

CURRICULUM VITAE	APOSTOLARA PARASKEVI
<p>Current Position: Lecturer Scientific Domain: Community Nursing (Code APELLA): 29894 Sector: Community and Public health Nursing Research Laboratory: Nursing Rehabilitation of the Chronically ill (K13 102), Tel: 0030 210 5385649-642 Office Tel: 0030 210 5385863, (Office K6027) Email: vapostolara@uniwa.gr ResearchGate: https://www.researchgate.net/profile/Paraskevi-Apostolara Google Scholar Profile: https://scholar.google.com/citations?hl=el&user=fNqRxBgAAAAJ ORCID ID: https://orcid.org/my-orcid?orcid=0000-0002-6214-0936 PubMed: https://pubmed.ncbi.nlm.nih.gov/?term=apostolara+p Web of Science: https://publons.com/researcher/4691081/paraskevi-apostolara/</p>	
Education	
<ul style="list-style-type: none"> ●2014: Instructor of Adults (non formal Education), National Organization for the Certification of Qualifications and Vocational Guidance (EOPPEP) ●2014: I-Skills. Basic I.T. Thematic Syllabus Version ●2007-2012: Doctor of Philosophy (PhD), National and Kapodistrian University of Athens, Faculty of Nursing, “Community Nursing” PhD theses: “Evaluation of the cultural competence of physicians' and nurses' in pediatric hospitals” ●2008: European Program in Transcultural Nursing (Distance learning), Middlesex University, London, England ●2003-2005: Master of Science (MSc), National and Kapodistrian University of Athens, Faculty of Nursing, ‘Community Nursing’ ●1998-2002: BSc in Nursing, National and Kapodistrian University of Athens, Faculty of Nursing ●2002: School of Pedagogical and Technological Education ●1992-1996: BSc in Nursing, Technological Educational Institute of Larisa, Faculty of Nursing ●1996: Diploma di Maturita, Casa di Italia Perugia ●1990: First Certificate in English, University of Cambridge 	
Academic Appointments	
<p>2017- today Lecturer, Nursing Department, University of West Attica 2017-2018 Lecturer, Nursing Department, TEI of Athens</p>	
Professional Experience	
<p>2010-2017: Vocational Training School Teacher 1998-2010: NICU Nurse, General Pediatric Hospital of Penteli 1996-1998: PICU Nurse, Onassis Cardiac Surgery Center</p>	

Research Interests
Community Nursing, Transcultural Nursing, Mental Health Nursing, Cultural competence, compassion
Teaching Areas
<p>On pre-graduate level</p> <ul style="list-style-type: none"> • 2018-2021: Co-coordination “Transcultural Nursing ’, Undergraduate Program of Studies Faculty of Nursing, UNIWA, “Community Nursing II”. • 2017- 2021: ‘Transcultural Nursing’, Undergraduate Program of Studies, Faculty of Nursing, National and Kapodistrian University of Athens • 2017: “Community Nursing”, Pedriatic Nursing” , “Basic Nursing”, Faculty of Nursing, UNIWA • 2007-2017: Scientific collaborator, ‘Community Nursing’ and ‘Transcultural Nursing’, Faculty of Nursing, National and Kapodistrian University of Athens • 2002:”Pedriatic Nursing” Scientific collaborator, Faculty of Nursing, Technological Educational Institute (TEI) of Athens • 2010-2017: Teaching in Public and Private Vocational Training Institutions <p>On post-graduate level</p> <ul style="list-style-type: none"> • 2018-2021: Co-coordination “Psychosocial and Transcultural Approach of the Population», Postgraduate Program of Studies Faculty of Nursing, UNIWA • 2017-2021: ‘Transcultural Health’, Postgraduate Program of Studies, Faculty of Nursing, National and Kapodistrian University of Athens • 2017-2021: ‘Transcultural Health’, Postgraduate Program of Studies, Faculty of Nursing, University of Thessaly • 2015: ‘Transcultural Nursing’, Postgraduate Program of Studies, Faculty of Nursing , National and Kapodistrian University of Athens • 2014-2017: ‘Transcultural mental health Care’, Postgraduate Program of Studies, Technological Educational Institute of Thessaly • 2014-2017: Supervising postgraduate dissertations at the ‘Postgraduate Program of Studies in Mental Health’ , Technological Educational Institute of Thessaly
Recent Publications
<ul style="list-style-type: none"> • Papadopoulos I, Wright S, Lazzarino R, Koulouglioti C, Aagard M, Akman O, Alpers L, Apostolara P, Araneda BJ, SBiglete-Pangilinan S, Regev OE, González-Gil MT, Kouta C, Krepinska R, Lesińska-Sawicka M, Liskova M, Lopez-Diaz L, Malliarou M, Martín-García A, Muñoz SM, Nagórska M, Ngunyulu RN, Nissim S, Nortvedt L, Oconer-Rubiano F, Oter-Quintana C, öztürk C, Papp K, Piratoba-Hernandez B, Rousou E, Tolentino-Diaz MY, Tothova V, Zorba A.(2021). The enactment of compassionate leadership by nursing and midwifery managers: Results from an international online survey. BMJLeader. medRxiv 2020.09.16.20195115; doi:

- Terzis N, Salonikidis K, **Apostolara P**, Roussos N, Karzis K, Ververidis A, Drosos G. (2021). Can the exercise-based and occupational therapy improve the posture, strength, and mobility in elderly Greek subjects with hip fracture? A non-randomized control trial. *Journal of Frailty, Sarcopenia and Falls*. [Pubmed]
- Papadopoulos I, Lazzarino R, Koulouglioti C, Aagard M, Akman Ö, Alpers LM, **Apostolara P**, Araneda-Bernal J, Biglete-Pangilinan S, Eldar-Regev O, González-Gil MT, Kouta C, Krepinska R, Lesińska-Sawicka M, Liskova M, Lopez-Diaz AL, Malliarou M, Martín-García Á, Muñoz-Solinas M, Nagórska M, Ngunyulu RN, Nissim S, Nortvedt L, Oconer-Rubiano MF, Oter-Quintana C, Öztürk C, Papp K, Piratoba-Hernandez B, Rousou E, Tolentino-Diaz MY, Tothova V, Zorba A. (2021). The Importance of Being a Compassionate Leader: The Views of Nursing and Midwifery Managers From Around the World. *J Transcult Nurs*. 32(6):765-777. doi: 10.1177/10436596211008214. Epub 2021 Apr 26. PMID: 33899614; PMCID: PMC8495049.
- **Apostolara P**, Tseroni M, Adamakidou T (2021) The COVID-19 pandemic and challenges for the health care of migrants and refugees. *Archives of Hellenic Medicine* 38(5):599-606
- Papadopoulos I, Lazzarino R, Sakellaraki O, Dudău V, **Apostolara P**, Kuckert-Wösthleinrich A, Mauceri M, Kouta C. (2021). Empowering refugee families in transit: the development of a culturally competent and compassionate training and support package. *Journal of Research in Nursing* 0(0) 1–15
- Mavratza, T., Adamakidou, T., **Apostolara, P.**, Fasoï, G., Mantzorou, M., Mantoudi, A., Drakopoulou, M., & Misouridou, E. (2021). Professional Quality of Life in Greek Health Professionals Working with Refugees and Migrants. *Materia socio-medica*, 33(2), 94–99. <https://doi.org/10.5455/msm.2021.33.94-99>
- Tsioka, A., Kaba, E., Adamakidou T, & **Apostolara P**. (2021). Difficulties experienced at home by parents of preschool children with autism spectrum disorder. *Perioperative Nursing (GORNA)*, E-ISSN:2241-3634, 10(2), 208–219. <https://doi.org/10.5281/zenodo.5651596>
- **Apostolara P**, Adamakidou T, Govina O (2020) Cultural Influences on Pain: The Health Care Professionals' Aspects *Hellenic Journal of Nursing* 60(3):266-274
- Misouridou E, Pavlou V, Kasidi K, **Apostolara P.**, Parissopoulos S, Mangoulia P, Fradelos E. (2020). Translation and Cultural Adaptation of the Professional Quality of Life Scale (ProQOL V) for Greece. *Mater Sociomed* 32(3): 187-190
- Mavratza T, Fasoï G, Misouridou E, **Apostolara P**. (2020). Compassion satisfaction and compassion fatigue in health professionals working with refugees and migrants. *Archives of Hellenic Medicine* 37(6):746-751
- Grigoropoulou M, Fasoï G, Drakopoulou M, **Apostolara P**. (2020). Migrants' and refugees' satisfaction and access in primary Health care. *Interscientific Health Care*, 12 (3): 35-41
- Papadopoulos I, Lazzarino R., Koulouglioti C., Aagard M., Akman O., Alpers L.-M., **Apostolara P.**, Araneda Bernal J., Biglete-Pangilinan S., Eldar-Regev O., Gonzalez-Gil M.T., Kouta C., Krepinska R., Lesinska-Sawicka M., Liskova M., Lopez-Diaz A.L., Malliarou M., Martín-García A., Muñoz-Salinas M., Nagorska M., Ngunyulu R.N., Nissim S., Nortvedt L., Oconer-Rubiano M.F., Oter-Quintana C., Ozturk C., Papp K., Piratoba-Hernandez B., Rousou E., Tolentino-Diaz M.Y., Tothova V. & Zorba A. (2020) Obstacles to compassion-giving among nursing and midwifery managers: an international study.

International Nursing Review 00, 1–13.

- Fragkou A, **Apostolara P**, Paralikas Th, Kalokairinou A. (2020). Medical adherence in schizophrenia and bipolar disorder. *Interscientific Health Care*, 12 (2): 25-32
- Rapti, E., Damigos, D., **Apostolara, P.**, Roka, V., Tzavara, C., & Lionis, C. (2019). Patients with chronic pain: evaluating depression and their quality of life in a single center study in Greece. *BMC psychology*, 7(1), 86. doi:10.1186/s40359-019-0366-0
- T. Adamakidou, A. Papadopoulou, OD Govina, M. Mantzorou, **P. Apostolara**, M. Drakopoulou, A. Mantoudi, T. Konstantinidis, C. Tsiou. (2019) Exploring anxiety, depression and quality of life of ambulatory cancer patients during chemotherapy. *Annals of Oncology*, 30 (Supplement_5), mdz275.003, <https://doi.org/10.1093/annonc/mdz275.003> (EONS12@ESMO19 Conference, 26th September – 1st October 2019, Barcelona, Spain)
- Terzis N., **Apostolara P.**, Bakalidou D., Merakoy K., Ktenas E, Kazakos K. & Drosos G. (2019). Validity and reliability of the Greek berg balance scale in the elderly with risk of falling. *Biology of Exercise* 15(1): 59-70.
- Bakalidou D., Chasiotis A., Krommydas G., **Apostolara P.** & Stasinopoulos D. (2018). Intensive care unit length of stay and TBI severity. *Biology of Exercise*. 14 (2): 37-46
- Papadopoulou A, **Apostolara P**, Galanis P, Kalokairinou A. (2018). Looking into the knowledge and attitudes of nurses regarding mourning and burial customs of people with different cultural background. *Hellenic Journal of Nursing Science* 11(3): 48-58
- Pontiki G, Drakopoulou M, **Apostolara P.** (2017). Scheduled C-section as a labor method: a descriptive review. *Hellenic Journal of Nursing Science*. 10(2): 15-20.
- Papadopoulos, I; Kouta, C; Malliarou, M; Shea, S; **Apostolara, P**; Vasiliou, M. (2016). Exploring the cultural aspects of compassion in nursing care: A comparative study of Greece and Cyprus. *International Journal of Caring Sciences*. 9 (2): 471-481.
- Papadopoulos, I; Zorba, A; Koulouglioti, C; Ali, S; Aagard, M; Akman, O; Alpers, L-M; **Apostolara, P** et al. (2015). "International Research Study on Nurses' Views and Experiences of Compassion" *International Nursing Review*. Acceptance for publication. ID: INR-2015-0231.
- Papadopoulos I, Taylor G, Ali S, Aagard M, Akman O, Alpers LM, **Apostolara P**, et al. (2015). Exploring Nurses' Meaning and Experiences of Compassion: An International Online Survey Involving 15 Countries. *Journal of Transcultural Nursing* 1(10) .DOI: 10.1177/10436596156247.
- Fragkou A, **Apostolara P**. Kalokairinou A. (2015). Compliance and Health Professionals' role: The case of osteoporotic patients. *Hellenic Journal of Nursing Science* 8(4):29-36
- **P. Apostolara**, P. Sourtzi, K. Tsoumakas, T Pesiridis, C Tzavara, M Alexadropoulou, V Roka, A. Kalokairinou. (2015). Reliability and validity of the Greek version of The Clinical Culture Competency Questionnaire (CCCQ). *BMMR*-2015-04-018 .
- Christodoulou E, Kalokairinou A, Koukia E, Intas G, **Apostolara P**, Daglas A, Zyga S. (2015). New Technologies and Students' Learning Styles in nursing science: pilot study and Test - Retest Reliability. *International Journal of Caring Sciences*. 8 (3): 567 -577.

- Barbouni A, **Apostolara P**, Kalogirou S, Barbouni D, Panagiotopoulou A, Merakou K. (2014). Childhood obesity investigation with geographical mapping information systems (GIS) in Lamia area *Pediatric* 77 (1): 44-58.
- **Apostolara P**. (2013). Transcultural Communication. *Greek Journal of the Nursing Science* 6 (1): 3-5.
- Pesiridis T, **Apostolara P**. (2009). Transcultural Nursing as a Theoretical Framework in Support of Disaster Nursing. *Hellenic Journal of Nursing Science* 2 (1): 26-30.
- **Apostolara P**, Sourtzi A, Tsoumakas k, Kalokairinou A. (2009). Cultural competence of the Health Professionals in Greece: Pilot Study. *Nursing care and Research* 24: 23-30.

Conferences-Other Activities

- 155 citations and h-index 6 in Google scholar
- 51 presentations (oral and posters) in Hellenic and International conferences, seminars etc.
- 1 prize for oral presentation
- Member of (16) Scientific Committees in conferences
- Researcher in (3) funded research programs
- Member Of the National Development Committee of Nursing (Substitute Member 2012-2016)
- Scientific Collaborator in the Community Nursing Laboratory, National and Kapodistrian University of Athens, Faculty of Nursing
- Representative (2nd member) of Greece in the European Transcultural Nursing Association
- Register member of Trained Transcultural Mediators
- Register member of the National School of Public Administration and Local Government (ESDDA)
- Instructor of Adults (EOPPEP)
- Member of Hellenic Regulatory Board of Nurses (ENE)
- Reviewer of the 'Hellenic Journal of Nursing Science'