



CURRICULUM VITAE - ANALYSIS OF SCIENTIFIC ACTIVITY

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HERAKLION, AUGUST 2024

CURRICULUM VITAE

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**Assistant Professor Primary Care and Public
Health**

Date of Birth: 9 September 1977

Place of birth: Thessaloniki

Marital status: Married, two children

Current employment: **Research Associate, Department of Social Medicine
and Sleep Laboratory, Medical School, University of
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4015-2023](https://www.webofscience.com/wos/author/record/HPD-4015-2023)

STUDIES

- **Medical Degree**, Medical School, University of Crete 1996-2002 (grade 8.08).
- **PhD thesis**, Medical School of the University of Crete. Thesis Title: **Change of inflammation of the airways and nasal mucosa after smoking cessation**. Completion December 2010 with grade Excellent. Supervisor: Professor Nikolaos Tzanakis.
- **Specialty in Primary Care** at the University Hospital of Heraklion, Crete (specialty after examinations 2012).
- Training in **Smoking Cessation** at the **Smoking Cessation Clinic** of the University Hospital of Heraklion, Crete (10/2003-05/2004).
- Training in **the evaluation of patients with chronic respiratory diseases** (Chronic Obstructive Pulmonary Disease and asthma) and in **the performance of pulmonary function tests** at the University Hospital of Heraklion (10/2003-05/2004).
- Training in the **evaluation and treatment of patients with sleep disorders** at the Sleep Laboratory of the Department of Pulmonology, University of Crete (05/2004-05/2006). **The undersigned after pan-European examinations is since 2014: Somnologist Expert in Sleep Medicine (European Sleep Research Society: ESRS, board certified).**

Previous experience in the National Health System (NHS)

- **Service in Internal Medicine, Cardiology and Surgical Outpatient Clinics** and corresponding **Emergency Clinics** at the "Venizelio-Pananeio"

General Hospital of Heraklion, **in the context of Three-month Training before the completion of the compulsory rural service** (09/2006-12/2006).

- **Compulsory rural service** at the Mires Health Center, Prefecture of Heraklion, Crete (12/2002 – 8/2003).
- **Specialty** in Primary Care, University Hospital of Heraklion (09/2006-04/2012).
- **Primary Care Consultant** (from 2012 to 2023), Primary Health Care Center of Kastelli (from 2019 to 2023)

Additional Clinical Work

- Scientific Associate of the **Smoking Cessation Clinic** (06/2004-09/2006).
- Scientific Associate of the Pulmonology Clinic in the framework of the evaluation program **of patients with chronic respiratory diseases** (Chronic Obstructive Pulmonary Disease and asthma) and in the execution of pulmonary function tests in the Health Centers of Crete (06-2004-09-2006).
- Scientific Collaborator, Sleep Laboratory, Department of Pulmonology, School of Health Sciences, University of Crete in **the evaluation and management of patients with sleep disorders**, in the Sleep Laboratory, Department of Pulmonology, University of Crete (06/2006 – today).

Research Interests

- Primary Care, Public Health and Primary Health Care issues, with particular emphasis on respiratory diseases such as Chronic Obstructive Pulmonary Disease and Asthma, smoking cessation, sleep disorders, sleepiness in driving, depression, chronic

low back pain, quality of life, vaccinations, infections. Specific examples are actions for the assessment and evaluation of patients with respiratory diseases and sleep disorders, assessment of vaccination status, quality of life, etc. In this context, epidemiological and clinical studies are conducted in the Department of Social Medicine and the Sleep Laboratory of the Pulmonology Clinic in collaboration with international organizations e.g., IPCRG, ESADA.

Research Projects

- Participation with different roles in many research activities in collaboration with many educational institutions abroad e.g. Horizon 2020, General Practitioners Research Institute (GPRI), Sleep Apnea Network / European Sleep Apnea Database (ESADA), International Primary Care Respiratory Group (IPCRG), European Respiratory Society (ERS) etc. Through IPCRG I participated in international programs (IPCRG Research Prioritisation 2021, FRESHAIR4Life, The 'jigsaw puzzle' approach to building a diagnostic picture of asthma in primary care over time, Asthma Right Care programme, UNLOCK) and the creation of educational material available [here](#) (COPD and Mental Health Case Study - Tobacco Dependence).

PUBLISHED WORK

Chapters in books-manuals

- Co-author of the "**European Respiratory Society (ERS) Handbook of Respiratory Sleep Medicine Edition 2023**". Available [here](#).

- Participation in the writing of the "**2nd ESRS Sleep Medicine Textbook, Edition 2021**". Available [here](#).
- Participation in the writing of the "**Encyclopedia of Respiratory Medicine, Edition 2022**". Available [here](#).

Publications in international peer-reviewed scientific journals	➤	112 publications
Of which in pubmed	➤	108 publications
Of which in Scopus	➤	105 publication
• Scopus citations	➤	1,672
• h- index Scopus	➤	25

Announcements in International Conferences	➤	108 announcements
Announcements in National Conferences	➤	37 announcements

EDUCATIONAL WORK

Undergraduate Teaching The Organization of Tourism Education and Training (OTEK)

2005-2006	➤	Participation in the teaching of the course " Hygiene " Teaching work to undergraduate students of IEK Cooking.
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**At the Medical School of
the University of Crete**

2012–2023

- Clinical training of undergraduate students of the Medical School of the University of Crete in my clinic at Kastelli Health Center in the context of **clinical practice in primary health care**.

2014–present

- Participation in the clinical training of medical students of the University of Crete 10-11th semester, in the framework of the **clinical practice of Internal Medicine** (ECTS: 28), in the assessment and treatment of patients with sleep disorders.

2021–present

- Participation in the teaching of the course "**Introduction to Public Health**" to students of the 1st semester of the Medical School of the University of Crete (ECTS: 2). Lecture content: Integrated Health, Global Public Health, Health Determinants and Health Indicators.

2023–present

- Participation in the teaching of the course "**From the search for clues to the analysis and clinical decision-making**" to students of the 4th semester of the Medical School of the University of Crete (ECTS: 2). Lecture content: documentation and use of clinical information in pandemic conditions.
- Participation in the teaching of the course "**Epidemiology-Public Health**" to students of the 6th semester of the Medical School (ECTS: 2). Lecture content: Diagnostic tests – Sensitivity & Specificity, PPV, NPV.

- Participation in the teaching in the framework of **"Clinical Practicum in Primary Health Care (PHC)"** to students of the 11th semester of the Medical School of the University of Crete (ECTS: 7).

**At the English-speaking
Department of the Medical
School of the University of
Crete (2023-present)**

- Participation in the teaching of the course **"Introduction to Public Health"** to students of the 1st semester of the International Program of Studies of the Medical School of the University of Crete (ECTS: 2) and as a trainer in clinical practice.

**Postgraduate Teaching
2021–present**

- Participation in teaching in the **postgraduate program of the Medical School of the University of Crete "Public Health – Primary Health Care – Health Services"** in the framework of the course "Introduction to Public Health and Primary Health Care" (6 ECTS). Lecture content: Management of epidemiological data in PHC, health determinants, evidence-based Public Health and health indicators.

**Training of Trainees
2007–present**

- Participation in **the educational programs of residents of the Department of Social Medicine of the University of Crete and the Pulmonology Clinic of the University Hospital of Heraklion**. Lecture content: smoking cessation, sleep disorders, chronic respiratory diseases.

2012-2023

- **Clinical and theoretical training in primary health care issues of residents of Primary Care** of the

University and Venizelio Pananion General Hospital, who in the context of rotation at the Health Center are trained for 10 months at the Health Center of Kastelli.

2014–present

- **Clinical and theoretical training in sleep disorders of residents of the Pulmonology** Clinic of the University Hospital, who are trained in the rotation for 1 month in the Sleep Laboratory.

Supervision at postgraduate level

- **Supervisor of 2 postgraduate theses** and **co-supervisor of 4 postgraduate theses**, one of which funded (completed) and member of the **Advisory Committee in 5 postgraduate theses** (in progress) in the postgraduate program of the Medical School of the University of Crete "Public Health – Primary Health Care – Health Services".

Administrative work – participation in committees

2006-2007

- **Auditing Doctor EOPYY** at Mires Health Center.

2014-2023

- Participation as **principal physician in the HCDCP Sentinel Network** for the weekly monitoring of influenza and gastroenteritis.

2014-2023

- **Auditing Doctor EOPYY Primary Health Care Center of Kastelli.**

2014-2023 ➤ **Quality Manager Quality Management System ISO 9001:2008 and ISO 9001:2015** Primary Health Care Center of Kastelli.

2017-2023 ➤ **Member of the Network of Health Education and Prevention (AYP)** of the 7th Y.PE of Crete with actions in schools.

2014-2023 ➤ **Member of the Infectious Diseases Committee** of Primary Health Care Center of Kastelli.

2015-2023 ➤ **Responsible for drafting and implementing the Smoking Prevention Plan, the Internal Waste Management Regulation and the Internal Regulation for the Prevention and Control of Infections Associated with Health Services Areas of P.P.H. – Primary Health Care Center of Kastelli.**

2021-2023 ➤ **COVID-19 vaccination manager** of Primary Health Care Center of Kastelli.

Participation in International Organizations ➤ International Primary Care Respiratory Group (IPCRG)
➤ European Respiratory Society (ERS)
➤ European Sleep Research Society – ESRS (**board certified with the title of Somnologist Expert in Sleep Medicine since 2014**)
➤ Sleep Apnea Network / European Sleep Apnea Database (ESADA)

Participation in editorial boards of scientific journals ➤ Guest Editor in **Healthcare** on the Special Issue "Sleep Disorders Management in Primary Care" (I.F.: 2.4).

- Guest Associate Editor in **Frontiers in Psychology** in the section "Psychology of Aging" (I.F. 3.6).
- Associate Editor **at Frontiers in Pharmacology** in the section "Respiratory Pharmacology" (I.F.: 5.6).
- Editorial Board Member of "HeathCare" (I.F. 2.4).

Activity as a reviewer of articles/books – conference abstracts

- Reviewer in **69 peer review journals**, reviewer in **2 books, 1 auxiliary textbook** and **abstract reviewer** at the International Primary Care Respiratory Group (IPCRG) conference (2014, 2018, 2022, 2023, 2024). **Chair of abstract committee** at the 12th IPCRG World Conference 2024

Participation in conferences

- **Member of scientific/organizing committees** in international (3) and national (3) conferences.
- **Invited speaker** in international (18) and national (9 conferences).
- **Presidium** at round tables at international conferences (3)

Awards - Commendations

- **Awards** at international (3) and national (4) conferences **for best paper**
- **Best Paper Award** at 6 National Conferences.