

**Dr Christina Alexopoulou**

**Pulmonologist-Intensivist-European Somnologist**

**Curriculum Vitae**

**2025**

## 1. CONTACT INFORMATION

**Name:** Alexopoulou Christina, MD,  
PhD

**Present Position:** Associate Professor of  
Intensive Care, Medical School,  
Democritus University of  
Thrace, ICU University General  
Hospital of Alexandroupolis,  
Greece

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Alexandroupolis, Greece  
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## **2. EDUCATION**

### **A. Undergraduate training:**

**1987-1993** Medical School, University of Crete, Greece

**29/7/1993** Medical Degree (Ptychio Iatrikis) – Grade: Very Good

### **B. Postgraduate training**

#### **Medical Specialties**

#### **a. Pulmonology :**

**10/2/1997-15/2/2002:** Department of Pulmonary Medicine, University Hospital of Heraklion, Crete, Greece

**6 / 6 / 2002:** National Boards in Pulmonology

#### **b. Intensive Care Medicine:**

**26/8/2002-27/8/2004:** Department of Intensive Care Medicine, University Hospital of Heraklion, Crete, Greece

**2/11/2004:** National Boards in Intensive Care Medicine

#### **c. Sleep Medicine:**

**15/4/2015:** European Sleep Research Society examination for Sleep Experts

**25/10/1993–12/2/1995:** Service in rural area Kastelli Medical Center, Heraklion

**13/2/1995–9/2/1997:** Intern in Internal Medicine, Venizelion General Hospital

**10/2/1997–15/2/2002:** Resident in Pulmonary Medicine, Pulmonary Department, University Hospital of Heraklion, Crete, Greece

**1/8/2000–31/1/2001:** Research fellow with European Respiratory Society (ERS) Long term Research fellowship, in Heart and Lung Institute, Imperial College, Royal Brompton and Haerfield Hospital, London, UK

**26/8/2002–27/8/2004:** Fellow in Intensive Care Medicine, Intensive Care Medicine Department, University Hospital of Heraklion, Crete, Greece

**28/8/2004–25/11/2005:** Research fellow in Intensive Care Medicine Department, University Hospital of Heraklion, Crete, Greece

**1/9/2005-16/9/2005:** Visiting Doctor, Department of Pulmonary and Critical Care Medicine, University of Manitoba, Health Sciences Center, Winnipeg, Manitoba Canada

**15/11/2018-15/2/2019:** Visiting Doctor in Intensive Care Unit, Saint Thomas' Hospital, Kings College, London, UK

**Postgraduate course in “Organization and Management of Health Services”,**  
National and Kapodistrian University of Athens, School of Economics (6/6/2011-  
23/1/2012)

**PhD:**

**Title: “Angiogenic growth factors in respiratory muscles in adult patients with increased respiratory load”**

Start date: 23/7/1998.

Presentation date: 12/12/2005

Grade: “Excellent”

### **3. POSITION HELD**

**26/8/2024 – present:** Associate Professor of Intensive Care, Medical School, Democritus University of Thrace, ICU University General Hospital of Alexandroupolis, Greece

#### **CLINICAL PRACTICE IN INTENSIVE CARE MEDICINE**

I am employed in the Intensive Care Department of the University Hospital of Heraklion, Crete, Greece, since 26/8/2002, as a fellow for the first 2 years and as an attending physician for the following years (till today).

The Department of Intensive Care consists of the following units:

Mixed medical-surgical-trauma ICU with 28 beds,

Right Heart Catheterization,

Sleep Disorders,

Lung Ultrasound,

Ergospirometry,

Respiratory Muscles and

Outpatient Clinic for ICU patients after hospital discharge

I fully participate in all ICU clinical activities and the management of critically ill patients of any cause, with mechanical and pharmaceutical procedures. I am familiar with techniques such as invasive and non-invasive mechanical ventilation, intubation, tracheostomies, bronchoscopies, gastrostomies, catheterization, ultrasonography, extracorporeal hemodiafiltration, evaluation of respiratory system mechanics and application in clinical practice in difficult to ventilate patients (severe ARDS, COPD etc), delirium evaluation - management and the evaluation of a possible organ donor, the assessment of the family and the donation procedure.

### **4. ORGANIZING ACTIVITIES**

2002-present: Participation in the organization of the continuous education program of the Intensive Care Medicine Department, University Hospital of Heraklion

2004-present: Participation in organizing the postgraduate course “Basic Principles of mechanical ventilation”, organized annually by the department of Intensive Care Medicine at the University Hospital of Heraklion

2006: Participation in organizing the “Non-Invasive Mechanical Ventilation Meeting”, ICU, University Hospital of Heraklion, Heraklion, 2006

2007: Participation in organizing the “NIMV Meeting”, ICU, University Hospital of Heraklion, Athens, 2007

2007: I organized the ICU sleep lab and sleep outpatient clinic. The Sleep lab hosts three study beds with an average of 900 polysomnography (PSG) studies been performed annually

2008: I organized the ICU outpatient clinic for ICU survivors dealing with a variety of disabilities such as post traumatic stress disorder, nutritional problems, tracheostomies etc

2014-present: Participation in organizing the annual course “Advance Mechanical ventilation” by the Intensive Care Medicine at the University Hospital of Heraklion. The course is in English for international participants

2016: Organizing committee of the 1st Balkan/South European Congress of Sleep Research, Athens, 2016

2022: 1. Organizing committee of the 12<sup>th</sup> National Meeting of Hypnology, Athens, Greece, 2022

2. Organizing committee of the 26<sup>th</sup> Conference of the European Sleep Research Society, Athens, Greece 2022

## 5. TEACHING EXPERIENCE

### Medical undergraduates

1997 – 2024 Clinical instructor of 5<sup>th</sup> and 6<sup>th</sup> year students at Medical School of University of Crete, Greece

2025 “Intensive Care Medicine” course instructor of 5<sup>th</sup> year students of Medical School Democritus University of Thrace Greece

### Medical postgraduates

1997-2002 Participation in the educational program of the Department of Pulmonary Medicine, University Hospital of Heraklion

1997-present Participation in the continuous educational program of the Internal Medicine Department, University Hospital of Heraklion

2002-present Participation in continuous medical education program of the Department of Intensive Care Medicine, University Hospital of Heraklion

Clinical instructor of pulmonary medicine, anesthesiology, internal medicine residents during their rotation in ICU.

Clinical instructor of fellows during their 2 years fellowship in intensive care medicine

Instructor of physicians in sleep medicine

Instructor in “Basics in mechanical ventilation” Seminar of ICU, University Hospital of Heraklion, with 3 different hands-on courses, twice per year, since 2004

2017- present Participation in the postgraduate course of Medical School, University of Crete, “Emergency and Intensive Care of Children and Teenagers” with the lectures “Acute respiratory failure II” and “Non-invasive Mechanical Ventilation”

2020 Instructor of the C\_19 SPACE educational program of the European Society of Intensive Care Medicine

### **Nursing staff and paramedics**

- 2010-2012 Lectures during the Nursing staff educational program of the University Hospital of Heraklion:  
“Enteral and parenteral nutrition” and  
“Respiratory failure”
- 2008 Lecture during the educational program of Heraklion Paramedics Association: “ARDS monitoring”
- 2004-present Instructor in “Basics in mechanical ventilation” Seminar of ICU, University Hospital of Heraklion, with 3 different hands-on courses, twice per year
- 2007-present Instructor of technicians in sleep medicine

## **6. SCIENTIFIC ACTIVITIES**

### **Reviewer in international journals**

Intensive Care Medicine

Healthcare

Respiratory Care

BMC Pulmonary Medicine

Hippokratia

## **Publications in peer review journals**

- 1) N.M. Siafakas, **C. Alexopoulou**, D. Bouros. Respiratory muscles function in endocrine diseases. *Monaldi Arch Chest Dis* 1999; 54: 2, 154-159.
- 2) Magkanas E, Voloudaki A, Bouros D, Prassopoulos P, **Alexopoulou C**, Tzanakis N, Linardakis M, Gourtsogiannis N. Pulmonary sarcoidosis. Correlation of expiratory high-resolution CT findings with inspiratory patterns and pulmonary function tests. *Acta Radiol.* 2001 Sep;42(5):494-501
- 3) Kondili E, **Alexopoulou C**, Prinianakis G, Xirouchaki N, Georgopoulos D. Pattern of lung emptying and expiratory resistance in mechanically ventilated patients with chronic obstructive pulmonary disease. *Intensive Care Med.* 2004 Nov;30(11):2140.
- 4) Sato H, Lagan AL, **Alexopoulou C**, Vassilakis DA, Ahmad T, Pantelidis P, Veeraraghavan S, Renzoni E, Denton C, Black C, Wells AU, du Bois RM, Welsh KI. The TNF-863A allele strongly associates with anticentromere antibody positivity in scleroderma. *Arthritis Rheum.* 2004 Feb;50(2):558-64.
- 5) Prinianakis G, **Alexopoulou C**, Mamidakis E, Kondili E, Georgopoulos D. Determinants of cuff-leak test. *Crit Care* 2005, 9: R24-R31
- 6) **C Alexopoulou**, I Mitrouska, D Arvanitis, N Tzanakis, G Chalkiadakis, I Melissas, M Zervou, and N Siafakas. Vascular-specific growth factors mRNA levels in the human diaphragm. *Respiration* 2005 Nov-Dec;72(6):636-41.
- 7) Xirouhaki N, Kondoudaki E, Anastasaki M, **Alexopoulou C**, Koumiotaki S, Georgopoulos D. Non Invasive Bi-level Positive Pressure Ventilation in patients with thoracic blunt trauma. *Respiration.* 2005 Sep-Oct;72(5):517-22.
- 8) Eumorfia K, **Alexopoulou C**, Prinianakis G, Xirouchaki N, Georgopoulos D. In patients with obstructive pulmonary disease during controlled ventilation, PEEP

decreases dynamic hyperinflation: is this response really "paradoxical"? Crit Care Med. 2005 Dec; 33 (12):2860.

- 9) Kondili E, Prinianakis G, **Alexopoulou C**, Vakouti E, Klimathianaki M, Georgopoulos D. Respiratory load compensation during mechanical ventilation--proportional assist ventilation with load-adjustable gain factors versus pressure support. Intensive Care Med. 2006 May;32(5):692-9.
  
- 10) **Alexopoulou C**, Kondili E, Vakouti E, Klimathianaki M, Prinianakis G, Georgopoulos D. Sleep during proportional-assist ventilation with load-adjustable gain factors in critically ill patients. Intensive Care Med. 2007 Jul;33(7):1139-47. Epub 2007 Apr 26.
  
- 11) Xirouchaki N, Kondili E, Vaporidi K, Xirouchakis G, Klimathianaki M, Gavriilidis G, Alexandropoulou E, Plataki M, **Alexopoulou C**, Georgopoulos D. Proportional assist ventilation with load-adjustable gain factors in critically ill patients: comparison with pressure support. Intensive Care Medicine, 2008 Nov;34(11):2026-34
  
- 12) Tsara V, Amfilochiou A, Papagrigrakis MJ, Georgopoulos D, Liolios E, **Alexopoulou C**, Maniou C, Kithreotis P, Trakada G, Synodinos F, Vilos G, Steiropoulos P. Guidelines for Diagnosing and Treating Sleep related Breathing Disorders in Adults and Children (Part 2: Treatment).Hippokratia. 2009 Oct;13(4):247-52.
  
- 13) Kondili E, Akoumianaki E, **Alexopoulou C**, Georgopoulos D. Identifying and relieving asynchrony during mechanical ventilation. Expert Rev Respir Med. 2009 Jun;3(3):231-43.
  
- 14) Hellenic Society of Sleep Disorders (HSSD) , Positive airway Committee: **Alexopoulou C**, Amphilochiou A, Maniou C, Kithreotis P, Trakada G, Steiropoulos P. Consensus Statement on Diagnosis and Treatment of Sleep-Breathing Disorders. Pneumon S 1, Vol 22, 2009

- 15) Kondili E, **Alexopoulou C**, Xirouchaki N, Vaporidi K, Georgopoulos D. Estimation of inspiratory muscle pressure in critically ill patients. *Intensive Care Med.* 2010 Apr;36(4):648-55.
- 16) Klimathianaki M, Kondili E, **Alexopoulou C**, Prinianakis G, Georgopoulos D. Effects of propofol on breathing stability in adult ICU patients with brain damage. *Respir Physiol Neurobiol.* 2010 Mar 16.
- 17) **Christina Alexopoulou**, Evangelia Akoumianaki, Dimitrios Georgopoulos. Bilateral empyema in an immunocompromised patient. *American Thoracic Society*: [www.thoracic.org/clinical/critical-care/critical-care-cases/cases/bilateral-empyema-in-an-immunocompromised-patient.php](http://www.thoracic.org/clinical/critical-care/critical-care-cases/cases/bilateral-empyema-in-an-immunocompromised-patient.php)
- 18) Kofteridis DP, **Alexopoulou C**, Valachis A, Maraki S, Dimopoulou D, Georgopoulos, D, Samonis G. Aerosolized plus intravenous colistin versus intravenous colistin alone for the treatment of ventilator-associated pneumonia: a matched case-control study. *Clin Infect Dis.* 2010 Dec 1;51(11):1238-44. Epub 2010 Oct 25. PubMed PMID: 20973727.
- 19) Kondyli E, **Alexopoulou C**, Prinianakis G Xirouchaki N Georgopoulos D. Effects of salbutamol on expiratory resistance in mechanically ventilated patients with COPD. A physiological study. *Respir Care.* 2011 May;56(5):626-32. Epub 2011 Jan 27.
- 20) Kondili E, **Alexopoulou C**, Xirouchaki N, Georgopoulos D. Effects of propofol on sleep quality in mechanically ventilated critically ill patients: a physiological study. *Intensive Care Med.* 2012 Oct;38(10):1640-6. Epub 2012 Jul 3. Kondyli E, Alexopoulou C, Xirouchaki N, Georgopoulos D.
- 21) **Alexopoulou, C.**, Kondyli, E., Plataki, M., Georgopoulos, D. Patient-ventilator synchrony and sleep quality with proportional assist and pressure support ventilation *Intensive Care Med* 2013 Jun;39(6):1040-7

- 22) **Alexopoulou C**, Kondili E, Diamantaki E, Psarologakis C, Kokkini S, Bolaki M, Georgopoulos D. Effects of dexmedetomidine on sleep quality in critically ill patients: a pilot study. *Anesthesiology*. 2014 Oct;121(4):801-7.
- 23) Fountoulakis N, Georgopoulos D, **Alexopoulou C**. An unusual case of hemolysis in a patient with cirrhosis. *Hippokratia*. 2015 Oct-Dec;19(4):382
- 24) **Alexopoulou C**, Bolaki M, Akoumianaki E, Erimaki S, Kondili E, Mitsias P, Georgopoulos D. Sleep quality in survivors of critical illness. *Sleep Breath*. 2019 Jun;23(2):463-471. doi: 10.1007/s11325-018-1701-z. Epub 2018 Jul 20.
- 25) Ladopoulos T, Giannaki M, **Alexopoulou C**, Proklou A, Pediaditis E, Kondili E. Gastrointestinal dysmotility in critically ill patients. *Ann Gastroenterol*. 2018 May-Jun;31(3):273-281. doi: 10.20524/aog.2018.0250.
- 26) Bolaki M, **Alexopoulou C**, Georgopoulos D. Sleep quality in survivors of critical illness: practical shortcomings resolved. *Sleep Breath*. 2019 Jun;23(2):585-586.
- 27) Kofteridis DP, Andrianaki AM, Maraki S, Mathioudaki A, Plataki M, **Alexopoulou C**, Ioannou P, Samonis G, Valachis A. Treatment pattern, prognostic factors, and outcome in patients with infection due to pan-drug-resistant gram-negative bacteria. *Eur J Clin Microbiol Infect Dis*. 2020 May;39(5):965-970.
- 28) Amargiannitakis V, Gialamas I, Pediaditis E, Soundoulounaki S, Prinianakis G, Vaporidi K, Akoumianaki E, Proklou A, **Alexopoulou C**, Georgopoulos D, Kondili E. Validation of a Proposed Algorithm for Assistance Titration During Proportional Assist Ventilation With Load-Adjustable Gain Factors. *Respir Care*. 2020 Jan;65(1):36-44
- 29) Ioannou P, Voudaski A, Spernovasilis N, **Alexopoulou C**, Papazachariou A, Paraschou E, Achyropoulou A, Maraki S, Samonis G, Kofteridis DP. *Candida* spp. isolation from critically ill patients' respiratory tract. Does antifungal treatment affect survival? *Germs*. 2021 Dec 29;11(4):536-543.

- 30) Georgopoulos D, Kondili E, Alexopoulou C, Younes M. Effects of Sedatives on Sleep Architecture Measured With Odds Ratio Product in Critically Ill Patients. *Crit Care Explor.* 2021 Aug 10;3(8):e0503. PMID: 34396142; PMCID: PMC8357257.
- 31) Athanasiou N, Baou K, Papandreou E, Varsou G, Amfilochiou A, Kontou E, Pataka A, Porpodis K, Tsiouprou I, Kaimakamis E, Kotoulas SC, Katsibourlia E, **Alexopoulou C**, Bouloukaki I, Panagiotarakou M, Dermitzaki A, Charokopos N, Pagdatoglou K, Lamprou K, Pouriki S, Chatzivasiloglou F, Nouvaki Z, Tsirogianni A, Kalomenidis I, Katsaounou P, Vagiakis E. Association of sleep duration and quality with immunological response after vaccination against severe acute respiratory syndrome coronavirus-2 infection. *J Sleep Res.* 2022 Jun 7:e13656.
- 32) Basta M, Skourti E, **Alexopoulou C**, Zampetakis A, Ganiaris A, Aligizaki M, Simos P, Vgontzas Cretan Aging Cohort-Phase III: Methodology and Descriptive Characteristics of a Long-Term Longitudinal Study on Predictors of Cognitive Decline in Non-Demented Elderly from Crete, Greece. *AN.Healthcare* (Basel). 2023 Feb 27;11(5):703. doi: 10.3390/healthcare11050703.PMID: 36900708
- 33) Skourti E, Simos P, Zampetakis A, Koutentaki E, Zaganas I, **Alexopoulou C**, Vgontzas A, Basta M. Long-term associations between objective sleep quality and quantity and verbal memory performance in normal cognition and mild cognitive impairment. *Front Neurosci.* 2023 Oct 19;17:1265016. doi: 10.3389/fnins.2023.1265016. eCollection 2023.PMID: 37928739.
- 34) Georgopoulos D, Kondili E, Gerardy B, **Alexopoulou C**, Bolaki M, Younes M. Sleep Architecture Patterns in Critically Ill Patients and Survivors of Critical Illness: A Retrospective Study. *Ann Am Thorac Soc.* 2023 Nov;20(11):1624-1632. doi: 10.1513/AnnalsATS.202301-038OC.PMID: 37413661
- 35) Basta M, Bouloukaki I, Skourti E, Zampetakis A, **Alexopoulou C**, Ganiaris A, Aligizaki M, Zaganas I, Simos P, Vgontzas A. Long Objective Sleep Duration is a

Marker of Cognitive Impairment in Older Adults: Findings from the Cretan Aging Cohort. *J Alzheimers Dis Rep.* 2024 May 27;8(1):927-934. doi: 10.3233/ADR-230203. eCollection 2024.PMID: 38910938

36) **Alexopoulou C**, Fountoulaki M, Papavasileiou A, Kondili E. Sleep Habits, Academic Performance and Health Behaviors of Adolescents in Southern Greece. *Healthcare (Basel).* 2024 Apr 3;12(7):775. doi: 10.3390/healthcare12070775.PMID: 38610197

37) **Alexopoulou C**, Proklou A, Kokkini S, Raissaki M, Konstantinou I, Kondili E. A Fatal Case of Presumptive Diagnosis of Leptospirosis Involving the Central Nervous System. *Healthcare (Basel).* 2024 Feb 29;12(5):568. doi: 10.3390/healthcare12050568.PMID: 38470679 .

#### **International Grants and Prizes**

1. **Long term Research fellowship** from European Respiratory Society in 2000. Interstitial Lung Disease Unit, Imperial College, Royal Brompton and Haerfield Hospital, Hospital, London, UK (15000 CHF)
2. **Research Grant from the Hellenic Society of Intensive Care Medicine** 2007 (12000 €) for the proposal published as: Patient-ventilator synchrony and sleep quality with proportional assist and pressure support ventilation. **Alexopoulou, C**, Kondyli, E, Plataki, M, Georgopoulos D. *Intensive Care Med* 2013 Jun;39(6):1040-7
3. Participation in the EU funded program (650.985 €) INTERREG “Tele-Prometheus”. (<http://teleprometheus.ouc.ac.cy>). The project is implemented under the programmed Interreg IV Bilateral Collaboration Programme Greece-Cyprus. The ICU of University Hospital of Heraklion participated as partner with a fund of 101.656,25 €
4. Participation in the EU funded program (1.177.375 €) INTERREG “TeleRehabilitation” (<http://telerehabilitation.cs.ucy.ac.cy/>). The project is implemented under the programmed Interreg IV Bilateral Collaboration

Programme Greece-Cyprus. The ICU of University Hospital of Heraklion participated as partner with a fund of 235.800,00 €.

5. Participation in the project: Collaborative research on acute traumatic brain injury in intensive care medicine Europe–CREACTIVE. 1/4/2016 - 30/9/2016. Project ID: 602714 Funded under: [FP7-HEALTH](#)
6. Participation in the project: Periodic Reporting for period 1 - AEGLE (AEGLE (Ancient Greek: Αἴγλη) – An analytics framework for integrated and personalized healthcare services in Europe)\_Project ID: [644906](#) Funded under: [H2020-EU.2.1.1.4.](#)

### National Grants and Prizes

1. **1<sup>st</sup> Award**, 8<sup>th</sup> National Congress in Intensive Care Medicine 2001, Athens. Type of expiration in patients with ALI / ARDS E. Michelaki, G. Prinianakis, E. Kondyli, **C. Alexopoulou**, A. Fraggiadaki, E. Astrinaki, G. Chatzakis, D. Georgopoulos.
2. **2<sup>nd</sup> Award**, 9<sup>th</sup> National Congress in Intensive Care Medicine 2003, Athens. New method of cuff leak measurement. The use of end expiratory pause. **C. Alexopoulou**, S. Koumiotaki, G. Pothoulaki, G. Prinianakis, E. Admtsiki, G. Chatzakis, D. Georgopoulos.
3. **Award**. 15<sup>th</sup> National Congress in Thoracic Diseases, Heraklion, 2006. Sleep quality and sedation needs in critical patients during mechanical ventilation with PAV and PS. Klimathianaki M, **Alexopoulou C**, Kondyli E, Vakouti E, Georgopoulos D.
4. **1<sup>st</sup> Award**, 11<sup>th</sup> National Congress in Intensive Care Medicine 2007, Athens. Effects of propofol on breathing stability in adult ICU patients with brain damage. Klimathianaki M, Kondili E, **Alexopoulou C**, Prinianakis G, Akoumianaki E, Gavriilidis G, Georgopoulos D
5. **2<sup>nd</sup> Award**, 12<sup>th</sup> National Congress in Intensive Care Medicine 2009, Athens. D. Babalis, Kondyli, E. Akoumianaki, **C. Alexopoulou**, N. Xirouchaki, G. Chatzakis, G. Prinianakis, D. Georgopoulos.
6. **3<sup>rd</sup> Award**, 14<sup>th</sup> National Congress in Intensive Care Medicine 2012, Athens. Sleep quality in critical patients during mechanical ventilation with

proportional assist and pressure support ventilation. **Alexopoulou C**, Kondyli E, Plataki M, Maridakis E, Tzanidakis C, Petroulaki A, Georgopoulos D.

### **Chapters in Books-Translations**

- 1) Participation in the translation for the Greek version of the book: Clinical Medicine 2<sup>n</sup> edition, C. Forbes and W. Jackson, Scientific editions, Parisianou
- 2) Kondili E, **Alexopoulou C**, Georgopoulos D. Inhalation therapy during mechanical ventilation. Chapter in Yearbook of Intensive Care and Emergency Medicine 2003, edited by J.L. Vincent, Springer; 305-316.
- 3) **Alexopoulou C**, Georgopoulos D. Non Invasive mechanical ventilation in patients with acute respiratory failure. Chapter in the Book: Internal Medicine, Dimitrios Mpoumpas, in press by the Publications of University of Athens.
- 4) Akoumianaki E, **Alexopoulou C**, Georgopoulos D. Septic patient with bilateral empyema due to descending necrotizing mediastinitis as a complication of infectious mononucleosis. Intensive Care and Emergency Medicine, Clinical Cases and Rare Diseases. 2008 Paschalidis Editions 943-950.
- 5) **Alexopoulou Christina**, Kondili Eumorfia. Chapter: Diseases of the airways due to medication. In: Adverse drug reaction in the lung. Medical errors in clinical practice in pulmonary medicine. Hellenic Thoracic Society Editions 2008.
- 6) Participation in the translation for the Greek edition of the book: PRINCIPLES OF CRITICAL CARE THIRD EDITION, Editors: JESSE B. HALL, MD. GREGORY A. SCHMIDT, MD. LAWRENCE D.H. WOOD, MD, PHD. Editors of the Greek version: Georgopoulos D, Nakos G, Pneumatikos I. Scientific editions, Parisianou
- 7) **Alexopoulou C**. Basic principles about sleep and breathing during sleep: Upper airway anatomy. Chapter in the book: Dental Medicine and Sleep Apnea. Editor Papagrigorakis M. In press, Scientific editions Papagrigorakis M.
- 8) **ESICM PACT Mechanical ventilation (last version)**

### **Abstracts in International Conferences**

- 1) A. Voloudaki, E. Magkanas, D. Bouros, N. Tzanakis, **C. Alexopoulou**, M. Daskalogiannaki, N. Siafakas, N. Gourtsogiannis. Pulmonary Sarcoidosis: Air-trapping on expiratory CT and correlation with Pulmonary Function Tests. European Respiratory Society Annual Congress. Geneva, Switzerland, Sep 1998 (Abstract book p. 148)
- 2) E. Magkanas, E. Stamouli, A. Voloudaki, D. Bouros, P. Prassopoulos, **C. Alexopoulou**, N. Gourtsogiannis. Atypical HRCT patterns and uncommon imaging findings in Thoracic Sarcoidosis. European Congress of Radiology, Vienna, 2000 (p54)
- 3) **C. Alexopoulou**, D. Arvanitis, I. Mitrouska, N. Tzanakis, G. Chalkiadakis, D. Bouros, D. Spandidos, N.M. Siafakas. Angiogenic growth factors mRNA levels in human diaphragm. A preliminary study. 10<sup>th</sup> European Thoracic Society Annual Congress Florence. Italy 2000
- 4) **C. Alexopoulou**, D. Arvanitis, N. Tzanakis, I. Mitrouska, G. Chalkiadakis, I. Melissas, D. Bouros, D. Spandidos and N.M. Siafakas. Angiogenesis in human diaphragm. TGF  $\beta$ 1, VEGF, bFGF mRNA levels in COPD and obese patients. A preliminary study. American Thoracic Society International Conference. San Francisco, California, USA 2001
- 5) **C. Alexopoulou**, D. Bisirtzoglou, D. Vassilakis, Howard Marsh, K.I. Welsh, CM Black, R.M. du Bois, P. Pantelidis. Frequency of TNFa and TNF Receptor 1 polymorphisms in Ssc patients with and without lung involvement. 11<sup>th</sup> European Thoracic Society Annual Congress. Berlin, Germany 2001, oral presentation
- 6) D. Bisirtzoglou, **C. Alexopoulou**, D. Vassilakis, K.I. Welsh, R.M. du Bois P, Pantelidis. Analysis of tumor necrosis factor receptor 1 (TNFR1) polymorphisms in patients with cryptogenic fibrosing alveolitis 11<sup>th</sup> European Thoracic Society Annual Congress. Berlin, Germany, 2001
- 7) D. Vassilakis, **C. Alexopoulou**, P.I. Latsi, D. Bisirtzoglou, K.I. Welsh, R.M. du Bois, P. Pantelidis. Analysis of IL-13 polymorphisms in patients with

- cryptogenic fibrosing alveolitis 11<sup>th</sup> European Thoracic Society Annual Congress. Berlin, Germany, 2001
- 8) Prinianakis G, **Alexopoulou C**, Kondili E, Malliotakis P, Mouloudi E, Kondoudaki E, Koumiotaki S, Georgopoulos D. Effects of flow waveform method of triggering and cycling on patient ventilator interaction during pressure support. 7<sup>o</sup> State of the Art. Athens, Greece 2002
  - 9) Kondili E, **Alexopoulou C**, Malliotakis P, Georgogiannaki P, Kondoudaki E, Koumiotaki S, Xirouchaki N, Georgopoulos D. Pattern of lung emptying in mechanically ventilated COPD patients. Effects of PEEP. 7<sup>o</sup> State of the Art. Athens, Greece 2003
  - 10) Xirouchaki N, Koumiotaki S, Kondoudaki E, Malliotakis P, **Alexopoulou C**, Anastasaki M, Chatzakis G, Georgopoulos D. Non-invasive mechanical ventilation in acute respiratory failure in ICU of Heraklion. 7<sup>o</sup> State of the Art. Athens, Greece 2003
  - 11) Malliotakis P, Mouloudi E, Koumiotaki S, **Alexopoulou C**, Chatzakis G, Georgopoulos D. Bronchodilator delivery by MDI in mechanically ventilated COPD patients: controlled vs assisted mode 16<sup>th</sup> Annual congress of European Society of Intensive Care Medicine. Amsterdam, Netherlands, October 2003
  - 12) Kondili E, **Alexopoulou C**, Prinianakis G, Xirouchaki N, Kafe H, Georgopoulos D. Pattern of lung emptying in mechanically ventilated COPD patients. Effects of PEEP. 16<sup>th</sup> Annual congress of European Society of Intensive Care Medicine. Amsterdam, Netherlands, October 2003
  - 13) Prinianakis G, **Alexopoulou C**, Mamidakis E, Lazaridou S, Hatzakis G, Anastasaki M, Georgopoulos D. Cuff-leak test effects of methods of leak measurement and respiratory system mechanics. 8<sup>o</sup> State of the Art. Athens, Greece 2004
  - 14) Prinianakis G, **Alexopoulou C**, Koumiotaki S, Anastasaki M, Georgopoulos D. Cuff-leak test. Does the timing of cuff deflation play a role? 100<sup>th</sup> International Conference of American Thoracic Society. Orlando, USA 2004
  - 15) Kondili E, Xirouchaki N, Lazaridou S, **Alexopoulou C**, Koumiotaki S, Georgopoulos D. Effect assisted modes of mechanical ventilation on hemodynamic parameters and pulmonary gas exchange. 17<sup>th</sup> Annual congress

- of European Society of Intensive Care Medicine. Berlin, Germany, October 2004
- 16) E. Kondili, MD, **C. Alexopoulou**, MD, G. Gavrilidis, MD, I. Christodoulou, MD, G. Prinianakis, MD, E. Alexandropoulou, MD, D. Georgopoulos, MD. Effect of Bronchodilation on Expiratory Resistant in Mechanically Ventilated COPD patients. 100<sup>th</sup> International Conference of American Thoracic Society. San Diego, USA 2005
  - 17) E. Kondili, **C. Alexopoulou**, Vakouti E, Antoniou K, G. Prinianakis, Alexandropoulou, D. Georgopoulos. Effect of bronchodilators on expiratory resistance in mechanically ventilated COPD patients. 9<sup>th</sup> State-of-the Art Interdisciplinary Review Course. April 2005, Athens, Greece
  - 18) Kondili E, Prinianakis G, **Alexopoulou C**, Vakouti E, Klimathianaki M, Margaritsanaki E, Georgopoulos, MD. Respiratory load compensation during mechanical ventilation. Proportional assist ventilation with load adjusted gain factors vs pressure support. 10<sup>th</sup> State-of-the Art Interdisciplinary Review Course. Athens, Greece May 2006
  - 19) **Alexopoulou C**, Kondili E, Vakouti E, Klimathianaki M, Georgopoulos, MD. Sleep quality and sedation level in critically ill patients during proportional assist ventilation and pressure support. 10<sup>th</sup> State-of-the Art Interdisciplinary Review Course. Athens, Greece May 2006
  - 20) E. Kondili, MD, G. Prinianakis, **C. Alexopoulou**, MD, E. Vakouti, MM. Klimathianaki, D. Georgopoulos. Respiratory Load Compensation during Proportional Assist and Pressure Support Ventilation, 101<sup>th</sup> International Conference of American Thoracic Society. San Diego, USA May 2006
  - 21) **Alexopoulou C**, Kondili E, Vakouti E, Klimathianaki M, Alexandropoulou P, Plataki M, Georgopoulos, MD. Sleep quality in critically ill patients during PAV with Load –adjustable gain factors and PS. 9<sup>th</sup> ESICM Annual Congress. Barcelona, Spain, October 10-13 2006, S249
  - 22) Klimathianaki M, Kondili E, **Alexopoulou C**, Prinianakis G Plataki M, Georgopoulos D. Effects of propofol on periodic breathing in brain damage patients. 103<sup>th</sup> International Conference of American Thoracic Society. Atlanta, USA 2008

- 23)Gavrilidis G, Xirouchaki N, Kondili E, Vaporidi K, Xirouchakis G, Gavrilidis G, Klimathianaki M, Alexandropoulou G, Plataki M, **Alexopoulou C**, Georgopoulos D. Proportional assist ventilation with load adjustable gain factors vs pressure support in critically ill patients. 11<sup>th</sup> ESICM Annual Congress. Lisbon, Portugal September 2008
- 24)Kondyli E, Xirouchaki N, **Alexopoulou C**, Babalis D, Akoumianaki E, Apostolakou E, Georgopoulos D. Non-Invasive estimation of inspiratory motor output in critically ill patients. 105<sup>th</sup> International Conference of American Thoracic Society. New Orleans, USA 2010 D.
- 25)Kofteridis, A. Valachis, **C. Alexopoulou**, S. Maraki, D. Dimopoulou, F. Economidou, E. Mavrogeni, M. Christofaki, L. Sifaki, D. Georgopoulos, G. Samonis. Aerosolized in combination with intravenous colistin vs. intravenous colistin in the treatment of ventilator-associated pneumonia: a matched case-control study. P 1545. 20<sup>th</sup> European Congress of Clinical Microbiology and Infectious Diseases. Vienna, Austria. 10-13 April, 2010.
- 26)Kofteridis D, Dimopoulou D, Maraki S, Valachis A, Giaka M, **Alexopoulou C**, Andrianaki A, Giourgouli G, Samonis G. Clinical features and outcome of infections due to pandrug-resistant Gram-negative bacteria. European Society of Clinical Microbiology and Infectious Diseases, London, UK 2012.
- 27)Effects of dexmedetomidine on sleep quality in mechanically ventilated critically ill patients **C. Alexopoulou**, E. Kondili, E. Diamantaki, C. Tzanidakis, E. Maridakis, D. Georgopoulos, ESICM Paris 2013
- 28)**Christina Alexopoulou**, Evangelia Akoumianaki, Diamantina Marouli, Charalambos Psarologakis, Sofia Kokkini, Eumorfia Kondili, Dimitrios Georgopoulos. Sleep and Quality of life in ARDS survivors. Worldsleap 2015 - 7th World Congress of the World Sleep Federation, Istanbul, Turkey 2015
- 29)**C. Alexopoulou**, M. Bolaki, S. Kokkini, C. Psarologakis, V. Amargianitakis, E. Diamantaki, D. Georgopoulos and E. Kondili. Sleep related breathing disorders in ICU survivors. 23rd Congress of the European Sleep Research Society, September 2016, Bologna, Italy

### **Invited lectures in National –International Meetings**

1. Idiopathic interstitial pulmonary diseases. What is new in diagnosis. Broncology Congress, Athens 2002
2. Mechanical ventilation in COPD patients. Scientific Meeting: "Mechanical Ventilation – Infections in ICU" – Rhodes, Greece, 2005
3. NIMV in High Care Unit. 14<sup>th</sup> National Conference of Thoracic Diseases, Athens, 2005
4. Oxidative stress and antioxidants. 12<sup>th</sup> National Conference of Hellenic Society of Enteral and Parenteral Nutrition, Thessaloniki, 2006
5. Pathophysiology of pulmonary embolism. Pulmonology Meeting, organized by Hellenic Thoracic Society and Serres Medical Association, Serres, 2006
6. NIMV in patients with sleep apnea. NIMV Meeting, ICU, University Hospital of Heraklion, Heraklion, 2006
7. NIMV in patients with sleep apnea. NIMV Meeting, ICU, University Hospital of Heraklion, Athens, 2007
8. How and when to perform NIMV. 16<sup>th</sup> National Conference of Thoracic Diseases, Athens 2007
9. Mechanical ventilation in ARDS. Teaching course. 9<sup>th</sup> National Conference of Hellenic Intensive Care Society, Athens, 2007
10. NIMV in patients with interstitial lung disease. 4<sup>th</sup> Scientific meeting about heart – lung diseases. Hellenic Intensive Care Society, Athens 2008
11. Central apneas – Periodic breathing. 3<sup>d</sup> Seminar about sleep and breathing. University of Thrace, Hellenic Society of Sleep Disorders Alexandroupolis, 2008
12. NIMV in patients without respiratory failure. 1<sup>st</sup> National Congress for NIMV and Sleep Disorders, Athens, 2008
13. ARDS / Respiratory system monitoring. Postgraduate of Heraklion Paramedics Association
14. When to perform a full and a portable PSG. 4<sup>th</sup> Conference of Hellenic Sleep Disorders Society. Athens, 2009
15. NIMV in obesity hypoventilation Syndrome. 2<sup>nd</sup> National Conference for NIMV and Sleep Disorders, Athens 2010
16. Sleep in ICU. 1<sup>st</sup> Postgraduate Seminar, Sleep Center of University of Crete, Heraklion 2012

17. Sleep Disorders – Clinical features of OSAS, 19<sup>th</sup> Postgraduate Symposium, Hellenic Thoracic Society, Skafidia, Peloponnesus, 2012
18. Sleep in ICU. 16<sup>th</sup> Pangritio Conference, St Nikolaos, Crete Greece 2012
19. NIMV in COPD patients: to whom and when. 20<sup>o</sup> Postgraduate Symposium, Southwest Greece Society of Hellenic Pulmonary Society, Kilini, Peloponnesus, June 2013
20. Sleep deprivation in Children. Behavioral problems. 25<sup>o</sup> Pagritio Pediatric Conference, Sitia, Crete, Greece, November 2013
21. Normal Sleep. 14<sup>th</sup> National Conference of Hellenic Intensive Care Society, Athens, 2012.
22. Non invasive mechanical ventilation in chronic central apnea in obesity and in cardiac failure. 23<sup>d</sup> National Congress of Hellenic Thoracic Society, Athens 2014
23. Morbidity of ARDS survivors. 15<sup>th</sup> National Conference of Hellenic Intensive Care Society, Athens, 2014.
24. Sedatives and sleep in ICU patients. 4<sup>o</sup> National Conference, Sleep disorders in common clinical practice. Athens 2015
25. Sedatives and use in ICU, 1<sup>st</sup> Balkan/South European Sleep Conference, Athens 2016
26. Pressure control ventilation. Teaching course for Mechanical Ventilation. 16<sup>th</sup> National Conference of Hellenic Intensive Care Society, Athens, 2016
27. Critical Ill Patients-Frail groups. Meeting: Personnel Flue Vaccination and dealing with flue patients in medical service places. Hellenic Center for Disease Control & Prevention, Ηράκλειο 2016

**Publications in national journals: 15**

**Abstracts in national Conferences: 31**

**Multicenter Studies**

1. Co-investigator in: Anemia and blood transfusion in critically ill patients. JAMA. 2002 Sep 25;288(12):1499-507 Vincent JL, Baron JF, Reinhart K, Gattinoni L, Thijs L, Webb A, Meier-Hellmann A, Nolle G, Peres-Bota D;

- ABC (Anemia and Blood Transfusion in Critical Care) Investigators.  
<http://www.ncbi.nlm.nih.gov/pubmed/12243637>
2. Co-investigator in Preferred plasma volume expanders for critically ill patients: results of an international survey. *Intensive Care Med.* 2004 Dec;30(12):2222-9. Epub 2004 Sep 28 Schortgen F, Deye N, Brochard L; CRYCO Study Group <http://www.ncbi.nlm.nih.gov/pubmed/15452693>
  3. Co-investigator in: Nosocomial Pneumonia With Suspected Or Proven Methicillin- Resistant Staphylococcus Aureus (MRSA) (ZEPHYR) · [The ZEPHYR study: a randomized comparison of linezolid and vancomycin for MRSA pneumonia.](#) Chavanet P. *Med Mal Infect.* 2013 Dec;43(11-12):451-5. doi: 10.1016/j.medmal.2013.09.011. □
  4. Co-investigator in: Recombinant human erythropoietin therapy in critically ill patients: a dose-response study [ISRCTN48523317] *Crit Care.* 2005 Oct 5;9(5):R508-15. Epub 2005 Aug 5 Georgopoulos D, Matamis D, Routsis C, Michalopoulos A, Maggina N, Dimopoulos G, Zakynthinos E, Nakos G, Thomopoulos G, Mandragos K, Maniatis A; Critical Care Clinical Trials Greek Group <http://www.ncbi.nlm.nih.gov/pubmed/16277712>
  5. Co-investigator in: A multicenter, randomized, double blind, parallel group, placebo controlled trial to evaluate the efficacy and safety of activated recombinant factor VII (rFVII/NovoSeven) in the treatment of refractory bleeding in severely injured trauma patients (F7Trauma-1648) · The risk associated with hyperoncotic colloids in patients with shock. *Intensive Care Med.* 2008 Dec;34(12):2157-68. Epub 2008 Aug 7 Schortgen F, Girou E, Deye N, Brochard L; CRYCO Study Group <http://www.ncbi.nlm.nih.gov/pubmed/18685828>
  6. Co-investigator in: A Search for subgroups of patients with ARDS who may benefit from surfactant replacement therapy: a pooled analysis of five studies with recombinant surfactant protein-C surfactant (Venticute). *Chest.* 2008 Oct;134(4):724-32. Epub 2008 Aug 8 Taut FJ, Rippin G, Schenk P, Findlay G, Wurst W, Höfner D, Lewis JF, Seeger W, Gónther A, Spragg RG <http://www.ncbi.nlm.nih.gov/pubmed/18689599>·
  7. Co-investigator in: Do hypooncotic fluids for shock increase the risk of late-onset acute respiratory distress syndrome? *Intensive Care Med.* 2010

Oct;36(10):1724-34. Epub 2010 May 13. Schortgen F, Girou E, Deye N, Brochard L; CRYCO Study Group <http://www.ncbi.nlm.nih.gov/pubmed/20464542>

8. Co-investigator in: Comparison of Oligon catheters and chlorhexidine-impregnated sponges with standard multilumen central venous catheters for prevention of associated colonization and infections in intensive care unit patients: A multicenter, randomized, controlled study. Crit Care Med. 2011 Sep 15. [Epub ahead of print] Arvaniti K, Lathyris D, Clouva-Molyvdas P, Haidich AB, Mouloudi E, Synnefaki E, Koulourida V, Georgopoulos D, Gerogianni N, Nakos G, Matamis D; for the Catheter-Related Infections in ICU (CRI-ICU) Group <http://www.ncbi.nlm.nih.gov/pubmed/21926583>
9. Investigator in: BAY 41-6551 : A Prospective, Randomized, Double-Blind, Placebo-Controlled, Multicenter Study to Evaluate the Safety and Efficacy of BAY 41-6551 as Adjunctive Therapy in Intubated and Mechanically-Ventilated Patients with Gram-Negative Pneumonia (Protocol No.: 13085) – INHALE 2 study
10. Investigator in: CXA-NP-11-04 A randomized double-blind, multicenter, phase 3 study to assess the safety and efficacy of iv ceftolozane/tazobactam compared with meropenem in adult patients with ventilated nosocomial pneumonia.

## **RESEARCH INTERESTS**

### **1. Control of breathing**

- a.) Control of breathing during mechanical ventilation

### **2. Respiratory failure**

- a) ALI – ARDS
- b) Acute on chronic respiratory failure

### **3. Mechanical Ventilation**

- a. Patient – ventilator interaction
- b) Proportional assist ventilation
- c. Bronchodilation in mechanical ventilated patients
- d. Respiratory system mechanics

- e) NIMV
- 4. Sleep in ICU**
  - a) Effects of mechanical ventilation on sleep quality of critically ill patients
  - b) Effects of sedation on sleep quality of critically ill patients
- 5. Quality of life in ICU survivors**
- 6. Infections in ICU**

## **MEMBERSHIPS AND ASSOCIATIONS**

Hellenic Thoracic Society

European Respiratory Society

Hellenic Society of Hypnology

European Sleep Research Society

**2012-present: Board Member** of Hellenic Society of Hypnology