

KAROLINA PIOTROWICZ

Kolowa7/22, Kraków 30-134 | karolina.piotrowicz@uj.edu.pl | +48 695 763 761

WORK EXPERIENCE

ADJUNCT PROFESSOR DEPARTMENT OF INTERNAL MEDICINE AND GERONTOLOGY, JAGIELLONIAN UNIVERSITY MEDICAL COLLEGE

2011 - PRESENT

CONSULTANT DEPARTMENT OF INTERNAL MEDICINE AND GERIATRICS, UNIVERSITY HOSPITAL IN KRAKÓW

2007 - PRESENT

QUALIFICATIONS

XIth/XIIth EUROPEAN ACADEMY FOR MEDICINE OF AGEING (EAMA) COURSE

2015-2018

DOCTORAL PROGRAM, FACULTY OF MEDICINE, JAGIELLONIAN UNIVERSITY MEDICAL COLLEGE, KRAKÓW, POLAND

2011-2013

FACULTY OF MEDICINE, JAGIELLONIAN UNIVERSITY MEDICAL COLLEGE, KRAKÓW, POLAND

2000-2006

EUGMS RELATED ACTIVITIES AND INVOLVEMENT

REPRESENTATIVE OF THE POLISH COLLEGE OF GERIATRICIANS FOR THE EUGMS GENERAL ASSEMBLY MEETINGS

JULY 2023 - PRESENT

REPRESENTATIVE OF THE POLISH COLLEGE OF GERIATRICIANS FOR THE EUGMS FULL BOARD AND GENERAL ASSEMBLY MEETINGS (TEMPORARY REPRESENTATION ON BEHALF OF PROF. TOMASZ GRODZICKI)

2018 - 2023

PROGRAMMING COST PROJECT, SCIENCE COMMUNICATION COORDINATOR AND WORKING GROUP 5 CO-LEADER

NOVEMBER 2022 - PRESENT

MEMBER OF THE EARLY - CAREER GERIATRICIANS INITIATIVE

2020 - PRESENT

MEMBER OF THE EUGMS - ECGI EDITORIAL BOARD OF THE BLOG

2022 - PRESENT

MEMBER OF THE EUGMS SOCIAL MEDIA GROUP

2018 - PRESENT

MEMBER OF THE CORE GROUP OF THE LOCAL ORGANIZING COMMITTEE FOR THE 15th EUGMS CONGRESS IN KRAKÓW

2018 - 2019

OBSERVER AT THE EUGMS FULL BOARD MEETING (INVITED AS 'YOUNG GERIATRICIAN')

MARCH 2017

SCIENTIFIC MEMBERSHIP

POLISH COLLEGE OF GERIATRICIANS

SECRETARY OF THE SCIENTIFIC BOARD OF THE POLISH COLLEGE OF GERIATRICIANS
2021 – PRESENT

MEMBER OF THE SCIENTIFIC BOARD OF THE POLISH COLLEGE OF GERIATRICIANS

2019 – 2021

POLISH GERONTOLOGY SOCIETY

TREASURER OF THE KRAKÓW DIVISION OF THE POLISH GERONTOLOGY SOCIETY

2009 - PRESENT

GRANTS

COST ACTION 21122: PROMOTING GERIATRIC MEDICINE IN COUNTRIES WHERE IT IS STILL EMERGING (PROGRAMMING)

SCIENCE COMMUNICATION COORDINATOR, WG5 CO-LEADER

RESEARCH GRANT: MECHANISMS OF AGEING - THE BIOMARKERS OF INFLAMMAGING AND PHENOTYPE OF FRAILTY SYNDROME IN PERSONS SHARING COMMON ENVIRONMENT. A PILOT STUDY.

THE NATIONAL SCIENCE CENTER

MAIN APPLICANT'S NAME: KAROLINA PIOTROWICZ, MD, PhD

RESEARCH GRANT: POLSENIOR 2 SURVEY, THE MINISTRY OF HEALTH IN THE FRAME OF THE NATIONAL HEALTH PROGRAM 2016-2020

(NPZ.CO5_4.2_1_2016, OPERATIONAL OBJECTIVE: PROMOTION OF HEALTHY AND ACTIVE AGING)

RESEARCH GRANT: MULTIDISCIPLINARY MODEL OF HOSPITAL AND COMMUNITY CARE FOR PATIENTS WITH SARS-COV-2 INFECTION, GERIATRIC MODULE (MODEL WIELOSPECJALISTYCZNEJ OPIEKI SZPITALNEJ POZASZPITALNEJ NAD PACJENTAMI Z ZAKAŻENIEM SARS-COV-2, RAMIE GERIATRYCZNE)

UNIVERSITY HOSPITAL IN KRAKOW, THE NATIONAL CENTRE FOR RESEARCH AND DEVELOPMENT

RESEARCH GRANT: PATIENT CENTRIC SOLUTION FOR SMART AND SUSTAINABLE HEALTHCARE (ACESO)

THE NATIONAL CENTRE FOR RESEARCH AND DEVELOPMENT

RESEARCH GRANT: OSTRA SARKOPENIA JAKO POWIKŁANIE HOSPITALIZACJI PACJENTÓW GERIATRYCZNYCH – OCEAN UŻYTECZNOŚCI DIAGNOSTYCZNEJ POTENCJALNYCH BIOMARKERÓW (POLISH TITLE).

ETHICS COMMITTEE APPROVAL, NB: 1072.6120.27.2021

MAIN APPLICANT'S NAME: KAROLINA PIOTROWICZ, MD, PhD

RESEARCH GRANT: ANOREKSJA WIEKU PODESZŁEGO WŚRÓD PACJENTÓW Z OTĘPIENIEM I BEZ OTĘPIENIA – ANALIZA CZYNNIKÓW RYZYKA I PRÓBA STWORZENIA SKALI SŁUŻĄCEJ OBIEKTYWNEJ OCENIE ZNACZENIA PROBLEMU DLA STANU FUNKCJONALNEGO PACJENTA (POLISH TITLE).

ETHICS COMMITTEE APPROVAL, NB: 1072.6120.204.2021

RESEARCH GRANT: OSTRA SARKOPENIA U PACJENTÓW HOSPITALIZOWANYCH – OCENA ULTRASONOGRAFICZNA (POLISH TITLE).

ETHICS COMMITTEE APPROVAL, NB: 1072.6120.15.2019

MAIN APPLICANT'S NAME: KAROLINA PIOTROWICZ, MD, PhD

RESEARCH GRANT: ANOREKSJA WIEKU PODESZŁEGO I KONTROLA APETYTU WŚRÓD PACJENTÓW W WIEKU POWYŻEJ 65 ROKU ŻYCIA (POLISH TITLE).

ETHICS COMMITTEE APPROVAL, NB: 1072.6120.284.2020

MAIN APPLICANT'S NAME: KAROLINA PIOTROWICZ, MD, PhD

RESEARCH GRANT: SARKOPENIA U PACJENTÓW HOSPITALIZOWANYCH -EAMA 9+ PROJEKT (POLISH TITLE).

ETHICS COMMITTEE APPROVAL, NB: 1072.6120.14.2019

MAIN APPLICANT'S NAME: KAROLINA PIOTROWICZ, MD, PhD

RESEARCH GRANT- WALIDACJA KLINICZNA POLSKIEJ WERSJI KWESTIONARIUSZA SARC-F ORAZ OCENA ZASTOSOWANIA BIOMARKERA BDNF W PRZESIEWOWEJ DIAGNOSTYCE SARKOPENII WŚRÓD OSÓB STARSZYCH (POLISH TITLE).

ETHICS COMMITTEE APPROVAL, NB: 1072.6120.71.2018

MAIN APPLICANT'S NAME: KAROLINA PIOTROWICZ, MD, PhD

SPRINTT PROJECT- SARCOPENIA AND PHYSICAL FRAILITY IN OLDER PEOPLE: MULTI-COMPONENT TREATMENT STRATEGIES.
GRANT 115621;SAP Z/IPZ/00211

RESEARCH GRANT- THE PREVALENCE AND RISK FACTORS FOR MALNUTRITION IN HOSPITALIZED OLDER ADULTS.
ETHICS COMMITTEE APPROVAL, NB: 122.6120.191.2016
MAIN APPLICANT'S NAME: KAROLINA PIOTROWICZ, MD, PhD

RESEARCH GRANT- REGULAR MODERATE INTENSITY PHYSICAL ACTIVITY AND IMMUNITY, AND A ROLE OF BRAIN-DERIVED NEUROTROPHIC FACTOR IN THE REGULATION OF THE IMMUNE SYSTEM OF AGED SARCOPENIC ADULTS.
GRANT K/ZDS/006171

RESEARCH GRANT- THE EFFECTIVENESS OF VOLUNTEER-BASED, INTERPROFESSIONAL TEAMS OF STUDENTS IN PREVENTING HOSPITAL COMPLICATIONS IN OLDER ADULTS.
ETHICS COMMITTEE APPROVAL, NB: 122.6120.18.2015

RESEARCH GRANT- THE COMPREHENSIVE ASSESSMENT OF ELDERLY PEOPLE WHO HAD BEEN PERSECUTED FOR POLITICAL REASONS IN POLAND BETWEEN 1939 AND 1956.
UNO

RESEARCH GRANT- TAKING CARE OF THE ELDERLY AND THE QUALITY OF LIFE OF CAREGIVERS.
GRANT K/ZDS/002415

RESEARCH GRANT- THE PROSPECTIVE EVALUATION OF COGNITIVE AND FUNCTIONAL DOMAINS AMONG PATIENTS ≥ 80 YEAR-OLDS HOSPITALIZED IN THE DEPARTMENT OF INTERNAL MEDICINE AND OUTPATIENTS.
GRANT K/ZDS/002312

RESEARCH GRANT- DELIRIUM AND DEMENTIA AMONG A GROUP OF ≥ 80 YEAR-OLDS HOSPITALIZED IN THE DEPARTMENT OF INTERNAL MEDICINE.
GRANT K/ZDS/000627

POLSENIOR PROJECT- MEDICAL, PSYCHOLOGICAL, SOCIOLOGICAL AND ECONOMIC ASPECTS OF AGEING IN POLAND.
PBZ-MEIN-9/2/2006

SELECTED PUBLICATIONS (LAST 5 YEARS):

1. Piotrowicz K, Semeniv S, Kupis R, Ryś M, Perera I, Gryglewska B, Gąsowski J. Disease Burden In Older Ukrainian Refugees Of War: A Synthetic Reanalysis Of Public Records Data. *Lancet Healthy Longev.* 2022 Oct;3(10):E667-E673
2. Piotrowicz K, Kujawska-Danecka H, Jagiełło K, Hajduk A, Skalska A, Mossakowska M, Zdrojewski T, Grodzicki T, Gąsowski J. The national burden of frailty and disproportionate distribution of its components-the predominance of slow gait speed: a 2018-19 face-to-face epidemiologic assessment representative of population of older Poles. *Aging Clin Exp Res.* 2023;35(3):571-579.
3. Piotrowicz K, Gąsowski J, Michel JP, Veronese N. Post-COVID-19 acute sarcopenia: physiopathology and management. *Aging Clin Exp Res.* 2021:1–12. doi: 10.1007/s40520-021-01942-8.
4. Piotrowicz K, Ryś M, Perera I, Gryglewska B, Fedyk-Łukasik M, Michel JP, Wizner B, Sydor W, Olszanecka A, Grodzicki T, Gąsowski J. Factors associated with mortality in

- hospitalised, non-severe, older COVID-19 patients - the role of sarcopenia and frailty assessment. *BMC Geriatr.* 2022;22(1):941
5. Piotrowicz K, Pac A, Skalska A, Mossakowska M, Chudek J, Zdrojewski T, Więcek A, Grodzicki T, Gąsowski J. Patterns of multimorbidity in 4588 older adults: implications for a nongeriatrician specialist. *Pol Arch Intern Med.* 2021;131(12).
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6. Rudzińska A, Piotrowicz K, Perera I, Gryglewska B, Gąsowski J. Poor Appetite in Frail Older Persons-A Systematic Review. *Nutrients.* 2023;15(13):2966.
7. Pacholek A, Siemaszko-Oniszczyk E, Mierzwa J, Wróbel A, Piotrowicz K, Gąsowski J, Tomasiak T. Relationships between quality of life and comprehensive geriatric assessment among seniors - a cross-sectional study in Krakow, Poland. *Folia Med Cracov.* 2023;63(1):5-17.
8. Rudzińska A, Perera I, Gryglewska B, Gąsowski J, Piotrowicz K. Can the Mediterranean diet decrease the risk of depression in older persons - a systematic review. *Psychiatr Pol.* 2023;57(2):339-354.
9. Piotrowicz K, Rzeźnik M, Gryglewska B, Grodzicki T, Gąsowski J. Geriatrics in the face of war. *The Lancet Healthy Longevity.* 2022;3(4):e229-e230.
10. Królczyk J, Piotrowicz K, Skalska A, Mossakowska M, Grodzicki T, Gąsowski J. Mortality of older persons with and without abnormalities in the physical examination of arterial system. *Aging Clin Exp Res.* 2022;34(11):2897-2904.
11. Bahat G, Ilhan B, Erdogan T, Catikkas NM, Karan MA, Drey M, Gasowski J, Kotsani M, Piotrowicz K, Morley J. Simpler modified fried frailty scale as a practical tool to evaluate physical frailty: Methodological report for its cross-cultural adaptation and validation. *Exp Gerontol.* 2022;166:111887.
12. As Collaborator: Bernabei R, Landi F, Calvani R, Cesari M, Del Signore S, Anker SD, Bejuit R, Bordes P, Cherubini A, Cruz-Jentoft AJ, Di Bari M, Friede T, Gorostiaga Ayestarán C, Goyeau H, Jónsson PV, Kashiwa M, Lattanzio F, Maggio M, Mariotti L, Miller RR, Rodriguez-Mañas L, Roller-Wirnsberger R, Rýznarová I, Scholpp J, Schols AMWJ, Sieber CC, Sinclair AJ, Skalska A, Strandberg T, Tchalla A, Topinková E, Tosato M, Vellas B, von Haehling S, Pahor M, Roubenoff R, Marzetti E; SPRINTT consortium. Multicomponent intervention to prevent mobility disability in frail older adults: randomised controlled trial (SPRINTT project). *BMJ.* 2022;377:e068788.
13. Piotrowicz K, Rosendahl-Riise H. Implementation of sarcopenia assessment in a clinical setting: is it feasible? *Eur Geriatr Med.* 2022. doi: 10.1007/s41999-022-00643-3.
14. Królczyk J, Skalska A, Piotrowicz K, Mossakowska M, Grodzicki T, Gąsowski J. Disparate effects of ankle-brachial index on mortality in the 'very old' and 'younger old' populations-the PolSenior survey. *Heart Vessels.* 2021. doi: 10.1007/s00380-021-01949-1.
15. Piotrowicz K, Gryglewska B, Gąsowski J. Sleepless nights mean worse metabolism: a link to cardiovascular risk in older women. *Eur Geriatr Med.* 2021;1-2. doi: 10.1007/s41999-021-00551-y.
16. De Spiegeleer A, Kahya H, Sanchez-Rodriguez D, Piotrowicz K, Surquin M, Marco E, Detremere C, Hussein D, Hope S, Dallmeier D, Decker G, Hrnčiarikova D, Czesak J, Toscano-Rico M, Meza-Valderrama D, Bahat G, Descamps A, Wynendaale E, Elewaut D, Vankova H, Landi F, Benoit F, Gasowski J, Van Den Noortgate N. Acute sarcopenia changes following hospitalization: influence of pre-admission care dependency level. *Age Ageing.* 2021:afab163. doi: 10.1093/ageing/afab163.
17. Piotrowicz K, Gryglewska B, Grodzicki T, Gąsowski J. Arterial stiffness and frailty - A systematic review and metaanalysis. *Exp Gerontol.* 2021;153:111480. doi: 10.1016/j.exger.2021.111480.
18. Jyväkorpi SK, Ramel A, Strandberg TE, Piotrowicz K, Błaszczuk-Bębenek E, Urtamo A, Rempe HM, Geirsdóttir Ó, Vágnerová T, Billot M, Larreur A, Saveria G, Soriano G, Picauron C, Tagliaferri S, Sanchez-Puelles C, Cadenas VS, Perl A, Tirrel L, Öhman H, Weling-Scheepers C, Ambrosi S, Costantini A, Pavelková K, Klimkova M, Freiburger E, Jonsson PV, Marzetti E, Pitkälä KH, Landi F, Calvani R; SPRINTT consortium. The sarcopenia and physical frailty in older people: multi-component treatment strategies (SPRINTT) project: description and feasibility of a nutrition intervention in community-dwelling older Europeans. *Eur Geriatr Med.* 2021;12(2):303-312. doi: 10.1007/s41999-020-00438-4.
19. Piotrowicz K, Gryglewska B, Gąsowski J. The usefulness of SARC-F. *Aging Clin Exp Res.* 2021. doi: 10.1007/s40520-021-01839-6.
20. Perkisas S, Bastijns S, Sanchez-Rodriguez D, Piotrowicz K, De Cock AM; full SARCUS working group. Application of ultrasound for muscle assessment in sarcopenia: 2020

- SARCUS update: reply to the letter to the editor : SARCUS working group on behalf of the Sarcopenia Special Interest Group of the European Geriatric Medicine Society. *Eur Geriatr Med.* 2021;12(2):427-428. doi: 10.1007/s41999-021-00462-y.
21. Piotrowicz K, Gluszczyńska A, Czesak J, Fedyk-Łukasik M, Klimek E, Sánchez-Rodríguez D, Skalska A, Gryglewska B, Grodzicki T, Gąsowski J. SARC-F as a case-finding tool for sarcopenia according to the EWGSOP2. National validation and comparison with other diagnostic standards. *Aging Clin Exp Res.* 2021. doi: 10.1007/s40520-020-01782-y.
 22. Perkisas S, Bastijns S, Baudry S, Bauer J, Beaudart C, Beckwée D, Cruz-Jentoft A, Gasowski J, Hobbelen H, Jager-Wittenaar H, Kasiukiewicz A, Landi F, Malek M, Marco E, Martone AM, de Miguel AM, Piotrowicz K, Sanchez E, Sanchez-Rodriguez D, Scafoglieri A, Vandewoude M, Verhoeven V, Wojszel ZB, De Cock AM. Application of ultrasound for muscle assessment in sarcopenia: 2020 SARCUS update. *Eur Geriatr Med.* 2021. doi: 10.1007/s41999-020-00433-9.
 23. Piotrowicz K, Gąsowski J. Risk Factors for Frailty and Cardiovascular Diseases: Are They the Same? *Adv Exp Med Biol.* 2020;1216:39-50.
 24. Hope SV, Koutsouri A, Nguyen S, Piotrowicz K, Petrovic M, Gasowski J. EuGMS 2019 Congress report: evidence-based medicine in geriatrics. *Eur Geriatr Med.* 2020 Dec;11(6):915-918.
 25. Miralles O, Sanchez Rodriguez D, Marco E, Annweiler C, Baztan A, Betancor, Cambra A, Cesari M, Fontecha BJ, Gąsowski J, Gillain S, Hope S, Phillips K, Piotrowicz K, Piro N, Sacco G, Saporiti E, Surquin M, Estel Vall Iloera E. Unmet needs, health policies, and actions during the COVID 19 pandemic: a report from six European countries. *European Geriatric Medicine* <https://doi.org/10.1007/s41999-020-00415-x>
 26. Sanchez-Rodriguez D, Annweiler C, Marco E, Hope S, Piotrowicz K, Surquin M, Ranhoff A, Van Den Noortgate N; EAMA Board Members; XII EAMA Seminar participants and respondents of the survey. European Academy for medicine of ageing session participants' report on malnutrition assessment and diagnostic methods; an international survey. *Clin Nutr ESPEN.* 2020 Feb;35:75-80.
 27. Sanchez-Rodriguez D, Hope S, Piotrowicz K, Benoit F, Czesak J, Dallmeier D, Decker G, Højmann AH, Hrnčiarikova D, Marco E, Meza D, Surquin M, Toscano-Rico M, Vankova H, Vetrano DL, Gąsowski J, Van Den Noortgate N, Landi F. Sarcopenia in Acute Care Patients: Protocol for the European Collaboration of Geriatric Surveys: Sarcopenia 9+ EAMA Project. *J Am Med Dir Assoc.* 2019. pii: S1525-8610(19)30398-6. doi: 10.1016/j.jamda.2019.04.030.
 28. Sánchez-Rodríguez D, Marco E, Dávalos-Yerovi V, López-Escobar J, Messaggi-Sartor M, Barrera C, Ronquillo-Moreno N, Vázquez-Ibar O, Calle A, Inzitari M, Piotrowicz K, Duran X, Escalada F, Muniesa JM, Duarte E. Translation and validation of the spanish version of the sarc-f questionnaire to assess sarcopenia in older people. *J Nutr Health Aging* 2019.
 29. Piotrowicz K, Gąsowski J. Ultrasound assessment of muscle mass and quality: it has never been so easy! *J. Eur Geriatr Med.* 2018. doi.org/10.1007/s41999-018-0135-2.
 30. Królczyk J, Piotrowicz K, Chudek J, Puzianowska-Kuźnicka M, Mossakowska M, Szybalska A, Grodzicki T, Skalska A, Gąsowski J. Clinical examination of peripheral arterial disease and ankle-brachial index in a nationwide cohort of older subjects: practical implications. *Aging Clin Exp Res* 2018. doi: 10.1007/s40520-018-1095-6.
 31. Perkisas S, Baudry S, Bauer J, Beckwee D, De Cock AM, Hobbelen H, Jager-Wittenaar H, Kasiukiewicz A, Landi F, Marco E, Merello A, Piotrowicz K, Sanchez E, Sanchez-Rodriguez D, Scafoglieri A, Cruz- Jentoft A, Vandewoude M. The SARCUS project: evidence-based muscle assessment through ultrasound. *Eur Geriatr Med* 2018. doi.org/10.1007/s41999-018-0141-4.
 32. Perkisas S, Baudry S, Bauer J, Beckwee D, De Cock AM, Hobbelen H, Jager-Wittenaar H, Kasiukiewicz A, Landi F, Marco E, Merello A, Piotrowicz K, Sanchez E, Sanchez-Rodriguez D, Scafoglieri A, Cruz- Jentoft A, Vandewoude M. Application of ultrasound for muscle assessment in sarcopenia: towards standardized measurements. *Eur Geriatr Med* 2018. doi.org/10.1007/s41999-018-0104-9.
 33. Piotrowicz K, Rewiuk K, Górski S, Kałwak W, Wizner B, Pac A, Nowakowski M, Grodzicki T. The "Wholesome Contact" non-pharmacological, volunteer-delivered multidisciplinary programme to prevent hospital delirium in elderly patients: study protocol for a randomised controlled trial. *Trials.* 2018;19(1):439.
 34. Piotrowicz K, Romanik W, Skalska A, Gryglewska B, Szczerbińska K, Derejczyk J, Krzyżewski RM, Grodzicki T, Gąsowski J. The comparison of the 1972 Hodkinson's Abbreviated Mental Test Score (AMTS) and its variants in screening for cognitive impairment. *Aging Clin Exp Res.* 2018. doi: 10.1007/s40520-018-1009-7.

35. Gąsowski J, Piotrowicz K, Messerli FH. Arterial hypertension after age 65: from epidemiology and pathophysiology to therapy Do we know where we stand? *Kardiol Pol.* 2018;76(4):723-730. doi: 10.5603/KP.2018.0075.
36. Piotrowicz K, Parnicka A, Mielimąka M, Walczewska J, Falisz K, Skalska A, Rutkowski K, Grodzicki T. Are all the former Siberian deportees with posttraumatic stress disorder patients at risk for unsuccessful aging? *Int J Geriatr Psychiatry.* 2018;33(4):671-672. 2015-2018

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