

Athina E. Patelarou

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<https://pubmed.ncbi.nlm.nih.gov/?term=patelarou+a>

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Current position:

Since 2022 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). As an Assistant Professor (2017-2022) and since 2022 as an Associate Professor at the **Nursing Department of the HMU** she has contributed in teaching modules such as "Evidence-based practice", "Personalized Care - Precision Nursing", "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. Additionally, 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. Since 2023 she has been serving as an adjunct academic staff at the HELLENIC OPEN UNIVERSITY and specifically for the MSc program Healthcare Management (module “Health Services/Hospital: Identities and challenges”).

Students research projects:

- Supervision of 25 master thesis
- Supervision of 5 PhD students with in progress projects
- Supervision of two ongoing postdoctoral 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:

- 📌 Since 2023, she is an external research collaborator to implement the research project “The impact of food-derived microRNAs (xenomiRs) in extracellular matrix remodeling and microbiota during malignant melanoma”, under the frame of HFRI, with the participation of the National and Kapodistrian University of Athens (NTUA), the Hellenic Mediterranean University (HMU) and the Weizmann Institute of Science (Israel) (2023-2025).
- 📌 On a behalf of a partnership of HMU, she was the 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 aimed to improve teachers’ and students’ 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 was on digital competencies relevant to students as well as teachers and competences for international mobility.

- ❗ On a behalf of a partnership of HMU, she was 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 was 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 Consortium aimed 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 co-funded 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, A.**, Mechili, E. A., Galanis, P., Zografakis-Sfakianakis, M., Konstantinidis, T., Saliyaj, 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, Saliyaj 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/j.nedt.2020.104561.

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

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Patelarou E, Vlasidis 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.

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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.

- Schetaki, S., Patelarou, E., Giakoumidakis, K., Kleisiaris, C., & **Patelarou, A.** (2023). Evidence-Based Practice Competency of Registered Nurses in the Greek National Health Service. *Nursing reports (Pavia, Italy)*, 13(3), 1225–1235.
- Spanakis, M., Ioannou, P., Tzalis, S., Chouzouri, F., Patelarou, E., Kofteridis, D. P., Antoniou, K. M., Schiza, S. E., **Patelarou, A.**, & Tzanakis, N. (2023). Evaluation of Drug Interactions in Hospitalized Patients with Respiratory Disorders in Greece. *Advances in respiratory medicine*, 91(1), 74–92.
- Kartsoni, E., Bakalis, N., Markakis, G., Zografakis-Sfakianakis, M., Patelarou, E., & **Patelarou, A.** (2023). Distance Learning in Nursing Education during the COVID-19 Pandemic: Psychosocial Impact for the Greek Nursing Students-A Qualitative Approach. *Healthcare (Basel, Switzerland)*, 11(8), 1178.
- Giakoumidakis, K., **Patelarou, A.**, Chatziefstratiou, A. A., Zografakis-Sfakianakis, M., Fotos, N. V., & Patelarou, E. (2023). Development and Validation of the CVP Score: A Cross-Sectional Study in Greece. *Healthcare (Basel, Switzerland)*, 11(11), 1543.

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