

CURRICULUM VITAE

SPECIALITY: General Practice

PERSONAL INFORMATION

Title: M.D.
 Christian Name: Panagiotis
 Family Name: Vagianas
 Home Address: Roumelis str. 07
 Postal Code: 3077
 City: Limassol
 Country: Cyprus
 Company name : P. Vagianas & Co DLC based in Cyprus

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 E-mail Address: P.vagianas.dlc@cytanet.com.cy
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 Telephone (mobile): +353872810981

Date of Birth: 30/04/1977
 Citizenship: Greek
 Gender: Male

Marital Status: Married
 Spouse's profession: Chemist
 Children: 2 daughters & 1 son

License to practice in: Country Greece
 Driving licence: Type B (cars up to 1.5 tons)

MEDICAL AND ACADEMIC DEGREES

Degree	Subject of Speciality, university	Year
Medical Doctor	Medical faculty of Nis, Serbia	2005
1 st Specialisation	Family Medicine	2012
2 nd Specialisation		
Ph.D.	Subject, Tutor:	

EDUCATION (Courses and postgraduate training)

From (year):	To (year)	Name and location (city of Department/Clinic of University)	Subject or speciality & tutor's name	Level of course (degree, diploma certificate, etc.)
1996	2005	Medical Faculty of Nis, Serbia		Medical Degree
2008	2012	General Hospital of Amaliada General Hospital of Pirgos University Hospital of Patrai	PhD Kapompasi	Specialisation title

Clinical skills, techniques, and experience

Clinical skill, technique, or type of experience	Medical condition/area of clinical practice	Years of experience
Common eye symptoms	Family Medicine Ophthalmology As a GP registrant and specialist	2 months 7 years
Otoscopy, audiogram interpretation, treatment of common diseases	Family Medicine Otolaryngology As a GP registrant and specialist	3 months 7 years
Examination and treatment of adults end of the elderly people, Inhalations	Family Medicine Internal medicine Pneumonology As a GP registrant and specialist	6 months 1 month 7 years
Examination and treatment of neonates, infants and Children up to 14 years old, Diagnosis and treatment of infectious and invasive diseases	General Practice Paediatrics As a GP registrant and specialist	4 months 7 years
Experience in obstetrics and gynaecology, Examination of Pregnant women	General Practice Obstetrics and gynaecology As a GP registrant and specialist	4 months 7 years
Scoliosis screening, sport injuries, low back pain, shoulder pain, bone fractures, joint pain, tendonitis	Family Medicine Orthopaedics As a GP registrant and specialist	3 months 7 years
Examination, treatment, immunization	Family Medicine Paediatrics As a GP registrant and specialist	4 months 6 years
Diagnosis of depression, fear, psychosis, mental disorders	Family Medicine Psychiatry As a GP registrant and specialist	4 months 3 years
Allergic, virus, fungi diseases of skin	Family Medicine Dermatology As a GP registrant and specialist	2 moths 6 years
Suture removal, tetanus prophylaxis, burn treatment, open trauma closure, animal bites, insect bites, foreign bodies removal	Family Medicine Surgery (general) - Orthopaedics As a GP registrant and specialist	7 months 7 years
Assessment of cardiologic risk factors of 40 and 50 year old patients, Vaccinations	Family Medicine Internal medicine Cardiology Pediatics As a GP registrant and specialist	6 months 4 months 4 months 6 years
Primary healthcare services	Primary care health center As a GP registrant and specialist	10 months 7 years
Intensive care unit patients treatment	Intensive care unit	1 month

Specification of the main experience	Unit a number of surgeries/tasks per year ***
Physical examination	8000 per year
Examination of cardiovascular system (peripheral arterial circulation)	
Examination of cardiovascular system (peripheral venous circulation and lymphatic system)	
Examination of cardiovascular system (auscultation)	
-ECG	
-measurement of arterial blood pressure by Korotkow method;	
-24-hours monitoring of arterial blood pressure(m.Holter)	
Examination of respiratory tract (auscultation, percussion)	7000 per year
Examination of the abdomen	6500 per year
Examination of nervous system (including examination of individual cranial nerves, assessment of meningeal signs)	1000 per year
Approximate examination of visual acuity	30 per year
Otoscopic examination	100 per year
Psychiatric examination	10 per year
Ability to carry ECG examination and its interpretation	2000 per year
Ability to carry indirect cardiac massage and artificial respiration (CPR)	
Ability to draw venous blood	2000 per year
Ability to carry intravenous injections	100 per year
Ability to carry intramuscular injections	500 per year
Ability to carry subcutaneous injections	100 per year
Ability to carry intracutaneous injections	100 per year
Ability to carry strip tests	50 per year
Ability to sound stomach and duodenum and to carry gastric lavage	150 per year
Per rectum examination, including examination of prostatic gland	10 per year
Urinary bladder catheterization	200 per year
Examination of thyroid gland	20 per year
Examination of mammary gland	50 per year
Examination of large joints	1000 per year
Examination of ribs in case of suspected fracture	100 per year
Examination of oral cavity, pharynx, salivary glands, and nose	500 per year
Ability to take pharyngeal, nasal, and vaginal swabs	20 per year
Ability to carry local & infiltration anesthesia	300 per year
Ability to carry minor surgical procedures, surgical wound dressing, draining, incision, extirpation, and puncture	300 per year
Dressing change, elimination of sutures and drains	50 per year
Immobilization of fractures for transport	10 per year
Approximate calculation of delivery date	20 per year
Elimination of nasal, ear foreign bodies, ear wax	10 per year
Blocking of nasal bleeding	5 per year

***** The numbers mentioned on the board occurred while I was in the process of specialization. From 23/07/2012 I am working as a private family doctor, so my patients are mostly visiting me for routine control, chronic diseases such as, diabetes, hypertension, dyslipidemia, chronic obstructive lung disease, depression and mostly infections (upper – lower respiratory tract, gastrointestinal infections, infections of the urinary tract, sinusitis, joint pains etc.), Allergies and mostly cases linked to internal medicine. I also perform vaccination, and examine children. In home visits I am mostly treating patients with ulcers, I am changing Foley catheters, Levine catheters and various infections. In my practice I can take care of wounds, minor trauma, perform ECG, aspiration, Otoscopy, ophthalmoscopy, rinoscopy etc.**

Recent clinical work

Description of your clinical experience.

I specialised in Family medicine from 20/01/2008 until 20/01/2012. My specialization took place in the General Hospitals of Amaliada (100 beds) and the General hospital of Pírgos (250 beds). For the dermatology and biostatistics training i went to the University Hospital of Patra named Rion. I kept working in the General hospital of Amaliada, after finishing my specialisation training, until 08/07/2012. Since 23/07/20012 I am running my private medical office. While in specialisation i worked 200 hours monthly plus shifts about 150 hours extra monthly. That is about 350 hours monthly. I was working approximately 270 days in a year. I examined daily 15 to 60 patients. In the Greek healthcare system registrants cover the ER section and the various clinics. The ER section of every hospital offers primary healthcare services but not only for the urgent cases. That is why ER accepts patients of various conditions (urgent, less urgent, not at all urgent). The ER section consists of the Surgical section, Internal medicine section, Paediatric section and Cardiology section. Still there is not a sufficient triage system and until things get clear you treat patients in a spherical way.

REGISTRATION TO MEDICAL COUNCILS

- 1. Greek Medical Council No: 125146**
- 2. Irish Medical Council No: 418171**
- 3. Cyprus Medical Council No: 6378**
- 4. General Medical Council UK No: 7497618**
- 5. Honorary member of the MRCA – CY
(Mediterranean Royal Colleges Associations - Cyprus)**

LANGUAGES

Spoken

Written

Greek	Native	Native
English	Fluent	Fluent
Serbian	Fluent	Fluent
French	Basic	Basic

Employment

From (year)	To (year)	Employer (Hospital, xxx, Section)	Location (City)	Position (type of Job)
2008	2012	General Hospital of Amaliada	Amaliada	Registrant
2012	2015	Private family medicine Practice	Amaliada	GP specialist
2015	2018	GP specialist in Health center of Servia	Kozani	GP Specialist
2016	2019	General Practitioner - Locum	Ireland	GP Specialist
2018	2019	A & E 's Dr. General Hospital Limassol	Cyprus	A&E's Physician
2019	Today	Personal Doctor in the GHS - Limassol	Cyprus	GP Specialist

Working Experience in Ireland (HSE)

Registered in the specialist list of the Irish Medical Council since June 2016 –
Working as a GP Locum from November 2016 until today.

1. Out of Hours work , providing healthcare service to **CAREDOC** mostly based in Co. Wexford (Health centres of Wexford, New Ross, Gorey, Enniscorthy, Kilkenny and Carlow). **OOH** from November 2016 until August 2017 -- **912 hours**
1. Worked for **Enniscorthy and Whitemill Medical centres** in May 2017 -- **17 hours**
2. Worked for **Dr. Paul Curran's practice** in Wexford town in June 2017 – **56 hours**
3. Worked for **The Palms Surgery** in Gorey town in August 2017 – **128 hours**
4. Worked for **the Carraroe HSE health centre** in August 2017 – **36 hours** day work and **63 hours** OOH.
5. Worked for **Dr. Micahel Twomey's practice** in Youghal in December 2017 – **96 hours**
6. Worked for **Dr. Fergal Slevin's practice** in Ardmore February 2018 – **64 hours**
7. Worked for **Shandon Medical clinic** in Dungavan February – March 2018 – **80 hours**
8. Worked for **Clayton's Medical centre** in Carlow February 2018 – **24 hours**
9. Worked in **OOH service** in the Waterford **Caredoc** centre in February 2018 - **35 hours**
10. Worked for **The Keogh Practice** in Waterford May 2018 – **112 hours**
11. Worked in **OOH service** in the Portaloise **Midoc** centre in May 2018 – **14 hours**
12. Worked in **OOH service** in the Waterford **Caredoc** centre in May 2018 – **10 hours**
13. Worked for **Enniscorthy Medical centre** in July 2018 – **72 hours**
14. Worked in **OOH service for Caredoc** in July 2018 – **38 hours**
15. Worked for **Kylecourt practice in Tipperary** town in August 2018 – **120 hours**
16. Worked in **OOH service for Caredoc** in August 2018 – **36 hours**
17. Worked in **Adamstown Health Centre** in October 2018 – **72 hours**
18. Worked in **OOH service for Caredoc** in September – October 2018 – **66 hours**
19. Worked in the **A&E's General Hospital of Limassol** from 14.11.2018 till 13.02.19 **38h / week**
20. Worked in **OOH service for Shannondoc** in March 2019 – **84 hours**
21. Worked in **Milltown HSE health centre** in April 2019 – **152 hours**

Note:

In the OOH service there were three options while providing care, Examining patients in the premises of the OOH service, attending Home visits and many cases would be completed as a doctors Advice through a phone call...

Working experience in Cyprus

1. **Physician in the Accident and emergencies department in the general hospital of Limassol from November 2018 until February 2019**
2. **GP specialist providing service both as a personal doctor contracted with the newly founded healthcare system in Cyprus – GHS (General Healthcare System) and as a private doctor. From June 2019 until today.**

Research

Please specify your main area of interest in research.

1. Nutritional Medicine
2. Diabetology, Metabolic syndrome
3. Preventive medicine
4. Epidemiology – contagious diseases, ‘crisis’ situations handling

MEDICAL CONFERENCES ATTENDED

Name of Conference, place, date

- **25th International Medical student Conference** Ohrid 23-26 May 2002.
- **Three days lasting Seminar** on the topic ‘‘The prevention of drugs in the army’’ Arta 6-9 June 2005, 10-hour duration.
- **19th Regional Seminar** of the Central Western Macedonia’s Orthopedics – Ptolemais 5-7 October 2007.
- **Workshop ‘‘Lung Cancer’’**– Kozani 17 October 2007
- **Workshop ‘‘Documented Pharmacotherapy: Therapy in Clinical Practice’’**- Kozani 12 January 2008
- **6th Workshop on Pediatric Pulmonology**– Conference and Cultural Centre of the University of Patrai 23 & 24 February 2008.
- **1st Pan-Epirus Symposium of General Medicine** – Ioannina 1 & 2 March 2008.
- **Workshop for General Practice Registrants** with topic ‘‘ Treatment of patients with coronary heart disease, hypertension ‘‘ – Agrinion 19 March 2008.
- **Workshop ‘‘Achaean Days of Pathology’’** – Patrai 29 & 30 March 2008.
- **Workshop ‘‘ Treatment of Dyslipidemia in everyday practice’’** – Agrinion 16 April 2008.
- **20th Pan-Hellenic Congress of General Medicine** Kyllini – 30 April to 4 May 2008.
- **BLS/AED Provider Course from European Resuscitation Council** Pyrgos 3 May 2008
- **General Medicines Educational Meeting of Western Greece with subject: ‘‘ Blood Hypertension. What should the Primary Health Care doctor know’’** - Amaliada 16 May 2008.
- **Postgraduate Seminar ‘‘Parenteral administration Diet: from theory to practice’’** - Patrai 31 May 2008.

- **6th Multidisciplinary Medical Congress** Lakonia- Vathy Gythion 27 - 28 June.
- **Postgraduate regional Seminar of Orthopedics** – Amaliada 21 September 2009.
- **3th Scientific meeting of the Greek Pediatric Academy** – Skafidia, Iliia 26-28 September 2008.
- **Scientific event “Cardiac Insufficiency”** Zakynthos 19-21 September 2008
- **Workshop “Molecular Techniques in Clinical Microbiology”** Athens 24 January 2009.
- **1st Pan-Hellenic Symposium in General Medicine** Athens 23-24 January 2009
- **Educational Workshops on primary health Care “G. Papadakis”** Piraeus 16 to 21 February 2009
- **Postgraduate Seminar “Diagnosis and treatment of Cardiovascular disease in the context of primary Health Care”** Piraeus 21 February 2009.
- **Workshop “Modern doctor In front of the dilemmas of everyday abbreviation: Original brand name drugs or Generics”** Athens February 21, 2009.
- **Postgraduate Seminar “Daily clinical Problems in primary Health Care”** Agrinion 18 March 2009.
- **4th Multidisciplinary seminar on Primary Health Care** - Kyllini 18 to 21 June 2009.
- **6th Diabetological Conference:** “Knowledge based on the indication. Make the correct; A timeless dilemma” Patrai 20 to 22 November 2009.
- **31th year further training courses in diabetes mellitus** Athens 23 to 27 November.
- **Scientific event “Developments in prevention and treatment of cardiovascular diseases”** Olympia 28 November 2009.
- **Clinical Tutorial “Urgent in primary health care 2010”** Athens 29/01/2010.
- **Clinical Tutorial “Key points in the successful Treatment of COPD”** Athens 29/01/2010.
- **2nd Pan-Hellenic Symposium of General Medicine** 29 & 30 January National Research Foundation, Athens, Greece.
- **Tutorial “Management of patient with osteoporosis in primary health care. Myths and reality”** Patrai 24 February 2010.
- **3rd Congress on infectious diseases** - Pathological clinic of the Medical Department of the University of Patrai “Developments in infectious diseases” Patrai 26 to 28 February 2010.
- **Postgraduate Seminar “Management of patient with type 2 diabetes Mellitus in primary health Care”** Patrai 12 to 21 March 2010.
- **3rd Postgraduate Seminar “Infections and antimicrobial therapy in primary care”**. National School of public health – Athens 22 & 23 March 2010.
- **22nd Congress of General Medicine.** Kerkira 7 to 11 April 2010.
- **16th Panhellenic congress in Primary Health care “Papadakis Conferences”.**

PRESENTATIONS

Name of the publication and name of Congress.

- **Caryotypic Analysis of Fine Needle Aspirates** [**Panagiotis N. Vagianas**, Dr. Dragan Mihailovic]
(25th International Medical Students' Scientific Congress – Ochrid FYROM 19-22 May 2005)
{Lecturer}.
- **Association of stress disorders and depression manifestations at a sample of diabetic patients.** [Liatsos Xr., Mpalta D., Koliantzakh S., Andriwths A., Kwnstantinopoylos P., Kosma Aik., Sorras K., Saltamayros Al., Michopoulos I., **Vagianas P.**, Papadimitriou D., Sinikof G., Dimitrakopoulos Sp.]
(22nd Pan-Hellenic Congress of General Medicine Kerkira 07-11 April 2010). {Lecturer}.
- **Microbes Isolation and antibiotic resistance in patients with urinary tract infection divided in two groups' non-diabetic patients and others suffering from diabetes mellitus.** [Liatsos Xr., Mpalta D., Koliantzakh S., Andriwths A., Kwnstantinopoylos P., Kalapodh M., Swrras K., Saltamayros Al. , Mixopoylos I. , Lamprh N., Bagianas P., Dhmhtrakopoylos Sp.]
(22nd Pan-Hellenic Congress General Medicine). {Lecturer}.

PUBLICATIONS

Name of the author, name of the publication and the journal, year, name , pages.

- **Caryotypic Analysis of Fine Needle Aspirates** [**Panagiotis N. Vagianas**, Dr. Dragan Mihailovic]
(25th International Medical Students' Scientific Congress – Ohrid FYROM 19-22 May 2005)
{Lecturer}.
- **Air Collection sub diaphragmatically without perforation of visceral organs.** [A. Mparlas, N. Antonakopoulos, E. Zampeli, P. Kallidwnis, E. Demetropoulos, **P. Vagianas**, G. Ramarosan]
(6th Multidisciplinary medical Conference, 27-28 June 2008).
- **Using DCS in Subtrochanteric fractures of femur.** [Karaindros K. Karioris G., Papadopoulous F., **Vagianas P.**, Syrimpeis B., Tzamper T.] (Postgraduate peripheral seminar of Orthopedics -- Peloponnese 2008, Amaliada 19-21 September 2008).
- **Is the dietary conformation possible for the High Blood pressure patients? What is the role of general practitioner in this?**

[I. Lentzas, E. Chatzopoyloy, M. Darras, **P. Vagianas**, Simatos D., A. Katsanaki, G. Mantzoyranis]

(21st Pan-Hellenic Congress General Medicine).

- **The prevalence of cardiovascular risk factors on a random sample of the population who were treated in the Health center of Gastouni**

(21st Pan-Hellenic Congress General Medicine)

[I. Lentzas, B. Gkarmiri, Ch. Haideftos, P. Boila, G. Tsiros, G. Tzabara, G. Chatziloloy, G. Kapsokwsta, M. Darras, **P. Vagianas**, G. Mantzoyranis] (21st Pan-Hellenic Congress of General Medicine 22-26 April 2009)..

- **The diagnostic value of quantitative C-protein in the quiver of the primary health care doctor.**

[I. Lentzas, E. Xatzopoyloy, M. Darras, P. Vagianas, D. Simatos, A. Katsanakh, A. Mproystras, G. Tsiros, G. Mantzoyranis, N. Razhs]

(21st Pan-Hellenic Congress of General medicine 22-26 April 2009).

- **The main diseases of the elderly in the Health center of Gastouni responsibility area.**

[I. Lentzas, A. Katsanaki, X. Androytsoyloy, H. Arbanitakhs, S. Kotsayth, D. Tyrosboyths, D. Lianas, X. Sampaziwth, G. Mantzoyranis, **P. Vagianas**, S. Adaos]

(22nd Pan-Hellenic Congress of General Medicine Kerkira 07-11 April 2010).

- **Association of stress disorders and depression manifestations at a sample of diabetic patients.**

[Liatsos Xr., Mpalta D., Koliantzakh S., Andriwths A., Kwnstantinopoylos P., Kosma Aik., Swrras K., Saltamayros Al., Mixopoylos I., **Vagianas P.**, Papadhmhtrioy D., Sinikof G., Dhmhtrakopoylos Sp.]

(22nd Pan-Hellenic Congress of General Medicine Kerkira 07-11 April 2010). {Lecturer}.

- **Knowledge, concepts and treatment of women regarding to the Pap-Test in the Health center of Gastouni responsibility area.**

[I. Lentzas, A. Katsanakh, **P. Vagianas**, M. Darras, F. Giannikopoyloy, E. Xatzopoyloy, D. Lianas, X. Sampaziwth, G. Mantzoyranhs]

(22nd Pan-Hellenic Congress General Medicine).

- **Food Groups and glycaemic control in people with and without diabetes mellitus type II.**

[I. Lentzas, B. Gkarmirh, A. Katsanakh, E. Xatzopoyloy, **P. Vagianas**, M. Darras, D. Tyrosboyths, D. Lianas, A. Melidwnhs, G. Mantzoyranhs]

(22nd Pan-Hellenic Congress of General Medicine).

- **Microbes Isolation and antibiotic resistance in patients with urinary tract infection divided in two groups' non-diabetic patients and others suffering from diabetes mellitus.**

[Liatsos Xr., Mpalta D., Koliantzakh S., Andriwths A., Kwnstantinopoylos P., Kalapodh M., Swrras K., Saltamayros Al. , Mixopoylos I. , Lamprh N., Bagianas P., Dhmhtrakopoylos Sp.]

(22nd Pan-Hellenic Congress General Medicine). {Lecturer}.

- **Experience in dealing with extensive destruction by fire – in the Prefecture of Ilia.**

[Liatsos Xr., Dhmhtrakopoylos Sp., Stamirhs X., Gkantaihs N., Koliantzakh S., Gkiwnh

K., Sidhropoyloy An.3, Prwtopapas P., Mponas Ap., Saltamayros Al, Sakellaropoyloy Th., Galanopoyloy L., Oikonomopoylos N., Sidhropoylos N., **Vagianas P.**]

- **Treatment of panic in primary health care centers.** [Liatsos Xr., Dhmhtrakopoylos Sp, Stamirhs X., Koliantzakh S., Andriwths A., Arbanitakhs Hl., Koyrhs M., Swrras K., Papadhmhtrioy D, Saltamayros Al., **Vagianas P.**]

International experience

Describe your international experience from, work, studies and vacations.

Studied Medicine in Serbia from 1996 to 2005, Attended the 25th International Medical Students' Scientific Congress in Ohrid FYROM 19-22 May 2005 as a lecturer, visited Balkan countries and Italy for vacations.

Future plans for clinical work

Make a description of your preferred clinical work for the future.

- I would like to attend postgraduate studies in Medical Nutrition
- Specialize in Diabetology
- Obtain experience in Basic surgical procedures (carpal syndrome and other minor surgical procedures plus appendectomy, correction of hernia ingvinalis), Obstrectics (assist a mother in giving natural birth and perform caesarean section if urgently needed) , Gerontology and Preventive medicine
- I would like to improve my diagnostical skills as a General Practitioner using efficiently an Ultrasonograph and a Spirometer

Interests and hobbies

Shotokan Karate, Aikido, Byzantine chanting, reading, listening to classical music, computers
‘Unfortunately one lifetime is not enough ’

Family

Make a description of the plans for your spouse and children if you abroad. What would they like to do there?

My spouse would like to work as a chemist in chemistry field, she is also interested in developing her cooking skills, knowledge about nutrition etc.

My children are interested in educating themselves, sport activities, music e.t.c.

We would like to visit new places and meet new people.

Computer skills

- Cambridge International Diploma in IT skills (2008)
- Certificate of Visual Basic Object Oriented Programming (2008)

I am an advanced user of computers (service, software and hardware) with good knowledge of MS Office programs (Word, Excel, Power Point), Windows 98 , XP, Win7, Internet Explorer, and other software applications.

References

Reference Letters are attached by request.