

Dr Alexis Astruc

At the intersection of clinical practice, digital health and university teaching.

General practitioner at the Orly Santé multi-professional health centre (Val-de-Marne, France), Associate Professor at the General Practice Department (DUMG) of Sorbonne Paris Nord University, and co-founder of Ensweet (cardiac and respiratory tele-rehabilitation, two Article 51 schemes moved into French statutory coverage in February 2026). Clinical practice, primary-care research and digital-health entrepreneurship have reinforced one another since 2014.

Former NUMA digital-health mentor and New Health volunteer (innovation in healthcare, hackathons, National Day for Innovation in Healthcare), author of the Doctiblog.fr blog on emerging technologies in healthcare.

September 2023 – present Orly, France

Board member

OCTAV CPTS

- Territorial coordination work covering Orly and surrounding towns.
- Bridges day-to-day MSP practice with primary-care coordination across the area.

January 2021 – present Orly, France

General practitioner • Health centre coordinator

Orly Santé Health Centre ↗

- On-site and tele-consultations, all-ages practice.
- **Coordinator of the multi-professional health centre inaugurated on 7 December 2020.**
- On-call duty at the Choisy-le-Roi after-hours centre.
- Coordinated work with the OCTAV CPTS.

May 2019 – January 2024 Paris 8th arrondissement, France

General practitioner • COVID-19 and tele-consultation lead

Ellasanté Health Centre

- Family physician, all-ages follow-up for nearly five years.
- Designed the multi-disciplinary obesity care pathway.
- COVID-19 lead for the centre: rolled out tele-consultations and Amelipro tele-services.
- Co-ran the Ellasanté × INVIVOX webinar “Tele-consulting a COVID-19 patient” (April 2020).

March 2015 – 2020 Île-de-France, France

Locum general practitioner

General practice surgeries, Paris region

- Five years of locum work across the Paris region, in more than fifteen surgeries.
- On-call duties at the Choisy-le-Roi and Créteil-Bonneuil after-hours centres and the Issy-les-Moulineaux on-call clinic.
- Walk-in shifts at the Ipso Santé centre (Paris 3rd, December 2015).

November 2011 – May 2016 Paris region, France

Resident • General Practice (DES)

AP-HP • Paris Descartes University (now Université Paris Cité)

- Eight semesters of residency covering obstetrics-gynaecology, acute geriatrics, paediatric allergology, ambulatory general practice, cardiac rehabilitation, emergency medicine, geriatric rehabilitation and anaesthesiology-ICU.
- Cardiac rehabilitation rotation with Dr Marie-Christine Iliou (Corentin Celton hospital) — the founding insight behind MyCardioPad and later Ensweet.
- First semester initially in the Anaesthesiology-ICU DES before redirecting to General Practice.
- Doctoral thesis defended on 13 April 2018 — “Prescription of physical activity: knowledge and needs among general practitioners of Île-de-France” (supervised by Dr Jean-Christophe Blanchard) — **Bronze Medal** of Université Paris Descartes.
- General Practice DES validated on 19 April 2018.

2013 – 2013 Paris, France

Inter-university Diploma in Mesotherapy

Université Pierre et Marie Curie (UPMC)

- Inter-university Diploma (DIU, 2013) — applications in rheumatology, sports medicine and circulatory disorders.

2007 – 2011 Paris, France

Medical clerkship

AP-HP • Paris Descartes University

- Rotations across 16 AP-HP departments (HEGP, Cochin, Necker, Corentin Celton, Institut Mutualiste Montsouris).
- International clerkship at Tel Aviv University (Sackler Faculty of Medicine, Assaf Harofeh Medical Center, summer 2011).
- Broad exposure: cardiology (HEGP coronary care unit), surgery, paediatrics (Necker), geriatrics, internal medicine, imaging.

September 2023 – present Bobigny, France

Associate Professor of General Practice (MCA-MG)

Sorbonne Paris Nord University · General Practice Department (UFR SMBH)

- Co-lead for IT tools and the department website (with Dr Jérôme Mazet, since November 2025).
- Member of the UFR SMBH Theses Committee (since 2023); DPO ↔ DUMG liaison since 2019.
- Co-lead of the regional IDF-EAST chamber of the CNGE Ethics Committee (with Dr Frédéric Chevallier and Dr José Solis, since July 2024).
- Teaching across TCEM 1 to TCEM 3 (tele-consultation, research methodology, ethics, evidence-based resources) plus the RIPH course in the Advanced Practice Nurse Master's (2022-2024) — **~460 hours overall**.
- Clinical training supervisor (MSU) since 2019 — mentoring **1 medical student, 4 junior interns and 11 senior interns**.
- Thesis supervision: **4 ongoing topics, 7 residents mentored**, defences scheduled 2026-2027.
- **Principal investigator** of the satellite centre for the VISUMEG study (RESPIR 2022, 2023-2025); investigator for the FACELE study (RESPIR 2021, since 2023).
- Institutional track record: Executive Board of the DUMG (2023-2025), co-lead of Scientific Outreach and Knowledge Transfer (2024-2025).

September 2020 – present France

Ethics Committee member · Co-lead of the regional IDF-EAST chamber (since 2024)

French College of Teaching General Practitioners (CNGE) ↗

- Ethical review of general practice research projects.
- Co-leads the IDF-EAST regional chamber since July 2024, with Dr Frédéric Chevallier and Dr José Solis.
- Contributed to the Committee's five-year review (Trudej et al., Exercer 2021).

June 2026 – June 2026 France

Certified OSCE examiner

National certification (CEE)

- National OSCE Examiner Certification (CEE, 3 June 2026) – French clinical-skills assessment programme for medical students.

July 2024 – July 2024 France

Certification “Training to Teach in Higher Education”

French Ministry of Higher Education and Research (MESR)

- MESR certification “Training to Teach in Higher Education” (7 July 2024) – teaching competencies for university-level instruction.

May 2019 – August 2023 Bobigny, France

University General Practice Junior Lecturer (CCU-MG)

Sorbonne Paris Nord University (formerly Université Paris 13) · General Practice Department (UFR SMBH)

- Co-lead of the department's research committee (with Dr Cam-Anh Khau).
- Lead for the theses pre-committee; ethics referent for the department.
- Designed and ran the pilot hybrid course on quantitative data analysis (methodological paper, Exercer 2021).
- **Promoted to MCA-MG status in September 2023.**

January 2016 – June 2017 Paris, France

Project supervisor · Summer internship tutor

Paris Descartes University

- Supervised groups of third-year undergraduate Computer Science students on digital-health projects.
- Summer internship tutor.

January 2020 – present Lille, France

Co-founder

[Ensweet ↗](#)

- Co-founded in 2020 with Fabien Watrelot (CEO) and Dr Guillaume Colin, following their meeting on the Paris Diderot Connected Health DU programme.
- Ensweet Cardio: a multi-professional platform for home-based cardiac rehabilitation outside SSR walls (caregiver dashboard, patient app, heart-rate sensor).
- **CE marking obtained in 2021** (class I medical device); **ISO 13485 certification obtained in 2023**.
- Two Article 51 schemes (French Social Security Funding Act): Walk Hop (order of 13 July 2021, 42-month run, extended to 32 SSR centres) and Read'hy (connected cardiac rehabilitation). Both moved to **statutory coverage in February 2026**.
- Act For Impact by BNP Paribas recognition (2023). Showcased at CES Las Vegas and at the CHU Healthtech Connexion Day in Nantes.

2020 – present France

Telemedicine course designer and trainer

[Continuing Medical Education \(DPC\) · Expert webinars](#)

- “Tele-consulting a COVID-19 patient” masterclass (March-April 2020, 3 sessions) — **~250 physicians trained**.
- DPC telemedicine sessions for UCF (2021-2022), AVA Santé (2021-2023) and Médéré (December 2025).
- Guest lecturer at the e-Health and Connected Medicine University Diploma, Hôtel-Dieu (April 2022).
- Three expert webinars on telemedicine (May-June 2020) alongside Dr Pierre Simon and Pr Jean-Jacques Zambrowski.

2020 – present Paris, France

Board member

[French Digital Health Society \(SFSD\) ↗](#)

- Learned society dedicated to digital health (tele-consultation, tele-monitoring, telemedicine, tele-care).
- Chaired by Prof. Jean-Jacques Zambrowski.

2016 – present France

Independent digital-health consultant

[Malt ↗](#)

- Advisory work for digital-health project leaders (startups, institutions, scientific boards).
- Public profile: malt.fr/profile/alexisastruc.

2020 – 2023 Paris, France

Member of the Scientific and Ethics Committee

[Carenity ↗](#)

- Scientific and Ethics Committee of the Carenity community platform (patients with chronic conditions).
- Three-year term — French and US profiles archived online.

February 2014 – May 2020 Paris region, France

Founder

[MyCardioPad ↗](#)

- iOS / Android app (mycardiopad.net) generating physician-supervised personalised physical-activity programmes for cardiac rehabilitation patients.
- Six years of project leadership, ultimately giving rise to Ensweet in 2020.
- **National Student-Entrepreneur status (PEPITE CréaJ IDF)**, November 2017 to July 2018.
- Incubation at Schoolab Starter Promo 2 (La Paillasse), October 2015 to April 2016.
- Multiple awards: Banque Populaire Business Partner Prize / PEPITE France Challenge (2018), **Patients Trophy at What Health hackathon (2015)**, E-pocrate Challenge finalist (2016), APinnov AP-HP nomination (2016) — video.

2018 – 2019 Paris, France

University diploma (DU) in Connected Health (multidisciplinary practical training)

[Université Paris Diderot \(now Université Paris Cité\)](#)

- University diploma led by Dr Boris Hansel and Dr Patrick Nataf: telemedicine, connected devices, remote-monitoring and e-coaching applications.
- Where Fabien Watrelot and Dr Guillaume Colin — future Ensweet co-founders — were first met.

Master 2 in Public Health – Biomedical Informatics

Université Paris 13 (now Université Sorbonne Paris Nord)

- Modules: health information systems, biomedical terminologies and natural language processing, knowledge engineering and decision support, data warehousing and mining, e-health.
- Dissertation “Building a decision-support system for prescribing adapted physical activity”, supervised by Prof. Catherine Duclos.
- Delivered in partnership with Paris Descartes; the academic foundation of the digital-health expertise.

Technical skills

DATA ANALYSIS & RESEARCH

R (statistics, data analysis)

Python (text analysis / NLP)

DATABASES & WEB DEVELOPMENT

SQL (database modelling and management)

HTML / CSS

JavaScript

BIBLIOGRAPHIC RESEARCH

Zotero (bibliographic management)

2024

General Practice: Passing the EDN Examinations ↗

Co-author — CNGE collective coordinated by Prof. Xavier Gocko

Elsevier-Masson · “Les Référentiels des Collèges” series

2021

Telemedicine in General Practice ↗

Co-author — CMG working group

French College of General Practice (CMG) · National Professional Council

- 01 Astruc A, Blanchard JC.
“Prescription of physical activity: knowledge and needs among general practitioners of Île-de-France”
European Journal of Public Health, 2020 · [DOI 10.1093/eurpub/ckaa166.357](https://doi.org/10.1093/eurpub/ckaa166.357) ↗
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- 02 Astruc A, Sarfati S, Halioua B.
“Télémédecine : les débuts de l'histoire”
La Presse Médicale Formation, 2020 · [DOI 10.1016/j.lpmfor.2020.08.008](https://doi.org/10.1016/j.lpmfor.2020.08.008) ↗
-
- 03 Astruc A, Jouannin A, Lootvoet E, Bonnet T, Chevallier F.
“Les données à caractère personnel : quelles formalités réglementaires pour les travaux de recherche en médecine générale ?”
Exercer, 2021 · [HAL-03280390](https://hal.archives-ouvertes.fr/03280390) ↗
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- 04 Astruc A, Halioua B, Zetlaoui J, Harrizi M, Bombezin-Domino A, Radoszycki L.
“Impact post-déconfinement de la pandémie de COVID-19 sur les patients chroniques en Europe”
Infectious Diseases Now, 2021 · [Link](#) ↗
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- 05 Rajaonah A, Campagne L, Korsia-Meffre S, Ruelle Y, Mercier A, Astruc A.
“L'intégration d'un outil pédagogique interactif lors d'un enseignement à distance : quel intérêt pour les étudiants ?”
Exercer, 2022 · [HAL-04031262](https://hal.archives-ouvertes.fr/04031262) ↗
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- 06 Solis J, Astruc A, Liverneaux P.
“Les termes éponymes en médecine à l'épreuve du temps : qu'en reste-t-il dans le programme des études médicales en France ?”
La Presse Médicale Formation, 2024 · [DOI 10.1016/j.lpmfor.2024.09.008](https://doi.org/10.1016/j.lpmfor.2024.09.008) ↗
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- 07 Borderiou A, Astruc A, Saab E, Chevallier F.
“Une alerte dans le logiciel des médecins généralistes permet-elle une augmentation de la participation au dépistage du cancer colorectal ? Étude randomisée monocentrique”
Bulletin du Cancer, 2023 · [DOI 10.1016/j.bulcan.2022.11.014](https://doi.org/10.1016/j.bulcan.2022.11.014) ↗

08 Halioua B, Bantman P, Rimmer R, Ghozlan E, Vaislic M, Halioua D, Amson F, Kogel A, Taieb C, Prasquier R, Gutthman J-F, Ejnes R, Dassa S, Astruc A, Cohen M, Sarfati S, Fohlen-Weill M, Namia-Cohen O, Deutscher A, Taieb J.
“The importance of the feeling of isolation and loneliness among French Holocaust survivors after the 7 October terrorist attack”
European Journal of Trauma & Dissociation, 2024 · DOI [10.1016/j.ejtd.2024.100468](https://doi.org/10.1016/j.ejtd.2024.100468) ↗

Full bibliography: [HAL](#) ↗ · [Zotero](#) ↗ · [ORCID](#) ↗

06 Awards & recognitions

2018 Médaille de Bronze (Thèse d'exercice)
Université Paris Descartes

2016 Nomination au Trophée de l'Interne Innovant – APinnov
AP-HP

2018 Prix Banque Populaire Business Partner – PEPITE France Challenge
Banque Populaire · PEPITE France

2016 Finaliste du Challenge E-pocrate
Agorize

2015 Prix du trophée « Patients » – Hackathon What Health
What Health

PEER-REVIEWING

The Lancet Public Health 1 article (2020)

Exercer 3 articles (2020-2022) · review May 2026

Journal of Patient Experience 2 articles (2021-2022)

Prescrire 4 articles

Conference abstracts FAYR-GP (3, 2020) · MIE (2, 2021)

CONTINUING EDUCATION & EXPERTISE

Accredited Continuing Medical Education (DPC) trainer in telemedicine and digital health.

Hearings before the French National Authority for Health (HAS) as an external expert on telemedicine and digital health.

LEARNED SOCIETIES

[French College of Teaching General Practitioners \(CNGE, since 2019\) ↗](#)

[European General Practice Research Network \(EGPRN, since 2020\) ↗](#)

[World Organization of Family Doctors \(WONCA, since 2020\) ↗](#)

[French Society of General Practice \(SFMG, since 2020\) ↗](#)

[French Association of Young Researchers in General Practice \(FAYR-GP, since 2018\) ↗](#)

[French Digital Health Society \(SFSD, since 2020\) ↗](#)