

Athina E. Patelarou



Professor of Evidence-Based Clinical Practice and Precision Nursing
Head of the Department of Nursing, Hellenic Mediterranean University
Director of the Evidence-Based Healthcare, Education and Clinical Protocols Laboratory (EDUCATE Lab)

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Current position:

She has been serving as a *Professor of Evidence-Based Clinical Practice and Precision Nursing* at the Nursing Department at the Hellenic Mediterranean University (HMU) and since 2023 as the Head of the Department of nursing. Additionally, she is the Director of the EDUCATE Lab (Laboratory of Evidence-based Healthcare, Education, and Clinical Protocols).

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 35 Master’s thesis
- Principal supervisor of 7 PhD students
- Supervision 6 PhD students as member of the supervisory committee
- Supervision of 2 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:

- 📌 Core member of the research team representing the Hellenic Mediterranean University (HMU) as a partner in the research project funded by the Region of Crete, **“Regional Support Mechanism of Crete for Climate Change Adaptation”** – Action 4.4: Monitoring morbidity and mortality indicators of vulnerable populations in relation to climate change & Intervention–Management Plan.

- ① Member of the research team in the proposal submitted to the **Hellenic Foundation for Research and Innovation (H.F.R.I.) “Xemibio” – “The impact of food-derived microRNAs (xenomiRs) in extracellular matrix remodeling and microbiota during malignant melanoma,”** a collaboration between four institutions: Hellenic Mediterranean University (Greece) and the National and Kapodistrian University of Athens (UOA) (2023–2025). The aim of this study is to identify and evaluate food-derived microRNAs that target LOX, HSP70, or other molecules involved in extracellular matrix remodeling. Particular emphasis will be placed on collagen deposition expressed by melanoma cells, as well as on the effect of microRNAs on the microbiota.
- ① 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.
- ① 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)”**.
- ① 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.
- ① 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.
- ① 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., Salijs, 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, Salijs 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
- 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. 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, 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. *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, Salijs 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**, Saliadj 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., Kleisaris, 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. 75. Giakoumidakis K, Christodoulakis A, Petrogianni E, Laliotis A, Trivli A, Patelarou E, Patelarou A. Nurses' Performance on the Genomic Nursing Inventory: A Cross-Sectional Study in Crete, Greece. *Nursing Reports* 2025; 15(4):121.
- Giakoumidakis K, Patelarou E, Chatziefstratiou AA, Aloizou D, Vaitis N, Brokalaki H, Fotos NV, Geniataki E, **Patelarou AE**. Validation of the Greek Cardiovascular Diet Questionnaire 2 (CDQ-2) and Single-Center Cross Sectional Insights into the Dietary Habits of Cardiovascular Patients. *Nutrients* 2025; 17(10):1649.
- Fragkioudaki, C. A., Mechili, E. A., Galanis, P., Patelarou, E., Giakoumidakis, K., & **Patelarou, A. E.** (2026). Cultural Adaptation, Translation and Psychometric Validation of a Technology and eHealth Literacy Questionnaire Among Albanian Undergraduate Nursing Students. *Nursing reports (Pavia, Italy)*, 16(4), 139. <https://doi.org/10.3390/nursrep16040139>