

Dr. Konstantinos Giakoumidakis

Professor, Department Head, Department of Nursing, Faculty of Health Sciences, Hellenic Mediterranean University

Dr. Konstantinos Giakoumidakis is a Professor in the subject area of "Clinical Nursing – Chronic Diseases" in the Department of Nursing at the Hellenic Mediterranean University, where he serves as Chair of the Department. He holds a Nursing degree from the National and Kapodistrian University of Athens, a Master's Degree in Clinical Nursing, and a PhD from the same University, with many years of clinical experience in Intensive Care Units (ICUs) and Cardiac Surgery ICUs at major hospitals in Athens, as well as positions of responsibility in the private healthcare sector. He holds the Specialty in Cardiovascular Nursing and is certified in Cardiac Surgery Unit Advanced Life Support (CALS), as well as in Immediate Life Support (ILS) from the European Resuscitation Council. He is also the Academic and Scientific Director of a Center for Education and Lifelong Learning training programme at the Hellenic Mediterranean University titled "Simulated Clinical Training in the Intra-Aortic Balloon Pump," the only programme at the national level leading to certification in the use of the intra-aortic balloon.

His research and academic writing focus on nursing care for cardiovascular and chronic diseases, in patients with heart failure, coronary artery disease, and cardiac surgery, as well as on patient self-care and nursing workload. He has more than 100 publications in international and Greek scientific journals (h-index 15 on Scopus, 22 on Google Scholar), has contributed as an author and editor of books and book chapters, and maintains an active role as a Guest Editor, reviewer, and member of editorial boards of international journals. He has supervised numerous master's and doctoral theses and is actively involved in the administration and academic life of the Department of Nursing at HMU.

Selected Publications

1. Chatziefstratiou AA, **Giakoumidakis K**, Fotos NV, Christofi A, Gavathoglou SA, Patelarou E, Brokalaki H. *Self-Care Behaviors and Dietary Habits Among Patients with Heart Failure: A Cross-Sectional Study*. *Nutrients* 2026;18(17):2745. [doi: 10.3390/nu18172745](https://doi.org/10.3390/nu18172745)
2. Anagnostopoulou E, **Giakoumidakis K**, Chatziefstratiou AA, Fotos NV, Patelarou A, Patelarou E, Brokalaki H. *Patients' Readiness to Exercise After Cardiac Surgery: A Single-Center Observational Study*. *Healthcare* 2026;14(13):2012. [doi: 10.3390/healthcare14132012](https://doi.org/10.3390/healthcare14132012)
3. Christodoulakis A, **Giakoumidakis K**, Tsiligianni I. *Nurses are Leaving Hospitals: The Example of Greece*. *Policy Polit Nurs Pract* 2026;27(1):5-6. [doi: 10.1177/15271544251381241](https://doi.org/10.1177/15271544251381241)
4. Kyriazi P, Patelarou A, Katsoulas AT, Patelarou E, Alexopoulou-Prounia L, Kokotsakis J, Samiotis I, Dokoutsidou E, Alamanou D, **Giakoumidakis K**.

- Association of Obesity and Prolonged Hospital Stay With Surgical Site Infections After Coronary Artery Bypass Grafting.* Cureus 2025. [doi: 10.7759/cureus.99013](https://doi.org/10.7759/cureus.99013)
5. Savvakis I, Patelarou A, Mechili EA, Stratidaki E, Patelarou E, **Giakoumidakis K.** *Targeted Physical Function Exercises for Frailty and Falls Management in Pre-Frail Community-Dwelling Older Adults: A Randomized Controlled Trial.* Healthcare 2025;13(19):2486. [doi: 10.3390/healthcare13192486](https://doi.org/10.3390/healthcare13192486)
 6. Padilha KG, de Sousa RMC, Nogueira LS, Gallani MCB, Barbosa RL, Hoogendoorn M, **Giakoumidakis K**, Giannakopoulou M, Lucchini A, Carmona-Monge FJ, Macedo APMC, Furmanov A, Cudak E, Stafseth SK. *Nursing Workload and Nursing Staff in Intensive Care With the Nursing Activities Score in 10 Countries.* Dimens Crit Care Nurs 2025;44(5):283-289. [doi: 10.1097/DCC.0000000000000715](https://doi.org/10.1097/DCC.0000000000000715)
 7. Patelarou E, **Giakoumidakis K.** *Nutrition and Quality of Life for Patients with Chronic Disease.* Nutrients 2025;17(13):2170. [doi: 10.3390/nu17132170](https://doi.org/10.3390/nu17132170)
 8. **Giakoumidakis K**, Patelarou E, Chatziefstratiou AA, Aloizou D, Vaitsis N, Brokalaki H, Fotos NV, Geniataki E, Patelarou AE. *Validation of the Greek Cardiovascular Diet Questionnaire 2 (CDQ-2)...* Nutrients 2025;17(10):1649. [doi: 10.3390/nu17101649](https://doi.org/10.3390/nu17101649)
 9. **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. [doi: 10.3390/nursrep15040121](https://doi.org/10.3390/nursrep15040121)
 10. Brokalaki H, Chatziefstratiou AA, Fotos NV, Patelarou A, **Giakoumidakis K.** *The development and testing of the Hippocratic heart failure self-care scale.* Healthcare 2024;12(8):820. [doi: 10.3390/healthcare12080820](https://doi.org/10.3390/healthcare12080820)
 11. **Giakoumidakis K**, Patelarou E, Brokalaki H, Bastaki M, Fotos NV, Ifantopoulou P, Christodoulakis A, Chatziefstratiou AA, Patelarou A. *Patient Knowledge, Medication Adherence, and Influencing Factors: A cross-sectional study among hypertensive patients in Greece.* Healthcare 2024;12(9):916. [doi: 10.3390/healthcare12090916](https://doi.org/10.3390/healthcare12090916)
 12. **Giakoumidakis K**, Patelarou A, Chatziefstratiou AA, Zografakis-Sfakianakis M, Fotos NV, Patelarou E. *Development and Validation of the CVP-Score: A cross-sectional study in Greece.* Healthcare 2023;11:1543. [doi: 10.3390/healthcare11111543](https://doi.org/10.3390/healthcare11111543)
 13. Chatziefstratiou AA, Fotos NV, **Giakoumidakis K**, Brokalaki H. *Impact of nurse-initiated education on HeartScore in patients with hypertension: a randomised trial.* British Journal of Nursing 2021;30(12):722-728. [doi: 10.12968/bjon.2021.30.12.722](https://doi.org/10.12968/bjon.2021.30.12.722)
 14. **Giakoumidakis K**, Eltheni R, Patelarou E, Theologou S, Patris V, Michopanou N, Mikropoulos T, Brokalaki H. *Effects of intensive glycemic control on outcomes of cardiac surgery.* Heart and Lung 2013;42(2):146-151. [doi: 10.1016/j.hrtlng.2012.12.007](https://doi.org/10.1016/j.hrtlng.2012.12.007)
 15. **Giakoumidakis K**, Baltopoulos GI, Charitos C, Patelarou E, Fotos NV, Brokalaki-Pananoudaki H. *Risk factors for increased in-hospital mortality:*

a cohort study among cardiac surgery patients. European Journal of Cardiovascular Nursing 2012;11(1):14-24. [doi: 10.1016/j.ejcnurse.2010.09.005](https://doi.org/10.1016/j.ejcnurse.2010.09.005)

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