

Curriculum Vitae of Charilaos Lygidakis



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CAREER STATEMENT

The choice of Family Medicine as my specialisation has not been a difficult one, since I have always been fascinated by the holistic approach and the patient communication in Primary Care. My principal areas of interest comprise the non-communicable diseases, the patient quality of life, and the patient-reported outcomes, but I have also had the opportunity to study and work on lifestyle interventions and medical education. Furthermore, I am interested in research and keen on being involved in various projects actively. For more than ten years, I have been participating in several international research projects, obtaining valuable experience as field investigator, research manager and coordinator.

Another significant part of my life involves technology. The eHealth, mobile health (mHealth), and social media revolution have been key sources of inspiration for my professional career, motivating me to explore the possibilities to improve health and healthcare through the implementation and integration of new technological tools. As such, the convergence of technology and primary care has become the main focus of my work.

EDUCATION AND QUALIFICATIONS

2007 – 2010	Diploma of Formal Qualification in General Practice / Family Medicine Department of Health, Emilia-Romagna Region, Italy
2006 – 2007	Postgraduate Diploma (European Qualification Framework Level 7) in Alcohol-related Problems and Diseases Faculty of Medicine, University of Florence, Italy
1998 – 2005	Integrated Bachelor's and Master's Degree in Medicine and Surgery, and Licence to Medical Practice Faculty of Medicine, University of Bologna, Italy

WORKING EXPERIENCE

6/2016 – Present	Research Unit INSIDE, University of Luxembourg PhD Student, developing the research project: " <i>Community- and mHealth-Based Integrated Management of Diabetes in Primary Healthcare in Rwanda: The D²Rwanda Study</i> " in collaboration with Aarhus University.
7/2015 – 1/2016	iheed Lead researcher for the project " <i>Improving health by using information and communications technology for innovative primary health care education</i> ".

- 1/2014 – 3/2014 **Centre for Global Health of the School of Public Health, University of Aarhus**
Guest researcher on electronically-delivered patient-reported outcomes.
- 1/2012 – 4/2016 **LumosMedica Srl**
Co-founder, Advisor
- 1/2011 – 5/2016 **Regional Health Service of Emilia Romagna**
Locum family doctor

ORGANISATIONS

- 7/2015 – Present **WONCA (World Organization of Family Doctors) Europe**
Executive Board, Honorary Secretary
- 9/2014 – Present **ISfTeH (International Society for Telemedicine and eHealth)**
Social Media Working Group Leader
- 10/2010 – Present **SITAB (Italian Society of Tobaccology)**
Member of the Scientific – Editorial board of the *Tabaccologia* journal
- 9/2011 – 7/2014 **Vasco da Gama Movement**
Chair (2012–2014); Executive Board – Image and Exchange Liaison (2011–2012)

SELECTED PUBLICATIONS

- Hunter R, Wallace P, Struzzo P, Vedova R Della, Scafuri F, Tersar C, **Lygidakis C**, et al. Randomised controlled non-inferiority trial of primary care-based facilitated access to an alcohol reduction website: cost-effectiveness analysis. *BMJ Open* [Internet]. 2017 Nov 1;7(11). Available from: <http://bmjopen.bmj.com/content/7/11/e014577.abstract>
- Wallace P, Struzzo P, Della Vedova R, Scafuri F, Tersar C, **Lygidakis C**, et al. Randomised controlled non-inferiority trial of primary care-based facilitated access to an alcohol reduction website. *BMJ Open* [Internet]. 2017 Nov 1;7(11). Available from: <http://bmjopen.bmj.com/content/7/11/e014576.abstract>
- Patel KD, McLoughlin C, **Lygidakis C**, Bollinger RC, Reeves S. Universal Health Coverage: an urgent need for collaborative learning and technology in primary care. *Educ Prim Care* [Internet]. Taylor & Francis; 2017;0(o):1. Available from: <http://dx.doi.org/10.1080/14739879.2017.1398052>
- Nabbe P, Le Reste JY, Guillou-Landreat M, Munoz Perez MA, Argyriadou S, Claveria A, Fernández San Martín MI, Czachowski S, Lingner H, **Lygidakis C** et al. Which DSM validated tools for diagnosing depression are usable in primary care research? A systematic literature review. *Eur Psychiatry*. Elsevier; 2016 Dec 18;39:99–105.
- Lygidakis H**, McLoughlin C, Patel KD. Achieving Universal Health Coverage: Technology for innovative primary health care education [Internet]. 2016. Available from: <https://issuu.com/iheed/docs/ict4uhreport>
- Le Reste JY, Nabbe P, Lazic D, Assenova R, Lingner H, Czachowski S, Argyriadou S, Sowinska A, **Lygidakis C**, et al. How do general practitioners recognize the definition of multimorbidity? A European qualitative study. *Eur J Gen Pract*. 2016 May 27;1-10.
- Lygidakis C**, Wallace P, Tersar C, et al. Download Your Doctor: Implementation of a Digitally Mediated Personal Physician Presence to Enhance Patient Engagement With a Health-Promoting Internet Application. *JMIR Res Protoc*. 2016 Mar 4;5(1):e36.
- Le Reste JY, Nabbe P, Lingner H, Kasuba Lazic D, Assenova R, Munoz M, Sowinska A, **Lygidakis C**, et al. What research agenda could be generated from the European General Practice Research Network concept of Multimorbidity in Family Practice? *BMC Fam Pract*. 2015 Sep 17;16(1):125.
- Rigon S, **Lygidakis C**, Pettigrew L, Kallestrup P. International Exchanges in Family Medicine: the Hippokrates Exchange Programme. *Educ Prim Care*. 2015 Jul;26(4):282-4.
- Assenova RS, Le Reste JY, Foreva GH, Mileva DS, Czachowski S, Sowinska A, Nabbe P, Argyriadou S, Lazic D, Hasaganic M, Lingner H, **Lygidakis H**, et al. Cross-Cultural Validation of the Definition of Multimorbidity in the Bulgarian Language. *Folia Medica*, 57(2), 127–132. <http://doi.org/10.1515/folmed-2015-0031>

11. Le Reste JY, Nabbe P, Rivet C, **Lygidakis C**, et al. The European General Practice Research Network Presents the Translations of Its Comprehensive Definition of Multimorbidity in Family Medicine in Ten European Languages. PLoS One. 2015 Jan 21;10(1):e0115796.
12. Lazić ĐK, Le Reste JY, Murgić L, Petriček G, Katič M, Ožvačić-Adžić Z, Nekič VC, Nabbe P, Hasanagić M, Assenova R, **Lygidakis C**, et al. Say it in Croatian--Croatian translation of the EGPRN definition of multimorbidity using a Delphi consensus technique. Coll Antropol. 2014 Sep;38(3):1027-32.
13. Marzo C, **Lygidakis C**, Rigon S, Nabbe P, Lazić D, Assenova R, et al. Definizione della multimorbidity in MG: una revisione sistematica [The definition of multimorbidity in General Practice / Family Medicine: a systematic review] M.D. Medicinae Doctor. 2014; 1; 32-4
14. Zagà V, **Lygidakis C**. Influence of smoking on medication efficacy. In: Advances in Smoking Cessation [Internet]. Future Medicine Ltd; 2013. p. 276–92. Available from: <http://dx.doi.org/10.2217/ebo.12.211>
15. Le Reste JY, Nabbe P, Manceau B, **Lygidakis C**, et al. The European General Practice Research Network Presents a Comprehensive Definition of Multimorbidity in Family Medicine and Long Term Care, Following a Systematic Review of Relevant Literature. J Am Med Dir Assoc. 2013 Feb 11. pii: S1525-8610(13)00002-9.
16. Struzzo P, Scafato E, McGregor R, Della Vedova R, Verbano L, **Lygidakis C**, et al. A randomised controlled non-inferiority trial of primary care-based facilitated access to an alcohol reduction website (EFAR-FVG): the study protocol. BMJ Open 2013;3:e002304
17. Zagà V, **Lygidakis C**. Polonium and Cancer. In: Kretsinger RH, Uversky VN, Permyakov EA, editors. Encyclopedia of Metalloproteins [Internet]. New York, NY: Springer New York; 2013. p. 1753–60. Available from: http://dx.doi.org/10.1007/978-1-4614-1533-6_435
18. Le Reste JY, Nabbe P, **Lygidakis C**, et al. A Research Group from the European General Practice Research Network (EGPRN) Explores the Concept of Multimorbidity for Further Research into Long-Term Care. J Am Med Dir Assoc. 2012 Sep 4.
19. Zagà V, **Lygidakis C**, et al. Polonium & lung cancer. J Oncol. 2011;2011:860103. Epub 2011 Jun 23.
20. Rigon S, **Lygidakis C**. La comunicazione con il paziente in medicina generale [The communication with the patient in general practice]. IJPC 2011; 3(3):95-8.
21. **Lygidakis C**, Rigon S, Cambiaso S, et al. A web-based versus paper questionnaire on alcohol and tobacco in adolescents. Telemedicine and e-Health. Telemed J E Health. 2010 Nov;16(9):925-30.
22. **Lygidakis C**, Argyriadou S, Lygera A. Is appropriate management of atrial fibrillation in primary care a utopia? J Prim Care Community Health. 2010 Apr 1;1(1):17-21.
23. Argyriadou S, Makridis D, **Lygidakis H**, et al. Knowledge and behaviour of tourists towards the sun, as studied in a region of northern Greece. Rural Remote Health [Internet]. 2005 Oct-Dec;5(4):367.

A list of the all the publications is available on request or on ResearchGate.

TEACHING EXPERIENCE

I have taught in various educational sessions in primary care contexts (family medicine residency programs, continuing medical education courses), focusing on topics related to family medicine topics, clinical governance, evidence-based medicine, eHealth, ICT and social media. I have also worked in courses aiming at capacity building of the family medicine in the West Bank, and have employed methodologies from other industries and contexts, such as the *Design Thinking* for the needs of primary care.

A list of the sessions is available on request.

PRESENTATIONS

For nearly 15 years, I have been participating in research, educational and advocacy working groups, and contributed to the preparation of 65 oral presentations, 21 workshops and 23 poster presentations in national and international primary

care and ICT conferences (e.g. WONCA Europe, WONCA World, EGPRN, Stanford Medicine X, Medicine 2.0, Med-e-Tel, Health 2.0 etc.).

A list of the presentations is available on request.

VOLUNTEER EXPERIENCE

The *International Development of Family Medicine in Palestine* (IDFMP) programme is an initiative to support Family Medicine in Palestine consisting of teaching, mentoring and solidarity for the development of Family Medicine. The IDFMP has been developed in conjunction with the National University of An Najah, the UK Society of Academic Primary Care, the Royal College of General Practitioners, WONCA East Mediterranean Region and WONCA Europe.

In this association I have been involved in: the organisation and delivery of the first and second International course for residents in Family Medicine (An-Najah University, Nablus) and the “*Teaching the Teachers of Family Medicine*” course (Ministry of Health, Ramallah); the organisation of sessions based on the *Design Thinking* methodology for the analysis of issues of Primary Care in Palestine; and facilitating Palestinian colleagues building relations with the wider international Family Medicine community, including WONCA.

HONORARY MENTIONS

Awarded for the dissertation for the Diploma of Formal Qualification in General Practice in memory of Dr Claudio Carosino during the 3rd Regional Congress SIMG Emilia Romagna / 3rd National Cardiovascular Congress SIMG: “*The integration of the Ankle Brachial Index in the screening of cognitive impairments in elderly with type 2 diabetes mellitus.*”

LANGUAGE SKILLS

Greek	Native
English	Full professional proficiency in both spoken and written English (Common European Framework Level C2) <i>Qualifications:</i> IELTS Academic, Band 8.5 (out of 9) (July 2011)
Italian	Full professional proficiency in both spoken and written Italian (Common European Framework Level C2)
French	Limited working proficiency in both spoken and written French (Common European Framework Level A2)

INFORMATION TECHNOLOGY SKILLS

Operating Systems	Microsoft Windows 3.0 - 10: Advanced; OS X 10.13: Advanced
Word Processing	ECDL Advanced Certificate AM3 (2006)
Presentation	ECDL Advanced Certificate AM6 (2006)
Spreadsheets	ECDL Advanced Certificate AM4 (2006)
Databases	ECDL Advanced Certificate AM5 (2007)
Statistics	SPSS: Good
Website development	Content Management Systems (Drupal, Joomla!): Good HTML and CSS development: Intermediate; PHP development: Basic
Other	CorelDRAW (3- X6): Good; Adobe Photoshop (5.5-CC 2015): Good; InDesign (CC 2015): Good; Adobe Audition 3: Good