Athina E. Patelarou



Associate Professor

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Current position:

Since 2017, she has been serving as an *Associate Professor of Evidence-Based Clinical Practice and Precision Nursing* at the Nursing Department at the Hellenic Mediterranean University (HMU).

Academic degree:

Degree in "Nursing" (Faculty of Nursing, School of Health Sciences, University of Athens, 2003), Master of Science (MSc) with reference to "Public Health and Healthcare Administration" (School of Medicine, University of Crete, 2012), and PhD degree in the field of Evidence-Based Clinical Practice (Faculty of Nursing, School of Health Sciences, University of Athens, 2015).

Academic experience:

Her academic experience started in 2011 in the **Department of Nursing of Technological Institute of Crete** (2011-2015) where she was appointed as a clinical tutor in the field of "Surgical Nursing" and "Child Nursing and Maternity" and later in 2015 as scientific collaborator teaching "Cardiovascular Nursing". In 2015, as Special Scientist and, in 2016, as Scientific Associate she was the module leader of "Emergency Nursing" and "Occupational Nursing" in the **Department of Health Sciences of the European University of Cyprus** (2015-2016). Since 2017, as an Assistant Professor at the Nursing Department of HMU at the **Nursing Department of the HMU** she has contributed in teaching modules such as "Evidence-based practice", "Precision Nursing —Personalized Care", "Research Methods", "Anaesthesiology Nursing", "Teaching Methods in Nursing" and "Surgical Nursing" at both undergraduate and postgraduate level. In addition, she has contributed in teaching in several Master of Sciences (MSc) Programs. Particularly, since 2017 she has been the deputy module leader for "Prevention and Public Health" offered by the **MSc** Program entitled "Exercise, Ergo-spirometry and Rehabilitation" (Department of Physical Education and Sport Science and the Department of Medicine of the University of Thessaly, 2018-2019, 2019-2020).

Moreover, she has contributed to lectures of the MSc Program entitled: "Cardiovascular Nursing" implemented by the Faculty of Nursing, School of Health Sciences, University of Athens, Greece (2017-2018, 2019-2020). Also, she is the module leader for "Evidence-Based Practice" (recently renamed as "Evidence-Based Practice and Healthcare Quality") in the MSc Program entitled: "Advanced Clinical Practices in Health Sciences" (Nursing Department of Technological Institute of Crete, Greece, 2017-to date). Furthermore, she has contributed with specific lectures in the Module "Specific Issues in Clinical Practice II" of the same MSc Program. Finally, as adjunct academic staff, she participated in module "Respiratory and cardiovascular problems (GCN54)" of the Master of Science (MSc) program entitled: "Management of Ageing and Chronic Diseases (GCN)" offered by distance by the HELLENIC OPEN UNIVERSITY for the academic years 2017-2019. Students research projects:

- Supervision of 15 master thesis
- Supervision of 5 PhD students with in progress projects
- Supervision of two ongoing postodoctoral research projects

Occupational experience:

She has thirteen-year occupational experience as a clinical nurse in both the public and private sector. In the private sector, she was employed as a contract clinical nurse in the Department of Surgical Oncology of Henry Dynan Hospital Center (2004-2005). In the public sector, she served as a registered nurse in the Surgical Department of the General Hospital of Korinthos (2005-2009) and later for almost nine years in the Anaesthesiology Department of the University Hospital of Heraklion (2009-2017).

Participation in funding projects:

- On a behalf of a partnership of HMU, she is Principal Investigator for the Greek team in the "Weeks of International Teaching Inclusive and Digital" project. WITEA-ID Project is a Strategic Partnership of European higher education institutions in the framework of the Erasmus+ programme (https://witea-id.eu/, 2021-2023): Mendel University in Brno (MENDELU) (Czech Republic), Inter University Center of Dubrovnik (Croatia), University of Crete (Greece) and Hellenic Mediterranean University (Greece). The project is to be carried out over two years and the Consortium seeks to raise the profile of teachers by improving their competencies in digital education by creating and managing a unique platform that would make a multifunctional space with appropriate and useful tools for digital teaching. The main focus is on digital competencies relevant to students as well as teachers and competences for international mobility.
- On a behalf of a partnership of HMU, she is an initial member of the research team of the "EBP e-Toolkit project [Providing a Teaching and Learning open and innovative toolkit for Evidence-Based Practice to Nursing European]. The EBP e-Toolkit Project is a Strategic Partnership of six European higher education institutions in the framework of the Erasmus+ programme (https://europeannursingebp.eu/, 2019-2021): University of Murcia (Spain), University of Modena e Reggio Emilia (Italy), University of Ostrava (Czech Republic), Medical University of Warsaw (Poland), Angela Boskin Faculty of Health Care (Slovenia) and Hellenic Mediterranean University (Greece). The project is to be carried out over three years and the Consortium seeks to promote and harmonize the teaching and learning of Evidence Based Practice in the

- European nursing curricula and to establish the "European Centre for Learning Evidence-based Nursing (ECLEBN)".
- Additionally, she was a member of the research team of the European funded project «*Reducing the Harm and Burden of Injuries and human Loss caused by road traffic crashes and Addressing Injury Demands through effective interventions (REHABIL-AID)*» a partnership of four centres; University of Pavia (Italy), University of Hannover (Germany), Traffic Research Center of Finland and Hellenic Mediterranean University (Greece) (https://rehabil-aid.hmu.gr/, 2014-2015). The REHABIL-AID project aimed to assess the psycho-socio-economic costs of road traffic crashes.
- Furthermore, she was a member of 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, 2014-2015) that was implemented by the Nursing Department of Technological Institute of Crete, Greece.
- She also participated as a researcher in the research project "ORAMMA: Operational Refugee And Migrant Maternal Approach" (http://oramma.eu/, 2017-2018). The main objectives; increase awareness, commitment and action towards improving maternal health of refugees in the EU. The project was cofunded by the Health Program of the European Union and had been coordinated by the Athens Midwifery School (University of West Attica, European Midwives Association, Sheffield Hallam University, Radboud University Medical Center, European Forum for Primary Care, HMU [ex TEI Crete]).

A brief list of recent publications:

- Patelarou AE, Laliotis A, Brokalaki H, Petrakis I, Dafermos V, Koukia E. Readiness for and predictors of evidence-based practice in Greek healthcare settings. Applied Nursing Research. 2016, 32:275-280
- Patelarou AE, Katsouli K, Stamou A, Vivilaki V, Koukia E, Sifaki- Pistolla D, Patelarou E. Attitudes, knowledge and perceptions of psychiatric nurses towards evidence-based practice implementation. Archives of Hellenic Medicine. 2017, 34(5).
- Patelarou AE, Kyriakoulis KG, Stamou AA, Laliotis A, Sifaki-Pistolla D, Matalliotakis M, Prokopakis E, Patelarou E. Approaches to teaching evidence-based practice among health professionals: an overview of the existing evidence. Adv Med Educ Pract. 2017, 8:455-464. doi: 10.2147/AMEP.S134475.
- Patelarou, A., Mechili, E. A., Galanis, P., Zografakis-Sfakianakis, M., Konstantinidis, T., Saliaj, A., Bucaj, J., Alushi, E., Carmona-Torres, J. M., Cobo-Cuenca, A. I., Laredo-Aguilera, J. A., & Patelarou, E. (2021). Nursing students' mental health status during COVID-19 quarantine: evidence from three European countries. Journal of mental health (Abingdon, England), 1–6. Advance online publication.
- Mechili EA, Saliaj A, Kamberi F, Girvalaki C, Peto E, **Patelarou AE**, Bucaj J, Patelarou E. Is the mental health of young students and their family members affected during the quarantine period? Evidence from the COVID-19 pandemic in Albania. J Psychiatr Ment Health Nurs. 2020:10.1111/jpm.12672. doi: 10.1111/jpm.12672.
- Dolezel J, Renáta Zeleníková, Mecugni D, Finotto S, **Patelarou AE**, Panczyk M, Ruzafa-Martínez M, Jesús Ramos-Morcillo A, Skela-Savič B, Gotlib J, Patelarou E, Smodiš M, Jarošová D. Core Evidence-Based Practice Competencies and Learning Outcomes for European Nurses: Consensus Statements. Worldviews on Evidence-based Nursing. 2020.
- Skela-Savič B, Gotlib J, Panczyk M, Patelarou AE, Bole U, Ramos-Morcillo AJ, Finotto S, Mecugni D, Jarosova D, **Patelarou E**, Dolezel J, Ruzafa-Martínez M. Teaching evidence-based practice (EBP) in nursing curricula

- in six European countries-A descriptive study. Nurse Educ Today. 2020; 94:104561. doi: 10.1016/i.nedt.2020.104561. Epub ahead of print. PMID: 32905986.
- Spanakis M, **Patelarou AE**, Patelarou E. Nursing Personnel in the Era of Personalized Healthcare in Clinical Practice. J Pers Med. 2020;10(3):E56. doi:10.3390/jpm10030056
- Patelarou AE, Konstantinidis T, Kartsoni E, Mechili EA, 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.
- Patelarou E, Vlasiadis K, Panczyk M, Dolezel J, Jarosova D, Gotlib J. ... **Patelarou A**. Providing a teaching and learning open and innovative toolkit for evidence-based practice to nursing European curriculum (EBP e-Toolkit): Project rationale and design. Population Medicine. 2020, 2(November), 39.
- Patelarou A, Mechili EA, Galanis P, Zografakis-Sfakianakis M, Konstantinidis T, Saliaj A Bucaj J, Alushi E, Carmona-Torres JM, Cobo-Cuenca AI, Laredo-Aguilera JA, Patelarou E. Evaluating mental health status of University nursing students during COVID-19 quarantine. Evidence from three European countries. Journal of Mental Health, 2021;1-6. doi:10.1080/09638237.2021.1875420
- 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. Int J Environ Res Public Health. 2020;17(23):E9101.
- **Patelarou A**, Mechili EA, Galanis P, Zografakis-Sfakianakis M, Konstantinidis T, Saliaj 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. J Ment Health. 2021;30(2):164-169. doi: 10.1080/09638237.2021.1875420.
- Dolezel J, Zelenikova R, Finotto S, Mecugni D, **Patelarou A**, Panczyk M, Ruzafa-Martínez M, Ramos-Morcillo AJ, Skela-Savič B, Gotlib J, Patelarou E, Smodiš M, Jarosova D. Core Evidence-Based Practice Competencies and Learning Outcomes for European Nurses: Consensus Statements. Worldviews Evid Based Nurs. 2021;18(3):226-233. doi: 10.1111/wvn.12506.
- Patelarou E, Galanis P, Mechili EA, Argyriadi A, Argyriadis A, Asimakopoulou E, Brokaj S, Bucaj J, Carmona-Torres JM, Cobo-Cuenca AI, Doležel J, Finotto S, Jarošová D, Kalokairinou A, Mecugni D, Pulomenaj V, Saliaj A, Sopjani I, Zahaj M, **Patelarou A.** Factors influencing nursing students' intention to accept COVID-19 vaccination: A pooled analysis of seven European countries. Nurse Educ Today. 2021;104:105010. doi: 10.1016/j.nedt.2021.105010.
- **Patelarou A**, Schetaki S, Giakoumidakis K, Lialiou P, Patelarou E. Validation of the Evidence-Based Practice Competence Questionnaire for Nursing Students: A Cross-Sectional Study in Greece. Nurs Rep. 2021 3;11(4):765-774. doi: 10.3390/nursrep11040073.
- Patelarou A, Saliaj A, Galanis P, Pulomenaj V, Prifti V, Sopjani I, Mechili EA, Laredo-Aguilera JA, Kicaj E, Kalokairinou A, Cobo-Cuenca AI, Celaj J, Carmona-Torres JM, Bucaj J, Asimakopoulou E, Argyriadi A, Argyriadis A, Patelarou E. Predictors of nurses' intention to accept COVID-19 vaccination: A cross-sectional study in five European countries. J Clin Nurs. 2022;31(9-10):1258-1266. doi: 10.1111/jocn.15980. Spanakis, M., Xylouri, I., Patelarou, E., & Patelarou, A. (2022). A Literature Review of High-Tech Physiotherapy Interventions in the Elderly with Neurological Disorders. International Journal of Environmental Research and Public Health, 19(15), 9233.
- Patelarou, E., Galanis, P., Mechili, E. A., Argyriadi, A., Argyriadis, A., Asimakopoulou, E., ... & **Patelarou, A.** (2022). Assessment of COVID-19 fear in five European countries before mass vaccination and key predictors among nurses and nursing students. Vaccines, 10(1), 98.