



EPUAP CURRICULUM VITAE

Name: JUSTYNA CWAJDA-BIAŁASIK

Work Title:

MSc in Nursing, RN, PhD, Habilitated Doctor in Medical and Health Sciences, Associate Professor; Specialist in Surgical Nursing and Wound Care

Institution:

- 1) Department of Perioperative Nursing, Faculty of Health Sciences, Ludwik Rydygier Collegium Medicum in Bydgoszcz, Nicolaus Copernicus University in Toruń, Bydgoszcz, Poland
- 2) Department of Vascular Surgery and Angiology, Chronic Wound Care Clinic, Dr. Antoni Jurasz University Hospital No. 1, Bydgoszcz, Poland

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Year of joining EPUAP: 2023

Relevant publications for the last two years (in English only):

A: Publications related to pressure ulcers and chronic wounds

- 1) [Cwajda-Białasik J](#), Filipiska-Blejder K, Mościcka P. ***Medical thermography in the diagnosis of pressure ulcers: a narrative review.*** Journal of Wound Management. 2025;26(2):100–110. doi:10.35279/jowm2025.26.02
- 2) Mościcka P, [Cwajda-Białasik J](#), Filipiska-Blejder K, Szewczyk M. ***The use of fluorescent light in the microbiological diagnosis of chronic wounds, using the example of pressure ulcers.*** Surgical and Vascular Nursing. 2025;19(2):69-75. doi:10.5114/.2025.152484.
- 3) [Cwajda-Białasik J](#), Mościcka P, Szewczyk MT. ***Undiagnosed and Untreated Peripheral Complications of Diabetes: Findings from a Pilot Study on Diabetes-Related Foot Diseases (DFD) in Patients with Glycemic Disorders.*** Medical Science Monitor. 2024;30:e944239. doi:10.12659/MSM.944239.
- 4) Mościcka P, [Cwajda-Białasik J](#), Jawień A, Jaraczewski W, Szewczyk MT. ***Evaluation of factors affecting the healing process of venous ulcers: A 12-week longitudinal study.*** Wound Repair and Regeneration. 2023;31(6):783–792. doi:10.1111/wrr.13140.
- 5) Mościcka P, Cierznikowska K, [Cwajda-Białasik J](#), et al. ***Clinical history of venous leg ulcers: a retrospective analysis of 352 cases.*** Postępy Dermatologii i Alergologii. 2026;43(1):30–37. doi:10.5114/ada.2025.158823.
- 6) Nowaczyk A, [Cwajda-Białasik J](#), Szewczyk MT. ***Impact of BMI on Recovery and Quality Revascularization in Peripheral Arterial Disease Patients.*** Medical Science Monitor. 2024;30:e946793. doi:10.12659/MSM.946793.
- 7) Nowaczyk A, [Cwajda-Białasik J](#), Jawień A, Szewczyk MT. ***Enhancing Functional Efficiency Quality of Life through Revascularization Surgery in Peripheral Arterial Disease: A Con Analysis of Objective and Subjective Indicators.*** Medical Science Monitor. 2023;29:e941673. doi:10.12659/MSM.941673.

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Please comment on your involvement with pressure ulcers under the following headings:

CLINICAL

- A. **Since 2012** – Registered Nurse at the Dr. Antoni Jurasz University Hospital No. 1 in Bydgoszcz, Poland:
- **Specialist Surgical Nurse**, Department of Vascular Surgery and Angiology.
 - **Specialist Wound Care Nurse**, Outpatient Department for Chronic Wound Management.
- B. **2010–2025** – Volunteer clinical educator at the University Hospital No. 2 in Bydgoszcz, Department of General and Minimally Invasive Surgery:
- supervision and practical training of undergraduate nursing students during clinical placements.
- C. **2000–2004** – Volunteer at: (1) Sue Ryder Foundation, (2) Blessed Jerzy Popiełuszko Hospice. Activities included:
- chronic wound care,
 - patient and family education,
 - participation in research-related activities.
- Participation in clinical trials and clinical implementation projects related to chronic wound treatment and advanced wound diagnostics.
- Co-author and initiator of implementation procedures regarding surgical site infection (SSI) prevention in surgical departments of Dr. Antoni Jurasz University Hospital No. 1 in Bydgoszcz, based on national expert recommendations developed in 2015.
- Long-term clinical and scientific involvement in:
- chronic wound management,
 - pressure ulcers/injuries (PU/PI),
 - venous leg ulcers (VLU), compression therapy
 - diabetic foot disease (DFD),
 - wound infection prevention,
 - advanced wound diagnostics, infrared thermography (IRT),
 - interdisciplinary wound care.
- Extensive practical experience in patient education, compression therapy, wound assessment, prevention of complications and evidence-based wound care.

SCIENTIFIC RESEARCH

Research Profile

Researcher and academic educator focused on chronic wounds, pressure injury prevention and treatment, vascular nursing, advanced wound diagnostics and implementation of modern technologies in clinical nursing practice, including infrared thermography (IRT), fluorescence imaging.

1) Scientific Output

Since 2004 – author and co-author of over 300 scientific publications, including:

- approximately **230 full-text** scientific articles,
- approximately **50 chapters** in scientific monographs and academic textbooks,
- numerous conference abstracts and educational publications.



Key Scientific Publications

- 1) Cwajda-Białasik J, Filipiska-Blejder K, Mościcka P.
Medical thermography in the diagnosis of pressure ulcers: a narrative review.
Journal of Wound Management. 2025;26(2):100–110. doi:10.35279/jowm2025.26.02.07.
- 2) Mościcka P, Cwajda-Białasik J, Filipiska-Blejder K, Szewczyk M.
The use of fluorescent light in the microbiological diagnosis of chronic wounds, using the example of pressure ulcers.
Surgical and Vascular Nursing. 2025;19(2):69-75. doi:10.5114/.2025.152484.
- 3) Cwajda-Białasik J, Mościcka P, Szewczyk MT.
Antiseptics and antimicrobials for the treatment and management of chronic wounds: a systematic review of clinical trials. Advances in Dermatology and Allergology.2022;39(1):141–151. doi:10.5114/ada.2022.113807.
- 4) Szewczyk MT, Cwajda Justyna, Cierzniaowska K.
Use pressure ulcer risk scales in clinical practice.
Polish Journal of Environmental Studies 2007; 6(6D): 9–15.
- 5) Szewczyk MT, Kózka M, Cierzniaowska K, Cwajda-Białasik J, Mościcka P, Jawień A, Sopata M, Bazaliński D, Spannauer A, Kozłowska E, Popow A, Ślusarz R, Jabłońska R, Przybek-Mita J, Sierżantowicz R, Mrozikiewicz-Rakowska B, Polak A, Kuberska I, Jakubowska U, Bakowska M, Augusewicz Z, Samson I. **Pressure ulcer prevention: recommendations of the Polish Wound Management Association. Part I.** Leczenie Ran/Wounds Treatment. 2020;17(3):113–146.
- 6) Szewczyk MT, Cwajda-Białasik J, Mościcka P, Cierzniaowska K, Bazaliński D, Jawień A, Spannauer A, Polak A, Sopata M, Kozłowska E, Popow A, Jabłońska R, Przybek-Mita J, Sierżantowicz R, Kuberska I, Ślusarz R, Mrozikiewicz-Rakowska B, Kózka M, Jakubowska U, Bakowska M, Augusewicz Z, Samson I. **Pressure ulcer treatment: recommendations of the Polish Wound Management Association. Part II.** Leczenie Ran/Wounds Treatment. 2020;17(4):151–184.
- 7) Cwajda-Białasik J, Mościcka P, Szewczyk MT.
Undiagnosed and Untreated Peripheral Complications of Diabetes: Findings from a Pilot Study on Diabetes-Related Foot Diseases (DFD) in Patients with Glycemic Disorders.
Medical Science Monitor. 2024;30:e944239. doi:10.12659/MSM.944239.
- 8) Szewczyk MT, Cwajda Justyna, Cierzniaowska K, Jawień A.
Pressure ulcer in 17 years old boy with lower limbs paralysis in the course of myelomenigocele - case report. Pol. J. Environ. Stud. 2007; 16(6D): 365-368.
- 9) Cwajda-Białasik J, Mościcka P, Szewczyk MT, et al.
Venous leg ulcers treated with fish collagen gel in a 12-week randomized single-centre study.
Advances in Dermatology and Allergology. 2022;39(4):714–722. doi:10.5114/ada.2021.108424.
- 10) Cwajda-Białasik J, Mościcka P, Jawień A, Szewczyk MT.
Infrared thermography to prognose the venous leg ulcer healing process: preliminary results of a 12-week, prospective observational study.
Wound Repair and Regeneration 2020; 28(2): 224-233.
- 11) Dopierała L, Szewczyk MT, Cierzniaowska K, Cwajda Justyna, Popow A et al.
Level of preparation for preventive procedures and pressure ulcer treatment in health care units from the Kujawsko-Pomorski region.
Advances in Medical Sciences 2007; 52(Suppl.1): 81–84.
- 12) Cwajda-Białasik J, Mościcka P, Jawień A, Szewczyk MT.
Microbiological status of venous leg ulcers and its predictors: a single-center cross-sectional study. International Journal of Environmental Research and Public Health 2021; 18(24): 12965.
- 13) Szewczyk MT, Sopata M, Jawień A, Cierzniaowska K, Cwajda-Białasik J, et al.. **Recommendations for the prevention and treatment of pressure ulcers. Leczenie Ran/Wounds Treatment. 2010;7(3–4):79–106.**
- 14) Mościcka P, Cwajda-Białasik J, Szewczyk MT, Jawień A.



Healing process, pain and health-related quality of life in patients with venous leg ulcers treated with fish collagen gel: a 12-week randomized single-center study. *International Journal of Environmental Research and Public Health* 2022; 19(12): 7108.

- 15) Mościcka P, Cwajda-Białasik Justyna, Jawień A, Szewczyk MT. Fluorescence: modern method of the diagnosis of chronic wounds on the example of venous leg ulcer. *Advances in Dermatology and Allergology*. 2023; 40(1): 66-71.
- 16) Kubisz L, Hojan-Jezińska D, Szewczyk Maria, Majewska A, Kawałekiewicz W, Pankowski E, Janus M, Cwajda-Białasik Justyna, et al. In vivo electrical impedance measurement in human skin assessment. *Pure and Applied Chemistry* 2019; 91(9): 1481-1491.
- 17) Popow A, Szewczyk MT, Cierznikowska K, Kozłowska E, Mościcka P, Cwajda-Białasik J. **Risk factors for pressure ulcer development in hospitalized patients.** *Surgical and Vascular Nursing/Pielęgniarstwo Chirurgiczne i Angiologiczne*. 2018;12(4):152–158.
- 18) Cwajda-Białasik J., Mościcka P, Szewczyk MT. **Selected aspects of pressure ulcer prevention.** *Surgical and Vascular Nursing /Pielęgniarstwo Chirurgiczne i Angiologiczne*. 2017;11(2):41–48.
- 19) Popow A, Szewczyk MT, Cierznikowska K, Kozłowska E, Mościcka P, Cwajda-Białasik J. **Assessment and monitoring of pressure ulcer risk using the Norton Scale in patients hospitalized in four hospital wards.** *Leczenie Ran/Wounds Treatment*. 2017;14(4):123–128.
- 20) Szewczyk MT, Cwajda J., Cierznikowska K, Jawień A. **Pressure ulcers – prevention and conservative treatment.** *Lekarz*. 2007;6:79–90.
- 21) Cierznikowska K, Szewczyk MT, Kozłowska E, Banaszkiewicz Z, Popow A, Mościcka P, Cwajda-Białasik J., Jabłońska R, Burak A, Tojek K. **Assessment of nutritional status in elderly patients hospitalized in a surgical ward.** *Surgical and Vascular Nursing/Pielęgniarstwo Chirurgiczne i Angiologiczne* 2017;11(2):61–67.
- 22) Cwajda-Białasik Justyna, Mościcka P, Jawień A, Szewczyk MT. Quality of life in patients with venous leg ulcers - experiences of the specialist chronic wound management center in Bydgoszcz, Poland. W: *Osetrovateľstvo a zdravie XIII: recenzovaný zborník príspevkov a abstraktov z medzinárodnej vedeckej konferencie*. E. Karlova, N. Poliaková, K. Gerlichová, P. Grabczak. Trenčín: Trenčianska univerzita Alexandra Dubčeka, 2022: 7-18.
- 23) Mościcka P, Cwajda-Białasik Justyna, Jawień A, Szewczyk MT. Complex treatment of venous leg ulcers including the use of oral nutritional supplementation: results of 12-week prospective study. *Advances in Dermatology and Allergology*. 2022; 39(2): 336-346
- 24) Cwajda-Białasik J. et al. Usefulness of the Skindex-29 questionnaire for quality of life assessment in patients with lower-limb ulcers of vascular aetiology. *Surgical and Vascular Nursing* 2018; 12(2): 64–70.
- 25) Ziaja D, Sznajka M, Szewczyk M, Urbanek T, Biolik G, Brzezińska-Wcisło L, Chudek J, Cwajda-Białasik J., et al. Polish recommendations for the treatment of foot disorders, including cosmetic podiatry and podiatry requiring multidisciplinary therapy. In: *Vademecum of Podiatry*. D. Ziaja, M. Sznajka, B. Koczy (eds.). Gdańsk: Via Medica; 2015:208–215.
- 26) Cwajda-Białasik Justyna, Szewczyk MT, Mościcka P, Jawień A, Ślusarz R. Influence of ulceration etiology on the global quality of life and its specific dimension, including the control of pain, in patients with lower limb vascular insufficiency. *Advances in Dermatology and Allergology* 2017; 34(5): 471-477.
- 27) Szewczyk MT, Mościcka P, Jedwabiński M, Frankowska-Rutkowska M, Cwajda-Białasik Justyna. Chronic traumatic wound. A case report. *Med. Biol. Sci.* 2013; 27(3): 43-46.
- 28) Cwajda-Białasik Justyna, Szewczyk MT, Mościcka P, Cierznikowska K. The locus of pain control in patients with lower limb ulcerations. *J. Clin. Nurs.* 2012; 21: 3346-3351.
- 29) Szewczyk MT, Jawień A, Cwajda-Białasik Justyna, Cierznikowska K, Mościcka P, Hancke E. Randomized study assessing the influence of supervised exercises on ankle joint mobility in patients with venous leg ulcerations. *Arch. Med. Sci.* 2010; 6(6): 956-963.
- 30) Szewczyk MT, Jawień A, Cierznikowska K, Cwajda-Białasik Justyna, Mościcka P. Comparison of the effectiveness of compression stockings and layer compression systems in venous ulceration treatment. *Arch. Med. Sci.* 2010; 6(5): 793-799.



- 31) Szewczyk MT, Jawień A, Kędziora-Kornatowska K, Mościcka P, Cwajda Justyna, Cierznikowska K, Brazis P. The nutritional status of older adults with and without venous ulcers: a comparative, descriptive study. *Ostomy Wound Management* 2008; 54(9) 34-42.
- 32) Szewczyk MT, Mościcka P, Cwajda Justyna, Piotrowicz R, Jawień A. Evaluation of the effectiveness of new polyurethane foam dressing in the treatment of heavily exudative venous ulcers. *Acta Angiol.* 2007; 13(2): 85-93.
- 33) Szewczyk MT, Jawień A, Gospodarek E, Cwajda Justyna, Cierznikowska K. Antiseptics in wound treatment - perfect alternative or must? *Pol. J. Environ. Stud.* 2007; 16(6D): 360-364.
- 34) Szewczyk MT, Cwajda J, Cierznikowska K. **Principles of effective pressure ulcer prevention.** *Wiadomości Lekarskie/Medical News.* 2006;59(11-12):842-847.
- 35) Jawień A, Szewczyk MT, Kędziora-Kornatowska K, Mościcka P, Cierznikowska K, Cwajda Justyna, Polak A, Grzeszak I. Functional and biopsychosocial restrictions among patients with a venous ulcer. *Arch. Med. Sci.* 2006; 2(1): 36-41.
- 36) Szewczyk MT, Jawień A, Kędziora-Kornatowska K, Cwajda J, Polak A. Elderly patient with chronic venous ulceration. Part 2. Risk of depression. *Przegląd Flebologiczny/Phlebological Review.* 2006;14(1):19-25.
- 37) Szewczyk MT, Jawień A, Kędziora-Kornatowska K, Cwajda J, Grzeszak I. Elderly patient with chronic venous ulceration. Part 1. Assessment of mobility, balance and gait. *Przegląd Flebologiczny/Phlebological Review.* 2006;14(1):11-17.
- 38) Szewczyk MT, Młynarczyk K, Cwajda J, Kwapisz U, Cierznikowska K, Jawień A. **Analysis of factors determining the risk of pressure ulcer development in long-term bedridden patients – assessment based on the Douglas and Waterlow scales.** *Leczenie Ran/Wounds Treatment.* 2006;3(1):9-16.

Monographs and Academic Textbooks

- Author/co-author of chapters on chronic wound management, venous leg ulcers, pressure injuries, diabetic foot disease, compression therapy, infrared thermography, fluorescence imaging, perioperative and advanced surgical nursing, as well as podology, oncology and geriatric nursing. Co-authored several pioneering Polish monographs supporting the development of interdisciplinary wound care and outpatient wound management in Poland, including *Venous Leg Ulcers* (2005); *Clinical and Nursing Aspects of Care for Patients with Venous Ulcers* (2008), *Compression Therapy* (2009), *Surgical Nursing* (2007), *Angiological Nursing* (2010).
- Particularly noteworthy is the highly recognised textbook **Chronic Wound Management (Polish title: Leczenie Ran Przewlekłych; eds. M.T. Szewczyk, A. Jawień, PZWL, Warsaw 2012; updated editions 2019 and 2024 e-book edition)** published at a time when there were virtually no comparable comprehensive wound-care textbooks available on the Polish market and when specialist education in wound management for nurses, physicians and midwives was rapidly developing in Poland. The textbook comprehensively addresses wound healing, the TIMERS strategy, and evidence-based nursing and treatment of wounds of various aetiologies, while promoting the autonomous role of nurses in wound diagnostics, therapy and patient education.

2) Scientific Presentations and Conference Activity

Active presenter at national and international conferences in the field of chronic wound management of various aetiologies, including pressure ulcers (PUs)::

- approximately **30** international presentations,
- approximately **60** national presentations,
- approximately **100** co-authored conference abstracts.

Selected international presentations related to PUs and chronic wounds include:



[1] EWMA 2026 Conference (Bremen, Germany)

- **Oral Presentation OP084:** Infrared Thermography as a Predictive Tool in Venous Leg Ulcer Management: Insights from a Two-Stage Clinical Study.
- **Poster EP373:** Diagnostic Accuracy of Infrared Thermography for Early Detection of Wound Infections: Systematic Review and Meta-Analysis.

[2] EWMA 2025 Conference (Barcelona, Spain)

- **Oral Presentation OP056:** Results of a Pilot Study of Diabetes-Related Foot Disease (DFD) Screening in an At-Risk Group (2025 – EWMA-GNEAUPP Award - Best Abstract of the Year)

[3] EPUAP 2023 Annual Meeting (Leeds, UK)

- **Oral Presentation:** Infrared Thermography as a Predictive Tool in the Assessment of Chronic Wound Healing: Results of a Prospective 12-Week Randomized Study.

[4] EWMA 2018 Conference (Krakow, Poland)

- **Oral Presentation:** The Complex Nursing Care of the Patient with Diabetic Foot Syndrome.
- **Workshops:** Co-leading workshops for nurses on ankle-brachial index (ABI) measurement.

[5] International Scientific and Training Conference “The Patient as a Subject of Care in the Health Sciences System”, Szczecin, Poland, 2008

- **Oral presentation:** Analysis of the effectiveness of predicting the risk of pressure ulcer development – oral presentation.

[6] 10th International Scientific and Training Conference of Allergologists, Pulmonologists and Clinical Immunologists, Kazimierz Dolny, Poland, 2007

- **Poster:** Use of pressure ulcer risk scales in clinical practice.
- **Poster:** Pressure ulcer in a 17-year-old boy with lower limb paralysis due to congenital myelomeningocele: a case report.

[7] 2nd Scientific and Training Congress of the Polish Wound Management Society, Poznań, Poland, 2007,

- **Oral presentation:** Pressure ulcer – therapeutic and nursing management in surgery.

[8] National Congress of the Geriatric Section of the Polish Medical Society, Gdańsk, Poland, 2006.

- **Oral presentation:** Prediction of the risk of pressure ulcer development in elderly patients.

Co-authorship of conference abstracts related to pressure ulcers

[1] EPUAP 2023 Conference (Leeds, UK)

Oral presentation: The use of the fluorescence imaging method for microbiological diagnosis of pressure ulcer: description of two clinical cases.

[2] EWMA 2011 Conference (Brussels, Belgium)

Oral presentation: Risk factors of pressure ulcer development among patients after lower limb amputation.

[3] International Scientific and Training Conference “The Patient as a Subject of Care in the Health Sciences System”, Szczecin, Poland, 2008



Oral presentation: Prediction of the risk of pressure ulcer development in terminally ill and chronically ill elderly patients.

[4] 5th Podlasie International Scientific and Training Conference, Białowieża, Poland, 2007

Oral presentation: Preparation of inpatient healthcare units in the Kuyavian-Pomeranian region for the implementation of pressure ulcer prevention and treatment procedures.

[5] Conference of the Polish Wound Management Society “Models of Comprehensive Wound Care – Effectively and Safely”, Mikolajki, Poland, 2011

Oral presentation: Prevention and treatment of pressure ulcers.

[6] 3rd Congress of the Polish Wound Management Society, Bydgoszcz, Poland, 2009

Oral presentation: Standard of pressure ulcer prevention.

[7] EWMA 2008 Conference (Lisbon, Portugal)

Oral presentation: Implementation of a venous leg ulcer strategy in northern Poland - prevalence study.

[8] 1st Scientific and Training Congress of the Polish Wound Management Society, Poznań, Poland, 2005

Oral presentation: Risk of pressure ulcer development after surgery in patients over 65 years of age.

[9] 1st Scientific and Training Congress of the Polish Wound Management Society, Poznań, Poland, 2005

Oral presentation: Principles of effective prevention in bedridden and immobilized patients.

3) International and European Projects

[1] European Wound Management Association Central & Eastern European Leg Ulcer Project

- Project implementation: 2007–2011.
- Participation in implementation of venous leg ulcer strategy in northern Poland.
- Results presented during EWMA 2008 in Lisbon and published in conference proceedings.

4) Grants and Research Projects

[1] 2024 – Principal Investigator:

IDUB Grant supporting the: *1st International Conference of the Polish Association of Vascular Nursing / 10th Jubilee Scientific and Educational Conference of the Polish Society of Vascular Nursing.*

[2] 2020–2022 – Principal Investigator and Researcher:

IDUB research grant: Screening assessment of peripheral complications in patients with diagnosed diabetes.

Resulted in:

- international publications,
- EWMA presentations,
- EWMA-GNEAUPP Award 2025.

[3] Since 2020 – Research team member:



European Regional Development Fund project: Development of absorbent dressing based on active exogenous fish tropocollagen with modified carbon nanopowders.

[4] 2015–2020 – Research team member:

National Centre for Research and Development grant: Assessment of tropocollagen effectiveness using novel medical technologies in patients with venous leg ulcers.

- Participation in the COLLRAN Scientific Consortium.
- **Research formed the basis of the habilitation cycle completed in 2025:**
Application of Modern Diagnostic and Therapeutic Methods to Improve Healing Conditions in Lower Limb Ulcers of Vascular Aetiology.

5) Awards

[1] International Awards

- **2025 – EWMA-GNEAUPP Award:**

Best Abstract of the Year awarded by the EWMA Scientific Committee for:
Results of a Pilot Study of Diabetes-Related Foot Disease (DFD) Screening in an At-Risk Group.

[2] National Awards

- First Prize for best oral presentation during conferences of the Polish Society of Vascular Nursing (2008, 2010).
- Individual Rector's Awards of Nicolaus Copernicus University (2019, 2020).
- Team Rector's Awards for scientific activity (2007, 2010, 2020).

6) Ongoing Research

- [1] PROSPERO registered systematic review and meta-analysis:
Accuracy of infrared thermography in detecting infection and wound healing complications.
Registration number: CRD42024544212.

ORGANIZATIONAL

Member of scientific and organisational committees of:

- 5 international conferences,
- 18 national conferences.

1) Selected Organisational Activity

[1] 1st International Conference of the Polish Association of Vascular Nursing / X Jubilee Conference of the Polish Society of Vascular Nursing (2025, Bydgoszcz, Poland):

- responsible for the international scientific programme,
- grant coordinator
- collaboration with the American Academy of Thermology in organising workshops on medical thermography in the diagnostics of wounds and vascular diseases.

[2] Cyclical international conference Ošetrovatel'stvo a zdravie in cooperation with Alexander Dubček University of Trenčín, Slovakia:

- editions XIII (2022), XIV (2024), XV (2026 ongoing),
- session chairperson (Varia).

[3] International Congress of the Polish Society of Phlebology (2021, on-line):

- co-organisation of the vascular nursing session.



- chairing scientific sessions.

[4] XI International Scientific and Educational Conference of the Polish Society for Vascular Surgery (05-03/09/2019, Bydgoszcz, Poland):

- chairing scientific sessions.

[5] EWMA 2018 Conference (Krakow, Poland):

- co-organisation of Polish-language sessions,
- ABI workshop coordinator.

[6] Co-organisation of cyclical national conferences of the Polish Society of Vascular Nursing since 2008 (2008, 2010, 2012, 2014, 2016, 2018, 2021, 2023, 2025, Poland)

- Member of the Scientific and Organizing Committees,
- Chair of a scientific session.

[7] Scientific and Educational Congress of the Polish Wound Management Association, Poland (2012, 2009)

- Member of the Organising Committee,
- Chair of a scientific session

[8] XII Congress of the Polish Association of Anaesthesiology and Intensive Care Nurses: PAIO2021, 16–18 September 2021, Poland.

- Co-organiser of wound care sessions during national anaesthesiology and intensive care nursing conferences.

2) Scientific Reviewing Activity

Reviewer for approximately 90 manuscripts in journals including:

- Journal of Clinical Medicine
- Scientific Reports
- BMC Geriatrics
- Medical Studies
- Polish Nursing [PL: Pielęgniarstwo Polskie]
- Surgical and Vascular Nursing [PL: Pielęgniarstwo Chirurgiczne i Angiologiczne]

3) University and Faculty Functions

At Nicolaus Copernicus University Collegium Medicum:

- Member of the Council of the Discipline of Health Sciences (2019–2025).
- Member of the Faculty Programme Council for Nursing (2020–2025).
- Member of PhD admission committees (2016–2019).
- Since 2025 – member of the Faculty Research Ethics Committee.
- Member of the faculty evaluation and parametric assessment working group.

EDUCATIONAL

1) University Teaching (Since 2004) – continuous academic teaching activity for undergraduate and postgraduate nursing and midwifery students.

[1] Undergraduate Education

- Surgical nursing practical and theoretical teaching:
Approximately 200–300 teaching hours annually.

[2] Master's Degree Education – teaching in:



- wound management,
 - advanced wound care practice,
 - vascular nursing,
 - evidence-based perioperative nursing.
- Approximately 100-150 teaching hours annually.*

[3] English Division Teaching (since 2018)

- lectures in English for undergraduate nursing students (surgical nursing),
Approximately 100 hours annually.
- Supervisor of 4 diploma theses written in English.

2) Postgraduate Education

Lecturer and expert in specialist wound care courses for nurses and midwives **since 2004**.
Participation in the first editions of specialist wound treatment courses in Poland.

Lecturer in:

- wound management,
- compression therapy,
- prevention and treatment of: SSI, pressure ulcers/injuries, venous leg ulcers, diabetic foot disease.

3) National Educational Programmes

In 2015, at the invitation of the National Consultant in Surgical Nursing and in cooperation with the Centre for Postgraduate Education of Nurses and Midwives, together with M.T. Szewczyk co-authored the first Polish specialist curriculum in compression therapy for nurses (updated in 2017).

The programme aimed to educate regional nurse leaders in compression therapy across Poland and to support further professional education of nurses in advanced wound management.

4) ERASMUS+ Activity

[1] 2025/2026 – ERASMUS+ course coordinator and supervisor for surgical nursing practical placements.

[2] 2022 – Staff Mobility for Teaching:

- lectures delivered at Alexander Dubček University of Trenčín regarding prevention and treatment of chronic and hard-to-heal wounds.

5) Student Scientific Activity

Supervisor of the **Student Scientific Society of Surgical Nursing and Wound Care:**

- student presentations during national conferences,
- regional ABI screening initiatives involving over 150 older adults.

6) Patient and Community Education

[1] Educational programmes for: patients with chronic wounds, oncology patients with wounds, patients with DFD and VLU, family caregivers.

[2] Educational cooperation with:

- Cancer. It Can Be Treated Foundation [PL: Rak. To się leczy Foundation]
- SANUM Foundation, Poland
- Universities of the Third Age, Tuchola, Poland

Including: webinars, educational leaflets, patient guides, prevention campaigns.

7) Supervision and Mentorship



Supervisor of:

- 68 undergraduate nursing theses in Polish,
- 4 undergraduate theses in English,
- 30 Master's theses,
- 2 doctoral dissertations.

8) Educational Materials

Author and coordinator of:

- course syllabi,
- simulation-based teaching scenarios (surgical nursing, wound healing),
- professional examination materials,
- wound care textbooks and educational monographs.

MEMBERSHIP OF OTHER ORGANISATIONS

[1] Polish Association of Vascular Nursing (PTPA):

Founding member (2006) and officer: Secretary (2006–2010), Board Member (2010–2013), President (2013–2019), Secretary (2019–2026).

[2] Journal Editorial Board:

Secretary of Pielęgniarstwo Chirurgiczne i Angiologiczne (Journal of Surgical and Vascular Nursing, Termedia, ISSN 1897-3116) since 2007.

[3] Polish Wound Healing Society (PTLR):

Member since 2015; served on author/expert committees for national guidelines on pressure ulcer prevention (2020) and treatment (2020).

[4] International Societies:

- Member of EPUAP (European Pressure Ulcer Advisory Panel) since 2023
- Member of EWMA (European Wound Management Association) since 2024.

[5] Academic Service: Member of Collegium Medicum UMK councils:

- Health Sciences Discipline Board 2019–2025,
- Faculty Program Council 2020–2025),
- PhD admission committees (2016–2019),
- University Research Ethics Board (from 2025).

Expert Groups and Guideline Development

Member/co-author/expert in national guideline development teams including:

- Member of the Expert Panel of the Polish Wound Management Society developing the guidelines. Responsible for the sections concerning pressure ulcer risk assessment tools and the use of dressings in local pressure ulcer treatment.

[1] Pressure Ulcer Prevention Guidelines, Part I (2020)

Szewczyk MT, Kózka M, Cierzniańska K, Cwajda-Białasik Justyna et al. Pressure ulcer prevention: guidelines of the Polish Wound Management Society. Part I (Profilaktyka odleżyn – zalecenia Polskiego Towarzystwa Leczenia Ran. Część I). *Leczenie Ran* 2020; 17(3): 113–146.

[2] Pressure Ulcer Management Guidelines, Part II (2020)

Szewczyk MT, Cwajda-Białasik Justyna et al. Pressure ulcer treatment: guidelines of the Polish Wound Management Society. Part II (Leczenie odleżyn: zalecenia Polskiego Towarzystwa Leczenia Ran. Część II). *Leczenie Ran* 2020; 17(4): 151–184.



[3] Pressure Ulcer Prevention and Treatment Guidelines (2010)

Szewczyk MT, Sopata M, Jawień A, Cierznikowska K, Cwajda-Białasiak Justyna et al. *Recommendations for the prevention and treatment of pressure ulcers (Zalecenia profilaktyki i leczenia odleżyn)*. *Leczenie Ran* 2010; 7(3–4): 79–106.

- Initiator and member of the expert panel developing guidelines for the prevention of surgical site infections (SSI) in surgical departments. My responsibilities included preparation of the initial draft, literature review, manuscript revision, and implementation of the recommendations in a local university hospital.

[1] [2] SSI Prevention Guidelines in Perioperative Nursing Care (2015) – part I & II

- Szewczyk MT, Cwajda-Białasiak J, Mościcka P et al. Recommendations for the prevention of surgical site infections and use of antibiotic therapy during preoperative nursing care in surgery departments. *Pielęgniarstwo Chirurgiczne i Angiologiczne/Surgical and Vascular Nursing*. 2015; 9(2): 56–72.
 - Szewczyk MT, Mościcka P, Cwajda-Białasiak J et al. Recommendations for the prevention of surgical site infections during postoperative nursing care in surgery departments. *Pielęgniarstwo Chirurgiczne i Angiologiczne/Surgical and Vascular Nursing*. 2015; 9(2): 73–91.
- Member of the curriculum development team composed of Maria T. Szewczyk and Justyna Cwajda-Białasiak, responsible for the development of the Specialist Course Programme for Nurses, Warsaw 2015 (updated in 2017), appointed under the Ordinance No. 46B/14 of the Director of the Centre for Postgraduate Education of Nurses and Midwives of 3 July 2014 concerning the establishment of the Team for the Development of Postgraduate Education Programmes for Nurses and Midwives.

Subsequently, member of the expert team appointed by the Polish Wound Management Society, involved in the nationwide implementation of the programme and training of regional nurse leaders in compression therapy for each voivodeship in Poland.

STRENGTHS NOT UTILISED

- Extensive experience integrating clinical practice, education and scientific research.
- Leadership experience in scientific societies and professional nursing organisations.
- Long-term experience in development of national recommendations and expert guidelines.
- Experience in mentoring students, young researchers and clinical nursing leaders.
- Advanced public speaking and conference presentation skills.
- Experience in organisation of international scientific events.
- Ability to translate scientific evidence into practical clinical solutions.
- Strong commitment to evidence-based wound care and pressure injury prevention.
- Experience in research and evaluation of innovative technologies for clinical practice, including infrared thermography and advanced diagnostic tools.
- Active engagement in development of nursing autonomy and advanced nursing competencies.