

Curriculum Vitae (5/2021)

Name: Charikleia

Surname: Vrettou

Postal Address: 2 Makedononst, 11521, Athens, Greece.

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Email: vrettou@hotmail.com

Date of birth: 5/20/1973

Family Status: Married

Professional Societies: Greek Society of Intensive Care Medicine,
European Society of Intensive Care Medicine, General Medical Council UK, Athens
Medical Association.

Currently held post: ICU consultant, 1st ICU department, Evangelismos General
Hospital, Athens, Greece.

Research areas of interest

Neurocritical Care, ARDS, Multiple Organ Failure, Neuromonitoring, Medical
Education.

Postgraduate Training

2014: PhD Title “Mechanical ventilation with high frequency oscillation and tracheal
gas insufflation in ARDS patients.” Athens Medical School, supervising Prof. Spyros
Zakynthinos

2011: European Diploma in Intensive Care (EDIC).

2010 – 2011: Neuro-Critical Care Unit Addenbrooke’s Hospital, Cambridge University
Hospitals NHS Foundation Trust, Clinical fellow.

2009: Intensive Care Medicine Greek board exams.

2008: Emergency Prehospital Care Postgraduate Training –National Centre for
Emergency Care.

2006: Internal Medicine Greek board exam

2005: MRCP UK (London).

Medical Degree

1999: Ptychion Iatrikis, Medical School, University of Crete, Greece.

Publications:

1. Routsis C, Magira E, Kokkoris S, Siembos I, **Vrettou C**, Zervakis D, Ischaki E, Malachias S, Sigala I, Asimakos A, Daidou T, Kaltsas P, Douka E, Sotiriou A, Markaki V, Temberikidis P, Koroneos A, Politis P, Mastora Z, Dima E, Tsoutsouras T, Papahatzakis I, Gioni P, Strilakou A, Maragouti A, Mizi E, Kanavou A, Sarri A, Gavrielatou E, Mentzelopoulos S, Kalomenidis I, Papastamopoulos V, Kotanidou A, Zakyntinos S. Hospital Resources May Be an Important Aspect of Mortality Rate among Critically Ill Patients with COVID-19: The Paradigm of Greece. *J Clin Med*. 2020 Nov 20;9(11):3730. doi: 10.3390/jcm9113730. PMID: 33233686; PMCID: PMC7699728.
2. Kokkoris S, Papachatzakis I, Gavrielatou E, Ntaidou T, Ischaki E, Malachias S, **Vrettou C**, Nichlos C, Kanavou A, Zervakis D, Perivolioti E, Ranellou K, Argyropoulou A, Zakyntinos S, Kotanidou A, Routsis C. ICU-acquired bloodstream infections in critically ill patients with COVID-19. *J Hosp Infect*. 2021 Jan;107:95-97. doi: 10.1016/j.jhin.2020.11.009. Epub 2020 Nov 18. PMID: 33217490; PMCID: PMC7671926.
3. Ilias, Ioannis, Mantziou, Vassiliki, Vamvakas, Efstratios, Kampisiouli, Efstathia, Theodorakopoulou, Maria, **Vrettou, Chariklia**, Douka, Evangelia, Vassiliou, Alice G., Orfanos, Stylianos, Kotanidou, Anastasia and Dimopoulou, Ioanna. "Post-Traumatic Stress Disorder and Burnout in Healthcare Professionals During the SARS-CoV-2 Pandemic: A Cross-Sectional Study" *The Journal of Critical Care Medicine*, vol.7, no.1, 2021, pp.14-20. <https://doi.org/10.2478/jccm-2020-0042>
4. **Vrettou CS**, Korompoki E, Sarri K, Papachatzakis I, Theodorakopoulou M, Chrysanthopoulou E, Andrianakis IA, Routsis C, Zakyntinos S, Kotanidou A. Pupillometry in critically ill patients with COVID-19: a prospective study. *Clin Auton Res*. 2020 Dec;30(6):563-565. doi: 10.1007/s10286-020-00737-7. Epub 2020 Oct 7. PMID: 33029750; PMCID: PMC7539751.
5. Alice G. Vassiliou , Edison Jahaj , IoannisIlias , VassilikiMarkaki, SotiriosMalachias, **CharikleiaVrettou** , Eleni Ischaki, ZafeiriaMastora, Evangelia Douka, ChrysiKeskinidou , StamatiosTsipilis, Dimitra A. Vassiliadi, Anastasia Kotanidou and Ioanna Dimopoulou Lactate Kinetics Reflect Organ Dysfunction and Are Associated with Adverse Outcomes in

Intensive Care Unit Patients with COVID-19 Pneumonia: Preliminary Results from a GREEK Single-Centre Study. *Metabolites* 2020, 10, 386; doi:10.3390/metabo10100386

6. Sofia Athanasiou, Christina Aslanidi, Aikaterini Sarri, Panagiotis Prigouris, **Charikleia S. Vrettou**, Aikaterini Pavlopoulou. Intramural gastric air in an acutely ill patient with endoscopic and surgical correlation *Radiology Case Reports* 15 (2020) 1155–1158 <https://doi.org/10.1016/j.radcr.2020.04.050>
7. Marielena Papadaki, Maria Pratikaki, Achilleas Giannopoulos, Theodora Ntaidou, Eleftheria Mizi, Marios Kougiaris, Georgios Bouboulis, Aikaterini Sarri, **Charikleia S. Vrettou** Correlation of Serum and Urine Midazolam Levels with Consciousness Tests after Discontinuation of Sedation in the Intensive Care Unit *HOSPITAL CHRONICLES* 2019, 14(2): 48–53
8. Mentzelopoulos SD, Koliantzaki I, Karvouniaris M, **Vrettou C**, Mongardon N, Karlis G, Makris D, Zakyntinos E, Sourlas S, Aloizos S, Xanthos T, Zakyntinos SG. Exposure to Stress-Dose Steroids and Lethal Septic Shock After In-Hospital Cardiac Arrest: Individual Patient Data Reanalysis of Two Prior Randomized Clinical Trials that Evaluated the Vasopressin-Steroids-Epinephrine Combination Versus Epinephrine Alone. *Cardiovasc Drugs Ther.* 2018 Aug;32(4):339-351. doi: 10.1007/s10557-018-6811-0. Erratum in: *Cardiovasc Drugs Ther.* 2018 Dec;32(6):639-641. PMID: 30084038.
9. Ismini Lasithiotaki, Aikaterini Megalou, Stefanos Korfiaris, Stamatis Banos, **Charikleia S. Vrettou**. Dexmedetomidine for Paroxysmal Sympathetic Hyperactivity in a Patient with Traumatic Brain Injury: A Case Report in the Intensive Care Unit. *HOSPITAL CHRONICLES* 2017, 12(1-4): 30–34.
10. M. Loulakis, G. Blatsios, **C. S. Vrettou** and I. K. Kominis Quantum Biometrics with Retinal Photon Counting *Phys. Rev. Applied* 8, 044012 – Published 24 October 2017
11. SD Mentzelopoulos, S Malachias, **C Vrettou**, SG Zakyntinos: Meta-analysis of High-frequency Oscillation in Acute Respiratory Distress Syndrome and Accuracy of Results, *Anesthesiology* (2016) 124 (1), 246-247
12. SD Mentzelopoulos, **CS Vrettou**, SG Zakyntinos: Letter by Mentzelopoulos et al Regarding Article β -Adrenergic Receptor–Mediated Cardiac Contractility Is Inhibited Via Vasopressin Type 1A-Receptor–Dependent Signaling, *Circulation* (2015) 132 (9), e134-e134. doi:

13. G Argyriou, **CS Vrettou**, G Filippatos, G Sainis, S Nanas, C Routsis: Comparative evaluation of Acute Physiology and Chronic Health Evaluation II and Sequential Organ Failure Assessment scoring systems in patients admitted to the cardiac intensive care unit, *Journal of critical care* (2015) 30 (4), 752–757. doi:10.1016/j.jcrc.2015.04.014
14. SD Mentzelopoulos, **CS Vrettou**, SG Zakynthinos: Vasopressin vs Terlipressin and low-dose vs high-dose steroids, *Pediatric Critical Care Medicine* (2014) 15 (8), pp794–795. doi: 10.1097/PCC.0000000000000217
15. **CS Vrettou**, SG Zakynthinos, S Malachias, SD Mentzelopoulos: The effect of high frequency oscillatory ventilation combined with tracheal gas insufflation on extravascular lung water in patients with acute respiratory distress syndrome: a randomized, crossover, physiological study, *Journal of Critical Care* (2014) 29(4), pp 568–573. doi:10.1016/j.jcrc.2014.03.020
16. F Sanfilippo, T Veenith, C Santonocito, **CS Vrettou**, BF Matta: Liver function test abnormalities after traumatic brain injury: is hepato-biliary ultrasound sensitive? *Br. J. Anaesth.* (2014) 112(2): pp 298–303. doi:10.1093/bja/aet305
17. **CS Vrettou**, SG Zakynthinos, S Malachias, SD Mentzelopoulos: High frequency oscillation and tracheal gas insufflation in patients with severe acute respiratory distress syndrome and traumatic brain injury: an interventional physiological study, *Critical Care* (2013), 17:R136, doi: 10.1186/cc12815
18. **CS Vrettou**, D Zervakis, A Priovolos, S Koskina, M Tsamouri, C Routsis: MELAS syndrome diagnosed in ICU in a 56-year-old patient presenting with Status Epilepticus, *Intensive Care Medicine* 39 (2013), No 6, pp 1148-1149, doi:10.1007/s00134-013-2884-1
19. **CS Vrettou**, LC Stavrinou, S Halikias, M Kyriakopoulou, S Kollias, G Stranjalis, A Koutsoukou: Factor XIII deficiency as a potential cause of supratentorial haemorrhage after posterior fossa surgery, *Acta*

Neurochirurgica, 153 (2010), No 3, 529–532, doi:10.1007/s00701-009-0432-0

20. C. Routsis, M Pratikaki, C Sotiropoulou, E Platsouka, V Markaki, S Nanas, **CS Vrettou**, O Paniara, H Giamarellou, C Roussos: Carbapenem-resistant versus carbapenem-susceptible *Acinetobacter baumannii* bacteraemia in critically ill patients: risk factors, clinical features and outcomes, *Infection*, 38 (2010), No 3, 173–180, doi: 10.1007/s15010-010-0008-1

Other Research Activities

1. Collaboration in the «ESTIMATOR» Clinical Study, 2011
2. Collaboration and National Coordinator for the SYNAPSE ICU study, 2019.
3. Referee for the BMJ and the Journal of Clinical Case Reports.
4. Grants awarded: Program “Heraclitus II” 2012, and also participation in the program “Synergasia” 2014.