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DEGLI STUDI
DI TRIESTE



ERIK ROMAN-POGNOUZ, MD, PhD.

Curriculum Vitae et Studiorum

CONTACT INFORMATION

Department of Anesthesia and Intensive Care
University of Trieste & ASUGI – Trieste, Italy

CURRENT POSITIONS

November 2025 – Present

Head of UCO General Intensive Care Unit (ICU)
University Hospital Of Cattinara - ASUGI – University of Trieste (IT)

August 2025 – Present

Director, Residency Program in Palliative Care
Department of Medical, surgical and health Sciences, University of Trieste (IT) **November**

2024 – Present

Associate Professor of Anesthesiology, Intensive Care and Palliative Care
Department of Medical, surgical and health Sciences, University of Trieste (IT)

PREVIOUS CLINICAL AND ACADEMIC APPOINTMENTS

October 2022 – November 2025
Head of Postoperative Intensive Care Unit
ASUGI – University Hospital of Trieste, Italy

October 2021 – November 2024
Type B Researcher (RTD-B), Anesthesia and Intensive Care (MED/41)
University of Trieste



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January 2021 – February 2022
Clinical Head, COVID-19 Intensive Care Unit
ASUGI – Trieste, Italy

November 2014 – October 2021
Consultant in Anesthesia and Intensive Care
ASUGI – Trieste, Italy

November 2016 – June 2018
Emergency Physician (118 Service)
Friuli Venezia Giulia Region, Italy

November 2012 – November 2014
Consultant in Anesthesia and Intensive Care
University Hospital of Padua, Italy

September 2009 – March 2012
Consultant in Anesthesia and Intensive Care
University Hospital of Trieste, Italy

January 2009 – September 2009
Emergency Physician (118 Service)
Trieste, Italy

EDUCATION AND TRAINING

September 2022
National Scientific Qualification (ASN) – Associate Professor in Anesthesiology

March 2019
PhD in Neuroscience and Cognitive Science
University of Trieste

August 2017 – April 2018
Visiting Scholar, Department of Emergency Medicine
University of Pittsburgh (UPMC), USA

October 2004 – October 2008
Specialization in Anesthesia, Intensive Care and Pain Medicine
University of Trieste



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2003–2004

MD, Medicine and Surgery Graduation

University of Trieste

RESEARCH LEADERSHIP AND CLINICAL TRIALS

Principal Investigator (Italy) – SPARE Study (Boston University): multicenter study on post-cardiac arrest care and long-term neurological outcomes

Principal Investigator (Italy) – International multicenter study on neuroprognostication bias in cardiac arrest

Co-Principal Investigator – HY-STEMI Trial (PRIN 2022)

Investigator – CPAr Study (Policlinico di Milano): argon-based neuroprotection strategy after cardiac arrest

Principal Investigator – Regional Registry of Cardiac Arrest (FVG)

Italian Principal Investigator – TRAIN Trial (ESICM)

Local Principal Investigator – TTM-2 Trial

Local Investigator – ALBIOSS-BALANCED Trial

COVID-19 Multicenter Trials – Tocilizumab and ICU Delirium Studies

INTERNATIONAL COLLABORATIONS

Program Exchange Director – UPMC / University of Pittsburgh – University of Trieste Agreement

Active development of bilateral exchange programs for residents and faculty

Ongoing collaborations with:

- University of Pittsburgh (Emergency Medicine, Critical Care)
 - Boston University academic centers (neurocritical care and resuscitation research)
 - European ICU research networks (Erasmus University Brussels, University of Milan, Mario Negri Institute for research)
 - (ESICM collaborations)
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ACADEMIC TEACHING

University of Trieste – School of Medicine and Specialization Programs

Courses:

- Anesthesiology
- Intensive Care and Emergency Medicine
- Pain Therapy and Palliative Care

Active involvement in residency training, curriculum development, and simulation-based education

EDITORIAL ACTIVITY

Guest Editor

Journal of Clinical Medicine

Special Issue: Resuscitation Science and Emergencies

RESEARCH PROFILE

Main areas of interest:

- Cardiac arrest and neuroprognostication
 - Neurocritical care and EEG monitoring
 - Sepsis and immunological response in critical illness
 - Advanced monitoring (NIRS, SedLine, metabolic monitoring)
 - Translational and multicenter ICU trials
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SELECTED PUBLICATIONS

(Full list available upon request – >40 peer-reviewed publications)

- A Restrictive Versus a Liberal Transfusion Strategy in Patients With Spontaneous Intracerebral Hemorrhage: A Secondary Analysis of TRAIN Randomized Clinical Trial
A Restrictive Versus a Liberal Transfusion Strategy in Patients With Spontaneous Intracerebral Hemorrhage: A Secondary Analysis of TRAIN Randomized Clinical Trial



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2025, Stroke, 2617-2626, V 56N 9R doi:10.1161/STROKEAHA.125.050729

<https://www.ahajournals.org/doi/abs/10.1161/STROKEAHA.125.050729>

- Epidemiology and outcomes of out-of-hospital cardiac arrests treated by an anaesthetist-staffed emergency medical service: a 3-year registry analysis in The Friuli-Venezia-Giulia region. Resuscitation Plus, Volume 25, September 2025, 101000. <https://doi.org/10.1016/j.resplu.2025.101000>
- Plasma glutamic acid predicts myelosuppression and mortality in septic patients using machine learning. Sci Rep 16, 4071 (2026). <https://doi.org/10.1038/s41598-025-34178-x>
- Therapeutic potential of butyrate supplementation in sepsis: a review of preclinical evidence and translational perspectives. European Journal of Pharmacology. Volume 1015, 15 February 2026, 178594. <https://doi.org/10.1016/j.ejphar.2026.178594>
- CardioPulmonary resuscitation with Argon (CPAr): A protocol for a randomised controlled multicentre clinical trial. Resuscitation Plus Volume 26, November 2025, 101096. <https://doi.org/10.1016/j.resplu.2025.101096>
- Acute Lung Injury after Cardiopulmonary Resuscitation: A Narrative Review. Journal of Clinical Medicine, 13(9) April 2024, 2498. <https://doi.org/10.3390/jcm13092498>
- Restrictive vs Liberal Transfusion Strategy in Patients With Acute Brain Injury: The TRAIN Randomized Clinical Trial. JAMA. 2024;332(19):1623–1633. doi:10.1001/jama.2024.20424
- Optimizing brain protection after cardiac arrest: advanced strategies and best practices. *Interface Focus* 6 December 2024; 14 (6): 20240025.
- “To shock or not to shock? This is *no longer* a question”...with the new AED technologies. Resuscitation, 2024; 202.
- Prevalence and risk factors for delirium in critically ill patients with COVID-19 (COVID-D): a multicentre cohort study. The Lancet Respiratory Medicine, 2021; 9, 239-250

PROFESSIONAL AFFILIATIONS

Regional Head – SIAARTI (Italian Society of Anesthesia and Intensive Care)

Member – Italian Resuscitation Council (IRC)



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SUMMARY PROFILE

Clinician-scientist and academic leader in anesthesiology and intensive care with strong expertise in neurocritical care, cardiac arrest, and multicenter clinical trials.

Currently leading both ICU clinical operations and academic training programs, with a strong commitment to international collaboration and translational research.

Trieste, March 17, 2026