; 339 citări; 48 publicații (Web of Science, 27 octombrie 2026)<br>Recenzor pentru reviste științifice (recenzie verificată în Web of Science)<br>Coordonator Laborator de Endoscopie Diagnostică și Terapeutică – INTERNE III în cadrul Spitalului Clinic Județean de Urgență Cluj-Napoca |
| **Anexe** | Lista proiecte de cercetare<br>Lista articole si capitole de carti publicate |

## Anexa 1. Lista proiecte de cercetare

**1. Sindromul metabolic şi steatoza hepatică non alcoolică: factori de risc pentru cancerele digestive**

Cod Proiect: 1342

Tipul Proiectului: Proiect de cercetare exploratorie

Director Proiect: Prof. Dr. Rusu Mihai Lucian

Membri Proiect: Prof. Dr. Dumitrascu Dan Lucian, Conf. Dr Daniela Fodor, Asist. Univ. Dr Pais Raluca, Lupsor Monica, Costin Simona

2. **Evaluarea neuropatiei vegetative digestive si cardiovasculare la pacientii cu diabet zaharat**

Cod proiect 1277

Program IDEI, proiecte de cercetare exploratorie

finantator CNCSIS – UEFISCSU
Director Proiect : sef lucrari Dr. Laura Poanta
Membri Proiect: Simona Costin, Dan Dumitrascu

3. **“EDUWORK – Dezvoltarea competentelor practice, punte intre educatie si piata muncii**
DGPECU/72720/03.10.2018
POCU90/6.13/6.14-1


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

Director proiect : Prof Dr Anca Buzoianu /Retisan Emanuela Catalina

4. **TOGAS – Towards Gastric Cancer Screening Implementation**
101101252/14.02.2023 – Pilot Study 1
Prof dr. Bojan Tepes
Membri – Simona Grad, Dan Dumitrașcu, Radu Fărcaș

5. **GWAS STUDIES OF FUNCTIONAL DYSPEPSIA**
S61548
Director Proiect Prof. Jan Tack,M.D., Ph.D.
Membri Proiect – Simona Grad, Dan Dumitrașcu

## Anexa 2. Lista articole si capitole de carte publicate

**Capitole publicate în volume colective:**

- **Prim autor**

1. Simona Costin. *Patogeneza si diagnosticul intestinului iritabil*. Tulburarile functionale intestinale. Sub redactia Dan Dumitrascu. Casa cartii de stiinta, Cluj Napoca 2009: 88-108

2. Simona Grad, Dan Dumitraşcu. *Polipii colonici.* În: M. Beuran, M. Grigorescu Actualităţi medico chirurgicale în patologia digestivă. Ed. Medicală Universitară „Iuliu Haţieganu" Cluj Napoca; vol I, 2010: 111-126.

3. Simona Grad . *Noi abordări terapeutice în intestinul iritabil.* Actualităţi în gastroenterologie:patologie funcţională, de motilitate şi inflamatorie. Sub redacţia Dan L Dumitraşcu, Vasile L Drug, Teodora Surdea Blaga. Ed Medicală Universitară „ Iuliu Haţieganu", Cluj Napoca, 2014: 92- 110.

4. Simona Grad, Dan L. Dumitrascu. Balonarea, in Medicină Internă. Gastroenterologie. Hepatologie.Manual pentru studenţi. Coordonatori: Tanţau M, Spârchez Z, Seicean A. Ed Medicală Universitară „Iuliu Haţieganu" Cluj Napoca , 2016: 51-62.

5. Simona Grad, Dan L. Dumitrascu. Intestinul iritabil, in Medicină Internă. Gastroenterologie. Hepatologie.Manual pentru studenţi. Coordonatori: Tanţau M, Spârchez Z, Seicean A. Ed Medicală Universitară „Iuliu Haţieganu" Cluj Napoca , 2016: 386-406.

6. Simona Grad Dumitrascu DL. Balonarea funcţională , în Gastroenterologie si Hepatologie Clinică. Coordonatori : Trifan A, Gheorghe C, Dumitrascu DL, Diculescu M, Gheorghe L, Sporea I, Tantău M, Ciurea T, Ed. Medicală Iasi, 2018,

7. Simona Grad, Dan Dumitrascu . Nutriţia la pacientul cu dispepsie funcţională In Principii de nutriție clinică în afecțiunile digestive.Coordonatori: Cristian Gheorghe, Mircea Diculescu, Liana Gheorghe 2018: 61-68.

8. Simona Grad. Probioticele în tratamentul bolilor gastroduodenale. In GASTROENTEROLOGIE 2021 Microbii din aparatul digestiv: dușmani și prieteni. Coordonatori științifici: Dan L. Dumitrașcu, Teodora-Surdea Blaga. Viața Medicală, Editura MEDICHUB MEDIA, București, 2021: 35-40.


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

9. Teodora Surdea Blaga, Dan L. Dumitrascu, Andrei V. Pop and Simona Grad. The interactions between gut and brain in gastrointestinal disorders. THE COMPLEX INTERPLAY BETWEEN GUT -BRAIN, GUT - LIVER, AND LIVER- BRAIN AXES Edited by CRISTINA STASI. Academic Press Elsevier publications, 2021: 17-47.

- **Coautor**

1. Dan Dumitraşcu, Simona Grad. *Monitorizarea ALT în diagnosticul şi tratamentul hepatitei cronice virale B.* În: M. Grigorescu, C. Stanciu. Actualităţi în diagnosticul şi tratamentul hepatitelor cronice virale. Ed. Medicală Universitară „Iuliu Haţieganu" Cluj Napoca; 2010: 134-142.
2. Dan Dumitraşcu, Simona Grad. *Căile de transmitere şi prevalenţa infecţiei cronice virale C.* În: M. Grigorescu, C. Stanciu. Actualităţi în diagnosticul şi tratamentul hepatitelor cronice virale. Ed. Medicală Universitară „Iuliu Haţieganu" Cluj Napoca; 2012: 32-42.
3. A Albu, M. Porojan, S Grad, D.L. Dumitraşcu. *Anamneza.* In : Semiologie Medicală sub redacţia D. Dumitraşcu, D Fodor, A Albu. Ed. Medicală Universitară „Iuliu Haţieganu" Cluj Napoca; 2013; Vol I. 33-95.
4. D.L. Dumitrascu, Teodora Surdea Blaga, Flaviu Rusu, Cosmin Grad, Simona Grad, Alexandra Chira. Semiologia aparatului digestiv. In : Semiologie Medicală sub redacţia D. Dumitraşcu, D Fodor, A Albu. Ed. Medicală Universitară „Iuliu Haţieganu" Cluj Napoca; 2015; Vol I. 357-456.
5. Dan Dumitrașcu. Simona Grad. Teodora Surdea-Blaga. Flaviu Rusu. Tulburări funcționale digestive la granița cu afecțiunile Organice. Actualități în Medicină Internă. Leonida Gherasim, Ioan Alexandru Oproiu. 2019. Editura Medicală. București.

**Lucrari ISI publicate in extenso ca prim autor/autor principal**

**1.** S. Costin, D.L. Dumitrascu. *Alexithymia in romanian females with Irritable bowel syndrome-* Journal of Psychosomatic Research; September 2006; 61(3):380-381.

2. S. Costin, D.L. Dumitrascu . *The neuroendocrine tumors of the ileum*. Central European Journal of Medicine; 2008, 3(2); 135-140.

3. Simona Grad, Dan Dumitraşcu, Radu Badea, Silviu Iobagiu, Oliviu Pascu. *Ileal neuroendocrine tumor-ultrasonographic and capsule endoscopy appearance: a case report.* Medical Ultrasonography 2010,12 (3): 245- 248.

4. Simona Grad, Laura Poanta, Dan Lucian Dumitrascu, Mircea Dragoteanu and Mihai Porojan **.**

*Correlation between symptoms of diabetic gastroparesis and results of gastric scintigraphy .*

Central European Journal of Medicine, 2012, 7(1) ; 20-24.

5. Simona Grad, Iulia Muresan, Dan Dumitraşcu. Generalized yellow skin caused by high intake of Sea buckthorn. Research in Complenentary Medicine. 2012; 19; 153-156.

6. Simona Grad Dan L. Dumitrascu. Irritable Bowel Syndrome Subtypes: New Names for Old Medical Conditions. Digestive Disease 2020. 38(2) :122-127.


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

7. C Grad, A Pop, E Gaborean, S Grad, D Dumitrascu. Value of GastroPanel in the diagnosis of atrophic gastritis. Experimental and Therapeutic Medicine. 2021; 22 (5): 1-8.
8. Popa SL, Dumitrascu DI, Brata VD, Duse TA, Florea MD, Ismaiel A, Muntean LM, Grad S. Nutrition in Spondyloarthritis and Related Immune-Mediated Disorders. Nutrients. 2022 Mar 17;14(6):1278.
9. Popa SL, Dumitrascu DI, Pop C, Surdea-Blaga T, Ismaiel A, Chiarioni G, Dumitrascu DL, Brata VD, Grad S. Exclusion Diets in Functional Dyspepsia. Nutrients. 2022 May 14;14(10):2057.
10. Popa SL, Grad S, Chiarioni G, Masier A, Peserico G, Brata VD, Dumitrascu DI, Fantin A. Applications of Artificial Intelligence in the Automatic Diagnosis of Focal Liver Lesions: A Systematic Review. J Gastrointestin Liver Dis. 2023 Apr 1;32(1):77-85.
11. Farcas RA, Grad S, Grad C, Dumitrașcu DL. Microbiota and Digestive Metabolites Alterations in Functional Dyspepsia. J Gastrointestin Liver Dis. 2024 Mar 29;33(1):102-106.
12. Popa SL, Fadgyas Stanculete M, Grad S, Brata VD, Duse T-A, Badulescu A-V, Dragan R-V, Bottalico P, Pop C, Ismaiel A, et al. Coping Strategies and Inflammatory Bowel Disease: A Narrative Review. Journal of Clinical Medicine. 2024; 13(6):1630.
13. Farcas RA, Almasri M, Grad S, Popa SL, Leucuta DC, Ismaiel A, Dumitrascu DL. Breaking Barriers in Functional Dyspepsia: A Systematic Review and Meta-analysis on Duodenal Tight Junction Protein Expression. J Neurogastroenterol Motil. 2024 Jul 30;30(3):281-289.
14. Grad S. Farcas, RA ; Dumitrascu, ; Surdea-Blaga, T; Ismaiel, A ; Popa, S Predictors of Immunogenicity and Loss of Response to ANTI-TNFα Therapy in Crohn Disease – A Systematic Review. Am J Ther. 2025.
15. Surdea-Blaga T, Pop AV, Dumitrascu DL, Rusu F, Popa SL, Sabo CM, Chira A, Ismaiel A, Grad S. Low-volume PEG-citrate-simethicone versus Standard 4L PEG for Bowel Preparation before Colonoscopy: A Prospective Real-world Study. J Gastrointestin Liver Dis. 2026.

**Lucrari ISI publicate in extenso – coautor**

1. Portincasa P, Maggipinto A, Berardino M, Bonfrate L, Costin S, Todarello O, Palasciano G, Wang DQ, Dumitrascu DL. Assessing gastrointestinal symptoms and perception, quality of life, motility, and autonomic neuropathy in clinical studies. J Gastrointestin Liver Dis. 2009 Jun;18(2):205-11.
2. Mureşan I, Picos A, Grad S, Dumitrascu DL. Respiratory involvement in the gastroesophageal reflux disesease.Rev Med Chir Soc Med Nat Iasi. 2011 Jul-Sep;115(3):662-71.
3. Surdea-Blaga T, Băncilă I, Dobru D, Drug V, Frățilă O, Goldiș A, Grad SM, Mureșan C, Nedelcu L, Porr PJ, Sporea I, Dumitrascu DL. Mucosal Protective Compounds in the Treatment of Gastroesophageal Reflux Disease. A Position Paper Based on Evidence of the Romanian Society of Neurogastroenterology. J Gastrointestin Liver Dis. 2016 Dec;25(4):537-546.
4. Ana Petcu , Linda Jessica Ghib , Simona Mihaela Grad , Cornelia Popovici , Liliana Rogojan , Nicolae Voicu Rednic and Simona Rednic. Upper gastrointestinal involvement in systemic sclerosis: findings in a real-life setting. Experimental and Therapeutic Medicine. 2019; 18: 5095-5100.
5. Cristina Maria Sabo, Simona Grad, Dan L Dumitrascu. Chronic abdominal pain in general practice. Dig Dis . 2021 Feb 25.


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

6. Romanian Guidelines for Nonpharmacological Therapy of IBS. DL Dumitrascu, A Baban, I Bancila, O Barboi, S Bataga, Simona Grad, et al. J Gastrointestin Liver Dis. 2021;30( 2) : 291-306.
7. Popa SL, Pop C, Dita MO, Brata VD, Bolchis R, Czako Z, Saadani MM, Ismaiel A, Dumitrascu DI, Grad S, David L, Cismaru G, Padureanu AM. Deep Learning and Antibiotic Resistance. Antibiotics (Basel). 2022 Nov 21;11(11):1674.
8. Sabo CM, Ismaiel M, Ismaiel A, Leucuta D-C, Popa S-L, Grad S, Dumitrascu DL. Do Colonic Mucosal Tumor Necrosis Factor Alpha Levels Play a Role in Diverticular Disease? A Systematic Review and Meta-Analysis. International Journal of Molecular Sciences. 2023; 24(12):9934.
9. Tursi A, Piovani D, Brandimarte G, Di Mario F, Elisei W, Picchio M. DICA International Group. Diverticular Inflammation and Complication Assessment classification, CODA score and fecal calprotectin in clinical assessment of patients with diverticular disease: A decision curve analysis. United European Gastroenterol J. 2023 Sep;11(7):642-653. doi: 10.1002/ueg2.12369. Epub 2023 Aug 7. ( As part of DICA INTERNATIONAL GROUP).
10. Popa SL, Stancu B, Ismaiel A, Turtoi DC, Brata VD, Duse TA, Grad S, et al. Enteroscopy versus Video Capsule Endoscopy for Automatic Diagnosis of Small Bowel Disorders—A Comparative Analysis of Artificial Intelligence Applications. Biomedicines. 2023; 11(11):2991.
11. Costache C, Colosi HA, Grad S, Paștiu AI, Militaru M, Hădărean AP, Țoc DA, Neculicioiu VS, Baciu AM, Opris RV, et al. Antibiotic Resistance in Helicobacter pylori Isolates from Northwestern and Central Romania Detected by Culture-Based and PCR-Based Methods. Antibiotics. 2023; 12(12):1672.
12. Surdea-Blaga T, Ismaiel A, Jaaouani A, Leucuta DC, Elsayed A, Ismaiel M, Ben Ameur I, Al Srouji N, Popa SL, Grad S, Ensar D, Dumitrascu DL. Adiponectin Levels in Inflammatory Bowel Disease: A Systematic Review and Meta-Analysis. Dig Dis. 2023;41(6):860-871.
13. Mihaileanu FV, Popa SL, Grad S, Dumitrascu DI, Ismaiel A, Rus E et al. The Efficiency of Serum Biomarkers in Predicting the Clinical Outcome of Patients with Mesenteric Ischemia during Follow-Up: A Systematic Review. Diagnostics (Basel). 2024 Mar 22;14(7):670.
14. Spitz RE, Popa SL, Grad S, Dumitrascu DL, Ismaiel A, Surdea-Blaga T. The Use of Proton Pump Inhibitors in Patients with Liver Cirrhosis: Real Life Experience. J Clin Med. 2024;13(17):5155.
15. Surdea-Blaga T, Popa SL, Sabo CM, Fărcaş RA, David L, Ismaiel A, Dumitrascu DL, Grad S, Leucuta DC. Comparative Prevalence of Ineffective Esophageal Motility: Impact of Chicago v4.0 vs. v3.0 Criteria. Medicina (Kaunas). 2024;60(9):1469.
16. Pop A, Popa SL, Pop DD, Ismaiel A, Rusu F, Grad S, Dumitrascu DL. Prevalence of Celiac Disease in Romania. J Gastrointestin Liver Dis. 2024 Sep 29;33(3):316-322.
17. Botezatu A, Farcas RA, Grad S, Dumitrașcu DL, Bodrug N, Rugge M. Assessing gastric cancer risk using the OLGA and OLGIM systems in Republic of Moldova. Front Med (Lausanne). 2025 Mar 18;12:1563889.
18. Popa SL, Incze V, Ismaiel A, Surdea-Blaga T, Grad S, Turtoi DC, Amarie DS, David L, Brata VD, Leucuta DC, Abdelghafar A, Gherman CD, Zahan MR, Dumitrascu DI. Non-Infectious Causes for Elevated Procalcitonin. Medicina (Kaunas). 2026 Feb 28;62(3):464.
19. Gheorghe C, Iacob R, Mateescu B, Topala M, Stroie T, Meianu C, State M, Anghel MC, Trifan A, Negreanu L, Cijeschi-Prelipcean C, Seicean A, Pop C, Dumitru E, Dobru D, Goldis A, Tieraru CG, Saftoiu A, Brisc C, Jinga M, Drug V, Bataga S, Gheonea D, Grad S, Dumitrascu D, Tantau A, Gheorghe L, Diculescu M. Romanian National Study on the Epidemiology of Inflammatory Bowel Diseases. J Gastrointestin Liver Dis. 2026 Jun 27;35(2):173-180.
20. Ismaiel A, Borlan MS, Leucuta DC, Popa SL, Grad S, Surdea-Blaga T, Al Srouji N, Abosheisha M, Ismaiel M, Dumitrascu DI. Crohn's Disease and Ulcerative Colitis: The Role of Endoscopic, Hemogram-derived, Nutritional, and Hepatic Scores. J Gastrointestin Liver Dis. 2026;35(3):355-362.


© European Communities, 2003 20060628

21. Ismaiel A, Almonajjed MB, Abdelghafar A, Wardeh M, Grad S, Surdea-Blaga T, Popa SL, Ismaiel M, Abosheisha M, Krauss AF, Grama P, Bataga S, Dumitrascu DL. The Cost of the Cure: Antibiotic Exposure as a Risk Factor for Irritable Bowel Syndrome. Antibiotics (Basel). 2026;15(8):772.

**Articole publicate in extenso in reviste indexate BDI, *autor principal***

1. Simona Grad, Dan Dumitraşcu, Piero Portincasa. Inflammation: a patogenic factor in irritable bowel syndrome. Clujul Medical; 2010; 83; 33 – 35.
2. Simona Costin, Dan L. Dumitrascu, Mircea Grigorescu. Monitorizarea hepatitei cronice virale . Rolul transaminazelor. Clujul Medical; 2010; 83 (3): 394-398.
3. Simona Grad, Dan Dumitraşcu. Abuzul fizic şi sexual în patogeneza tulburărilor funcţionale digestive. Clujul Medical; 2011; 84; 44-47.
4. Grad Simona, Grad Cosmin, Baban Adriana, Dumitraşcu Dan. Child abuse in the irritable bowel syndrome. Rom J Intern Med.;2014 ; 52(3):183-8.
5. Grad S, Abenavoli L, Dumitrascu DL. The Effect of Alcohol on Gastrointestinal Motility. Rev Recent Clin Trials. 2016;11(3):191-5.
6. Romana VULTURAR, Bianca JURJIU, Marc DAMIAN , Anca BOJAN, Sebastian Romeo PINTILIE, Claudia JURCĂ , Adina CHIȘ, Simona GRAD. Creatine supplementation and muscles: From metabolism to medical practice. Ro J Med Pract. 2021;16(3): 317-321.
7. Radu A Fărcaş, Simona Grad, Dan L Dumitraşcu. Microscopic colitis: an update. 2022. Medicine and Pharmacy Reports.
8. Grad C, Grad S, Fărcaş RA, Popa S, Dumitraşcu DL. Changing trends in the epidemiology of gastric cancer. Med Pharm Rep. 2023 Jul;96(3):229-234.
9. Deac IŞ, Ofrim AM, Fărcaş RA, Grad S, Popa ŞL, Dumitraşcu DL. The management of Clostridioides difficile infection: from empirism to evidence. Med Pharm Rep. 2024 Jan;97(1):5-11.

**Articole publicate in extenso in reviste indexate BDI, *coautor***

1. Porojan M , Costin S, Poantă L, Cerghizan A, Pop D, Dumitraşcu DL. *Autonomic neuropathy and plasma catecholamine in patients with diabetes mellitus*.Rom J Intern Med. 2010;48(4):341-5.
2. A Cătinean, S Costin, AV Sitar-Taut, D Milas, E Onaca, SL PoP, PA Mircea. Caracteristicile formelor de manifestare ale bolii de reflux gastro-esofagian la pacienţii cu prevalenţă crescută a infecţiei cu Helicobacter Pylori. Clujul Medical. 2010; 83 (2).
2. D.L. Dumitraşcu, L. Nedelcu, Sorina Pop, Teodora Blaga-Surdea, R Dadu, Simona Costin, Manuela Popescu, Alina Picos, Liliana David *The Use of Complementary and Alternative Therapies and of Psychotherapy by Romanian Patients with Irritable Bowel syndrome* Rom. J. Intern. Med., 2013, 51, *3–4*, 148–151
3. L. Chicea, L. Damian, S. Grad. Early arthritis associated with Crohn Disease – a diagnostic challenge. Some considerations on a clinical case. Acta Medica Transilvanica; 2014; 2 (3): 221-223.
4. A rare but treatable inborn error of metabolism: Arginine glycine amidinotransferase (AGAT) deficiency SR Pintilie, A Fodor, M Bembea, CD Petchesi, S Grad, L Damian, Romana Vulturar, Romanian JouRnal of PediatRics. 2021; 70 (3): 186-191.
5. Barsan M, Brata AM, Ismaiel A, Dumitrascu DI, Badulescu AV, Duse TA, Dascalescu S, Popa SL, Grad S, Muresan L, Maerescu CM, Cismaru G, Brata VD. The Pathogenesis of Cardiac Arrhythmias in Vitamin D Deficiency. Biomedicines. 2022 May 26;10(6):1239.


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

6. Bianca Jurjiu, Marc Damian, Cezar Login, Simona Grad, Adina Chiș, Maria-Magdalena Tămaș, Laura Muntean, Ileana Filipescu, Siao-Pin Simon, Romana Vulturar. Should Creatine Kinase be tested at baseline in athletes? 2021. Health, Sports & Rehabilitation Medicine.

**Articole publicate in rezumat in reviste si volumele unor manifestari stiintifice, indexate ISI :**

1. S. Costin, D.L. Dumitrascu. Alexithymia in romanian females with Irritable bowel syndrome. Journal of Psychosomatic Research; September 2006; 1(3):380-381
2. Adriana Albu, Teodora Surdea Blaga, Simona Grad**,** Cosmin Grad, Dan.L. Dumitrascu. Arterial stiffness and left ventricular disfunction in liver cirrhosis.J Gastrointestin Liver Dis.; 2011;20(1): 96 97
3. Simona Grad, Cosmin Grad, Oliviu Pascu, Dan Dumitrascu. The efficacy of rifaximin and probiotics in patients with irritable bowel syndrome. J Gastrointestin Liver Dis. 2013; 22: 10.
4. Simona Grad, CB Crivii, DL Dumitrascu. Psychotherapy and Psychosomatics; 2013; 82 (1): 39-39
5. Simona Grad, Cosmin Grad, Dan Dumitraşcu . Quality of life in patients with irritable bowel syndrome compared with patients with inflammatory bowel diseas. European Journal of Clinical Investigation. 2015; 45 (2): 35
6. Simona Grad . Small intestinal bacterial overgrowth in patients with IBS. J Gastrointestin Liver Dis. 2016; 15: 39-40
7. Tursi, A., Brandimarte, G., Di Mario, F., Elisei, W., Picchio, M., Allegretta, L., Simona Grad, et al Predictive value of the "DICA" endoscopic classification on the outcome of diverticular disease of the colon: a 1-year analysis from the international, multicenter, prospective study. 2019 Digestive and Liver Disease 51(2):e152-e152.
8. Grad S. A young adult with vasculitis and stroke at the age of 8: consider adenosine deaminase-2 deficiency. European Journal of Human Genetics. 2023 May (rezumat).
9. Grad S. Ineffective esophageal motility: clinical and manometric characterization. Neurogastroenterology and Motility. 2023 Sep (rezumat).
10. Grad S. Quality of life in patients with irritable bowel syndrome compared with patients with inflammatory bowel disease. Neurogastroenterology and Motility. 2023 Sep (rezumat).
11. Grad S. Gastric juice miR-203 as biomarker for functional dyspepsia: an observational case-control study. Journal of Gastroenterology and Hepatology. 2025 Sep (rezumat).
12. Grad S. Survival benefit of surgical resection in octogenarians with pancreatic cancer: a 15-year propensity-matched population-based study. Annals of Oncology. 2026 Jul (rezumat). doi:10.1016/j.annonc.2026.05.438.

**Articole publicate in extenso in Proceedings:**

1. Simona Grad, Dinu I. Dumitrascu, Dan L. Dumitrascu. *IBS in medical students: data from a 5 years follow up.* In Proceeding Neurogastro 2011. Functional and motility disorders of gastrointestinal tract. Ed Medicală Universitară „Iuliu Haţieganu", Cluj Napoca, 2011; 360-365.
2. Colosi Ioana Alina, Costache Carmen, Grad Simona,Grad Cosmin, Luca Diana Maria, Colosi Horatiu, Dumitrascu Dan Lucian. Helicobacter Pylori: Old and New Challenges in the Microbiological Diagnosis. PROCEEDINGS OF THE CENTRAL EUROPEAN GASTROENTEROLOGY MEETING (CEURGEM), Timisoara, 2019.

**Articole publicate in extenso in reviste neindexate, autor principal:**

S. Costin, D.L. Dumitrascu. *Gazele intesinale si semnificatia lor clinica.* Gastro. Ro, nr. 8, Noiembrie 2007.


© European Communities, 2003 20060628

**Prezentari orale la congrese nationale si internationale.**

1. S. Costin , D.L.Dumitrascu, C.C. Luca, V. Sandor Actualitati despre efectele sistemului opioid in tubul digestiv, 8-11 iunie 2005- Al VI lea Congres National de Farmacologie Terapeutica si Toxicologie Clinica, Cluj Napoca, Romania.

2. S. Costin, D.L. Dumitrascu.Alexithymia is not correlated with Defensive Mechanisms in patients with Irritable Bowel Syndrome , 24–26 noiembrie 2005 – European Bridging Meeting and EAGE Postgraduate Course, Magdeburg, Germania.

3. S. Costin, D.L.Dumitrascu. Alexithymia in Irritable Bowel Syndrome. European Bridging Meeting in Gastroenterology and EAGE Postgraduate Course, Napoli, Italy. 23-25 noiembrie 2006.

4. S. Costin, D.I.Dumitrascu, I.Lupu, D.L.Dumitrascu. Irritable bowel syndrome in medical students: data from a 5 years follow up. 23-25 noiembrie 2006- European Bridging Meeting in Gastroenterology and EAGE Postgraduate Course, Napoli, Italia.

5. S. Costin, D.L. Dumitrascu. Alexithymia in romanian females with Irritable bowel syndrome, 27-30 septembrie 2006- 26th European Conference on Psychosomatic Research; Dubrovnik , Croatia.

6. S. Costin, D.L Dumitrascu, O. Pascu. Tumora neuroendocrina de ileon terminal diagnosticata ecografic si confirmata de examinarea cu videocapsula. 18-21 Aprilie 2007- Al VII lea Congres National de Medicina Interna cu participare internationala; Calimanesti Caciulata, Romania

7. S. Costin, C. Grad , D.L. Dumitrascu . Intestinul iritabil la studentii de la Medicina . 14-17 Iunie 2007- Al XXVIII lea Simpozion National cu participare internationala de Gastroenterologie, Endoscopie digestiva si Hepatologie; Sibiu, Romania.

8. S. Costin, D.L Dumitrascu. Abuzul fizic si sexual in patogeneza tulburarilor functionale digestive. Buletinul Asociatiei Balint, Vol. 9, Nr 35, Septembrie 2007.

9. D.L.Dumitrascu, S. Costin . Intestinal permeability: assessment and clinical relevance. 27-29 September, 2007- 1st International Conference on Advancements of Medicine and Health Care through Technology, MediTech 2007. Cluj Napoca, Romania.

10. S. Costin, D.L. Dumitrascu . Stresul produs de abuzul fizic si sexual in patogeneza tulburarilor functionale digestive. 27-28 Octombrie 2007- A II a Conferinta Nationala a Societatii de Psihosomatica Aplicata si Medicina Comportamentala ; Buzau, Romania.

11. M. Popescu , S. Costin, D.L. Dumitrascu . H.Pylori infection and the upper digestive tract pathology.European Bridging Meeting and EAGE Postgraduate Course, Magdeburg, Germany. 22-24 November 2007.

12. Simona Costin, Dan Dumitraşcu . Simpozion „Screeningul cancerului colorectal între teorie şi practică" Dificultăţi la polipectomia colonică. Timisoara, Ianuarie, 2009.

13. S. Costin, D.L.Dumitrascu. What alternative therapies are used by Romanian patients with Irritable Bowel Syndrome?. European Bridging Meeting in Gastroenterology and EAGE Postgraduate Course; Belgrad, Serbia. 30 october-1 november 2009.

14. Simona Grad, Dorin Milaş, Dan Dumitraşcu. Diagnosticul şi tratamentul polipilor colonici. Conferinţa Naţională a Ţării Moţilor Câmpeni-Albac, 5-6 martie 2010.

15. Simona Grad, Dan Dumitraşcu. Polipectomia endoscopică şi complicaţiile sale. A VII a ediţie Maramedica, Baia-Mare, 18-20 februarie 2010.

16. Dan Dumitraşcu, Simona Grad. Inflamaţia în Intestinul iritabil: există legătură cu suprapopularea bacteriană intestinală?Al II lea Simpozion naţional de Boli Inflamatorii Cronice Intestinale. Mamaia 24-25 septembrie 2010.

17. Simona Grad, Dan Dumitraşcu, Piero Portincasa. Inflammation: a pathogenetic factor in the irritable bowel syndrome. Clinical Pharmacology meets Neurogastroenterology, Cluj Napoca, 15 octombrie 2010.


© European Communities, 2003 20060628

18. Simona Grad, Dan Dumitraşcu . Intestinal flora- good or bad ? VIII Congresso Nazionale ISSE Convegno Nazionale. ANOTE – ANIGE International Meeting of Surgical Endoscopy Palermo, 28 – 30 Ottobre 2010.

19. Simona Grad, Dan Dumitraşcu. Abuzul fizic şi sexual la pacienţii cu intestin iritabil. Sesiunea de comunicări orale. Zilele UMF, Cluj Napoca, 26 noiembrie 2010.

20. Adriana Albu, Teodora Surdea Blaga, Simona Grad, Cosmin Grad, Dan.L. Dumitrascu. Arterial stiffness and left ventricular disfunction in liver cirrhosis. Al XXXI lea Simpozion naţional de Gastroenterologie, hepatologie şi Endoscopie Digestivă, Mamaia; 19-21 mai 2011.

21. Simona Grad, Dinu I. Dumitrascu, Dan L. Dumitrascu. IBS in medical students: date from a 5 years follow up. Al treilea Simpozion International de Neurogastroenterologie, Iasi, 17-19 noiembrie 2011.

22. Simona Grad, Dan L. Dumitrascu. Diagnostic value of calprotectine in IBS and IBD. . Al treilea Simpozion International de Neurogastroenterologie, Iasi, 17-19 noiembrie 2011.

23. Simona Grad. Proctalgia fugace. Al II-lea Congres National de Coloproctologie, 30-31 martie 2012, Timisoara

24. Dan Dumitraşcu, Simona Grad. Rolul profilactic al alimentaţiei în bolile gastroenterologice şi hepatopatii. A II a Conferinţă Naţională Sănătate prin Alimentaţie.Cluj napoca, 19 mai 2012.

25. Simona Grad, Dan Dumitraşcu. Versiunea românească a chestionarului IBS QoL . Al XXXII lea Congres Naţional de Gastroenterologie, Hepatologie şi Endoscopie Digestivă, Târgu Mureş, 14-16 iunie 2012

26. Simona Grad, Dan Dumitraşcu. Intestinal flora good or bad? 7th central European Gastroenterology Meeting CEURGEM , Cluj Napoca, September 2012.

27. Simona Grad. Gastrointestinal Disorders in the Metabolic Syndrome: From Empirical Observations to Evidence-Based Management; 27 Februarie – 1 martie 2013, Cluj Napoca, The diagnosis of Type 2 diabetic gastroparesis

28. Simona Grad, Dan Dumitraşcu. Markeri biochimici ai inflamaţiei intestinale de la sindromul de intestin iritabil la bolile inflamatorii intestinale. Congresul Naţional al Societăţii de Coloproctologie Ediţia a IIIa , Iaşi , 18- 20 aprilie 2013.

29. Simona Grad, Cosmin Grad, Oliviu Pascu, Dan Dumitraşcu.Eficienţa tratamentului cu rifaximină şi probiotice în intestinul iritabil. Al XXXIII lea Congres Naţional de Gastroenterologie, Hepatologie şi Endoscopie digestivă; Timişoara; 13-15 iunie 2013.

30. Simona Grad. Criterii pentru trialurile terapeutice în patologia funcţională digestivă. Neurogastro 2013. Reuniune bienală a Societăţii Române de Neurogastroenterologie, Cluj Napoca; 24-26 octombrie 2013.

31. Simona Grad. Boala Whipple . Al 6 lea Simpozion Naţional Interferente in Reumatologie. Cluj Napoca , 21-22 martie 2014.
32. Simona Grad. Flora intestinală. Simpozion Zilele Sănătăţii Digestive. Cluj Napoca, 17 mai 2014.
33. Simona Grad, Cosmin Grad, Oliviu Pascu, Dan Dumitraşcu. Calitatea vieţii la pacienţii cu intestin iritabil comparativ cu pacienţii cu boli inflamatorii intestinale. Al XXXIV lea Congres Naţional de Gastroenterologie, Hepatologie şi Endoscopie digestivă; Oradea; 11-14 iunie 2014.
34. Simona Grad. Biofeedback-ul anorectal Congresul Naţional al Societăţii de Coloproctologie Ediţia a IVa , București , 24 martie 2015.
35. Simona Grad, Cosmin Grad, Dan Dumitraşcu Quality of life in patients with irritable bowel syndrome compared with patients with inflammatory bowel disease . 49th Annual Scientific Meeting of the European Society for Clinical Investigation, Cluj Napoca, 27-30 may 2015
36. Simona Grad, Dan Dumitraşcu. Management of pshychosocial factors in IBD. 7th RCCC Annual IBD Symposium. Cheile Grădiştei, 24-26 september 2015.
37. Simona Grad. Femeia în Medicina Internă. Ziua medicului internist Ed. 4, București, 11 decembrie 2015. Tulburarea de stres post-traumatic la femei cu Intestin iritabil
38. Simona Grad, Dan Dumitraşcu. Actualităţi în tratamentul fără interferon al hepatitelor cronice virale C. Curs medicină internă, Baia Mare, 3-4 martie 2016 “medicina internă – o disciplină cu multe faţete”Directori de curs: Prof. Dr. Daniela Bartoş, Dr. Elisabeta Bădilă


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

39. Simona Grad, C. Grad, D.L. Dumitraşcu . Suprapopularea bacteriană a intestinului subţire la pacienţii cu intestin iritabil. Al XXXVI-lea Congres de Gastroenterologie, Hepatologie și Endoscopie Digestivă. Cluj Napoca , 8-11 iunie 2016.
40. Simona Grad . Dileme în Encefalopatia hepatică . Obligația evaluării pentru diagnosticul de EH. Masterclass Al XXXVI-lea Congres de Gastroenterologie, Hepatologie și Endoscopie Digestivă. Cluj-Napoca , 8-11 iunie 2016
41. Simona Grad . Dileme în Encefalopatia hepatică . Conduita terapeutică- Lactuloza. Masterclass Al XXXVI-lea Congres de Gastroenterologie, Hepatologie și Endoscopie Digestivă. Cluj Napoca , 8-11 iunie 2016
42. Simona Grad. Efectele AINS asupra tubului digestiv MARAMEDICA 2017. Baia Mare, 23-25 februarie 2017
43. Simona Grad. Diverticulosis and IBS. Neurogastro 2017. Meeting of the Romanian Society of Neurogastroenterology with ROME IV Regional Central East European Meeting. Iasi, 16-18 March 2017.
44. Simona Grad. Diverticular disease in Romania. The Romanian- Italian gastroenterology Meeting. Cluj Napoca, 5-8 april 2017.
45. Simona Grad, Antonio Tursi, Dan Dumitrascu. Diverticulosis of the colon : DICA endoscopic classification. Al XXXVII-lea Congres de Gastroenterologie, Hepatologie și Endoscopie Digestivă. Bucuresti , 22-24 iunie 2017
46. Simona Grad, Dan Dumitrascu. Gastric cancer in Romania. Healthy Stomach Initiative. Digestive Disease Week, Chicago, 6-9 May 2017
47. Simona Grad. Probiotics in IBD: hopes or illusions? 9th National Symposium on Inflamatory Bowel Diseases, Bucharest, 28-30 sept 2017.
48. Simona Grad. Classification and management of superficial neoplastic lesions of the large bowel. Live educational event (LEE)- Prevention of cancer in the gastrointestinal tract and the liver: an evidence-based approach. Rome, 25-26 February 2018
49. Simona Grad, Antonio Tursi, Dan L. Dumitraşcu. Taxonomia bolii diverticulare. DELTA Workshop. Cluj , 16 februarie 2018
50. Simona Grad. Elevated liver enzymes, NASH. UEG Summer School, June 2019
51. Simona Grad Elderly patient with diabetes and delayed gastric emptying. CEURGEM Central European Gastroenterology Meeting 2019. EAGEN Postgraduate Course, Timisoara, 15-16 February 2019
52. Actualități în tratamentul infecției cu H. Pylori, MaraMedica, Baia Mare 28 februarie – 2 martie 2019
53. Simona GRAD: Alternative therapy of intestinal inflammation. Neurogastroenterology , Iasi 07-09 February 2019
54. Simona Grad. Neuroendocrine Tumor: a clinical approach. EAGEN Postgraduate Course Rare Diseases in Gastroenterology Chișinău (Kishinew), MOLDOVA November 14th 2020.
55. Simona Grad. Greșeli în endoscopia digestivă superioară. Erori in tratamentul bolilor cornice digestive.Conferinta online; Cluj Napoca , 15 septembrie 2020.
56. Simona Grad. Erori în tratamentul bolilor inflamatorii intestinale . Conferința online – sub egida Societății Romane de Neurogastroenterologie, ediția a 2 a. Cluj Napoca; 8 aprilie 2021.
57. Simona Grad . Trauma la pacientul cu Ciroză hepatica. Congresul Interdisciplinar de Medicină de Urgență. Cluj Napoca; 1-3 iulie 2021.
58. Simona Grad . Is colonoscopy necessary for the diagnsosis of IBS? The Romanian Biennial Meeting of Neurogastroenterology with International Participation24 – 26 March 2022, Cluj-Napoca
59. Simona Grad . Abdominal bloating/distension: update on pathogenesis and treatment AL 41-LEA CONGRES NATIONAL DE GASTROENTEROLOGIE, HEPATOLOGIE SI ENDOSCOPIE DIGESTIVA - GASTRO 2022, 30 iunie – București, 2 iulie 2022
60. Simona Grad . Boala Diverticulara colonica – o provocare de diagnostic si tratament Maramedica 2023, Baia Mare, 16- 18 martie 2023


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

61. Simona Grad. Management of bloating .Italian Gastroenterology Meeting 09 – 11 March 2023 | Grand Hotel Napoca, Cluj-Napoca Management of bloating
62. Simona Grad . Intestinul iritabil și bolile inflamatorii intestinale: diferențe și asocieri. Abordarea multidisciplinară în bolile inflamatorii intestinale, 25 – 26 Mai 2023, Cluj-Napoca
63. Simona Grad. GERD advances in diagnosis and treatment (News from Lyon consensus 2). News in Gastroenterology 2024, ediția a II-a, Cluj-Napoca, 8-9 noiembrie 2024.
64. Simona Grad. Validation of IBSQOL in Romanian. NeurogastRO 2024 – al 9-lea Congres Național al Societății Române de Neurogastroenterologie, Iași, 28-30 noiembrie 2024.
65. Simona Grad. Indications of fecal material transplantation. EAGEN Postgraduate Course, EAGEN Bridging Meeting in Gastroenterology, Cluj-Napoca, 27-29 noiembrie 2025 (și discutant, sesiunea Lower gut).

**Cluj Napoca**


For more information on Europass go to http://europass.cedefop.europa.eu
© European Communities, 2003 20060628

## EUROPEAN LEVELS - SELF ASSESSMENT GRID

| | | A1 | A2 | B1 | B2 | C1 | C2 |
|---|---|---|---|---|---|---|---|
| UNDERSTANDING | Listening | I can understand familiar words and very basic phrases concerning myself, my family and immediate concrete surroundings when people speak slowly and clearly. | I can understand phrases and the highest frequency vocabulary related to areas of most immediate personal relevance (e.g. very basic personal and family information, shopping, local area, employment). I can catch the main point in short, clear, simple messages and announcements. | I can understand the main points of clear standard speech on familiar matters regularly encountered in work, school, leisure, etc. I can understand the main point of many radio or TV programmes on current affairs or topics of personal or professional interest when the delivery is relatively slow and clear. | I can understand extended speech and lectures and follow even complex lines of argument provided the topic is reasonably familiar. I can understand most TV news and current affairs programmes. I can understand the majority of films in standard dialect. | I can understand extended speech even when it is not clearly structured and when relationships are only implied and not signalled explicitly. I can understand television programmes and films without too much effort. | I have no difficulty in understanding any kind of spoken language, whether live or broadcast, even when delivered at fast native speed, provided. I have some time to get familiar with the accent. |
| | Reading | I can understand familiar names, words and very simple sentences, for example on notices and posters or in catalogues. | I can read very short, simple texts. I can find specific, predictable information in simple everyday material such as advertisements, prospectuses, menus and timetables and I can understand short simple personal letters. | I can understand texts that consist mainly of high frequency everyday or job-related language. I can understand the description of events, feelings and wishes in personal letters. | I can read articles and reports concerned with contemporary problems in which the writers adopt particular attitudes or viewpoints. I can understand contemporary literary prose. | I can understand long and complex factual and literary texts, appreciating distinctions of style. I can understand specialised articles and longer technical instructions, even when they do not relate to my field. | I can read with ease virtually all forms of the written language, including abstract, structurally or linguistically complex texts such as manuals, specialised articles and literary works. |
| SPEAKING | Spoken interaction | I can interact in a simple way provided the other person is prepared to repeat or rephrase things at a slower rate of speech and help me formulate what I'm trying to say. I can ask and answer simple questions in areas of immediate need or on very familiar topics. | I can communicate in simple and routine tasks requiring a simple and direct exchange of information on familiar topics and activities. I can handle very short social exchanges, even though I can't usually understand enough to keep the conversation going myself. | I can deal with most situations likely to arise whilst travelling in an area where the language is spoken. I can enter unprepared into conversation on topics that are familiar, of personal interest or pertinent to everyday life (e.g. family, hobbies, work, travel and current events). | I can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible. I can take an active part in discussion in familiar contexts, accounting for and sustaining my views. | I can express myself fluently and spontaneously without much obvious searching for expressions. I can use language flexibly and effectively for social and professional purposes. I can formulate ideas and opinions with precision and relate my contribution skilfully to those of other speakers. | I can take part effortlessly in any conversation or discussion and have a good familiarity with idiomatic expressions and colloquialisms. I can express myself fluently and convey finer shades of meaning precisely. If I do have a problem I can backtrack and restructure around the difficulty so smoothly that other people are hardly aware of it. |
| | Spoken production | I can use simple phrases and sentences to describe where I live and people I know. | I can use a series of phrases and sentences to describe in simple terms my family and other people, living conditions, my educational background and my present or most recent job. | I can connect phrases in a simple way in order to describe experiences and events, my dreams, hopes and ambitions. I can briefly give reasons and explanations for opinions and plans. I can narrate a story or relate the plot of a book or film and describe my reactions. | I can present clear, detailed descriptions on a wide range of subjects related to my field of interest. I can explain a viewpoint on a topical issue giving the advantages and disadvantages of various options. | I can present clear, detailed descriptions of complex subjects integrating sub-themes, developing particular points and rounding off with an appropriate conclusion. | I can present a clear, smoothly-flowing description or argument in a style appropriate to the context and with an effective logical structure which helps the recipient to notice and remember significant points. |
| WRITING | Writing | I can write a short, simple postcard, for example sending holiday greetings. I can fill in forms with personal details, for example entering my name, nationality and address on a hotel registration form. | I can write short, simple notes and messages. I can write a very simple personal letter, for example thanking someone for something. | I can write simple connected text on topics which are familiar or of personal interest. I can write personal letters describing experiences and impressions. | I can write clear, detailed text on a wide range of subjects related to my interests. I can write an essay or report, passing on information or giving reasons in support of or against a particular point of view. I can write letters highlighting the personal significance of events and experiences. | I can express myself in clear, well-structured text, expressing points of view at some length. I can write about complex subjects in a letter, an essay or a report, underlining what I consider to be the salient issues. I can select a style appropriate to the reader in mind. | I can write clear, smoothly-flowing text in an appropriate style. I can write complex letters, reports or articles which present a case with an effective logical structure which helps the recipient to notice and remember significant points. I can write summaries and reviews of professional or literary works. |

© Council of Europe: Common European Framework of Reference for Languages (CEF)