

CURRICULUM VITAE

of

DR. THEOHARIS SINIFAKOULIS MD, PhD

Specialist in Internal Medicine

Personal details and Qualifications

Personal Details

Name: Theoharis "Harris" Sinifakoulis

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Date of Birth: 12 October 1971

Marital status: Married

Nationality: Greek

Medical Registration: Prefecture of Athens, Greece (Reg.No. 13245, 18/6/97)

GMC Number: **Full and Specialist Registration in Internal Medicine**
(Reg.No: 7120403)

Indemnity Insurance: Interamerican Insurance Company, No: 32632110 (Greece)

Education: "3rd" High School of Athens, Greece (1983-1989)

Medical Education: Medical University of Pecs (1990-1996)
English Programme
University of Pecs, Hungary
Grade: Excellent

Qualifications:

- **Medical Degree (MBBS Equivalent)**
University of Pecs, HUNGARY
September 1996
- **CCST in Internal Medicine**
Ministry of Health, Athens, GREECE
July 2006

- **PhD, National and Kapodistrian University of Athens, Medical School, Athens, Greece**
July 2009

Membership of Professional Organizations

- Member of the International Maritime Health Association.
- Member of the Royal College of Physicians and Surgeons of Glasgow.
- Member of the Society for Acute Medicine.
- Member of the British Association for Immediate Care (BASICS).
- Member of the International Society for Mountain Medicine (ISMM).
- Member of the Wilderness Medical Society (WMS).
- Member of the International Commission for Alpine Rescue, Medical Commission (ICAR MEDCOM). English is the official language of the Committee.

Clinical experience

Current Post

01/11/2023 - present

Chief Medical Advisor at Crossworld Maritime Group

2/9/2013 - present

Consultant in Internal Medicine, Associate Physician, “Ygeia” Hospital and “Euroclinic” Hospital, Athens, Greece

Internal Medicine

- Ygeia and Euroclinic are tertiary private Hospitals
- Leading physician in the management of patients with general Medical problems (full time)
- Medical follow-up of oncology patients for the 3st Department of Internal Medicine - Oncology of Ygeia Hospital (Consultant: Dr Labropoulos, Assist. Director)
- Run a private office (Surgery) dealing with general Medical problems

Previous Posts

11/1/2021 – 21/03/2022

Fleet Medical Advisor at Angelicoussis Shipping Group Limited

1/9/2014 – 31/12/2020

Chief Medical Officer at Ethniki Insurance company (underwriting Department) – part time post

7/8/2013 – 31/08/2013

Locum SpR in General (Respiratory) & Acute Medicine at King's Mill Hospital, Sherwood Forest Hospitals NHS Foundation Trust, including rota.

29/7/2013 – 6/8/2013

Locum SpR in Acute Medicine at MAU of Royal Derby Hospital, Derby Hospitals NHS Foundation Trust, including rota.

2/4/2013 – 31/6/2013

Trust Grade ST3+ Equivalent, General (Respiratory) & Acute Medicine at Scarborough Hospital, York Teaching Hospital NHS Foundation Trust, including rota 1:11.

4/3/2013 – 28/3/2013

Locum SpR in Acute/General Medicine at Inverclyde Royal Hospital, NHS Greater Glasgow and Clyde

11/2/2013 – 22/2/2013

Clinical attachment in Acute Medicine at Scarborough Hospital, York Teaching Hospital NHS Foundation Trust

1/7/2006 – 9/2/2013

Consultant in Internal Medicine, Attending Physician, Ygeia Hospital, Athens, Greece

Internal Medicine

- Ygeia is a tertiary private Hospital
- Leading physician in the management of patients with general Medical problems (full time)
- Medical follow-up of oncology patients for the 1st Department of Internal Medicine - Oncology (Consultant: Dr. Andreas Petounis)
- Run a private office (Surgery) dealing with general Medical problems
- Collaborating with **SOS DOCTORS Direct Ltd** for a two-year period (1/2/08 - 1/2/2010) paying House calls as a physician in Athens

Training leading to CCST in Internal Medicine

2/1/2002- 11/3/2006 Resident in Internal Medicine at the 1st Department of Internal Medicine, Laiko Hospital, National and Kapodistrian University of Athens, Medical School, Athens, Greece (Director: Prof. Dr Gerasimos Pangalis).

[Equivalent to UK Higher Medical Training]

- Management of Ward patients and experience in Outpatient Clinics, (outpatient liver clinic once a week – out-patient infectious diseases clinic once a week)
- 1:3 on call Rota for General/Internal Medicine Wards, and A&E department. During these on-calls, participation in hospital resuscitation-team rota.
- Participating, as a senior resident, in case presentations and journal clubs during departmental meetings and seminars. Presentation of interesting cases in Medical Grand Rounds.
- Participated in the training departmental programme for the 3rd year medical students
- One year rotation in the Haematology Unit of the department
- *The Haematology Unit of the Department treated patients with the full spectrum of Haematologic disease, malignant as well as not malignant (anemias, immune thrombopenias, thrombotic thrombocytopenic purpuras, myelodysplastic syndromes, leukemias, lymphomas, myelomas). Apart from intensive chemotherapy, a high number of autologous bone marrow transplantations were performed per year, and the trainees were actively involved in the care of these patients and the complications of these procedures*
- 3 months rotation in Nephrology and 3 months rotation in Chest Medicine

During a 40 day period (5/9/2003 – 12/10/2003) I was granted an educational leave to participate in the Greek expedition “Hellas – Everest 2004” to Cho-Oyu, Himalayas, Tibet as an expedition doctor.

Being the only doctor based at the Advanced Base Camp, I had to attend to many climbers suffering from frostbites, two climbers from High Altitude Pulmonary Edema and one injured climber from a crevasse fall.

9/3/1998 – 6/1/1999 Resident in Internal Medicine, Greek Air Force Military Hospital, Athens, Greece (Consultant: Dr. K. Poralis)

[Equivalent to UK General Professional Training]

- Training in the Medical Admission Unit and A&E Department
- Caring for ward patients with several cardiology problems, including myocardial infarction, heart failure, arrhythmias
- Enhancement of practical skills

Training not relevant to CCST in Internal Medicine

28/6/2000 – 21/12/2001 Senior House Officer in Ygeia Hospital, 1st Department of Internal Medicine – Oncology, Athens, Greece (Consultant: Dr. A. Petounis)

[Equivalent to UK General Professional Training]

- Training in the Medical Admission Unit
- Caring for ward patients with various oncology diseases
- Caring for One-Day Oncology Therapy Unit
- Enhancement of practical skills

1/6/1999- 20/6/2000 Rural Service in the Health Center of Derviziana, Ioannina, Greece (Consultant: Dr. N. Papadiotis)

[Equivalent to UK General Professional Training]

- Training in primary care medical services in a rural area (prerequisite for CCST by the Greek State)
- GP duties covering 5 small villages (250 inhabitants) without senior supervision
- Caring for patients with a variety of problems, including respiratory, cardiovascular and gastrointestinal diseases
- On calls at the A&E Department of the Health Center

11/1/1999 - 8/5/1999 Locum SHO in Internal Medicine, Leukos Stavros Private Hospital, Athens, Greece

6/5/1997 – 8/3/1998 Military training in the Greek Air Force

Teaching experience (in Greek and English language)

- Contribution to the training of Medical Students of National and Kapodistrian University of Athens, Medical School, at the 1st Department of Internal Medicine, Laiko Hospital in Bedside teaching (twice/week) (November 2003 - March 2006)
- Lectures in Mountain Medicine
- Instructor in Basic Life Support for the American Heart Association (Skills Evaluator Number: 08101965582)
- Instructor in Wilderness Life Support and Basic Life Support for the American Health & Safety Institute (Instructor No. 85095)

- Instructor in Advanced Trauma Life Support courses by American College of Surgeons – Greek chapter, Hellenic National Center, University of Patras – Medical School
- Instructor in Prehospital Trauma Life Support courses by National Association of Emergency Medical Technicians & American College of Surgeons – Hellenic National Center, University of Patras – Medical School (NAEMT member ID 356112)
- Medical Director of Prehospital Trauma Life Support for First Responders courses by National Association of Emergency Medical Technicians & American College of Surgeons – Athens Training Center
- Casualty Care training in Hellenic (Greek) Mountain Rescue Team of Attica
- Instructor in Basic Life Support for Medic First Aid (Reg.No: 22608 –Cert. No: 1053GR)

Research

PhD

I was awarded my PhD by the Medical School, Athens University in July 2009.

Title: “Correlation of molecular HLA typing and outcome in high-risk melanoma patients and hematology patients receiving interferon”. The project took place at the National and Kapodistrian University of Athens, Medical School, in the 1st Department of Internal Medicine, Laiko Hospital, Athens, Greece (Supervisor: Assoc. Prof. E. Goga).

Postgraduate Certificate

I was awarded my Certificate by the University of Leicester, in September 2007.

Title: “Diploma of Mountain Medicine” administered by Medical Expeditions in association with Union Internationale des Association d’Alpinisme (U.I.A.A.) – International Commission for Alpine Rescue (ICAR) – International Society for Mountain Medicine (ISMM), Leicester, UK.

Publications

- “Travel at High Altitude”
Exclusive permission from Medical Expeditions (MEDEX) to do the official translation of the booklet (http://medex.org.uk//medex_book/about_book.php) - 4/2008

- “Adrenal Abscess”
H. Tsaris, H. Zorbala, A. Petrou, **T. Sinifakoulis**, N. Euaggelatos, K. Hatzikonstantinou.
Clinical Chronicles, 2004, vol 27, suppl. II, 16
- “Massive Intravascular Hemolysis: A Fatal Complication of Clostridium Perfringens Septicemia in a Patient with Acute Myeloid Leukemia”
George Vaiopoulos, Christin Calpadaki, **T. Sinifakoulis**, Kostas Konstantopoulos, Athina Avlami, Joanna Stefanou, Gerassimos A Pangalis
Leukemia & Lymphoma, October 2004, Vol 45 (10), pp. 2157-2159
- “Radiofrequency ablation of Supraventricular Tachycardias”
T.Sinifakoulis, K. Tsakonas, K. Poralis
Heart & Vessels, 2000 Jan-Feb, V(1):79-83
- “Sick Sinus Syndrome.”
T. Sinifakoulis, K. Poralis
Cardiology, 1999, 2, 2:89-98

Presentations

Lectures

- **“Seminar in Mountain Medicine”**
National and Kapodistrian University of Athens, Medical School, Athens, Greece,
Master courses in, “International Medicine – Health Crisis Management”,
Olympus mountain, Kakalos Hut, June 2014
- **“Emergency Medicine”**
National and Kapodistrian University of Athens, Medical School, Athens, Greece,
Master courses in, “International Medicine – Health Crisis Management”, 2nd
Advanced Course “Management of Disaster Victims”, October 2012
- **“Seminar in Mountain Medicine”**
National and Kapodistrian University of Athens, Medical School, Athens, Greece,
Master courses in, “International Medicine – Health Crisis Management”,
Olympus mountain, Kakalos Hut, May 2012
- **“Survey for Mountain Rescue in Greece”**
Lecture in English
International Commission for Alpine Rescue, Medical Commission (ICAR
MEDCOM), Spring Meeting 2011, Spitsbergen, Norway, 2-8/5/2011
- **“High Altitude related diseases”**

National and Kapodistrian University of Athens, Medical School, Athens, Greece, Master courses in, “International Medicine – Health Crisis Management”, March 2011

- **“Fractures and dislocations in Mountain Rescue (diagnosis and on- site treatment)”**
Lecture in English
The VIII World Congress on High Altitude Medicine and Physiology - CARLOS MONGE CASSINELLI. Arequipa, Peru- August 2010
- **“Assessment and On-Site Trauma Treatment in Mountain Rescue”**
Lecture in English
The VIII World Congress on High Altitude Medicine and Physiology - CARLOS MONGE CASSINELLI. Arequipa, Peru- August 2010
- **“High Altitude related diseases”**
National and Kapodistrian University of Athens, Medical School, Athens, Greece, Master courses in, “International Medicine – Health Crisis Management”, December 2009

Abstract Presentation (National Medical Conferences)

- Prognostic Significance of Autoimmunity in Melanoma Patients Receiving Adjuvant Interferon Therapy
E. Goga, A. Polyzos, D. Pektasidis, G. Foutzilas, D. Tsoutsos, P. Pangiotou, A. Stratigos, **T. Sinifakoulis**, A. Antoniadis, D. Balafoukos
Hellenic Cooperative Oncology Group
13th Panhellenic Clinical Oncology Congress, April 2006
- Adrenal Abscess
H. Tsaris, H. Zorbala, A. Petrou, **T. Sinifakoulis**, N. Euaggelatos, K. Hatzikonstantinou,
4th Piraeus Medical Congress, December 2004

Courses and Meetings Attended

- *“ILS-P” Immediate Life Support, Provider course* - European Resuscitation Council – Certificate No. ERC-969-104615, 25/11/2018
- *“DSTC” Definite Surgical Trauma Care, Theoretical part.* International Association for Trauma Surgery and Intensive Care, Hellenic Trauma and Emergency Surgery Society. 16-18/2/2015
- *“ATLS” Advanced Trauma Life Support, Instructor course.* American College of Surgeons – Hellenic Chapter, Hellenic National Center, University of Patras –

Medical School – Department of Surgery. Course serial no 46203-I, 13-14/12/2014

- “ATLS” Advanced Trauma Life Support, *Provider course*. American College of Surgeons – Hellenic Chapter, Hellenic National Center, University of Patras – Medical School – Department of Surgery. Course serial no 46202-P/SR, 05-06/12/2014
- “Refresher course *PRE-HOSPITAL EMERGENCY CARE*” British Association for Immediate Care - Royal College of Surgeons of Edinburgh, Yarnfield Park Training & Conference center, Stone, UK, , 27-28/11/2014
- “ALS-P” *Advanced Life Support Provider course* - European Resuscitation Council – Certificate No. 30-14-104588-03-05, 8-9/11/2014
- “BLS/AED-I” *Basic Life Support / Automated External Defibrillation Instructor course* - European Resuscitation Council – Certificate No. 30-14-97957-02-06, 21/6/2014
- “BLS/AED-P” *Basic Life Support / Automated External Defibrillation Provider course* - European Resuscitation Council – Certificate No. 30-14-96459-02-01, 29/3/2014
- “BLS/AED-P” *Basic Life Support / Automated External Defibrillation Provider course* - European Resuscitation Council – Certificate No. 30-13-77381-02-23, 19/1/2013
- “*International Commission for Mountain Emergency Medicine*” International Commission for Alpine Rescue, Medical Commission (ICAR MEDCOM), Spring Meeting 2011, Spitsbergen, Norway, 2-8/5/2011
- “*International Commission for Mountain Emergency Medicine*” International Commission for Alpine Rescue, Medical Commission (ICAR MEDCOM), Fall Meeting 2010, Stary Smokovec, Slovakia, 6-10/10/2010
- “The VIII World Congress on High Altitude Medicine and Physiology” - CARLOS MONGE CASSINELLI. Arequipa, Peru- 9-13/8/2010
- “*American Heart Association’s Core Instructor Course – Basic Life Support / Automated External Defibrillation Instructor course – Basic Life Support for Health Care Providers Instructor course – Heartsaver Instructor course – First Aid instructor course*” - American Heart Association – Instructor/Skills Evaluator Number: 08101965582, 21-23/7/2010
- “PHTLS” Prehospital Trauma Life Support, Instructor course, National Association of Emergency Medical Technicians & American College of Surgeons – Hellenic National Center, University of Patras – Medical School. National Course Number PH-10-4755-05, 27/6/2010
- “PHTLS” Prehospital Trauma Life Support, Provider course, National Association of Emergency Medical Technicians & American College of Surgeons – Hellenic National Center, University of Patras – Medical School. National Course Number PH-10-4754-03, 4-5/6/2010

- “Continuing Mountain Medicine Education” Refresher course (35 hours of CPD by the Royal College of Surgeons of Edinburgh) Medical Expeditions - Royal College of Surgeons of Edinburgh, La Grave, France, 6-13/2/2010
- “ADVANCED PRE-HOSPITAL EMERGENCY CARE” British Association for Immediate Care - Royal College of Surgeons of Edinburgh, Madingley Hall, Cambridge, UK, Certificate number PHEC/0151/2009, 28/9 - 2/10/2009
- “International Commission for Mountain Emergency Medicine” International Commission for Alpine Rescue, Medical Commission (ICAR MEDCOM), Fall Meeting 2009, Zermatt, Switzerland, 23-27/9/2009
- “International Commission for Mountain Emergency Medicine” International Commission for Alpine Rescue, Medical Commission (ICAR MEDCOM), Fall Meeting 2008, Chamonix, France, 8-12/10/2008
- “International Commission for Mountain Emergency Medicine” International Commission for Alpine Rescue, Medical Commission (ICAR MEDCOM), Spring Meeting 2008, Lecco, Italy, 23-27/4/2008
- “ATLS” Advanced Trauma Life Support, *Reverification*. American College of Surgeons – Hellenic Chapter, Hellenic National Center, University of Patras – Medical School – Department of Surgery. Course serial no 31791-P, 23-24/11/2007
- “International Commission for Mountain Emergency Medicine” International Commission for Alpine Rescue, Medical Commission (ICAR MEDCOM), Fall Meeting 2007, Pontresina, Switzerland, 17-21/10/2007
- “Mountain & Wilderness Medicine World Congress 2007” Wilderness Medical Society, & International Society for Mountain Medicine, Aviemore, Scotland, 3-7/10/2007
- “MFA” Medic First Aid – Instructor course / Pediatric First Aid, Automated External Defibrillator and Oxygen Provider, Emergency Medical Provider (EMP) International Registry, Certificate no 1053GR, 02/2006
- “ALS” Advanced Life Support Course, European Resuscitation Council – Hellenic Cardiology Society, Certificate No 30-06-00599-03-29, 10-12/11/2005
- “PHTLS” Prehospital Trauma Life Support, provider course, National Association of Emergency Medical Technicians & American College of Surgeons – Hellenic Chapter, University of Patras – Medical School, 29-30/03/2004
- “MFA” Medic First Aid – Instructor course / Basic Medic First Aid, Emergency Medical Provider (EMP) International Registry, Certificate no 1053GR, 18/01/2004
- “ATLS” Advanced Trauma Life Support, provider course. American College of Surgeons – Hellenic Chapter, Hellenic National Center – Medical School – Department of Surgery, Course Serial No 23048-P, 22-23/11/2002
- “ACLS” Advanced Cardiac Life Support Course, American Heart Association, Hellenic Air Force, Greek Air Force Military Hospital, 21-22/5/1998

Computer / IT Skills

Fully competent in Word, Excel, PowerPoint, and Internet.

Language Skills and Special Interests

Languages

- Greek: native language
- English: fluent

Interests and Activities

- Volunteer medical work at the Psychosocial Rehabilitation center of Refuges with Political Asylum "IOLAOS" (2004-2007)
- Member of Hellenic Mountain Rescue Team of Attica (2000-2011)
- Mountaineering, Mountain-Bike
- Rock Climbing, Ice Climbing
- Paragliding
- Listening to classical music, gardening

Referees

1. Dr. Stefanos Labropoulos
Consultant in Medical Oncology
3st Department of Internal Medicine - Oncology
Ygeia Hospital
Athens, Greece
Tel: 00306932190908
Fax: 00302106867175
E-mail: slabropoulos@yahoo.com
2. Dr. Andrew Molyneux
Consultant in Respiratory Medicine
Sherwood Forest Hospitals NHS Foundation Trust
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Nottinghamshire
Tel (main switchboard): 01623622515
Tel (direct call): 01623672412
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3. Dr. Christos Dimopoulos
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4. Dr. David Marshall
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Secretary: 01475 505106
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5. Dr. Andreas Petounis
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6. Dr. Elena Goga
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National and Kapodistrian University of Athens, Medical School
"Laiko" Hospital, Athens, Greece
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Fax: 00302107781517
E-mail: hgogas@hol.gr

7. Dr David Hillebrandt
GP, Honorary lecturer University of Leicester
Derriton House
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Holsworthy, Devon, UK
Tel: 00 44 (0)1409 253814
E-mail: hillebrandt@freenetname.co.uk

8. Dr. John Ellerton
GP, Medical Officer for England and Wales Mountain rescue
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Cumbria, CA11 7UL, UK
Tel: 0044 (0)7913612911
E-mail: johnellerton01@btinternet.com