

**Christos Kleisiaris**

*Associate Professor*

*(Birthdate: June 13, 1971)*

*Current position:*

He is serving asan*Associate Professor of Homecare Nursing* at the Nursing Department at the Hellenic Mediterranean University (HMU) [ex TEI of Crete]. During 2016-2020 he served as an Assistant Professor, whereas 2010-2016 as Lecturer at the same Department.

*Academic degree:*

**Bachelor** Degree in “***Nursing***” (TEI of Crete, 1993), an **MSc** with reference to “*Primary Healthcare*” (School of Medicine, University of Thessaly, 2008), and a **PhD** **degree** in the field of respiratory medicine entitled: “*The prevalence of obstructive sleep apnea-hypopnea syndrome-related symptoms and their relation to airflow limitation in an elderly population receiving home care*”, (Respiratory Department, School of Medicine, University of Thessaly, 2014).

*Academic experience:*

He is teaching at undergraduate level courses included in the syllabus of Nursing Department (HMU) such as “Homecare Nursing”, “Health promotion and health prevention”, “Mental health nursing”, “Evidence-based practices”, “Counseling in nursing” and” Community nursing” (2010-2017). Also, he is giving lectures in three different Master of Sciences (MSc) Programs. Particularly, relevant lectures to the Master of Science (**MSc)** Program: “***Mental Health***” and implemented by the Nursing Department of Technological Institute of Thessaly, Greece (2014-2017). Also, specific lectures in the Master of Science (***MSc***) Program entitled: “***Advanced Clinical Practices in Health Sciences***” and, it is offered orally and implemented by the Nursing Department, Hellenic Mediterranean University [ex TEI of Crete, 2017). Finally, he is adjunct academic staff in the Master of Science (MSc) program entitled: “***Management of Ageing and Chronic Diseases (GCN****)*” that is offered by distance (online) and implemented by the HELLENIC OPEN UNIVERSITY, (2017-20). He was also served as “Lab fellow” in the Nursing Department at the University of Thessaly, Greece (1998-2010).

*Occupational experience:*

He has worked as a nurse at Home-care community program namely “***Help at Home***” (permanent position) implemented by the Municipality of Elassona, a region of Larissa, Greece (2004-2010). In addition, he has worked as a contract nurse in a surgical clinic at the General Hospital of Larisa (2003-2004).

*Participation in funding projects:*

* On a behalf of a partnership of HMU, he is currently *Principal Investigator (PI)* of the ***ENhANCE project*** -[*EuropeaN curriculum for fAmily aNd Community nurse*] - funded under the Erasmus+ Programme – Call for Proposals EACEA 04/2017 KA2 – Sector Skills Alliances and, coordinated by the Istituto Tecnologie Didattiche – Consiglio Nazionale delle Ricerche (ITD-CNR) – Italy, (2018-2020).
* In addition, he is also an initial member of the research team of the European funded project **ASAP-Training** [*Building effective drug prevention results across Europe, based on prevention systems analysis and widespread professional training*]– call for JUSTICE-2017-AG-DRUG, Home Supporting Initiatives in the Field of Drugs Policy (2019-2020). Particularly, participation in the specific WP & Tasks "requirements analysis, conceptual design and support for online learning and VCP feeding".
* Furthermore, he participated in the *research team* of the funded research project *“****Epidemiologic profiling, health needs assessment and health education intervention in the rural population of Crete, Greece****”,* (Arximedes III, National Foundation Research Program, 2012) that was implemented by the Nursing Department of Technological Institute of Crete, Greece.
* Finally, he also participated in the research team of the research project *“****Social capital and other sociodemographic and environmental factors that predict health behaviours change young adults: A 36-month cohort study****”* (Arximedes III, National Foundation Research Program, 2012) that was also implemented by the Nursing Department of Technological Institute of Crete, Greece.

*A brief list of recent publications:*

**Kleisiaris CF,** Papathanasiou IV, Kaffatou Ε, Androulakis E, Panagiotakis S, Alvino S, Tziraki C. Assessing the impact of frailty on cognitive function in older adults receiving home care. *Transl Med UniSa, 2019; 29:27-3*5 [[PubMed](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6581500/)].

**Kleisiaris CF,** Papathanasiou IV, Tsaras K, Androulakis E, Kourkouta L, Fradelos E, Zyga S. Factors affecting the health status of elderly people receiving home care. *Arch Hellen Med, 2019; 37(2), 237-244* [[Scopus](https://www.scopus.com/authid/detail.uri?authorId=55626892700)].

Liotta G, Ussai S, Illario M, O' Caoimh R, Cano A, et al, and correspondence authors **Kleisiaris** CF. Frailty as the Future Core Business of Public Health: Report of the Activities of the A3 Action Group of the European Innovation Partnership on Active and Healthy Ageing (EIP on AHA). Int J Environ Res Public Health 2018; 15(12) [[PubMed](https://www.ncbi.nlm.nih.gov/pubmed/30551599)]

**Kleisiaris CF,** Kritsotakis EI, Daniil Z, Markakis G, Papathanasiou IV, Androulaki Z, Gourgoulianis KI. Assessing the risk of obstructive sleep apnoea-hypopnoea syndrome in elderly home care patients with chronic multimorbidity: a cross-sectional screening study. Springerplus, 2016; 13; 5:34. [[PubMed](http://www.ncbi.nlm.nih.gov/pubmed/26788446)]. Impact Factor: 0,987

**Kleisiaris CF**, Kritsotakis EI, Daniil Z, Tzanakis N, Papaioannou A, Gourgoulianis KI. The prevalence of OSAHS-related symptoms and their relation to airflow limitation in an elderly population receiving home care. Int J Chron Obstruct Pulmon Dis, 2014; 9:1111-1117. [[PubMed]](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4199847/) Impact Factor 3.141.

**Kleisiaris CF,** Plaiti EM, Papathanasiou IV, Papaioannou P, Kastrinakis I, Diakantoni S, Fradelos E, Kourkouta L. Smoking is Associated with Osteoporosis Development in Primary Care Population. American Journal of Nursing Science, Special Issue: Mental Health Care: Aspects, Challenges and Perspectives. 2015; 4(2-1):96-101. [[Online]](http://www.sciencepublishinggroup.com/specialissue/paperinfo.aspx?journalid=152&specialissueid=152001&doi=10.11648/j.ajns.s.2015040201.28)

**Kleisiaris CF,** Maniou M, Papathanasiou VI, Sfiniadaki A, Collaku E, Koutsoumpa C, Sarafis P. The prevalence of depressive symptoms in the elderly population and their relation to life situations in primary care. Health Science Journal, 2013; 7(4):417. [[](http://hypatia.teiath.gr/xmlui/bitstream/handle/11400/1469/747.pdf?sequence=1)[Scopus](https://www.scopus.com/results/results.uri?numberOfFields=0&src=s&clickedLink=&edit=&editSaveSearch=&origin=searchbasic&authorTab=&affiliationTab=&advancedTab=&scint=1&menu=search&tablin=&searchterm1=The+prevalence+of+depressive+symptoms+in+elderly+population+and+their+relation+to+life+situations+in+primary+care.&field1=TITLE_ABS_KEY&dateType=Publication_Date_Type&yearFrom=Before+1960&yearTo=Present&loadDate=7&documenttype=All&subjects=LFSC&_subjects=on&subjects=HLSC&_subjects=on&subjects=PHSC&_subjects=on&subjects=SOSC&_subjects=on&st1=The+prevalence+of+depressive+symptoms+in+elderly+population+and+their+relation+to+life+situations+in+primary+care.&st2=&sot=b&sdt=b&sl=129&s=TITLE-ABS-KEY%28The+prevalence+of+depressive+symptoms+in+elderly+population+and+their+relation+to+life+situations+in+primary+care.%29&sid=1F1AA965D646E35891D7374796EAF5C6.CnvicAmOODVwpVrjSeqQ%3A10&searchId=1F1AA965D646E35891D7374796EAF5C6.CnvicAmOODVwpVrjSeqQ%3A10&txGid=1F1AA965D646E35891D7374796EAF5C6.CnvicAmOODVwpVrjSeqQ%3A1&sort=plf-f&originationType=b&rr=)]

Patelarou AE, **Kleisiaris CF**, Androulakis E, Tsirakos DK, Kritsotakis G, Konstantinidis TΙ, Androulaki Z. Use of primary health care services in Southern Greece during a period of economic crisis. Arch Hellen Med, 2016; 33(1):84-89 [[Scopus](https://www.scopus.com/record/display.uri?eid=2-s2.0-84955266509&origin=resultslist&sort=plf-f&src=s&st1=Use+of+primary+health+care+services+in+Southern+Greece+during+a+period+of+economic+crisis&st2=&sid=080C8068EC3739625D432EF70FC856FA.CnvicAmOODVwpVrjSeqQ%3a310&sot=b&sdt=b&sl=104&s=TITLE-ABS-KEY%28Use+of+primary+health+care+services+in+Southern+Greece+during+a+period+of+economic+crisis%29&relpos=0&citeCnt=0&searchTerm=)]

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