
Dan L Dumitrascu

THE PSYCHOSOMATIC APPROACH OF IRRITABLE BOWEL SYNDROME

Abstract

Irritable bowel syndrome (IBS) is one of the most common functional gastrointestinal disorders. The pathogenesis is still investigated but motility, perception, signal transmission and processing in the ENC and CNS as well as the inflammatory trigger are involved in the occurrence of symptoms. Personality and psychosocial factors are strongly connected with IBS.

Given the chronic feature of the complains and the multifactoriality of this condition, the best approach is represented by the psychosomatic one. Based on the bio-psycho-social model of Engel developed by Drossman, a holistic management of individual cases is the most successful attempt to fight IBS. Our lecture is a general review of updated knowledge on IBS and on EBM ways to approach this functional condition.

Curriculum vitae

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Romania

Born Cluj 05 Feb 1957

High school 1972-1976 Cluj, Romania

Faculty of medicine, University of Medicine and Pharmacy Cluj, Romania
1976-1982

Resident Cluj, 5th Medical dept, 1982-1984

Research fellow Institute of Normal and Pathological Physiology Daniel Danielopolu Bucharest 1984-1986

Research fellow Institute of Hygiene and Public Health Cluj 1986-1991

Specialist in internal medicine 1988

Specialist in gastroenterology 1991

Assistant professor internal medicine 3rd Medical dept. 1991-1996

Consultant internal medicine 1993
Consultant gastroenterology 1996
Competence in ultrasonography 1996
Senior lecturer 3rd Medical Dept., University Iuliu Hatieganu Cluj 1997-2001
Training in cognitive and behavioural psychotherapy 1997-1998 University Babes- Bolyai Cluj
Research fellow Augsburg, Germany 1996/1997 (and again 1999, 2001 and in Mannheim, Germany in 2006)
Associate professor 3rd Medical Dept., University Iuliu Hatieganu Cluj 2001-2007
Professor 2nd Medical Dept 2007-...
Head Dept. 2008-....

Interest in PM:

Long interest in neurogastroenterology lead to interest in psychosomatic medicine.

Educational activity

Started in 2002 the first courses on psychosomatic medicine in Transylvania, Romania. Courses in Romanian and English for international students.
Postgraduate courses on Psychosomatic medicine in Cluj and other Romanian cities
Since 2008: courses on medical communication for students 1st year
Handbook of Psychosomatic medicine (Cluj 2007)
Handbook of psychosomatic medicine for nurses (Cluj 2008)

Worksops on medical communication with Guislain Devroede (Canada) in Cluj 2003 and Brasov 2004 and with Douglas Drossmn (USA) Brasov 2005.
Next workhop on medical communcation: oct 2009 in Cluj in cooperation with the Faculty of Medicine from Szeged, Hungary.

Scientific activity

More than 200 papers in Romanian and international journals (+ 70 indexed on Medline) and several abstracts, co-author on several books with chapters on PM. Author of more than 10 books. Cited in Uexkul reaty on PM (in German) in 6th edition, cited in Rome II book on gunctional GI disorders, etc.
Organizers of the first two symposia on psychosomatic medicine in Romania: 2003 (international) and 2005 (with international participation).
Chairman of an international course of Psychosomatic medicine Cluj March 6,

2007

Director of a CEEPUS (Central East European project for University Studies) programme on psychosomatic medicine running since 2004 (annual renewal based on competition of projects) (nine partners from Austria, Hungary, Croatia, Bulgaria and Romania).

President of the First East European Symposium on Functional Gastrointestinal Disorders with a large section on psychosomatic medicine, Brasov 2005 and of the 2nd International Symposium of Neurogastroenterology Cluj 2007; president workshop: Clinical application of basic knowledge in neurosciences, Cluj 2008.

Recipient of the APS travel award in 2003, Orlando

Recipient of GIPM awards of the APS in 2005 and 2006.

Invited to the retreat meeting of APS in 2008.

Lectures and ERASMUS teaching staff mobilities in several centers: Nantes, Magdeburg, Leipzig, Naples, Sofia, Zagreb, Szeged, Riga, Rijeka, Bari, Vilnius, etc.

Participant to the last 3 world congresses of PM with oral presentations or as chairman. In the board of the 2006 and 2008 ECPR. Invited speaker to the Bulgarian symposium on PM 2005 Plovdiv.

An authority in his country in the field of PM and FGID (author of chapters of textbooks and handbooks).

Memberships

President of the Romanian Society of Neurogastroenterology

Vice-president Romanian Society of Applied PM and Behavioural medicine

Member Central European Behaviour Medicine

Vicepresident Romanian Association for Hypnotherapy and Cognitive Therapies

Member International Liaison Committee of the Rome Foundation

Member APS, involved in the international liaison committee, invited to the APS retreat meeting 2008

Member of APS

Member ICPM

Member nomination committee of ICPM

Member of the board of the Romanian Society of Internal Medicine and Romanian Society of Gastroenterology and Hepatology.

Member several other Romanian and international associations.

Editor in chief Clujul Medical

Assistant Editor: Journal Gastrointestinal and Liver Diseases (former Romanian Journal of Gastroenterology),

member of the editorial board of Hepato-gastro (Paris), Revista Medicala Balint (Romania), Romanian Journal of Internal Medicine, Medicina Interna, Revista

Medicala Romana, etc.

Peer reviewer for Quality of Life Research, Alimentary Pharmacol Therap, Dig Dis Sci, Eur J Intern Med, Eur J Clin Invest, Am J Gastroenterol, etc

Two patents of invention in Romania.

Hobby:

philately, president of the Romanian Group of Medical Philately and editor of the newsletter MEDIFILA.