

NIKOLAOS CHRISTOS XIFARAS, MD, BSc

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Formal education

- **2022: Computing and Information Systems – BSc**
Goldsmiths College, University of London
- **2023: Medicine – MD**
Department of Medicine, National and Kapodistrian University of Athens
- **2014: High School Diploma – Apolitirion**
Avgouleia-Linardatou Private School

Independent education

- **2023: BCI & Neurotechnology Spring School**
g.tec medical engineering GmbH
- **2023: Health Leadership Training Course**
VRHealthLeaders Project
- **2023: Clinical Research Operations for Study Coordinators**
The Global Health Network
- **2023: EU Advocacy for the Brain, Mind and Pain Community**
European Federation of Neurological Associations
- **2022: How Artificial Intelligence Can Support Healthcare**
University of Groningen and University of Tartu (powered by FutureLearn)
- **2022: Entrepreneurship in Nonprofits**
University of Basel (powered by FutureLearn)
- **2022: Introducing the Digital Principles**
Digital Impact Alliance
- **2022: Tools for Scientific Dissemination**
The Global Health Network
- **2021: Computational Neuroscience Summer School (Observer)**
Neuromatch
- **2021: Preparation for Rural Service Summer School**
HeIMSIC
- **2020: Introduction to AI in Business Nanodegree Program**
Udacity (Bertelsmann Scholarship)
- **2020: Introduction to Evaluation in Public Health and Care**
National Institute for Health Research ARC North Thames
- **2020: COVID-19: Tracking the novel coronavirus**
London School of Hygiene & Tropical Medicine / UK Public Health Rapid Support Team (powered by FutureLearn)
- **2020: Machine Learning with Python Intensive Course**
Coding School (codingschool.eu)
- **2019: L-ead Summer School: Leveraging e-Health workforce by advanced skills**
eHealth; Health Workforce; Digital Skills; Digital Trends; Innovation
EIT Health Campus
- **2018: Public Health Summer School**
Clinical Epidemiology; Social Epidemiology; Public Health Research; Prevention Research
Erasmus Medical Center Summer Programme
- **2017: Global Health Diplomacy**
The State University of New York

Clinical Experience

- **2022** : Headache Clinic Traineeship, Mediterraneo Private Hospital, Glyfada, Greece
- **2022** : Internal Medicine Department Internship, Pammakaristos Hospital, Athens, Greece

Research & Clinical Studies Experience

- **2022-** : Study Coordinator, ALLEVIATE Study (EudraCT: 2020-001969-37)
- **2022** : Study Coordinator, PEARL Study (Sponsor PN: TV48125-MH-40146)
- **2022** : Study Coordinator, UNITE Study (EudraCT: 2019-001989-15)

Working Groups & other experience

- **2023-** : Scientific Advisor, BioMedLex Bioethics Group
- **2023-** : Member, European AI Alliance, European Commission
- **2023-** : Participant, IEEE Standards Association "Machine Learning-enabled Medical Device" Working Group
- **2022-** : Member, EAN Coordinating Panel on Neuroscience/Translational Neurology
- **2022-** : Member, EAN Scientific Panel on Neuroimaging
- **2022-** : Member, EAN Coordinating Panel on Neuroepidemiology
- **2020-** : Member, ThinkYoung Digital Coalition
- **2020-22:** Member, Quality, Learning & Teaching Committee, University of London
- **2020-22:** Member, Student Voice Group, University of London
- **2019-20:** Expert Group Member, EU Support for the Health Workforce Planning and Forecasting Expert Network (SEPEN)
- **2015-17:** Editor, "In the Nucleus" Scientific Student Blog
- **2012-13:** Team Leader/Graphic Designer, "Extreme Racing" F1 in Schools team
- **2011-12:** Delegate, European Council for Youth Mobility in Education & Technology

Languages

- **Greek – Native Language**
- **English – Bilingual Proficiency**
Cambridge CPE C2
- **German – Elementary Proficiency**
Goethe Zertifikat B1

NGO Experience

European Medical Students' Association

- **2023-** : Member, Future Planning Committee
- **2021-22:** Advisor
- **2020-21:** Immediate Past President
- **2019-20:** President
- **2017-19:** Secretary General
- **2016-17:** General Assistant to the Vice President of Capacity
- **2016-17:** Associate Editor, EuroMeds SA2017 Editorial Team
- **2016-17:** Member, European Health Policy European Support Division
- **2016:** Designer, EuroMeds AA2016 Editorial Team
- **2016:** Member, Public Health European Support Division

EMSA Events

- **2017-20:** Fifteen (15) European Board/Executive Board Face-to-face Meetings
- **2016-20:** Eight (8) General Assemblies

External Events

- **2020:** European Health Forum Gastein 2020
- **2020:** WHO Regional Committee Europe 2020
- **2020:** Operation Smile Webinar "Medical Students' Contribution to COVID-19"
- **2020:** Coalition for Vaccination partners' meeting
- **2019:** WHO Regional Committee Europe 2019
- **2018:** Vaccination Coalition Introductory Meeting
- **2018:** IFMSA European Regional Meeting 2018
- **2017:** CPME General Assembly 2017
- **2017:** IFISO Autumn Meeting 2017

HelMSIC - Hellenic Medical Students' International Committee

- **2016-17:** Local Public Health Officer, Local Exchanges Officer, Local Communications Coordinator
- **2017:** Chair, National General Assembly 2017 Organising Committee
- **2017:** Trainer, Eating Disorders Awareness project
- **2016-17:** Member, World Health Days Task Force

HelMSIC Events

- **2018:** HelMSIC 60 Years Gala
- **2016-20:** Three (3) National General Assemblies
- **2016-19:** Six (6) Executive Board Meetings

Training Events

- **2017:** Public Health Workshop | Patras
- **2017:** Training Weekend | Athens
- **2017:** Public Health Leadership Training, IFMSA Pre-GA | Budva

Oral & Poster Presentations

- **2023:** Brain health topics in Reddit's r_science^J the largest online science forum
- **2023:** Virtual and augmented reality in the treatment of headaches - a review and cost-aware discussion
- **2023:** Impact of the COVID-19 Pandemic on Mental Health-Related Online Searches in Greece
- **2022:** Analysing hospital travel times in central Athens using Google Maps services
- **2022:** Impact of the COVID-19 pandemic on online searches related to neurological disorders
- **2022:** A comparative overview of the European neurology start-up landscape using an investment data platform
- **2022:** COVID-19 and aphasia - a review of case reports
- **2021:** Health Information Technology Competencies in the European Neurology Residency Curricula
- **2020:** Mapping the correlation of USMLE participants and Google Search Trends
- **2020:** Provision of health leadership skills during Medical Education in Greece
- **2019:** Integration of standalone comprehensive information systems in clinical environments
- **2018:** Low Molecular Weight Heparins: a review
- **2018:** Eosinophilic esophagitis
- **2018:** Biceps tendon tear - "Popeye" sign
- **2018:** Hot Cross Bun sign: A special imaging finding
- **2017:** Robotic surgery: Comparison, advantages and disadvantages
- **2017:** Immune system as regulator of sleep: Review and latest advances
- **2017:** Cardiac myxoma and Central Nervous System complications
- **2017:** Congenital Insensitivity to Pain with Anhidrosis
- **2016:** Coffee, cognition and neurodegenerative diseases
- **2016:** A presentation of recommended non-pharmacological approaches to migraine and Tension-Type Headache
- **2016:** Horner's syndrome associated with thyroid pathology or thyroidectomy
- **2016:** Review of the role of the white coat in today's clinical practice: symbol of prestige or health hazard?

Opinion Pieces & Position Papers

- **2021:** Youth involvement in policy-making (policy paper)
European Medical Students' Association
- **2020:** Europe should do more for a tobacco-free generation
European Public Health Alliance website

Published Articles

- **2022:** D313Y Mutation in Fabry Disease: A Systematic Review and Meta-analysis
Neurology
- **2022:** Pharmaceutical treatment of sarcopenia
OSTOUN - Quarterly Publication of the Hellenic Society for the Study of Bone Metabolism

Other Speaking Engagements

- **2021:** What young talent want from the healthcare sector (panel)
The WorkInHealth Foundation Launch Event
- **2020:** Medical Students' Contribution to COVID-19
Operation Smile

Distinctions & Certifications

- **2022:** ERC BLS Instructor Candidate Certification
- **2022:** ERC Basic Life Support Provider Certification
- **2021:** ICH E6 Good Clinical Practice Training
- **2021:** Arduino Fundamentals on Electronics and Physical Computing
- **2020:** Bertelsmann Scholarship - Introduction to AI in Business
Udacity
- **2020:** Top 5 finalists
"Online Digital Challenge - C'est ICI" Thinkathon
- **2013:** 5th Final Position & Social Media Award
F1 in Schools National Finals
- **2011:** 3rd Special Under-18 Award
"The Parthenon Marbles" literary competition, Nostos Greek Culture Organization & Authors' Union of Argentina
- **2010:** Award for Exceptional Performance in Mathematical Competitions
Municipality of Peristeri

Major Events Attended

- **2022:** European Brain Health Summit
- **2022:** POLITICO AI & Tech Summit 2022
- **2021:** Brain Innovation Days: "From Innovative Ideas to Creative Brain Interventions"
- **2021:** Brain Innovation Days: "Fast-tracking brain innovation in times of COVID-19"
- **2020:** 5th POLITICO Health Care Summit 2020
- **2020:** MTL Connect: Montreal Digital Week 2020
- **2020:** ISEA2020: Why Sentience?
- **2020:** European Health Forum Gastein 2020
- **2020:** WHO Regional Committee Europe 2020
- **2020:** Operation Smile Webinar "Medical Students' Contribution to COVID-19"
- **2020:** European Commission Coalition for Vaccination Partners' Meeting
- **2019:** WHO Regional Committee Europe 2019
- **2018:** European Commission Vaccination Coalition Introductory Meeting
- **2017:** CPME General Assembly 2017

Medical Conferences Attended

- **2023:** 34th National Conference of the Hellenic Neurological Society
- **2023:** 31st European Congress of Psychiatry
- **2022:** 15th European Public Health Conference
- **2022:** 12th "Days of Neurology" Panhellenic Conference
- **2022:** 14th INCF Neuroinformatics Assembly
- **2022:** 33rd National Conference of the Hellenic Neurological Society
- **2022:** 8th Congress of the European Academy of Neurology
- **2022:** 2-day Event "Genetic testing in neurological disorders - Treatable neurogenetic disorders"
- **2021:** 15th Symposium of Neurology of the Academy of Neurosciences
- **2021:** 7th Congress of the European Academy of Neurology
- **2021:** 2-day Event of the Hellenic Digital Health Society
- **2021:** Panhellenic Dietetic Congress - Panhellenic Educational Primary Care Days "G. Papadakis"
- **2021:** 9th Hellenic National Stroke Conference
- **2020:** 26th Canadian Conference on Global Health
- **2020:** 46th Annual Panhellenic Medical Conference
- **2020:** Event of the Hellenic Digital Health Society
- **2020:** International Virtual Medical Conference by MedAll
- **2020:** Panhellenic Dietetic Congress - Panhellenic Educational Primary Care Days "G. Papadakis"
- **2019:** 18th International Congress of Medical Sciences for Students & Young Doctors
- **2018:** 27th Days of Internal Medicine
- **2018:** 24th Scientific Congress for Hellenic Medical Students
- **2018:** 12th International Forum for Medical Students and Young Doctors
- **2017:** Hellenic Pathology Society Scientific Seminar "Testicular Tumors: Current Classification and Pathological Diagnosis"
- **2016:** 22nd Scientific Congress for Hellenic Medical Students
- **2016:** 10th International Forum for Medical Students and Young Doctors
- **2016:** 1st School for Cardiometabolic Disorders Treatment
- **2015:** 21st Scientific Congress for Hellenic Medical Students
- **2015:** 9th International Forum for Medical Students and Young Doctors