

## Curriculum Vitae



### **Ioannis Tsihchlis**

**Pharmacist, M.Sc., PhD student**

Laboratory of Pharmaceutical Nanotechnology

Section of Pharmaceutical Technology

Department of Pharmacy

School of Health Sciences

National and Kapodistrian University of Athens

## *Personal Details*

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**Name:** Ioannis  
**Surname:** Tsiichlis  
**Date of Birth:** 08/02/1996  
**Nationality:** Hellenic  
**Mobile phone:** +30 698 097 6301  
**e-mail address:** [gtsichlis@pharm.uoa.gr](mailto:gtsichlis@pharm.uoa.gr)

## *Education*

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- 1/2023 - Present **PhD Student**  
National and Kapodistrian University of Athens (UoA),  
School of Health Sciences, Department of Pharmacy,  
Section of Pharmaceutical Technology
- 11/2022 **License of Pharmaceutical Profession**  
Greek Ministry of Health
- 9/2021 – 9/2022 **Interdisciplinary Master of Science in Nanomedicine**  
National and Kapodistrian University of Athens (UoA),  
School of Health Sciences, School of Medicine and  
Department of Pharmacy  
**ECTS:** 60, **Grade:** 8.85  
**Thesis:** Preparation, physicochemical characterization,  
and *in vitro* evaluation of quercetin-loaded liposomes.  
Section of Pharmaceutical Technology.  
**Supervisor:** Prof. C. Demetzos, **Grade:** 10
- 9/2016 – 7/2021 **Diploma of Pharmacy (MPharm)**  
University of Patras, School of Health Sciences,  
Department of Pharmacy  
**ECTS:** 300, **Grade:** 7.88  
**Thesis:** Development and study of liposomal lidocaine  
for topical drug delivery. Section of Pharmaceutical  
Technology.  
**Supervisor:** Prof. S. Hatziantoniou, **Grade:** 10

## *Internships*

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- 11/2021 – 2/2022 **Hospital Pharmacy Intern**  
401 General Military Hospital of Athens, Athens, Greece
- 8/2021 – 11/2021 **Community Pharmacy Intern**  
Pharmacy Orfanoudakis & Co, Heraklion, Greece
- 5/2021 – 8/2021 **Community Pharmacy Intern**  
Pharmacy Malliopoulos, Patras, Greece
- 7/2020 – 10/2020 **Community Pharmacy Intern**  
Pharmacy Orfanoudakis & Co, Heraklion, Greece

## *Distinctions, Awards*

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- 12/2022 Best Poster Presentation Award: Development of liposomal and liquid crystalline nanoparticles with non-ionic surfactants for quercetin incorporation. **I. Tsihchlis**, A. Manou, V. Manolopoulou, M. Chountoulesj, K. Matskou, V. Pletsas, A. Xenakis, C. Demetzos, 12<sup>th</sup> Panhellenic Conference on Biomaterials, Hellenic Society of Biomaterials, December 15-17, 2022, Hellenic Research Foundation, Athens, Greece.
- 05/2021-08/2021 ESPA 2014-2020 Internship Grant for training at Pharmacy Malliopoulos
- 09/2020 – 8/2021 Scholarship from the Greek State Scholarships Foundation (IKY), Financial Support Program for diligent students who belong to vulnerable social groups for the academic year 2020-2021
- 2015 “Chrysanthos & Anastasia Karydi” Scholarship, Financial support for first-year students based on the average grade mark received in Panhellenic exams

## *Publications*

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- 2023 **I. Tsihchlis**, A. Manou, V. Manolopoulou, M. Chountoulesj, K. Matskou, V. Pletsas, A. Xenakis, C. Demetzos, Development of liposomal and liquid crystalline nanoparticles with non-ionic surfactants for quercetin incorporation, Materials

### ***Oral Presentations in Conferences***

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- Development of mitochondria-inspired lipopolyplexes for gene delivery. **Tsihchlis Ioannis**, Naziris Nikolaos, Vardaxi Antiopi, Pispas Stergios, Demetzos Costas, 14<sup>th</sup> World Congress on Targeting Mitochondria 2023, October 11-13, 2023, Steigenberger Hotel am Kanzleramt, Berlin, Germany
- Nanomedicine in Alzheimer's disease. **Tsihchlis Ioannis**, Deligiannopoulou Adamantia, Gili Barbara, Kompocholi Eleni, Petalas Dimitrios. 4<sup>th</sup> Symposium of Hellenic Society of Nanotechnology in Health Sciences (HSnanoHs), May 22, 2022, Hellenic Cosmos Cultural Centre, Athens, Greece

### ***Member of Training Workshop Organizing Committees***

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- Laboratory for pediatric galenic formulations. A case study: Benzocaine Formulation, Coordinator: C. Demetzos, N. Naziris, I. Katsogiannis, **I. Tsihchlis**, 10<sup>th</sup> Conference of SYFAK "The Pharmacy in Health, Beauty & Wellness", September 9-10, 2023, Atlantis Hotel, Heraklion, Greece

### ***Training and Lifelong Learning***

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- 1<sup>st</sup> Panhellenic Conference of Natural Sciences in Health: Innovations and Prospects, September 22-23, 2023, War Museum, Athens, Greece
- 12<sup>th</sup> Panhellenic Conference on Biomaterials. Hellenic Society of Biomaterials, December 15-17, 2022, Hellenic Research Foundation, Athens, Greece
- 12<sup>th</sup> Health Expo Athens, May 21-23, 2022, Cultural Center "Hellenic Cosmos", Athens, Greece
- 5<sup>th</sup> Pharmaceutical Care Scientific Congress, Hellenic Pharmaceutical Society, June 5-6, 2021, Athens, Greece
- 7<sup>th</sup> Panhellenic Congress of Applied Pharmacy Pharmaceutical Society of Thessaloniki, May 22-23, 2021
- Panhellenic Congress of Economics and Health Policy 2020, Hellenic Society of Health Economics and Policy (EEEOPY), December 7-10, 2020
- 6<sup>th</sup> Panthessaliko Pharmaceutical Conference "Every breath is important. The role of the pharmacist in the treatment of respiratory problems, Pharmaceutical Society of Thessaly, November 28-29, 2020
- Annual Immunology Seminar 2020 "Natural Immunity; New challenges, modern views", Hellenic Society of Immunology, November 20-22, 2020

## Ioannis Tsihliis CV

- 6<sup>th</sup> Panhellenic Congress of Applied Pharmacy, Pharmaceutical Society of Thessaloniki, November 7-8, 2020
- Pharmaceutical Athenian Congress, Greek Pharmaceutical Students' Federation (GPSF), October 20-21, 2018, War Museum, Athens, Greece
- "Medical steps in the future", Scientific Society of Hellenic Medical Students, May 5, 2017, Patras, Greece
- 2<sup>nd</sup> Panhellenic Scientific Conference of Pharmaceutical Students, Aristotle Team of Pharmacy, December 2-3, 2017, Ceremony Hall of A.U.TH., Thessaloniki, Greece
- "Vaccines; The reality behind the myths", Scientific Society of Hellenic Medical Students, October 25, 2017, Patras, Greece
- 18<sup>th</sup> Panhellenic Pharmaceutical Congress, Panhellenic Association of Pharmacists (PEPharm), October 6-8, 2017, Zappeion, Athens, Greece

## *Teaching Experience*

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1/2023 - Present University teaching assistant (National and Kapodistrian University of Athens, School of Health Sciences, Department of Pharmacy, Section of Pharmaceutical Technology)

**Main activities and responsibilities:** Assistant teaching in the Pharmaceutical Technology Lab Courses of Undergraduate Students of the 7th and 8th semesters.

## *Research Interests*

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- Pharmaceutical Technology and Pharmaceutical Nanotechnology
- Design and Development of advanced Drug Delivery nano Systems (aDDnSs)
- Preparation of Lipid Nanoparticles
- Design, Development, and Biological Evaluation of Hybrid Nanosystems for Gene Delivery
- Physicochemical, Morphological, and Thermodynamic Evaluation of Nano systems
- Drug loading

## **Techniques**

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- **Light Scattering Techniques:** Dynamic and Electrophoretic Light Scattering
- **Thermal Analysis Techniques:** Differential Scanning Calorimetry
- **Chromatography Techniques:** Thin-layer Chromatography, Size Exclusion Chromatography
- **Spectroscopy:** Ultraviolet-Visible (UV/Vis) spectroscopy
- **Cell viability and proliferation assays:** MTT assay

## **Member of scientific societies**

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- Member of Hellenic Pharmaceutical Society (HPS)
- Member of Hellenic Society of Biomaterials (HSB)
- Member of Hellenic Society of Nanotechnology in Health Sciences (HSnanoHS)

## **Core Qualifications**

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**Languages**            Greek:    Native Language  
                                 English:    **C2**  
                                 German:    **B2**

**IT**                            Experienced    in    Microsoft    Windows  
                                 Proficient user of Microsoft Office (Word, Excel,  
                                 PowerPoint)