

Curriculum Vitae

NAME **Vasileia Nyktari**

POSITION TITLE: **Assistant Professor in Anesthesiology,**
University Hospital of Heraklion,
Medical School, University of Crete

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EDUCATION-TITLES-DIPLOMAS

July 27 th 1999	Medical School Degree, University of Crete
August 1999	License to practice medicine (Heraklion)
December 2001	Postgraduate Certificate of Training in Emergency Pre-Hospital Medicine, National Emergency Service Centre, Ministry of Health (2001)
May 2002	Basic Life Support / Automatic External Defibrillation (BLS/AED) Provider and Instructor Course, European Resuscitation Council & Hellenic Resuscitation Council
June 2002	Advanced Paediatric Life Support (APLS) Provider Course, APLS Group, Resuscitation Council UK
October 2003	Advanced Life Support (ALS) Provider Course, European Resuscitation Council & Hellenic Resuscitation Council
February 2003	Advanced Trauma Life Support (ATLS) Student Course, American College of Surgeons – Hellenic Chapter Patra
November 2003	Advanced Life Support (ALS) Instructor Course, European Resuscitation Council- Hellenic Resuscitation Council
August 2005- January /2006	Senior House Officer, ICU, St Georges' University hospital, London UK
October 2005	European Diploma in Anaesthesiology and Intensive Care (DEEA) Part I
July 2006	Specialty Certificate in Anaesthesiology
April 2008	Generic Instructor Trainer of the European Resuscitation Council, Resuscitation Teaching Council of Greece
2002-2008	Continuing Education courses in Anesthesiology under the auspices of the Society of Anesthesiology and Intensive Care of Northern Greece and the European Society of Anesthesiology F.E. E.A / CEEA, Thessaloniki.
2010	PhD in Medicine “Effect of volatile Anaesthetics on the Resistance of the respiratory system” (Grade: excellent).
November 2013	European Diploma in Anaesthesiology and Intensive Care (DEEA) Part II
January 2016	TRAIN THE TRAINERS Course at GAPS: St George's Simulation and Skills Centre, London, UK
2016	Masterclass on Patient Blood Management - Focus on Perioperative Bleeding management Hainburg, Austria, Donau-Universität Krems.
2016-2018	Traditional Chinese Medicine: Theory and Practice of Acupuncture Basic theory of traditional Chinese medicine (80 hours), Theory and practice of meridians and branches (200 hours), Academy of Traditional Chinese Medicine of Athens, Greece.
2020-2021	Completion of 4 training courses in algology under the auspices of the

	Hellenic Society of Algology, Hellenic branch of EFIC and IASP
4/9/2020 – now	Assistant Professor in Anesthesiology, School of Medicine, University of Crete, Greece
2022	EFIC Pain School, Management of cancer Pain, Liverpool, UK
2023-2026	Elected Member of the Board of the Hellenic Society of Algology, EFIC chapter in Greece
2023-2026	Elected Member of the Board of the Hellenic Medical Association for Cannabis (HMAC)
2024	EFIC Pain School, Psychology for Non Psyscologists, Verona 2024

Invited Speaker in conferences: 46

Papers

1. Papaioannou A, Papantonaki S, **Nyktari V**, Psomopoulos H, Karatsis P, Fridakis O, Askitopoulou H. Hypomagnesaemia associated with diabetes mellitus may cause laryngospasm. *Acta Anaesthesiol Scand* 2006;50(4):512-3.
2. **Nyktari VG**, Papaioannou AA, Prinianakis G, Mamidakis EG, Georgopoulos D, Askitopoulou H. Effect of the Physical Properties of Isoflurane, Sevoflurane, and Desflurane on Pulmonary Resistance in a Laboratory Lung Model. *Anaesthesiology* 2006; 104:1202–7.
3. **Nyktari VG**, Papaioannou AA, Prinianakis G, Mamidakis EG, Georgopoulos D, Askitopoulou H. Desflurane and Density. Reply to the Editor. *Anaesthesiology* 2007; 106:402–3.
4. **Nyktari V**, Papaioannou A, Volakakis N, Lappa A, Margaritsanaki P, Askitopoulou H. Respiratory Resistance during Anaesthesia with Isoflurane, Sevoflurane and Desflurane: A Randomized Clinical Trial. *Br J Anaesth* 2011;107(3):454-61.
5. Papaioannou A, Mathioudakis E, **Nyktari V**, Astyrakaki E, Sgourou K, Askitopoulou H. Does propofol induction in patients on olanzapine increase the susceptibility to dystonic reactions? *Acta Anaesthesiol Scand* 2011;55(5):631.
6. Askitopoulou H, **Nyktari V**, Papaioannou A, Stefanakis G, Konsolaki E. The origins of oral medicine in the Hippocratic collected works. *J Oral Pathol Med* 2017; Jul 17. doi: 10.1111/jop.12615.
7. Spartinou A, **Nyktari V**, Papaioannou A. Granisetron: a review of pharmacokinetics and clinical experience in chemotherapy induced - nausea and vomiting. *Expert Opin Drug Metab Toxicol*. 2017 Dec;13(12):1289-1297. doi:10.1080/17425255.2017.1396317.
8. Stefanakis G, **Nyktari V**, Papaioannou A, Askitopoulou H. Hippocratic concepts of acute and urgent respiratory diseases still relevant to contemporary medical thinking and practice: a scoping review. *BMC Pulm Med*. 2020 Jun 10;20(1):165. doi: 10.1186/s12890-020-01193-9.
9. Stefanakis, Georgios & **Nyktari, Vasileia** & Papastratigakis, Georgios & Vardakis, Panagiotis & Vasilos, Periklis & Koutoulaki, Emmanouela. Intraoperative Thrombolysis for Pulmonary Embolism during Thymoma Resection. *Journal of Surgical Oncology*, 2021; 1-3. 10.31487/j.JSO.2021.02.05
10. **Nyktari V**, Diamantaki H, Stefanakis G, Koutoulaki E, Vasilos P, et al. The effect of tranexamic acid on blood loss in non-urgent trauma patients undergoing major orthopaedic surgery: A retrospective cohort study. *J Clin Images Med Case Rep*. 2021; 2(6): 1394
11. Spartinou A, Karageorgos V, Sorokos K, Darivianaki P, Fridakis O, **Nyktari V**, Rovithis M, Simos P, Papaioannou A. The effect of peer - education in high school CPR/AED training program on students' self-efficacy: an interventional randomized control trial. *Eur J Emerg Med*. 2022 Feb 1;29(1):70-72. doi: 10.1097/MEJ.0000000000000833. PMID: 34932030.
12. Kartsonaki MG, Georgopoulos D, Kondili E, Nieri AS, Alevizaki A, **Nyktari V**, Papaioannou A. Prevalence and factors associated with compassion fatigue, compassion satisfaction, burnout in health professionals. *Nurs Crit Care*. 2022 Mar 21. doi: 10.1111/nicc.12769. Epub ahead of print. PMID: 35315181.

13. Tsitsipanis C, Miliaraki M, Michailou M, Geromarkaki E, Spanaki AM, **Nyktari V**, Yannopoulos A, Moustakis N, Ilia S. Severe and Atypical Presentation of Takotsubo Cardiomyopathy in a Pediatric Patient after a Serious Crash Injury-Case Report and Literature Review. *Pediatr Rep*. 2023 Jun 30;15(3):396-402.
14. Ntalouka MP, Karakosta A, Aretha D, Papaioannou A, **Nyktari V**, Chloropoulou P, Koraki E, Pistioli E, Matsota PK, Tzimas P, Arnaoutoglou EM. GREEK Anaesthesiologists's Burnout EPIdemic within the COVID-19 pandemic (GRABEP study); a multicenter study on burn out prevalence among Greek anesthesiologists and association with personality traits. *Psychiatriki*. 2023 May 12. doi:10.22365/jpsych.2023.010. Epub ahead of print. PMID: 37212802
15. Blevrakis E, Kargioti S, Ntoulis G, Moustou E, Papaioannou A, **Nyktari V**, Kehagias E, Sinopidis X. () Triorchidism in a Pediatric Patient: A Case Report and a Literature Review. *Ann Case Report*;2023;8:1328.<https://doi.org/10.29011/2574-7754.101328>
16. Spartinou A, Karageorgos V, Sorokos K, Darivianaki P, Petrakis EC, Papapanagiotou M, Fraidakis O, **Nyktari V**, Papaioannou A. Effects of peer-education training on cardiopulmonary resuscitation knowledge and skill retention of secondary school students: a feasibility study. *BMJ Open*. 2024 Jun 10;14(6):e075961. doi: 10.1136/bmjopen-2023-075961. PMID: 38858144; PMCID: PMC11168120.
17. Stefanakis G, **Nyktari V**, Vardakis P, Papastratigakis G, Koutoulaki E, et al. (2024) Non-intubated thoracotomy under an opioid-sparing intravenous sedation and analgesia protocol without central or peripheral nerve blocks: A Case Report with insights into shared decisions. *Ann Case Report* 9: 1821. DOI: 10.29011/2574-7754.101821
18. Stefanakis G, Stratigopoulou P, **Nyktari V**. Anaesthesia Training and Continuous Education in Greece: Current Situation and Future Perspectives. *Revista da Sociedade Portuguesa de Anestesiologia*.<http://revistas.rcaap.pt/anestesiologia>. <https://dx.doi.org/10.25751/rspa.36204>
19. **Nyktari V**, Stefanakis G, Papastratigakis G, Diamantaki E, Koutoulaki E, Vasilos P, Giannakakis G, Bareka M, Papaioannou A. Is a Perioperative Opioid-Sparing Anesthesia-Analgesia Strategy Feasible in Open Thoracotomies? Findings from a Retrospective Matched Cohort Study. *J Clin Med*. 2025 Mar 8;14(6):1820. doi: 10.3390/jcm14061820. PMID: 40142627; PMCID: PMC11943182.
20. Karageorgos V, Darivianaki P, Spartinou A, Christofaki M, Chatzimichali A, **Nyktari V**, Simos P, Papaioannou A. A Randomized Clinical Trial of Dexmedetomidine on Delirium, Cognitive Dysfunction, and Sleep After Non-Ambulatory Orthopedic Surgery With Regional Anesthesia. *Anesth Analg*. 2025 May 22. doi: 10.1213/ANE.0000000000007548. Epub ahead of print. PMID: 40403182.

Participation in Multi-Centre European Studies

1. Pearse RM, Moreno RP, Bauer P, Pelosi P, et al. [Mortality after surgery in Europe: a 7 day cohort study](#). European Surgical Outcomes Study (EuSOS) group for the Trials groups of the European Society of Intensive Care Medicine and the European Society of Anaesthesiology. *Lancet*. 2012;380(9847):1059-65. doi: 10.1016/S0140-6736(12)61148-9.
2. Van Zaane B, Van Klei WA, Buhre WF, et. Al. European Surgical Outcomes Study (EuSOS) group for the Trials groups of the European Society of Intensive Care Medicine and the European Society of Anaesthesiology. Nonelective surgery at night and in-hospital mortality: Prospective observational data from the European Surgical Outcomes Study. *Eur J Anaesthesiol*. 2015;32(7):477-85.
3. International Surgical Outcomes Study group. Global patient outcomes after elective surgery: prospective cohort study in 27 low-, middle- and high-income countries. *Br J Anaesth*. 2016 Oct 31;117(5):601-609. doi:10.1093/bja/aew316.
4. Kahan BC, Koulenti D, Arvaniti K, et al. International Surgical Outcomes Study (ISOS). Critical care admission following elective surgery was not associated with survival benefit: prospective analysis of data from 27 countries. *Intensive Care Med*. 2017;43(7):971-979.
5. Abbott TEF, Ahmad T, Phull MK, Fowler AJ, Hewson R, Biccard BM, Chew MS, Gillies M, Pearse RM; International Surgical Outcomes Study (ISOS) group. The surgical safety checklist and patient outcomes after surgery: a prospective observational cohort study, systematic review and meta-analysis. *Br J Anaesth*. 2018 Jan;120(1):146-155. doi: 10.1016/j.bja.2017.08.002. Epub 2017 Nov 23
6. International Surgical Outcomes Study (ISOS) group. Prospective observational cohort study on grading the severity of postoperative complications in global surgery research. *Br J Surg*. 2019

- Jan;106(2): e73-e80. doi:10.1002/bjs.11025.
7. Kiss T, Wittenstein J, Becker C, Birr K, Cinnella G, Cohen E, El Tahan MRResearch Workgroup PROtective VEntilation Network (PROVENet) of the European Society of Anaesthesiology (ESA). Protective ventilation with high versus low positive end-expiratory pressure during one-lung ventilation for thoracic surgery (PROTHOR): study protocol for a randomized controlled trial. *Trials*. 2019 Apr 11;20(1):213. doi: 10.1186/s13063-019- 3208-8. Erratum in: *Trials*. 2019 May8;20(1):25
 8. COVIDSurg Collaborative. Elective surgery cancellations due to the COVID-19 pandemic: global predictive modelling to inform surgical recovery plans. *Br J Surg*. 2020 Oct;107(11):1440-1449. doi: 10.1002/bjs.11746. Epub 2020 Jun 13. PMID: 32395848; PMCID: PMC7272903.
 9. Gwilym BL, Pallmann P, Waldron CA, Thomas-Jones E, Milosevic S, Brookes- Howell L, Harris D, Massey I, Burton J, Stewart P, Samuel K, Jones S, Cox D, Clothier A, Edwards A, Twine CP, Bosanquet DC; Vascular and Endovascular Research Network (VERN) and PERCEIVE study group. Short-term risk prediction after major lower limb amputation: PERCEIVE study. *Br J Surg*. 2022 Nov 22;109(12):1300-1311. doi: 10.1093/bjs/znac309. Erratum in: *Br J Surg*. 2023 Mar 30;110(4):526. PMID: 36065602.
 10. ESCP EAGLE Safe Anastomosis Collaborative and NIHR Global Health Research Unit in Surgery , Evaluation of a quality improvement intervention to reduce anastomotic leak following right colectomy (EAGLE): pragmatic, batched stepped-wedge, cluster-randomized trial in 64 countries, *British Journal of Surgery*, Volume 111, Issue 1, January 2024, znad370, <https://doi.org/10.1093/bjs/znad370>
 11. Gwilym BL, Pallmann P, Waldron CA, Thomas-Jones E, Milosevic S, Brookes-Howell L, Harris D, Massey I, Burton J, Stewart P, Samuel K, Jones S, Cox D, Clothier A, Prout H, Edwards A, Twine CP, Bosanquet DC; Vascular and Endovascular Research Network (VERN) and the PERCEIVE study group. Long-term risk prediction after major lower limb amputation: 1-year results of the PERCEIVE study. *BJS Open*. 2024 Jan 3;8(1):zrad135. doi: 10.1093/bjsopen/zrad135. PMID: 38266124; PMCID: PMC10807997.

ABSTRACTS IN INTERNATIONAL JOURNALS WITH REVIEWERS [23]

1. **Nyktari V**, Papaioannou A, Prinianakis G, Mamidakis E, Georgopoulos D, Askitopoulou H. Effect of desflurane-gas mixtures density on airway resistance in a laboratory lung model (A-296). *Eur J Anaesthesiol* 2004; 21:74
2. **Nyktari V**, Papaioannou A, Prinianakis G, Chatzimichali A, Korda D, Balalis K, Georgopoulos D, Askitopoulou H. High MAC concentrations of desflurane do not affect respiratory resistance: (A297) *Eur J Anaesthesiol* 2004;21:74-75.
3. Souvatzis X, Katonis P, **Nyktari V**, Tzanakis N, Askitopoulou H. Poor accuracy of anaesthesiologists in identifying the lumbar vertebral interspace in relation to Tuffier's line irrespective of patients position (8AP1-10). *Eur J Anaesthesiol* 2007;24(6):88.
4. **Nyktari V**, Papaioannou A, Lappa A, Volakakis N, Askitopoulou H. Effect of two different MAC concentrations of desflurane and sevoflurane on pulmonary resistance during Anaesthesia (5AP1-10). *Eur J Anaesthesiol* 2008;25(5):72.
5. Dermitzaki D, Karatzis M, **Nyktari V**, Krasnikoulakis G, Askitopoulou H. Effect of mode of ventilation during anaesthesia on postoperative respiratory function: (5AP2-7). *Eur J Anaesthesiol* 2010;27(47):95- 96.
6. **Nyktari V**, Papaioannou A, Sgourou K, Mathioudakis E, Askitopoulou H. Partitioning inspiratory resistance during desflurane Anaesthesia at 1.0 and 1.5 MAC (5AP3-3). *Eur J Anaesthesiol* 2010;27(47):97.
7. **Nyktari V**, Stefanakis G, Diamantaki H, Koutoulaki E, Papastratigakis G, Frantzeskos G, Papaioannou A. Opioid free anaesthesia/analgesia in patients undergoing thoracic surgery: a case series. *Pain in Europe XI, 11th Congress of the European Pain Federation EFIC, 2019, 4-7. September, Valenthia, Spain.* <https://doi.org/10.26226/morressier.5d402f9f8f2158d25ec12ec3>
8. **Vasileia Nyktari**. Current minimally invasive surgery and chronic postsurgical pain S54. *Signa Vitae. Journal of Anaesthesia Intensive Care, Emergency and Pain Medicine*, 2021. 17(S1);54. <http://www.signavitae.com/articles/10.22514/sv.2021.197>
9. Emmanouela Koutoulaki, Amalia Mathioudaki, **Vasileia Nyktari**, Georgios Stefanakis, Periklis Vasilos, Stavroula Ilia, Georgios Frantzeskos, Alexandra Papaioannou. Audit of patients of the pain clinic of the University Hospital of Heraklion with neuropathic pain during the period 2019-2020. *Signa Vitae. Journal of Anaesthesia Intensive Care, Emergency and Pain Medicine* 2021. 17(S1);11-11.
10. **Vasileia Nyktari**, George Papastratigakis, Periklis Vasilos, Georgios Stefanakis, Eleni

- Diamantaki, Emmanouela Koutoulaki, Nikolaos Tserlikakis, Alexandra Papaioannou. Implementation of a multimodal analgesia protocol in a burn patient in the emergency department. *Signa Vitae. Journal of Anaesthesia Intensive Care, Emergency and Pain Medicine* 2021. 17(S1); 39-39.DOI: [10.22514/sv.2021.184](https://doi.org/10.22514/sv.2021.184)
11. Eleni Diamantaki, **Vasileia Nyktari**, George Papastratigakis, Georgios Stefanakis, Periklis Vasilos, Dimitrios Kouvidakis, Alexandra Papaioannou. Ethical dilemmas in managing severe burns :Is there a place for palliative care?. *Signa Vitae. Journal of Anaesthesia Intensive Care, Emergency and Pain Medicine* 2021. 17(S1);8-8.<http://www.signavitae.com/articles/10.22514/sv.2021.155>
 12. G. Kougentakis , E. Arkalaki , **V. Nyktari** , S. Ilia. Predictive outcome indicators of patients with traumatic brain injury. *Brain And Spine* 1 (2021) 100307
 13. **Nyktari V.**, Diamantaki E., Stefanakis G., Koutoulaki E., Vasilos P., Papaioannou A. Use of rotational thromboelastometry (ROTEM) to assess the coagulation phenotype and the need for tranexamic acid administration in polytrauma patients undergoing delayed major orthopaedic surgery: A case series study. Abstract ID: 7155. *European Journal of Anesthesiology*, Volume 38 | e-Supplement 59 December 2021: page36. www.ejanaesthesiology.com
 14. Stefanakis G., Vardakis P., Papastratigakis G., Koutoulaki E., **Nyktari V.**, Papaioannou A. Opioid-sparing intravenous multimodal analgesia/sedation strategy for non- intubated thoracic surgery: A case report. Abstract 6867. *European Journal of Anesthesiology* Volume 38 | e-Supplement 59 | December 2021: page133.www.ejanaesthesiology.com
 15. E Koutoulaki, E Astyrakaki, F Chaniotaki, P Vasilos, G Papastratigakis, **V Nyktari**, A Papaioannou. Emergency left brachial artery embolectomy under axillary block in a young patient with anabolic androgenic steroids (AAS)-induced heart failure. B127. *Regional Anesthesia & Pain Medicine*, 2022; (Vol47) Suppl1: Pages A149- A149. Publisher BMJ Publishing Group Ltd
 16. E Koutoulaki, **V Nyktari**, G Frantzeskos, P Vasilos, E Astyrakaki, A Papaioannou. A perioperative multimodal opioid sparing strategy in a patient who underwent sternal resection and chest reconstruction due to breast cancer metastasis. B244. *Regional Anesthesia & Pain Medicine*, 2022; (Vol47) Suppl1: Pages A200-A200. Publisher BMJ Publishing Group Ltd
 17. Karakosta, M. Ntalouka, **V. Nyktari**, A. Papaioannou, P. Tzimas E. Arnaoutoglou. Greek anaesthesiologists's personality assessment working in university tertiary hospitals. A cross sectional study. Abstract 16AP02-06. *European Journal of Anesthesiology*, Volume 39 | e-Supplement 60 | June 2022: page 312. www.ejanaesthesiology.com
 18. G. Papastratigakis, G. Stefanakis, **V. Nyktari**, E. Koutoulaki, G. Giannakakis, A. Papaioannou. Effect of a perioperative opioid free anaesthesia-analgesia (OFA-A) strategy on surgical stress response in elective open abdominal aortic aneurysm repair: a prospective randomized study – early study findings. Abstract 207AP04-12. *European Journal of Anesthesiology*, Volume 40 | e-Supplement 61 | June 2023: page 230. www.ejanaesthesiology.com
 19. A Karakosta, M.P. Ntalouka, **V. Nyktari**, A. Papaioannou, P. Tzimas, E. Arnaoutoglou. Burnout syndrome among anaesthesiologists in the post-COVID-19 era: a prospective, observational, multicenter study from COVID-19 referral, university/tertiary hospitals in Greece. Abstract 18AP02-05. *European Journal of Anesthesiology*, Volume 40 | e-Supplement 61 | June 2023: page473. www.ejanaesthesiology.com
 20. Koutoulaki, G. Papastratigakis, P. Vardakis, P. Vasilos, G. Stefanakis, G. Frantzeskos , A. Papaioannou , **V. Nyktari**. Electro-acupuncture effect on pain and mechanical hyperalgesia in Fibromyalgia patients: a prospective observational study: preliminary data. Abstract ID: 677. Congress of the European Pain Federation EFIC, 2023.
 21. E. Koutoulaki, P. Vardakis, G. Papastratigakis, G. Stefanakis, E. Diamantaki, P. Vasilos, C. Kalpadaki, A. Papaioannou, **V. Nyktari**. Electro-acupuncture effect on expression of mu-receptors on b-lymphocytes and quality of life in patients with fibromyalgia: preliminary data. Abstract ID: 679- Congress of the European Pain Federation EFIC, 2023.
 22. E. Koutoulaki, P. Vardakis, G. Stefanakis, G. Papastratigakis, M. Venihaki , **V. Nyktari**. Effect of combined electroacupuncture and dietary interventions on pain and life- quality in fibromyalgia patients: preliminary data of a prospective observational study. Abstract ID: 01272- Congress of the European Pain Federation EFIC, 2023.
 23. G. Papastratigakis, **V. Nyktari**, G. Stefanakis. Koutoulaki, P. Vasilos, N. Kontopodis, C.V.

- Ioannou, G. Chamilos, A. Papaioannou. Effect of a perioperative opioid-free anaesthesia-analgesia (ofa-a) strategy on postoperative pain in elective open abdominal aortic aneurysm repair: a prospective randomized study – early findings. Abstract ID: 527. Congress of the European Pain Federation EFIC, 2023
24. E. Koutoulaki, G. Papastratigakis , P. Vardakis , M. Moumtzidou , G. Stefanakis , A. Papaioannou , **V. Nyktari**. Drug interactions in patients of the chronic pain medical unit of a university general hospital: a retrospective study. **Abstract ID: 533**. Congress of the European Pain Federation EFIC, 2025
 25. C. Mavrogiannopoulou, G. Papastratigakis, E. Koutoulaki , P. Vardakis , G. Stefanakis , A. Papaioannou , **V. Nyktari**. **The effect of mild exercise during chemotherapy on cancer patients stress level. Abstract ID: 535**. Congress of the European Pain Federation EFIC, 2025
 26. E. Koutoulaki , D. Kouvidakis , P. Vardakis , G. Stefanakis , R. Dimitriou , A. Papaioannou , **V. Nyktari**. The use of duloxetine in a pediatric patient with phantom limb pain: Case report and review of the literature. **Abstract ID: 536**. Congress of the European Pain Federation EFIC, 2025

Greek Journals With Reviewers [5]

1. **Nyktari V**, Diamantaki E, Stefanakis C, Bareka M, Papaioannou A. "Mechanical ventilation during anesthesia: Lung protection strategies. Part I: Mechanisms of lung damage ". The Greek E-Journal of Perioperative Medicine 2012; 10: 37-46 (ISSN 1109-6888) www.anesthesia.gr/ejournal
2. **Nyktari V**., Fakiris K., Mathioudakis E., Papaioannou A. "Mechanical ventilation during anesthesia: part II: Lung protection strategies ". The Greek E- Journal of Perioperative Medicine 2012; 10: 47-65 (ISSN 1109-6888) www.anesthesia.gr/ejournal
3. **Nyktari Vasileia**: Commentary-Conclusions on the debate Is it the end of Open Lung Ventilation Strategy? doi: The Greek e-Journal of Perioperative Medicine 2018; 17 (c) Supplement A (September)
4. **Nyktari Vasileia**: B8. Trauma Update. Traumatic induced coagulopathy. Vaccine Contents A.www.e-journal.gr 2018; 17 (c) Suppl A
5. **Nyktari Vasileia**. Pain management in the intensive care unit. Journal of Greek Intensive Care Medicine, 3rd issue 2023:91-116

Chapters in International Books

1. Askitopoulou H, Mathioudakis E, Astyrakaki E, **Nyktari V**, Papaioannou A. References of Opium in Homeric Epics. In: Anaesthesia Analgesia from Antiquity to the 20th Century. Heraklion: University of Crete Press, 2012, pp. 65-66.
2. Stefanakis G, Konsolaki E, **Nyktari V**, Askitopoulou H. A Hippocratic Physician's Office. In: Helen Askitopoulou, ed. History of Anaesthesia VII. Heraklion: University Crete Press, 2012, pp 45-54.
3. Astyrakaki E, Nyktari V, Askitopoulou H. Different Concepts of 'Anaesthesia' in Late Greek and Roman Antiquity. In: Helen Askitopoulou, ed. History of Anaesthesia VII. Heraklion: University Crete Press, 2012, pp 67-74.
4. Askitopoulou H, Astyrakaki E, Mathioudakis M, **Nyktari V**. References to "Mekon" and "Mandragoras" in Greek non-medical classical texts. In: Michael G Cooper, Christine M Ball, Jeanette R Thirlwel eds. History of Anaesthesia VIII. Sydney: Australian Society of Anaesthetists, 2016, pp 596-605.
5. Anastasia Spartinou, **Vasileia Nyktari**. Inhalational Anaesthesia" Chapter 2.3, Fifteenth Edition of Lee's Synopsis of Anaesthesia, Elsevier 2022.
6. Lefteris Papadakis, **Vasileia Nyktari**. E-learning module on "Airway Management". ESICM, Academy platform on the Society website.

Chapters in Greek Books-University Press- Books

1. **Nyktari V**. "Organization of the resuscitation area. The experience from the Emergency Department of the HOPE HOSPITAL, Salford, University of Manchester". In: Eleni Askitopoulou, Editorial editor: ER Organization - The experience from Manchester and Leuven with the Leonardo Da Vinci program. Heraklion, 2003, p. 99-113
2. "Perioperative Care of the Diabetic Patient". To: Eleni Askitopoulou. GENERAL PRINCIPLES OF ANESTHESIA, 5th Edition. Heraklion: Ed.Antios, 2004 pp.295-316
3. Metaxari M, **Nyktari V** Askitopoulou E. Anesthesia Considerations for Urological Operations. In: E. Askitopoulou, D. Delakas. Urology Issues. Honorary volume for Angelos Kranidis. Athens: Medical

Publications PX Paschalidis, 2004, pp. 585-647.

4. **Nyktari Vasileia**. Chapter: Specific antidotes, Mechanisms of toxicity – Detoxification methods' In the book: "Toxicology in the Modern World", Aristides Tsatsakis, 2021
5. **Nyktari V**. Pain Management in patients with opioid use disorder presenting in the emergency department. In e-book: Pain Management In The Emergency Department, 2022. Broken Hill Publishers Ltd
6. **Nyktari V**. Manual of Emergency Medicine. Neon Publishers, 2025. ISBN: 9786185515492

Chapters in seminar books and manuals

1. **Vasileia Nyktari**. "Mechanical Medical Ventilators. Fundamental Principles". In the seminar book "BREATHING AND CHEST". Thessaloniki: Society of Anesthesiology and Intensive Care Medicine of Northern Greece, 2012, p.122-130
2. **Vasileia Nyktari**. "Anesthesia in morbidly obese patients". In the Book of the 6th Cycle of Continuing Education in Anesthesiology. Committee for European Education in Anaesthesiology. Athens: Educational Center of Athens, 2013-2016, pp. 111-116
3. **Vasileia Nyktari**. "Principles of mechanical ventilation" In the Book of the A Series of Continuing Education in Anesthesiology. Committee for European Education in Anaesthesiology. Athens: Educational Center Athens, 2016, pp. 62-67
4. **Vasileia Nyktari**. Mechanical ventilation in the operating room". In the "BREATHING AND CHEST" Seminar Book. Thessaloniki: Company of Anesthesiology and Intensive Care Medicine N. Greece, 2016, pp. 125-132
5. **Vasileia Nyktari** "Principles of Operation of Positive Pressure Ventilators". In the manual "MECHANICAL VENTILATION DURING ANESTHESIA". Heraklion 2017. pp. 18-22. ISBN 978-618-83421-0-1.
6. **Vasileia Nyktari**. "Mechanisms of lung injury during mechanical ventilation". In the manual "MECHANICAL VENTILATION DURING ANESTHESIA". Heraklion 2017: pp. 31-46 ISBN 978-618-83421-0-1.
7. **Vasileia Nyktari**. "Protective mechanical ventilation in patients with healthy or diseased lungs". In the manual "MECHANICAL VENTILATION DURING ANESTHESIA". Heraklion 2017: pp. 47-63. ISBN 978-618-83421-0-1.
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11. Georgios Stefanakis, **Vasileia Nyktari**. Anesthesia in morbid obesity. In the Book of the 6th Cycle of Continuing Education at Anesthesiology. Committee for European Education in Anaesthesiology. Athens: Educational Center of Athens, 2019, p. 92-104
12. **Vasileia Nyktari**. Management of multiple injuries in the emergency room - Damage Control Resuscitation. Book of the 3rd Cycle of Continuing Education in Anesthesiology. Commission for European Education in Anesthesiology. Athens: Educational Center of Athens, 2021, p. 70
13. **Vasileia Nyktari**. Neck pain-diagnosis and management. Book of the 2nd Cycle of Seminars Education in Algology. Years 2022-2023, 2023-2024.

Reviewer and editing To: Eleni Askitopoulou Alexandra Papaioannou. Textbook of Anesthesiology and Perioperative Care. Athens: Greek Academic Electronic Books and Aids, 2016. Available at <http://hdl.handle.net/11419/3786>

Abstracts In Greek Congresses Abstracts Books: 20

Reviewer In Journals: European Journal of Emergency Medicine (14papers reviewed)

Reviewer in conferences: 20th Pan-Hellenic Conference on Anaesthesiology, Ioannina, 2015, 14th Conference of Anaesthesiology & Intensive Care of Northern Greece, Thessaloniki, 2016, 22nd Pan-Hellenic Conference on Anaesthesiology, Athens, 2017, 23rd Pan-Hellenic Congress of Anaesthesiology, Patras, 2019, 16th Conference of Anaesthesiology & Intensive Care of Northern Greece, Thessaloniki 2020, 13th Hellenic Conference on Algology, May 2022, Kalamata Greece, 22nd Congress of Regional Analgesia, pain management and palliative Care September 2022, Volos, 26th Congress of Anesthesiology 2025

Current Clinical research protocols (supervision of PhD Candidates)

1. Electroacupuncture Pain Treatment, Mechanical Hyperalgesia, Quality of Life & Expression of Mu+ B Cells in Fibromyalgia. ClinicalTrials.gov Identifier: NCT05357157 (PhD Candidate Emmanuela Koutoulaki)
 2. Effect of a Perioperative Opioid Free Anaesthesia-Analgesia (OFA-A) Strategy on Surgical Stress Response and Immunomodulation in Elective VATS-Lobectomy for NSCLC Lung cancer: A Prospective Randomized Study. ClinicalTrials.gov Identifier: NCT05172739 (PhD candidate Periklis Vasilos)
 3. Opioid Free Anesthesia-Analgesia Strategy and Surgical Stress in Elective Open Abdominal Aortic Aneurysm Repair. ClinicalTrials.gov Identifier: NCT04894864 (PhD candidate Georgios Papastratigakis)
 4. Effect of a perioperative Opioid Free Anaesthesia analgesia strategy on sleep pattern in patients undergoing thoracic surgery: a prospective randomized study (main researcher: Eleni Diamantaki)
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Special Interests

1. Acute and chronic pain management
 - Multimodal analgesia
 - Opioid Free Anaesthesia-Analgesia
 - Cancer pain
 - Acupuncture
2. Palliative Care
3. Mechanical ventilation- Thoracic Anaesthesia- Vascular Anesthesia
4. Hemostatic Resuscitation- Emergency Medicine History of Medicine

Pregraduate teaching experience

1. Emergency medicine (4th year, 7th semester)
2. Anesthesiology (4th year, 7th semester)
3. Acute and chronic pain (6th year, 12th semester)
4. Toxicology (4th year, 8th semester)
5. Pharmacology (2nd year, 3rd semester)
6. Instructor in 9 Basic Life Support and Automated External Defibrillation (BLS/AED) Seminars
7. Full Instructor in 23 Advanced Life support Seminars

Teaching Experience in Postgraduate Studies:

1. Organized seminars and clinical courses on mechanical ventilation:
 - Conducted 4 courses at the School of Medicine, University of Crete (2016-2017) using simulation-based teaching.
 - Collaborated on 16 courses with the Panhellenic Association of Anesthesiology in Athens (2008-

2023) and in Thessaloniki (2024).

Conducted 4 courses on mechanical ventilation and thoracic anesthesia during the Panhellenic Congresses on Anesthesia (2011, 2019, 2023).

2. Served as a co-supervisor and speaker in the Program of Continuing Education in Algology, under the auspices of the Hellenic Society of Algology, Greek chapter of IASP (years 2022-2023-2024).

3. Completed Generic Instructor Course (ERC).

4. Collaborated with CEEA Committee to conduct 4 Clinical courses on thromboelastometry/thromboelastography: Treatment of Acquired Perioperative Hemostasis Disorders.

5. Supervising and teaching Anesthesia residents as the coordinator of the mentorship program at the University Hospital of Heraklion, Crete.

6. Delivered lectures in 4 Postgraduate Programs of the Medical School of Heraklion, University of Crete since 2020:

- Surgical sciences
- Oncology: from oncogenesis to treatment
- Emergency and Intensive Care Medicine for Children and Adolescents
- Exercise and Exercise-based rehabilitation in patients with cardiovascular diseases (English)

7. Lectures in 1 postgraduate program of the Medical School of Larissa, University of Thessaly, Greece.

- Algology and Palliative Care