

PERSONAL INFORMATION

Professor Przemyslaw Jan KARDAS MD, PhD



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Sex Male | Date of birth 06/02/1969

Nationality Polish

WORK EXPERIENCE

- 2015-present Promoter to Action Group A1'Prescription and adherence to treatment' of the European Innovation Partnership on Active and Healthy Ageing (EIP on AHA).
- 2011-present Full professor in Family Medicine, Medical University of Lodz
- 2010-2011 President of the European Society for Patient Adherence, COMpliance and Persistence (ESPACOMP)
- 2010-present Expert in Public Health for the Horizon 2020, and previously - for 7th Framework Programme, European Commission
- 2009-2012 Scientific Director, ABC Project (Ascertaining Barriers to Compliance) under FP7
- 2004-2009 Member of the Board of Trustees of Polish Family Medicine Society
- 2002-present Head of the First Department of Family Medicine, Medical University of Lodz
- 2001-2011 Assistant professor in the First Department of Family Medicine, Medical University of Lodz
- 1998-2001 Assistant at the First Department of Family Medicine, Medical University of Lodz
- 1996-1998 President of the Polish Association of Residents in Family Medicine
- 1995-2000 Medical Representative, Grodziskie Zaklady Farmaceutyczne "Polfa" Pharmaceutical Company

EDUCATION AND TRAINING

- 1995-1999 **Certificate of Interpersonal and Medical Communication Courses**  
GZF Polfa

  - Interpersonal and medical communication
- 1995-1998 **Specialist in Family Medicine**  
Center for Postgraduate Education, Warsaw, Poland

  - Specialised knowledge and clinical skills useful in practicing Family Medicine
- 1988-1994 **Medical Doctor**  
Medical University of Lodz, Division of Medicine

  - General knowledge of clinical medicine, and pharmacotherapy

PERSONAL SKILLS

Mother tongue(s) Polish

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
	Replace with name of language certificate. Enter level if known.				
Russian	B1	B2	B1	B2	B1
	Replace with name of language certificate. Enter level if known.				

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

Communication skills

- perfect communication skills gained through dedicated training (courses between 1995-1999) and my experience as a medical representative
- extensive knowledge of medical communication gained during research on doctor-patient communication conducted at Medical University of Lodz
- improved skills in general and medical communication due to teaching Medical Communication as a part of curriculum of Family Medicine subject, at Medical University of Lodz
- experience in communication to the public - gained due to numerous lectures, presentations at scientific and general conferences and congresses, as well as moderating workshops
- Experience in public communication and dissemination, as well as in facilitating group work of multiple stakeholders, gained within multiple international projects, e.g. ABC Project, Health Equity 2020 Projects

Organisational / managerial skills

- organisational leadership – for 13 years, I am The Head of the Department of Family Medicine at Medical University of Lodz, currently responsible for a team of 7 people
- scientific leadership and management – I was the originator and leader of numerous national and international scientific projects, including scientific and overall coordination of FP7-funded ABC Project; currently, I am a leader of teams taking part in 3 EU-funded projects
- public leadership and management – I was the president of two professional scientific organisation, of which 1 was international (ESPACOMP), and a member of Board of Trustees of 2 other
- proven organisational skills – I was the president of organisational committees of several national and international congresses, I was also an organiser, and co-chair of the European Forum on Patient Adherence to Medication held in European Parliament in Brussels (Dec. 8, 2011)

- Job-related skills**
- Experience in setting and running tele-Health infrastructure proved with development and testing eHealth system for type 2 diabetic patients in COMMODITY12 project
  - Experience in and data management gained due to extensive database use within the ABC Project
  - Experience in preparing reports, briefs, press releases and project documentation gained due to the involvement in multiple international scientific collaboration
  - Experience in designing, obtaining formal approval for (e.g. from Ethical Commissions), conducting, and reporting results of clinical trials
- Computer skills**
- Perfect command of Microsoft Office™ tools
  - Experience in designing and using electronic newsletters and social media for dissemination activities – gained within multiple projects (e.g. ABC, COMMODITY12, etc.)
  - Experienced in web site management (takes care of Department's web site)
  - Good level of database management and use
- Other skills**
- horse riding – I am a member of 'Small Stable' horse riding club for over 5 years
  - sabre fencing – I belong to Sabre Fencing School for over a year
- Driving licence**      Driving licence category B

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**ADDITIONAL INFORMATION**

- Publications**
- I am an author/co-author of over 100 full-text scientific publications, over 120 conference presentations, and 3 books, and several book chapters - list of my PubMed-indexed scientific publications is provided in Annex 1
- Projects**
- I have lead/participated in 6 EU-funded FP/Horizon 2020 scientific projects, listed in Annex 2, as well as designed and headed multiple national projects, and clinical trials
- Honours and awards**
- prizes for outstanding scientific achievements by Polish Minister of Health (2008), and Rector of Medical University of Lodz (2004 and 2005)
- Memberships**
- Member of the Board of Trustees of European Society for Patient Adherence, COMPLIANCE and PERSISTENCE (ESPACOMP), member of the European Society of Clinical Pharmacy Special Interest Group on Adherence, member of the Editorial Board (editor in Public health, epidemiology and biostatistics) of Central European Journal of Medicine , member of Polish Family Medicine Society, and Polish College of Family Physicians

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**ANNEXES**

## Annex 1

## List of PubMed-indexed scientific publications

- Brugués A, Bromuri S, Barry M, Del Toro ÓJ, Mazurkiewicz MR, Kardas P, Pegueroles J, Schumacher M. Processing Diabetes Mellitus Composite Events in MAGPIE. *J Med Syst.* 2016 Feb;40(2):44. doi: 10.1007/s10916-015-0377-1.
- Kardas P, Lewek P, Strzondała M. Adherence to treatment in asthma and COPD patients in their doctors' assessment. *Pneumonol Alergol Pol.* 2015;83(6):436-44. doi: 10.5603/PiAP.2015.0072.
- Lötsch F, Auer-Hackenberg L, Groger M, Rehman K, Morrison V, Holmes E, Parveen S, Plumpton C, Clyne W, de Geest S, Dobbels F, Vrijens B, Kardas P, Hughes D, Ramharter M. Adherence of patients to long-term medication: a cross-sectional study of antihypertensive regimens in Austria. *Wien Klin Wochenschr.* 2015 May;127(9-10):379-84. doi: 10.1007/s00508-015-0782-y.
- Morrison VL, Holmes EA, Parveen S, Plumpton CO, Clyne W, De Geest S, Dobbels F, Vrijens B, Kardas P, Hughes DA. Predictors of self-reported adherence to antihypertensive medicines: a multinational, cross-sectional survey. *Value Health.* 2015 Mar;18(2):206-16.
- Lewek P, Smigielski J, Kardas P. Factors affecting the opinions of family physicians regarding generic drugs - a questionnaire based study. *Bosn J Basic Med Sci.* 2014 Dec 17;15(1):45-50.
- Mazurkiewicz MR, Glogowski M, Mrowińska D, Pakulski M, Matyjaszczyk M, Kardas P. Prevalence, reasons, and forms of use of legal highs by internet-based survey participants. *Psychiatr Pol.* 2013 Nov-Dec;47(6):1143-55.
- Kardas P, Lewek P, Matyjaszczyk M. Determinants of patient adherence: a review of systematic reviews. *Front Pharmacol.* 2013 Jul 25;4:91.
- Demonceau J, Ruppert T, Kristanto P, Hughes DA, Fargher E, Kardas P, De Geest S, Dobbels F, Lewek P, Urquhart J, Vrijens B; ABC project team. Identification and assessment of adherence-enhancing interventions in studies assessing medication adherence through electronically compiled drug dosing histories: a systematic literature review and meta-analysis. *Drugs.* 2013 May;73(6):545-62.
- Vrijens B, De Geest S, Hughes DA, Kardas P, Demonceau J, Ruppert T, Dobbels F, Fargher E, Morrison V, Lewek P, Matyjaszczyk M, Mshelia C, Clyne W, Aronson JK, Urquhart J; ABC Project Team. A new taxonomy for describing and defining adherence to medications. *Br J Clin Pharmacol.* 2012 May;73(5):691-705.
- Lewek P, Lewek J, Kardas P. An acupuncture needle remaining in a lung for 17 years: case study and review. *Acupunct Med.* 2012 Sep;30(3):229-32.
- Kardas P. Prevalence of non-adherence to medication among patients treated for selected chronic conditions. *Pol Merkur Lekarski.* 2011 Oct;31(184):215-20.
- Clyne W, Mshelia C, Hall S, McLachlan S, Jones P, Dobbels F, Ruppert T,
- Siebens K, Morrison V, De Geest S, Kardas P. Management of patient adherence to medications: protocol for an online survey of doctors, pharmacists and nurses in Europe. *BMJ Open.* 2011 Nov 3;1(1):e000355
- Antoszewski B, Kardas P, Kasielska A, Fijalkowska M. Family physicians' perception of plastic surgery and its influence on referral. A survey from Poland. *Eur J Gen Pract.* 2012 Mar;18(1):22-5.
- Kardas P, Zasowska A, Dec J, Stachurska M. Reasons for low influenza vaccination coverage: cross-sectional survey in Poland. *Croat Med J.* 2011 Apr 15;52(2):126-33.
- Lewek P, Kardas P. Generic drugs: the benefits and risks of making the switch. *J Fam Pract.* 2010 Nov;59(11):634-40.
- Macaulay M, van den Heuvel E, Jowitt F, Clarke-O'Neill S, Kardas P, Blijham N, Leander H, Xu Y, Fader M, Cottenden A. A noninvasive continence management system: development and evaluation of a novel toileting device for women. *J Wound Ostomy Continence Nurs.* 2007 Nov-Dec;34(6):641-8
- Kardas P, Pechère JC, Hughes DA, Cornaglia G. A global survey of antibiotic leftovers in the outpatient setting. *Int J Antimicrob Agents.* 2007 Dec;30(6):530-6.

- Kardas P. Compliance, clinical outcome, and quality of life of patients with stable angina pectoris receiving once-daily betaxolol versus twice daily metoprolol: a randomized controlled trial. *Vasc Health Risk Manag.* 2007;3(2):235-42.
- Kardas P. Comparison of patient compliance with once-daily and twice-daily antibiotic regimens in respiratory tract infections: results of a randomized trial. *J Antimicrob Chemother.* 2007 Mar;59(3):531-6.
- Pechère JC, Hughes D, Kardas P, Cornaglia G. Non-compliance with antibiotic therapy for acute community infections: a global survey. *Int J Antimicrob Agents.* 2007 Mar;29(3):245-53.
- Kardas P. The DIACOM study (effect of Dosing frequency of oral Antidiabetic agents on the COMpliance and biochemical control of type 2 diabetes). *Diabetes Obes Metab.* 2005 Nov;7(6):722-8.
- Kardas P, Devine S, Golembesky A, Roberts C. A systematic review and meta-analysis of misuse of antibiotic therapies in the community. *Int J Antimicrob Agents.* 2005 Aug;26(2):106-13. Review. PubMed PMID: 16009535.
- Kardas P, Muras M. A blinded comparison of palatability of 13 common pediatric antibiotic suspensions. *Wiad Lek.* 2005;58(1-2):15-20.
- Kardas P, Kufelnicka M, Herczyński D. Prevalence of arterial hypertension in children aged 9-14 years, residents of the city of Łódź. *Kardiol Pol.* 2005 Mar;62(3):211-6;
- Kardas P. Dilemma of an indigent country: Is academic medicine a good investment? *Croat Med J.* 2004 Oct;45(5):553-5.
- Kardas P. Non-compliance--some myths, some facts. *Cas Lek Cesk.* 2004;143(8):556-9; discussion 560. PubMed PMID: 15446463.
- Kardas P; COMPASS Investigators. Comparison of once daily versus twice daily oral nitrates in stable angina pectoris. *Am J Cardiol.* 2004 Jul 15;94(2):213-6.
- Watala C, Golanski J, Kardas P. Multivariate relationships between international normalized ratio and vitamin K-dependent coagulation-derived parameters in normal healthy donors and oral anticoagulant therapy patients. *Thromb J.* 2003 Nov 30;1(1):7.
- Kardas P. Patients compliance with antibiotherapy of respiratory tract infections. *Przegl Lek.* 2003;60(3):161-6. Review. Polish.
- Kardas P, Ratajczyk-Pakalska E. Reasons for elderly patient hospitalization in departments of internal medicine in Lodz. *Aging Clin Exp Res.* 2003 Feb;15(1):25-31.
- Kardas P. Patient compliance with antibiotic treatment for respiratory tract infections. *J Antimicrob Chemother.* 2002 Jun;49(6):897-903.
- Kardas P, Adamiak-Kardas M. Prader-Willi syndrome in 22-year-old man—case study. *Wiad Lek.* 2001;54(11-12):709-14.
- Kardas P, Ratajczyk-Pakalska E. Patient adherence in respiratory tract infections: ceftibuten versus other antibiotics (PARTICULAR study). *Pol Merkur Lekarski.* 2001 Jun;10(60):445-9.
- Kardas P. Patient non-compliance as a cause of treatment failure. *Pol Merkur Lekarski.* 2000 Oct;9(52):732-5.
- Kardas P. How to enhance patient compliance? . *Wiad Lek.* 2000;53(7-8):427-33. Polish. PubMed PMID: 11070764.
- Kardas P. Drug compliance in patients treated with antibiotics in an ambulatory setting for respiratory tract infections. *Pneumonol Alergol ol.* 1999;67(9-10):398-408.

## Annex 2

## List of EU-funded FP/Horizon 2020 scientific projects

- **SIMPATY** - Stimulating Innovation Management of Polypharmacy and Adherence in The Elderly (2015-2017) is an European project that aims to stimulate, promote and support innovation across the EU in the management of appropriate polypharmacy and adherence in the elderly, in order to contribute to efficient and sustainable healthcare systems. Funding line: 3rd Health Programme. In this project, I am heading the MUL research team.
- **COMMODITY12** – COntinuous Multi-parametric and Multi-layered analysis Of Diabetes TYPe 1 & 2 (2011-2015), Principal outcome of the project a design and validation of innovative e-health system for multi-parametric analysis of data used in management of diabetes type 1 and 2 is an European research project (FP7, 2011-2015). In this project, MUL governed patient specification, as well as clinical validation of eHealth system in real life conditions. Funding line: 7<sup>th</sup> Framework Health Programme. In this project, I am heading the MUL research team. [www.commodity12.eu](http://www.commodity12.eu)
- **InnoLife** – first ‘Knowledge and Innovation Community’ (KIC) in Health area to stem from European Institute of Innovation and Technology call. InnoLife’s mission is to promote entrepreneurship and develop innovations in healthy living and active ageing, providing Europe with new opportunities and resources. InnoLife will enable citizens to lead healthier and more productive lives by delivering products, services and concepts that will improve quality of life and contribute to the sustainability of healthcare across Europe. With a total volume of EUR 2,100 millions it is one of the largest public funded initiatives for health worldwide. In this project, I play an active role in MUL’s InnoStar team. [www.inno.life](http://www.inno.life)
- **Health Equity 2020** – Reducing health inequalities - preparation for action plans and structural funds projects is an European research project (2011-2015). Its principal aim is to perform extensive analysis of healthcare-related data in order to lay the foundation for more effective use of Structural Funds for the benefit of European societies, and in particular, for the reduction of health inequalities. Funding line: DG Sanco In this project, I am heading the MUL research team. [www.healthequity2020.eu](http://www.healthequity2020.eu)
- **ABC Project** – Ascertaining Barriers for Compliance, Principal outcome: evidence-based policy recommendations for better patient adherence to medication in European Union was an European research project (2009-2012) focused on improvements of patients adherence to medication, MUL was scientific coordinator of ABC project. Funding line: 7<sup>th</sup> Framework Health Programme. In this project, I was a Scientific Director of ABC Consortium, Team, and a head of the MUL research team. [www.abcProject.eu](http://www.abcProject.eu)
- **NICMS** - Administered Tests with Network Diagnostics via a NonInvasive Sensor (2002-2004). Funding line: 5<sup>th</sup> Framework Health Programme. In this project, I was a heading the MUL research team.
- **NISAN** - Research, development and demonstration of a novel non-invasive continence management system (2003-2006). Funding line: 5<sup>th</sup> Framework Health Programme. In this project, I was a heading the MUL research team.