

## **Michail Zografakis Sfakianakis**

*Assistant Professor*

(Birthdate: August 29, 1974)

### *Current position:*

Since 2020, he is serving as an Assistant Professor at the Nursing Department at the Hellenic Mediterranean University (HMU) [ex TEI of Crete]. His scientific field is "Critical ill patients' nursing assessment".

### *Academic degree:*

**Bachelor** Degree in "**Nursing**" (National and Kapodistrian University of Athens, 1997), **MSc** with reference to "Health Services Management" (National and Kapodistrian University of Athens, 2001) and a **PhD degree** in the field of Emergency Care "Severe Adverse Events Outcome in ward critical ill patients using early warning systems" (School of Medicine, University of Crete, 2018).

### *Academic experience:*

He is teaching at undergraduate level courses included in the syllabus of Nursing Department (HMU) such as "Physiology I", "Basic Principles in Pharmacology for Nurses", "Surgical Nursing II", "Coronary Care Nursing". He is also giving lectures in a Master of Science (MSc) Program in "**Advanced Clinical Practice in Health Sciences**". In particular, relevant lectures to "Early Warning Systems in critical ill ward patients", "Post-operative pain management", "Patients' treatment adherence", "ECG recognition and patients' monitoring" and "Pressure ulcer management" are offered orally and implemented by the Nursing Department of Hellenic Mediterranean University, HMU [ex TEI Crete]. Furthermore, he has successfully supervised 3 MSc thesis. Nowadays, he is coordinating the Erasmus program of the Department of Nursing (2015- to-date) in a framework of students and teacher's mobility.

### *Occupational experience:*

He has worked as a nurse in the Coronary ICU at "*Euroclinic of Athens*" (1998-1999). He also worked as a Head Nurse at General Clinic "*Saint George*" (Heraklion, 2001-2005) and, as a contract nursing staff in the Anesthesiology dpt. at the "*University Hospital of Heraklion*" (2006-2008). In addition, he has worked as a nurse in a medical/surgical (one-day clinic) for a season time (2006).

### *Participation in funding EU projects:*

- He has 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.

- He has 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.
- Finally, he has participated in the research team of the “Pre-retirement Counselling: A shortcut to Active Ageing” from a five countries partnership under the EU LLP Grundtvig Programme (2012).

*A brief list of recent publications:*

1. Patelarou A., Mechili EA., Galanis P., Zografakis-Sfakianakis M., Konstantinidis T., Salijs A., Bucaj J., Alushi E., Carmona-Torres JM., Cobo-Cuenca AI., Laredo-Aguilera JA., Patelarou E. Nursing students, mental health status during COVID-19 quarantine: evidence from three European countries. *Journal of Mental Health*, 2021; 28:1-6.
2. Spanakis M., Roubedaki M., Tzanakis I., Zografakis-Sfakianakis M., Patelarou E., Patelarou A. Impact of Adverse Drug Reactions in Patients with End Stage Renal Disease in Greece. *International Journal of Environmental Research Public Health*, 2020; 17(23):9101.
3. Patelarou A., Konstantinidis T., Kartsoni E., Mechili E., Galanis P., Zografakis-Sfakianakis M., Patelarou E. Development and Validation of a Questionnaire to Measure Knowledge of and Attitude toward COVID-19 among Nursing Students in Greece. *Nursing Reports*, 2020; 10(2):82-94.
4. Zografakis-Sfakianakis M., De Bree E., Linardakis M., Messaritaki A., Askitopoulou H., Papaioannou A., Aggouridakis P. The value of the Modified Early Warning Score for unplanned Intensive Care Unit admissions of patients treated in hospital general wards. *International Journal Nursing Practice*, 2018; 24(3):e12632.
5. Zografakis-Sfakianakis M., Karteraki M., Kataki P., Christaki O., Sorrou E., Chatzikou V., Melidoniotis E. Effect of music therapy intervention in acute postoperative pain among obese patients. *International Journal of Caring Sciences*, 2017; 10(2):937-945.
6. Kleisiaris C., Maniou M., Dragasi A., Mitara D., Zografakis-Sfakianakis M. The prevalence of daytime sleepiness in Greek adolescents in primary care. *Health Science Journal*, 2013; 7(1):41-53

*Journal Reviewer:*

“Nursing Reports”, “International Journal Environmental Research Public Health”, “Signal Vitae”, “Hellenic Journal of Nursing Science”.

Full list of my published work ([Google Profile](#)) and ([Scopus Profile](#))