

STAVROULA ILIA, MD, PhD	- Assoc Prof, School of Medicine, University of Crete (UoC), Greece
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Personal Statement

I received my MD from National and Kapodistrian University of Athens in Greece. I am Board-certified in Paediatrics, and Paediatric Critical Care and PhD holder. I am APLS provider and full-instructor. Currently Head in PICU, University Hospital, University of Crete and Director of Postgraduate Program Emergency and Intensive Care in Children Adolescents and Young Adults. I am involved in clinical research protocols of PICU studying lung mechanics in ventilated children, sepsis, nutrition and metabolism in critically ill pediatric patients. I have participated in respective national and international research studies.

Professional Appointments (recent):

Assoc Professor, University of Crete (2024 -), Head PICU, University Hospital (2018-), Head of Scientific Board Postgraduate program “Emergencies and Intensive Care in children, adolescents and young adults” (2022-)

Sabbatical (field pediatric mechanical ventilation), PICU in University Medical Center of Groningen, The Netherlands, Prof. M.Kneyber

Participation in committees - Invited presentations to international conferences (selected):

Member of European Society of Paediatric and Neonatal Intensive Care (ESPNIC), HSICM, ESICM, EPA, Invited lectures to respective congresses. Keynote Lecturer in ESPNIC

Teaching Experience (selected):

-Teaching undergraduates, postgraduate students (Interfaculty), doctors in Pediatric training, Nurses in courses

-Supervisor of MSc Theses of Postgraduate Program “Emergencies and Intensive Care in children, adolescents and young adults” and PhD Theses– Advanced Paediatric Life Support APLS Crete Full Instructor

Research Support – grants (selected):

Alterations of immunosuppression markers, apoptotic, pyroptotic and antiapoptotic pathways in early sepsis in children and adults (APPYROS)-granted (2024). Biomarkers in pediatric metabolic stress, Measurement of esophageal pressure in mechanically ventilated children, Research grants (10) as research collaborator (international and national multicenter studies). European Research Council, Starting Grant nomination 2021.

Publications (total 82 publications indexed in PubMed, most recent selected):
<https://pubmed.ncbi.nlm.nih.gov/?term=ILIA+S&sort=pubdate>

- Bottari G, Buccione E, Bayrakci B, Briassoulis G, Carter MJ, Demirkol D, Ilia S, et al. Extracorporeal Blood Purification in European Pediatric Intensive Care Units: A Consensus Statement. *JAMA Netw Open*. 2025 Feb 3;8(2):e2457657. doi: 10.1001/jamanetworkopen
- Briassoulis G, Ilia S, Briassouli E. Exposure to Per- and Polyfluoroalkyl Substances (PFASs) in Healthcare: Environmental and Clinical Insights. *Life (Basel)*. 2025;15(7):1057. doi: 10.3390/life15071057.
- Gawronski O, Briassoulis G, El Ghannudi Z, Ilia S, et al; European Society for Pediatric and Neonatal Intensive Care (ESPNIC) Resuscitation Section and Pediatric Nursing Associations of Europe (PNAE) study group. European survey on Paediatric Early Warning Systems, and other processes used to aid the recognition and response to children's deterioration on hospital wards. *Nurs Crit Care*. 2024 Nov;29(6):1643-1653. doi: 10.1111/nicc.13096.
- Psoma DM, Ilia S, et al. The Translation and Validation of the Children's Health Internet Research Parental Inventory (CHIRPI) in Greek: A Crucial Tool for Evaluating Parent Internet Use for Children's Health Information. *Children (Basel)*. 2025 10;12(8):1049. doi: 10.3390/children12081049
- Oxidant/Antioxidant Status Is Impaired in Sepsis and Is Related to Anti-Apoptotic, Inflammatory, and Innate Immunity Alterations. *Antioxidants (Basel)*. Miliaraki M, Briassoulis P, **Ilia S**, et al 2022 25;11(2):231. doi: 10.3390/antiox11020231.
- Sepsis is change and flows ever onwards. **Ilia S**, Briassoulis G. *Expert Rev Anti Infect Ther*. 2017 Jun;15(6):515-517. doi: 10.1080/14787210.2017.1309975
- Increased glucocorticoid receptor expression in sepsis is related to heat shock proteins, cytokines, and cortisol and is associated with increased mortality. Vardas K, **Ilia S**, Sertedaki A, Charmandari E, et al. *Intensive Care Med Exp*. 2017 Dec;5(1):10. doi:10.1186/s40635-017-0123-8
- Survivin and caspases serum protein levels and survivin variants mRNA expression in sepsis. Miliaraki M, Briassoulis P, ..**Ilia S**. *Sci Rep* 2021 Jan 13;11(1):1049. doi: 10.1038/s41598-020-78208-2.
- Briassouli E, Tzanoudaki M, **Ilia S**, et al. Ex Vivo Evaluation of Glutamine Treatment in Sepsis and Trauma in a Human Peripheral Blood Mononuclear Cells Model. *Nutrients*. 2023 Jan 3;15(1):252. doi: 10.3390/nu15010252.
- Increased extracellular heat shock protein 90α in severe sepsis and SIRS associated with multiple organ failure and related to acute inflammatory-metabolic stress response in children. Fitrolaki MD, Dimitriou H, et al. *Medicine (Baltimore)*. 2016 Aug;95(35):e4651. doi:10.1097/MD.00000000000004651
- Epidemiology and Outcomes of Critically Ill Children at Risk for Pediatric Acute Respiratory Distress Syndrome: A Pediatric Acute Respiratory Distress Syndrome Incidence and Epidemiology Study. Shein SL, Maddux AB, Klein MJ, et al *Crit Care Med*. 2021 <https://doi.org/10.1097/CCM.00000000000005287>
- Longitudinal PEEP Responses Differ Between Children With ARDS and at Risk for ARDS. Ilia S, Geromarkaki E, Briassoulis P, et al (2021). *Respir Care* 66:391–402. <https://doi.org/10.4187/respcare.07778>

- The lonely glutamine tree in the middle of the infinite critically ill forest. Briassoulis P, Ilia S, Briassouli E, et al (2021) Crit Care 25:342. <https://doi.org/10.1186/s13054-021-03743-x>
- Active Surveillance of Healthcare-associated Infections in Pediatric Intensive Care Units: Multicenter ECDC HAI-net ICU Protocol (v2.2) Implementation, Antimicrobial Resistance and Challenges. Briassoulis P, Briassoulis G., Ilia S. Pediatr Infect Dis J 2021 Mar 1;40(3):231-237. doi: 10.1097/INF.0000000000002960.
- Pharmacokinetics of Daptomycin in Critically Ill Pediatric Patients. Antachopoulos C, Ilia S, et al. Antimicrob Agents Chemother 2018 May 25;62(6):e02462-17. doi: 10.1128/AAC.02462-17.
- Population Pharmacokinetics and Outcomes of Critically Ill Pediatric Patients Treated with Intravenous Colistin at Higher Than Recommended Doses. Antachopoulos C, Geladari A, Ilia S, et al Antimicrob Agents Chemother 2021 May 18;65(6):e00002-21. doi: 10.1128/AAC.00002-21.
- Invasive candidiasis in pediatric intensive care in Greece: a nationwide study. Vogiatzi L, Ilia S, et al Intensive Care Med.2013 Dec;39(12):2188-95. doi: 10.1007/s00134-013-3057-y.

Research monographs (7 book chapters):

- Pediatric Acute Respiratory Distress Syndrome. Book name: Pediatric Pulmonology. Authors S. Ilia, P. Briassoulis, G. Briassoulis (2020) (in Greek)
- M Miliaraki, E Briassouli, S Ilia, G Briassoulis. (2018) Heat Shock Protein responses in septic patients. In: Heat Shock Proteins in stress. Springer International Publishers (Ed) ISBN 978-3-319-90725-3
- **Stavroula Ilia**, G. Briassoulis. *Chapter*: Nutrition in critically ill children. *Book*: Critical Care (2018)
- M. Miliaraki, E. Briassouli, **Stavroula Ilia**, G Briassoulis. *Chapter title*: Heat Shock Protein responses in septic patients (pp 379-394) *Book*: Regulation of Heat Shock Protein Responses Ed Alexander AAA, Punit Kaur. Springer International Publishers. (HESP, Vol 13) ISBN: ISBN 978-3-319-90725-3 (2018)
- M. Miliaraki, P. Briassoulis, **Stavroula Ilia**, G. Briassoulis. *Published Chapter Title*: Apoptotic, anti-apoptotic and immune system crosstalk in sepsis, Sepsis Vol 1, Chapter 3, pp 1-16, 2020 <http://www.openaccessebooks.com>
- E- book “Emergency and Intensive Care in children adolescents and young adults” granted from Scientific Project Kallipos, National Technical University of Athens (grant accepted, agreement pending, <https://www.kallipos.gr/en/>)
- European Handbook of Paediatric and Neonatal Mechanical Ventilation, Chapter 8 and 13. Respiratory Section, European Society of Paediatric and Neonatal Intensive Care, ESPNIC, 2021

International Congresses

Oral presentations (118) – E-posters (83)

Reviewer in peer-reviewed Journals

Critical Care and Pediatric Journals

Supervision of PhD candidates

- “Alterations of immunosuppression markers and pyroptotic and apoptotic pathways in early sepsis in children and adults.” – started 2022
- “Incidence, risk factors and outcome of pediatric Delirium in Intensive Care Unit -Diagnostic use of CAPD scale (Cornell Assessment of Pediatric Delirium) and impact of music therapy.” – started 2020

Major collaborations

(2019 - today) University Medical Center Groningen (UMCG), Faculty of Medical Sciences, Pediatric Critical Care, University of Groningen, The Netherlands

Metrics

- Number of publications 82
- Citations 1008
- H- index 16