

# **Curriculum Vitae**

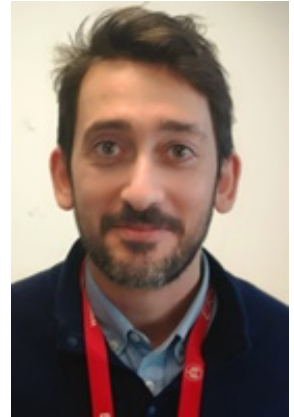
**Dr Theofilos Polychronakis**  
**M.D. MSc FRCPCH**

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**GMC registration**

7011993- specialist registration with license to practice

02/09/2018 **Certificate of Completion of Training in Paediatrics and Paediatric Respiratory Medicine**

**Degrees and other qualifications:**

2006 **Medicinae Doctor (M.D.)** Aristotle University of Thessaloniki

2011 **Master of Science in Allergy** (Imperial College, London)- with Merit

Thesis title: Asthma and the role of bacterial exposure and infections: a systematic review

2013 **MRCPCH** (Member of the Royal College of Paediatrics and Child Health)

2017 **HERMES Paediatric** (in training) - European Respiratory Society

2018 **FRCPCH** (Fellow of the Royal College of Paediatrics and Child Health)

**Current post:**

**Consultant in Paediatrics and Paediatric Respiratory Medicine,  
Lead clinician for Paediatric Sleep Service in Cambridge and East  
of England**

Addenbrooke's Hospital (Cambridge University Hospital), CB2 0QQ,  
Cambridge, UK (January 2019- present)

**Personal statement:**

I am a leading paediatrician in Cambridge, UK with expertise in clinical management of children with acute, chronic and complex respiratory problems. I have a wealth of research and teaching experience. I strongly believe in patient centred care, and I am passionate about service development and innovation.

**Member of :**

British Paediatric Respiratory Society (BPRS)

British Thoracic Society (BTS)

British Sleep Society (BSS) and British Paediatric Sleep Society

European Academy of Paediatrics (EAP)

European Respiratory Society (ERS)

**Previous posts held:**

Senior Clinical Fellow In Paediatric Sleep Medicine and Long term Ventilation (September 2018- January 2019 )	Great Ormond Street Hospital for sick children
Senior trainee in Paediatric Respiratory Medicine (September 2017- September 2018)	Addenbrooke's Hospital, Cambridge
Senior trainee in Paediatric Respiratory Medicine (September 2016- September 2017)	Royal Brompton Hospital, London
Senior trainee in Paediatric Respiratory Medicine September 2015- September 2017)	Addenbrooke's Hospital, Cambridge
Core specialist trainee in Paediatrics (September 2014- September 2015)	Whittington Hospital, London
Core specialist trainee in Paediatrics (September 2013- September 2014)	Newham University Hospital, London
Speciality trainee in Neonatal Intensive care medicine (March 2013 - September 2013)	Queen Charlotte's and Chelsea Hospital, Imperial College NHS Trust.
Speciality trainee in Paediatric Oncology and Haematology (September 2012- March 2013)	Great Ormond Street Hospital, London
Clinical Fellow in Paediatric Respiratory Medicine and Paediatric Intensive care (March 2012- September 2012)	Royal Brompton Hospital, London
Clinical Fellow ( Emergency medicine, Infectious Diseases and Neonatal Intensive care Medicine) (April 2010- March 2012)	St Mary's Hospital, Imperial College NHS Trust, Paddington
General Paediatrics specialist training (August 2007- December 2009)	Rethymno General Hospital, Crete, Greece.
Primary care and care of the elderly (May 2006- July 2007)	Rural service in a remote area of Crete, Greece

**Clinical Experience**

I am dedicated paediatrician with comprehensive clinical experience in paediatric respiratory medicine, sleep and long term ventilation. I graduated from the Aristotle University of Thessaloniki in Greece in 2006 and moved to London to study Allergy at Imperial College in 2009. I trained in Paediatrics in London and became a member of the Royal College of Paediatrics and Child health in 2013. I subsequently trained in Paediatric Respiratory Medicine via National GRID, in London and Cambridge and hold dual speciality on GMC specialist register since 2018. I am a Fellow of the Royal College of Paediatric and Child Health and since January 2019 I have been working in a substantive post as a Consultant in Paediatrics and Paediatric Respiratory medicine in Addenbrooke's Hospital in Cambridge. I have extensive expertise in acute, general paediatrics, the management of children with chronic and complex respiratory conditions. I have a rich background in teaching, research and a genuine interest in service development and patient care innovation.

- **Paediatric Sleep Medicine**

I am the clinical lead for Paediatric Sleep Medicine in Addenbrooke's Hospital Cambridge. Our Sleep Lab is the regional tertiary centre and offers its services to the whole of East of England. We perform

approximately 300 in-hospital cardiorespiratory sleep studies per annum in children and young people age 0-16 for variety of pathology. We also perform about 300 ambulatory multichannel studies. We work very closely with the Ear Nose Throat team, the Cleft team, Paediatric Intensive care, the Neonatal intensive care unit, the paediatric Neurology and Neuromuscular team as well as the scoliosis team. We see about 300 new referrals every year and we support the Airway and Long term ventilation service which has about 120 children under follow up. I run a weekly clinic and see approximately 500 children and young people with both breathing and complex sleep related problems per year.

My training in Paediatric Sleep Medicine was undertaken in 3 tertiary UK Hospitals : Addenbrooke's Hospital in Cambridge, which belongs to the largest biomedical campus in Europe and is closely affiliated to Cambridge University; the Royal Brompton Hospital and Great Ormond Street Hospital in London. I have also attended a Masterclass in Sleep Medicine at King's college in 2016. I am a member of the British Sleep Society, the British Paediatric Sleep Society and the London Paediatric Sleep Group.

- **Paediatric asthma, preschool wheeze and allergy**

I have a strong interest in asthma, preschool asthma and wheeze disorders. At specialist level, I have 12 months clinical experience working with the Difficult Asthma team at the Royal Brompton Hospital in London. I have more than 4 years of clinical asthma experience working at tertiary level. I run a twice monthly general respiratory clinic in Addenbrooke's where I mainly review children and young people with difficult to treat asthma and chronic cough. I work along a team of professionals including Asthma Nurse Specialist, Respiratory Physiotherapists and Speech and Language Therapists. We undertake a variety of lung function tests in this group of patients, including spirometry, exercise tests and flexible bronchoscopies. I have been actively involved in research, produced guidelines and have been invited to give a talks about asthma care locally and regionally. My MSc thesis was on the pathogenesis of asthma and the role of bacteria with the guidance and support of Professor Sebastian Johnston at Imperial College London.

- **Cystic Fibrosis (CF)**

I have more than 6 years of clinical experience managing children with CF including 12 months at the largest paediatric CF centre in Europe working alongside a team of consultants at the forefront of research in CF. I have also trained for 2 years in Addenbrooke's, an excellent regional paediatric CF centre, in close collaboration with Papworth hospital looking after a population of about 120 patients. I have worked as an observer in Papworth in the adult CF service. I have contributed in **developing the CF SPID service and admission pathway for CF patients at the Royal Brompton Hospital**. I am a member of the Cystic Fibrosis MDT, do ad-hoc clinics, perform bronchoscopies and look after patients with CF that require elective or urgent hospital stay .

- **Long term ventilation and difficult paediatric airway**

I was previously the lead of the paediatric Long Term ventilation and Difficult Airway service in Cambridge and was responsible for the transition of the service moving from PICU to Paediatric Respiratory. The LTV service looks after about 70 children requiring ventilatory support at home, both invasively and non-invasively and 50 with Complex or difficult airway. I have set up a weekly multidisciplinary clinic with input from paediatric ENT, Speech and Language Therapy, Respiratory physiotherapy and dietitian. Children under our service have a background of neuromuscular disorders, syndromes or genetic disorders, micrognathia, trisomy 21, metabolic disorders, cerebral palsy, conditions that predispose them to airway and ventilation issues. We regularly perform flexible bronchoscopies and hybrid procedures with ENT team. Over the last 2 years we have implemented a **new integrated pathway with community input** that led to high quality specialised regional care delivered closer to home. I have taken part in national paediatric LTV meetings and I co-organise a regional biannual LTV study day for doctors and allied health professionals to improve understanding and care standards for children with home ventilation needs.

- **Bronchopulmonary dysplasia and chronic lung disease of prematurity** : I currently run a regional respiratory clinic looking after all babies discharged from NICU that require home oxygen therapy. I work very closely with Neonatologists and Cardiologists and have developed regional guidelines on home oxygen therapy.

- **Respiratory care of children with Neuromuscular diseases, cerebral palsy and severe neurodisability**: I lead a weekly MDT clinic, alongside a nurse specialist and a specialised paediatric respiratory physiotherapist seeing children referred from the region with neuromuscular diseases, severe neurodisability and complex respiratory problems. We have been running for a third year now a regional training day for doctors and allied health professionals around improving care for children with complex needs in the region. I am a member of EAP working group which published a position

paper and we are preparing a masterclass, focusing at Children's Complex and Integrated Care Needs.

- **Primary Ciliary Dyskinesia (PCD) and non-CF bronchiectasis** : I have trained at the Royal Brompton and have extensive experience looking after patients with PCD and non-CF bronchiectasis including management of acute exacerbations and performing flexible bronchoscopies.
- **Interstitial lung disease**: I have experience looking after patients with ILD, from referral to work up, diagnosis and long term management. I have gained experience both at the Royal Brompton and at Great Ormond Street Hospital in London.
- I run a twice monthly **scoliosis respiratory clinic** and assess children undergoing scoliosis surgery. I assess children with neuromuscular scoliosis and significant co-morbidities and I work together with neurosurgeons, intensivists and anaesthetists to prepare children for surgery and make plans for their pre and post operative care.
- I manage children with a very wide range of conditions, immunosuppression, rheumatological disorders, oncological problems, abnormal swallow function, congenital lung diseases and those acutely admitted and deteriorating, needing intensive care.

### **Paediatric Flexible Bronchoscopy:**

- I have received training in performing bronchoscopies in Addenbrooke's and the Royal Brompton Hospital.
- I have completed the **Paediatric Bronchoscopy course in Paris**, organised by the ERS in 2015.
- I have a procedure log of more than 150 flexible bronchoscopies in children, including hybrid procedures and bronchoscopies performed in intensive care.
- I have developed standardised documentation of bronchoscopies in Addenbrooke's hospital and improved electronic records (including video recording) to assist MDT discussions.

Other procedures:

- I have thoracic USS skills and have attended the **ERS course on chest USS**.
- Alongside the adult interventional respiratory team in Addenbrookes, we have developed a paediatric pleural service for diagnosis and management of children presenting with complicated pneumonias and pneumothoraces or have post-operative complications.
- I am independently proficient in **placing chest drains** and managing patients with indwelling chest devices. I have attended the **ERS course on managing chest drains**.
- I am competent in placing long lines (mid-lines) and PICC lines with USS guidance on the ward and in theatres.

### **Teaching**

- I hold the **Training to Teach certificate** from UCL and attended a **Teaching skills course** at Imperial College.
- I have trained colleagues doing practical procedures, including chest drains and long lines.
- I regularly teach **undergraduate medical students** both formally and informally, in Cambridge University and previously at Imperial College and UCLH with very good feedback.
- I lead and run the **regional study day on care of children with neurodisability** that attracts significant interest from the region and nationally. We are currently in the process of putting our 3rd study day programme together
- I co-run with the LTV team in Cambridge the **regional LTV study day** (twice yearly) to train allied health professionals about the basics in managing children that are technology dependent.
- I have been invited to give a lectures for GPs, junior doctors and higher trainees in the region.
- I have very good experience teaching allied health professionals including nurses, midwives and HCA as well as parents. I am an author in several **patient advice info leaflets**.

## Research

- Primary investigator for **COMCOV-3 trial for Cambridge site**, a UK wide, NIHR funded study led by the Oxford vaccine group, examining different second dose vaccination regimes against COVID-19 for adolescents and young people (ongoing)
- Primary Investigator for **SUPER trial**, Cambridge site, a multi -centre, double blind, placebo control new pertussis intra nasal vaccine trial (ongoing)
- Member of European Academy of Paediatric working group increasing the focus on children with complex needs and co-author of position paper.
- Author of a research proposal and systematic review titled: "Asthma and the role of bacterial exposure and infections: a systematic review" with **Professor Sebastian Johnston**, Imperial College, director of MRC and Asthma UK centre as part of my MSc.
- Published author at the **Journal of CF** paper with **Dr Ian Balfour-Lynn**, senior lecturer at Imperial college and Chair of NHS England's cystic fibrosis clinical reference group.
- Presented in several national and international conferences including the the Royal College of Paediatric and Child Health, the European Academy of Paediatrics, the European Respiratory Society, the European Society of Paediatric and Neonatal Intensive Care and the Union of European and Neonatal Paediatric Societies. I am co-author of several case reports and posters.
- I was actively involved in several studies at various departments during my training;
- the Kangaroo care, neurodevelopmental study in premature babies at St Mary's Hospital
- the MAGIC study at GOSH, recruiting patients and obtaining samples from patients with neuroblastoma,
- recruiting patients for the the **TORPEDO study** for CF patients in Addenbrooke's,
- recruiting and monitoring patients for the **CF START study** both in Addenbrooke's and the Brompton
- Actively involved in **PRIGMA study** for children with preschool wheeze at the Brompton, with Professor Sejal Saglani, identifying and recruiting patients in the study and assisting with medical reviews.
- I hold the **Good Clinical Practice Certificate**.

## **Presentations at international conferences:**

- Eosinophilic oesophagitis presenting with respiratory symptoms : Paediatric Grand Round at the European Respiratory Society international congress in Paris, 2018.
- Management of chronic respiratory failure with High flow Nasal Cannula oxygen in Berlin, Mechanical Ventilation international meeting organised by the ERS in February 2019.
- Atypical NEHI, CRC chILD international meeting Edinburgh, June 2019

## Clinical governance:

### **Guideline development:**

1. Management of viral induced wheeze in the emergency department, St Mary's Hospital, Paddington, 2012
2. Respiratory Distress Syndrome of the Newborn, management and treatment, Newham University Hospital, 2014
3. Oxygen supplementation and saturations monitoring in premature babies, Whittington Hospital, 2015
4. Community acquired pneumonia, diagnosis and management of children attending the emergency department, Whittington Hospital, 2015
5. Foreign body ingestion, foreign body inhalation in children, diagnosis and management, Whittington Hospital, 2015
6. Diagnosis and treatment of TB in children <16 years old, Addenbrooke's Hospital, 2016
7. Home oxygen therapy in infants and children, Addenbrooke's Hospital, 2020
8. Paediatric empyema management guideline, Addenbrooke's Hospital, 2021

### **Audit and Quality Improvement projects**

1. Availability of Ciclosporine levels at the time of drug administration, St Mary's Hospital, 2010. This was an audit looking at a serious incident of poor communication resulting in a **drug error**. It highlighted the importance of safe, clear communication of drug results from the lab to the clinical team.

2. Prospective audit on appropriateness of labour ward calls to paediatricians, QCCH, 2011. An audit to ensure standards of practice were adhered to.
3. **Patient Satisfaction survey** on Discharge planning and Communication, St Mary's NICU, 2011. This was a patient satisfaction survey, asking parents their experience and thoughts during their long stay in the neonatal unit. Several key points highlighted, including confidentiality during ward rounds which lead to change in practice in the department.
4. Use of oral steroids for the management of viral induced wheeze in Paediatric ED, a prospective audit, St Mary's Hospital, 2012. An audit looking at the use of steroids in ED and the ward for children presenting with wheeze to ensure **appropriate use as per current evidence**.
5. A QiP on **reducing unnecessary intubations** of premature babies on labour ward, Whittington Hospital, 2015. A project that took place over the year I worked at the Whittington that led to increase in use of CPAP and more training for safe intubations of premature babies.
6. **Use of high flow oxygen** for the management of bronchiolitis, a QiP, Whittington Hospital, 2015. This was an a QiP looking at the use of a new device in the treatment of bronchiolitis, aimed to ensure correct use, **patient safety and good team working**.
7. Use of sedation in children undergoing CT chest Addenbrookes Hospital, 2021

### Service Development:

1. **Home SCIG therapy service development**, Addenbrooke's Hospital, 2017. A successful business case which we put forward in Addenbrooke's that led to the development of home subcutaneous immunoglobulin treatment for paediatric patients with immunodeficiencies, replacing daycare attendance for intravenous administration of the drug.
2. **CF patients admission pathway**, Royal Brompton Hospital, 2017. I participated in this development of an admission pathway for patients with Cystic Fibrosis, minimising delays in obtaining IV access, administering drugs and improving patient experience.
3. **CF SPID clinic service development**, Addenbrooke's Hospital, 2018. I participated in the development of a CF SPID clinic for patients with indeterminate diagnosis according to international guidance.
4. Improvement and expansion of the **Paediatric Sleep Lab** in Cambridge University Hospital, 2019: transformation of the sleep lab, including renewing equipment, collaboration with Papworth Hospital, employment of Paediatric Respiratory Physiologist and developing new services such as home sleep studies.
5. **Home spirometry service for children** with chronic respiratory conditions, such as neuromuscular disorders, asthma, PCD: a novel service of home spirometry monitoring for eligible patients to reduce hospital footfall and maintain high quality of respiratory care.
6. **Paediatric Pleural service** in collaboration with the adult pleural team at CUHFT: a service to review, diagnose and manage children and young people referred from the region with complicated lower respiratory tract infections and pneumothoraces, Cambridge 2020
7. Developing an **outreach paediatric respiratory physiotherapy team** to prevent hospital admissions of children with complex needs in the East of England. Addenbrooke's Hospital 2021

### **Publications and posters:**

1. M. Hu, K. Lock, T. Polychronakis, D. McShane, WS10.06 Adherence to nebulised medication in paediatric patients with cystic fibrosis following introduction of modulator therapy, Journal of Cystic Fibrosis, Volume 21, Supplement 1, 2022, Pages S20-S21, ISSN 1569-1993, [https://doi.org/10.1016/S1569-1993\(22\)00212-0](https://doi.org/10.1016/S1569-1993(22)00212-0).
2. Brenner, Maria, Josephine Greene, Carmel Doyle, Berthold Koletzko, Stefano del Torso, Ivan Bambir, Ann De Guchtenaere, Theofilos Polychronakis, Laura Reali, and Adamos A. Hadjipanayis. "Increasing the Focus on Children's Complex and Integrated Care Needs: A Position Paper of the European Academy of Pediatrics." *Frontiers in Pediatrics* 9 (n.d.). doi:10.3389/FPED.2021.758415.
3. Elashmawy M, Baker J, Polychronakis T. Impaired response to 13-valent pneumococcal conjugate vaccine (PCV13) in children with recurrent respiratory infections and chronic cough. *European Respiratory Journal* Sep 2021, 58 (suppl 65) PA3150; DOI: 10.1183/13993003.congress-2021.PA3150
4. Fouzas et al. Pediatric Pulmonary function testing in COVID-19 Pandemic and beyond. A position statement from the Hellenic Paediatric Respiratory Society. *Frontiers in Pediatrics* 2021; vol 9
5. Polychronakis T, Murlis M, Lowndes L. Advanced care planning for children with severe neurodisabilities: the role of Paediatric Respiratory clinic. *Frontiers of Pediatrics*, EAP 2021

6. Kuruvilla KG, Armstrong R, Raymond L, Polychronakis T, Pillai A, Mukhtyar B, Sotos syndrome presenting as recurrent neonatal and infantile apnoea. British Paediatric Neurology Association 47th Annual meeting 2021
7. Polychronakis T. Sleep disordered breathing and spinal surgery outcomes in paediatric patients with neuromuscular scoliosis. Nice CIPP XX 2021
8. Kelly S, Selby L, Middleton C, Polychronakis T, McShane D. An analysis of vitamin K supplementation during the first 5 years of life in paediatric cystic fibrosis patients managed at Addenbrooke's Hospital, Journal of Cystic Fibrosis 17S3 (2018) S59–S138
9. Keeley A, Polychronakis T, Ross-Russell R. Conservative management of complicated pneumonias in children. European Academy of Paediatrics, Ljubljana, 2017.
10. Selby L, Middleton C, Polychronakis T. Un unusual complication of mycoplasma infection, European Academy of Paediatrics, Ljubljana, 2017
11. Polychronakis T, Davies G, Francis J, Balfour-Lynn I. Susceptibility to Varicella Zoster in children with cystic fibrosis. J Cyst Fibros. 2014 May;13(3):353-4. doi: 10.1016/j.jcf.2014.01.012. Epub 2014 Feb 16.
12. Dewlett S, Polychronakis T, Ng G. "Look who's talking": how well are we communicating with parents in the Neonatal Unit? A Patient Survey. ESPNIC 2011, Hannover, 2011
13. Polychronakis T, Patiakas S, Kifonidis D, Triantafillopoulou A, Alexandridis M, Chatzi K, Pavlidou E. Evaluation of pyuria in the general examination of urine as a prognostic index to estimate the danger for urinary infection in feverish babies. Early Human Development, Volume 84, Supplement, November 2008, page S73
14. Patiakas S, Chantzi K, Polychronakis T, Savvidis A, Pavlidou E. Study of smoking habits of Greek women in the duration of pregnancy and postpartum period. Early Human Development, Volume 84, Supplement, November 2008, page S133
15. Chatzi K, Patiakas S, Tioli V, Polychronakis T, Giagloglou K, Savvidis A, Pavlidou. Study of the thyroid function in women during pregnancy. Early Human Development, Volume 84, Supplement, November 2008 Page S78