

CURRICULUM VITAE

Dr George M. Minas

MD, PhD

January 2020

Personal Details

Name: George M. Minas
Address: 6 Andrea Zaimi Str Latsia
Nicosia, Cyprus 2235
Telephone no.: +357-99827748 / 22604282 (work)
E-mail: georgeminas@doctor.com, gminascy@gmail.com
Date of Birth: 21st October 1976
Marital Status: Married (2 kids)
Nationality: Greek Cypriot
ID card no: 786891

Postgraduate Courses

June 2017

Fellow of European Society of Intensive Care (ESICM) in Pain Agitation and Delirium.
Rome Italy. Prof. M. Antonelli

October 2012

Clinical Attachment – Medicin Visiteur at Hopitaux Universtaires de Geneve –ICU, Geneve Switzerland. Prof.L.Brochard

October 2010

European Pediatric Life Support (EPLS) Provider Certificate (instructor candidate)

May 2007

Clinical Observer (attachment) at the Royal Hospital of Sick Children –Yorkhill Glasgow, Scotland – Day Surgery Unit

February 2007

Accident and Emergency – Postgraduate Emergency Prehospital Medicine Course by the National Center of Emergency Medicine (NCEM) under the authority and recognition of the Hellenic Ministry of Health.

November 2006

Advanced Life Support (ALS) Provider Certificate

October 2005

Advanced Paediatric Life Support (APLS) Provider Certificate

Qualification

June 2013

Consultant Intensivist (Anaesthesiologist)

June 2008

Consultant Anaesthesiologist

July 2002

Degree (ptychio) in Medicine,
Hellenic Republic Aristotle University of Thessaloniki, School of Health Sciences,
Department of Medicine, Greece,

Grade 8 out of 10

G.C.E.E Advanced Levels

June 1994
Physics
Chemistry

June 1993
Pure Mathematics
English Language

English Language Further Education

July 1992 – August 1992
International Programme of Further Education of English Language organised by the British Council (Angloworld Education) at the Bulmershe College of Reading in London.

Present Appointment

Oct 2016 – today
Apollonion Private Hospital
Anaesthesia and Intensive Care Consultant A.P.I.CARE Medical Team.

Nov 2012- Oct 2016
Nicosia General Hospital Intensive Care Unit
Consultant Intensivist - Anaesthesiologist .

Clinical Experience

The commencement of my specialization as a Senior House Officer was in a major District General Hospital – the Serres Hospital. This was my first contact with anesthesiology.

Throughout my specialization as a Registrar in Thessaloniki at the Papageorgiou General Hospital, one of the largest and most advanced hospitals in northern Greece, I became more experienced with various surgical and anesthesia procedures.

Having completed my speciality rotation post in I.C.U (adult) I was strongly convinced that Intensive Care was the area of medical practice that would realize my dreams for dealing with challenging patients and diagnoses and an indefinite ground for research which is undoubtedly my ultimate aim.

The plethora of cases and varying degrees of severity has brought me in touch with difficult and severe critical care cases through which I have gained knowledge and experience of paramount importance.

Invaluable to my professional orientation was the meeting and acknowledgement with

Dr Dimitrios Matamis –the Papageorgiou General Hospital ICU Director- whom I highly appreciate and honour as a mentor in Critical Care.

Apart for teaching me the secrets and daily practice in Intensive Care he has been an extraordinary friend and teacher for me in real life throughout the last 7 years that I have known him.

Thus it was obvious that i had no second thoughts in following him in my country were he recruited me as part of his team in opening a new 10 bed ICU in Limassol General Hospital.

During my 4 year enrolment in Limassol G.H ICU I became competent in applications of mechanical ventilation in ARDS, central venous and Swan-Ganz catheterisation, haemodynamic monitoring, tracheostomies, transcranial, lung and transesophageal ultrasound and dealing with trauma, surgical, internal medicine and septic patients.

Concluding my education in Nicosia ICU i was able to tackle with neurosurgical and cardiothoracic critical care as the last part of a multi-oriented fellowship training.

Career Aims

I am committed to following a career in Intensive Care and Anaesthetic practice.

Having completed my Thesis on May 2012 and being announced as a Doctor (PhD med) of the Aristotelian University of Thessaloniki and after becoming an Intensivist (from the National Board of Intensive Medicine of Northern Greece exams) I practiced intensive care in Cyprus at the Multidisciplinary Intensive Care Unit in Nicosia from which i resigned in 2016 to join the private sector practice and work in both my speciality and subspeciality.

My special interest is in research and especially in the fields of Mechanical Ventillation, Neuro ICU and echocardiography in ICU (especially diaphragmatic echo and TCD transcranial Doppler) .

In Anaesthesia i am mostly working with orthopedic, thorasic surgery and complex open and laparoscopic general surgery cases. My Intensive Care expertise is assisting me in taking over difficult cases which require multimodal and multimonitoring (hemodynamic and other) approach.

Employment

Oct 2016 – to date

Consultant Anaesthesiologist Intensivist in Private Sector -practicing both
Apollonion Private Hospital Nicosia

Nov 2012 – Oct 2016 (3 years and 11 months)

Nicosia General Hospital Intensive Care Unit

Consultant Intensivist (Anaesthesiologist)

Dr T.Kyprianou –Head of Department

June 2009 – Nov 2012 (3 years and 5 months)

Limassol General Hospital Intensive Care Unit (newly created)

Consultant Anaesthesiologist – Intensive Care Fellow

Dr L.Palazis

September 2008 – June 2009

Consultant Anaesthesiologist at Larnaca General Hospital Cyprus.

Dr I.Zamba

December 2004 – June 2008

SHO in Anaesthesiology at Papageorgiou General Hospital, Thessaloniki Greece.
Dr P.Petropoulou

March 2003 - September 2004

SHO in Anaesthesiology at Serres Peripheral General Hospital , Serres.
Dr I. Vavalekas

May 2002 - July 2002

PRHO in Gynaecology and Obstetrics at Hippokration University Hospital of Thessaloniki
Dr Ioannis Makedos Professor of Gynaecology and Obstetrics.

February 2002 – May 2002

PRHO in Neurology at AHEPA University Hospital of Thessaloniki
Dr Stavros Baloyiannis Professor of Neurology

December 2001 – February 2002

PRHO in Paediatrics at AHEPA University Hospital of Thessaloniki
Dr Santa- Nousia Arvanitaki Professor of Paediatrics

October 2001 – December 2001

PRHO in General Surgery at AHEPA University Hospital of Thessaloniki
Dr Orestis Gamvros, Professor of General Surgery

August 2001- October 2001

PRHO in Internal Medicine at AHEPA University Hospital of Thessaloniki
Dr Achilleas Tourkantonis Professor of Internal Medicine

Research

PhD med

Thesis: *Implementation of a day case surgery programme for paediatric patients. Perioperative evaluation and assessment and comparison of four anaesthetic techniques.*

Supervision: Dr Anastasios S. Petropoulos, Professor of Paediatric Surgery
2nd Department of Paediatric Surgery, Aristotle University of Thessaloniki

Publications

M.Michaelidis, I.Retsilas, K.Bisba, S.Kakani, C.Koupanis, **G. Minas**, V.Tsipinias. “*Unilateral pulmonary edema after rapid re-expansion of spontaneous pneumothorax. Imaging findings, pathophysiologic and anaesthetic approach*”.
Radiology Chronicles. 2004 Dec; 2, vol 8 pg.190-2.

G.Minas, E.Christidou, K.Dimitroulakis, A.Douvantzi, A.Karponis, P.Petropoulou. “*Pressure control ventilation restores lung mechanics during prone position*”, Eur.J.Anesthesiology: 2006 Sept; vol 23, Suppl 37: pg .71.

G.Minas, E.Goutziomitrou, A.Douvantzi, A. Foulidou, P.Petropoulou.
“Evaluation and validation of the FLACC preverbal patient pain scale in comparison with the VAS pain scale for pediatric patients in the PACU- A preliminary study.”
Eur.J.Anesthesiology: 2007 Jun; vol 24, Suppl 39: pg.135.

M.Aivazidou, **G. Minas**, S.Tsakiliotis, A. Foulidou, P. Petropoulou
“Comparison of two analgesic techniques in fast tracking of paediatric ambulatory patients -A preliminary study”

Eur.J.Anesthesiology: 2008 Jun; vol 25, Suppl 44: pg.

A.Vavlitou, E. Kotso, **G. Minas**, G. Goudy, F. Georgiou, A. Loizou, M.Tsagourias, T. Kyprianou, D. Matamis.

“ A multicenter trial on the prevalence of patent foramen ovale (PFO) in ALI/ARDS patients ”.

European Society of Intensive Care Medicine Annual Meeting, 9-13 Oct 2010, BarcelonaSpain.

Publication in Intensive Care Medicine Issue.

A.Vavlitou, **G. Minas**, E. Kotso, M. Talias, E. Soteriades, M. Tsagourias, T.Kyprianou, D. Matamis.

“ A multicenter trial on patent foramen ovale (PFO) detection: transcranial Doppler (TCD) vs transesophageal echo (TEE). TCD better than TEE? ”

European Society of Intensive Care Medicine Annual Meeting, 9-13 Oct 2010, Barcelona Spain.

Publication in Intensive Care Medicine Issue.

E.Koco, **G.Minas**, D.Matamis.

“A diaphragm sonography study of alterations in breathing pattern induced by switch from nasal to oral breathing”

European Society of Intensive Care Medicine Annual Meeting, 13-17 Oct 2012, Lisbon

Portugal.**Publication in Intensive Care Medicine Issue.**

G. Minas, N. Koronakis, S. Fetta, L. Kypri, T. Kyprianou.

EVALUATION OF THE RELATION BETWEEN RESPIRATORY MUSCLE PRESSURE (PMUS) AND DIAPHRAGMATIC THICKNESS IN ICU PATIENTS VENTILLATED WITH PROPORTIONAL ASSIST VENTILLATION (PAV). A PRELIMINARY STUDY. European Society of Intensive Care Medicine Annual Meeting, 3-7 Oct 2015, Berlin,Germany.

Publication in Intensive Care Medicine Issue and Intensive Care Med Experimental..

C.Hadjilouca, **G.Minas**, H.Kyriakides, D.Demetriou, P.Georgiou, Y.Taliadoros,T.Kyprianou.

A retrospective analysis of early vs late tracheostomy in ICU patients. Comparison of severity, length of stay and outcome.

European Society of Intensive Care Medicine Annual Meeting, 3-7 Oct 2015, Berlin,Germany.

Publication in Intensive Care Medicine Issue and Intensive Care Med Experimental.

K.Chrysostomou, CP Loizou, **G.Minas**, CS Pattichis.

Measurement of ultrasonic diaphragmatic motion.

37th Int.Conf.IEEE Eng Med Biol. Society (EMBC) Milan Italy.Vol.1 pp 6358-6361.

Ch.D.Loizou, CP.Loizou, D.Matamis, E.Soilemezi, **G.Minas**, CS Pattichis.

Suggesting a sonographic index to measure ultrasound diaphragmatic MMR.

XIV Mediterranean Conference on Medical and Biological Engineeringand Computing 2016. DOI: 10.1007/978-3-319-32703-7_70

Vavlitou A, **Minas G**, Zannetos S, Kyprianou T, Tsagourias M, Matamis D. Hemodynamic and respiratory factors that influence the opening of patent foramen ovale in mechanically ventilated patients. **HIPPOKRATIA 2016, 20, 3: 209-213**

Presentations

“Newer therapeutic approaches in Alzheimers’ disease”. **G.Minas**, K.Ravanos, V.Kosta, S.Baloyiannis.

1st Scientific Congress of Aristotle University of Thessaloniki Medical Students, Thessaloniki Greece. (Feb 2002)

“Safety of regional anaesthesia ,concerning neurologic complications, in endovascular repair of abdominal aorta aneurysms” .S.Tsakiliotis, E.Christidou, **G.Minas**, A.Bonarou, V.Makrakis, P.Petropoulou.16th Hellenic Anaesthesiology Congress, Mykonos Greece (May 2005)

“Comparative study of two regimens of levobupivacaine with morphine and bupivacaine with morphine for intrathecal anesthesia in orthopaedic surgery of lower limbs”.

C. Soilemezidou, E.Goutziomitrou, E.Christidou, **G.Minas**, B.Tsiantzi, P.Petropoulou. 8th National Congress in Anaesthesiology and Intensive Care with International participation, V.Tarnovo, Bulgaria (Oct 2005)

“Anesthetic management of an infant with complete atrioventricular canal defect undergoing pyloromyotomy”. **G.Minas**, E.Christidou, A.Foulidou, B.Tsiantzi, P.Petropoulou. 4th Paediatric Anaesthesia Symposium, Athens Greece (June 2006)

“The correlation of the preoperative respiratory history of children with postoperative bronchospasm” .**G.Minas**, A. Foulidou, E. Christidou , D.Bliablias, M.Aivazidou, E.Dalambini, P.Petropoulou.

9th Congress of Anaesthesiology and Intensive Care, Chalkidiki Greece.(Sept 2006)

“Evaluation and validation of the FLACC preverbal patient pain scale in comparison with the VAS pain scale for pediatric patients in the PACU - A preliminary study.”

G.Minas, E.Goutziomitrou, A.Douvantzi, A. Foulidou, P.Petropoulou.

Euroanesthesia 2007, Meeting of the European Society of Anaesthesiologists and European Academy of Anaesthesiology, 9-12 June 2007, Munich, Germany (ABSTRACT PRESENTER)

“ Haemodynamic and blood gas effects of polymethylmethacrylate cement during total knee arthroplasty under spinal anaesthesia. ”

C.H.Lotis, A.Bonarou, **G.M. Minas**, E.Garini, A.Bakola, P. Petropoulou.

ESRA 2007 Annual Congress of the European Society of Regional Anaesthesia, Sept 2007, Valencia,Spain.

“Comparison of two analgesic techniques in fast tracking of paediatric ambulatory patients - A preliminary study”

M.Aivazidou, **G. Minas**, S.Tsakiliotis, A. Foulidou, P. Petropoulou.

Accepted by the European Society of Anaesthesiology Scientific Committee for Euroanesthesia 2008 Meeting of the European Society of Anaesthesiologists and European Academy of Anaesthesiology, June 2008, Copenhagen, Denmark

“Comparison of recovery and discharge time of two anaesthetic techniques in fast tracking of paediatric ambulatory patients”

G. Minas, M.Aivazidou, I.Schiza, E.Christou, E.Goutziomitrou, P. Petropoulou.

Accepted by the Scientific Committee of the Annual Paediatric Anaesthesia Conference (FEAPA) , September 2008 ,Athens,Greece.

“Ketamine –Propofol versus sevoflurane anaesthesia in paediatric day case patients.”

G. Minas, P. Petropoulou, E.Kaprini, K.Kallergis, A.S.Petropoulos.

Accepted by the Scientific Committee of the Annual Paediatric Anaesthesia Conference (FEAPA) , September 2008 ,Athens,Greece.

“Discharge time and postoperative complications following a non opiate and an opiate based anaesthetic scheme.”

G. Minas, P. Petropoulou, E.Kaprini, K.Kallergis, A.S.Petropoulos.

Accepted by the Scientific Committee of the Annual Paediatric Anaesthesia Conference (FEAPA) , September 2008 ,Athens,Greece.

“Postdischarge complications in paediatric ambulatory patients evaluated by a third day telephone follow-up.”

G. Minas, M.Aivazidou, I.Schiza, E.Christou, E.Goutziomitrou, P. Petropoulou.

Accepted by the Scientific Committee of the Annual Paediatric Anaesthesia Conference (FEAPA) , September 2008 ,Athens,Greece.

“Hereditary angioedema in a child .Preoperative assessment and anaesthetic management.”

E.Goutziomitrou, E.Alataki –Papadopoulou, **G.Minas**, I.Schiza,E.Christou,P.Petropoulou

Accepted by the Scientific Committee of the Annual Paediatric Anaesthesia Conference (FEAPA) , September 2008 ,Athens,Greece.

Chapters in books

1.Pulmonary oedema in hanging and strangulation.

C.Tzortzi, **G.Minas**, L.Palazis, C.Timiliotou-Matsentidou

Intensive Care and Emergency Medicine.-Guidelines. Vol. 14. Prof. G.Baltopoulos.

2. Renal replacement therapy in congestive heart failure.

L.Palazis, C.Tzortzi, **G.Minas**, A.Loizou, F.Georgiou, C.Timiliotou-Matsentidou.

Intensive Care and Emergency Medicine.-Guidelines. Vol. 15. Prof. G.Baltopoulos.

Workshops

September 2004

“Difficult Airway Management” 8th Congress of Anaesthesiology and Intensive Care of Northern Greece.

September 2004

“Child and Trauma” 8th Congress of Anaesthesiology and Intensive Care of Northern Greece.

May 2005

“Delivering anaesthesia in children at the district hospital” 16th National Hellenic Congress of Anaesthesiology and Intensive Care.

May 2005

“Mechanical Ventilation” 16th National Hellenic Congress of Anaesthesiology and Intensive Care.

February 2006

“8th Workshop - Neural blockades on Cadavers”

Organised by the European Society of Regional Anaesthesia (ESRA) Innsbruck, Austria.

| |
|---------------------------|
| Courses – Seminars |
|---------------------------|

October 2015

European Society of Intensive Care Medicine Annual Meeting (ESICM) , Berlin Germany.
Two (2) poster – abstract presentations.

October 2014

European Society of Intensive Care Medicine Annual Meeting (ESICM) , Barcelona Spain.

June 2011

1st International Congress of Intensive Care (Mechanical Ventillation)- SRLF
Societe Reanimation de la Langue Francaise , Paris ,France.

March 2011

32nd International Symposium in Intensive Care (ISICEM), Brussels, Belgium.

October 2010

European Society of Intensive Care Medicine Annual Meeting (ESICM) , Barcelona Spain.
Two (2) poster – abstract presentations.

November 2004 – November 2009

Seminars of Continuous Education in Anaesthesiology . Thessaloniki
Fondation Europeenne D' Enseignement En Anesthesiologie (F.E.E.A)

September 2008

The European Conference on Paediatric Anaesthesia 2008 (FEAPA) Athens –Greece. Five (5) poster- abstract presentations.

November 2007

12th Seminar “Principals of Mechanical Ventilation”
Intensive Care Unit ,University of Crete (Prof.D.Georgopoulos)

September 2007

The European Conference on Paediatric Anaesthesia 2007
Amsterdam, the Netherlands

June 2007

Euroanesthesia 2007, Meeting of the European Society of Anaesthesiologists and European Academy of Anaesthesiology, Munich , Germany.

September 2006

9th Congress of Anaesthesiology and Intensive Care of Northern Greece. Chalkidiki
Society of Anaesthesiology and Intensive Medicine of Northern Greece.

June 2006

Euroanesthesia 2006, Meeting of the European Society of Anaesthesiologists and European Academy of Anaesthesiology, Madrid , Spain.

September 2005

24th Annual Congress of the European Society of Regional Anaesthesia.
Berlin, Germany.

May 2005

16th National Hellenic Congress of Anaesthesiology and Intensive Care. Mykonos
Hellenic Society of Anaesthesiology and Intensive Care.

June 2004

Euroanesthesia 2004, Meeting of the European Society of Anaesthesiologists and European Academy of Anaesthesiology, Lisbon, Portugal.

Teaching Experience

Guest speaker at the Scientific Programme of Continuous Medical Education in Anaesthesiology of the University of Athens (Mrs L.Papadimitriou-Papacosta Ass.Prof in Anaesthesia, **approved by the Royal College of Anaesthetists.**

Lectures delivered:

“Epidural Hematoma”. Presentation of a case report, clinical findings, causes, prevention and therapeutic approach.

“Perioperative Hypertension and Hypertensive Crisis”. Causes and therapeutic approach.

Annual participation in the Educational Programme of the Anaesthesiology Department.
Presentation of anaesthetic topics (5 presentations).

Annual participation in the Educational Programme of the Limassol Intensive Care Unit

Topics presented: Prolonged mechanical ventilallation, septic cardiomyopathy, Proportional Assist Ventillation, Modes of weaning, Uses of H.albumin and immunoglobulines, Stenotrophomonas infections, TRALI, Complications of mechanical ventilation etc.

Annual participation in the Educational Programme of the Nicosia Intensive Care Unit

Topics presented: ARDS –New definition and treatment approach, Delirium in ICU patients, Medical Errors –analysis ,prevention, Diaphragmatic US.

Academic Lecturer of the Masters of Science programme –Advanced Nurse Practitioners of the Technological University of Cyprus – Nursing School. (Ass.Prof MrsPapathanasoglou)

Topics presented: Ultrasound in haemodynamic monitoring in the ICU, Acute Renal Failure, Acute Hepatic Failure, Neurovascular Assessment in critically ill patients.

Honorary Assistant Professor at the University of Nicosia Medical School of students of the St George's University of London Medical Programme delivered in Cyprus.

Scientific Assistant Researcher at the University of Cyprus - Department of Computer Science, Prof Dr Pattichis. Research field : diaphragmatic ultrasound motion, TCD transcranial doppler.

Part Time Lecturer at the University of Nicosia Department of Nutrition and Dietetics. Module Advance Diet Therapy and Medicine. Post graduate module. Ass.Prof. Mrs Eleni Andreou.

Membership of Professional Societies

2018

Secretary of the Nicosia Medical Association IPPOKRATIS

July 2017

Contributing Member of the European Federation of Pain - EFIC. (Cyprus).

Feb 2017 – to date

Member of the European Society of Regional Anesthesia and Pain Management.(ESRA)

June 2013 – to date

Secretary of the Cyprus Society of Intensive Care Medicine

2010 – to date

Member of the European Society of Intensive Care Medicine (ESICM).

06/2004 – 2010

Member of the European Society of Anaesthesiology.

03/2003 – to date

Member of the Society of Anaesthesiology and Intensive Medicine of Northern Greece.

February 2009 – April 2012

Secretary of the Cyprus Society of Anaesthesiology.

Organisational Experience

February 2014 -October 2016

Primary lecturer and coordinator of the courses “BASIC AIRWAY MANAGEMENT” and “ECHOCARDIOGRAPHY IN THE ICU” delivered to doctors during the Cyprus Intensive Care Symposium organised by Nicosia General Hospital Intensive Care Unit and annually to the students of St Georges Medical School.

December 2013

Medical sub-coordinator of the Teleprometheus educational platform for long distance education implemented by the Nicosia G.H Intensive Care Unit in cooperation with the Open University of Cyprus and the ICU of Heraklion GH Crete.An e-platform for Continuous - Real time - Personalized -

Education of Health Care Practitioners (ICU physicians, nurses, physiotherapists) <https://teleprometheus.ouc.ac.cy>

December 2009

Member of the Organising Committee of the 5th Annual Anaesthesiology Congress in Cyprus

May 2007

Member of the Organising Team of the Anaesthesiology Department for the One Day Symposium on “Postoperative Pain, Pathophysiology and Management” that was held in our hospital.

Member of the panel and coordinators in interactive course for the instruction of nurses in dealing with postoperative pain.

Other Interests

Sports

Running, football, basketball.

Reading

Literature, international politics and general knowledge.

Writing

Writing poetry and composing songs.

Social

Member of the Youth Committee of the Municipality of Latsia, Nicosia Cyprus.

Coordinator of the Public Health workgroup.

Coordinator in the implementation of an e-Health programme for respiratory and cardiology patients.

Referees

Mrs. Polyxeni Petropoulou MD, PhD

Director of the Anaesthesiology Department

Papageorgiou General Hospital

Efkarpia Ring Road

Thessaloniki GR 564 03

Greece

Telephone no.: +30-2310 693592

Facsimile no.: +30-2310 693366

E-mail address: pjpetrop@otenet.gr

Professor Anastasios S. Petropoulos MD, PhD

Pediatric Surgeon

Former Director of 2nd Academic Clinic of Pediatric Surgery of Aristotle University of Thessaloniki

Papageorgiou General Hospital

Efkarpia Ring Road

Thessaloniki GR 564 03

Greece

Telephone no.: +30-2310 693818

Facsimile no.: +30-2310 991562

E-mail: petropesu@med.auth.gr.

Dr. Dimitrios Matamis MD.

Anaesthesiologist- Intensivist

Director of the Papageorgiou General Hospital Intensive Care Unit.

Papageorgiou General Hospital

Efkarpia Ring Road

Thessaloniki GR 564 03

Greece

Telephone no.: +30-2313 323361

Mob no.: +30 6944357015

E-mail: dmatamis@gmail.com.

Dr Theodoros Kyprianou MD, PhD.

Pulmonologist – Intensivist

Director of the Nicosia General Hospital Intensive Care Unit.

Nicosia G.H.

Telephone no.: +357-22 603810

Facsimile no.: +357-22 604328

E-mail: drtheo@cytanet.com.cy