

| CURRICULUM VITAE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | NAME: ALEXANDRA MANTOUDI |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| <p><b>Current Position:</b> Lecturer</p> <p><b>Sector:</b> Community and Public health Nursing</p> <p><b>Research Laboratory:</b> Nursing Rehabilitation of the Chronically ill (K13 102),<br/>Tel: +30 210 5385649-642</p> <p><b>Tel:</b> 210 5385863</p> <p><b>Email:</b> amantoudi@uniwa.gr</p> <p><b>Research Gate:</b> <a href="https://www.researchgate.net/profile/Alexandra-Mantoudi-2">https://www.researchgate.net/profile/Alexandra-Mantoudi-2</a></p> <p><b>Google Scholar Profile:</b><br/><a href="https://scholar.google.com/citations?hl=en&amp;user=mJF57IQAAAAJ">https://scholar.google.com/citations?hl=en&amp;user=mJF57IQAAAAJ</a></p> <p><b>ORCID ID:</b> <a href="https://orcid.org/0000-0002-1176-2006">https://orcid.org/0000-0002-1176-2006</a></p>                                                                                                                                                                                                                                                                   |                          |
| Education                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                          |
| <p><b>2022: Doctoral Diploma (PhD),</b> National and Kapodistrian University of Athens, Faculty of Medicine. Doctoral Dissertation Topic: "Reflexology and Palliative Care: The Effect of Reflexology on Anxiety, Pain, Sleep Quality and Quality of Life of Oncology Patients in the Community"</p> <p><b>2009: Master of Science (MSc)</b> in Pain Management, University of Ioannina, Faculty of Medicine.</p> <p><b>1992: Reflexology Diploma,</b> Bayly School of Reflexology, London.</p> <p><b>1992: Aromatherapy Diploma,</b> Shirley Price School of Aromatherapy, London.</p> <p><b>1990: Diploma</b> of Behavioural Psychotherapy, University College London, School of Medicine, Dept of Psychiatry.</p> <p><b>1989: Registered Mental Nurse (RMN),</b> Middlesex Hospital School of Nursing, London.</p> <p><b>1987: BSc</b> in Nursing, National and Kapodistrian University of Athens, Faculty of Nursing.</p> <p><b>1984: Registered General Nurse (RGN),</b> Princess Alexandra School of Nursing, London Hospital, London</p> |                          |
| Academic Appointments                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                          |
| <p><b>2018- today: Lecturer,</b> Department of Nursing, University of West Attica (UNIWA)</p> <p><b>2014 -2018: Lecturer,</b> Department of Nursing, Athens Technological Institute (TEI)</p> <p><b>1996-2014: Teaching Associate,</b> Department of Nursing B, Athens Technological Institute (TEI)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                          |
| Professional Experience                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                          |
| <p><b>1989-1992: Staff Nurse,</b> St Lukes-Woodside Hospital, London.</p> <p><b>1988-1989: Staff Nurse,</b> Middlesex Hospital, Bloomsbury Health Authority, London.</p> <p><b>1984-1986: Staff Nurse,</b> Hippocraton General Hospital</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                          |

| Research Interests                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Community Nursing</p> <p>Complementary/Alternative Therapies</p> <p>Non-Pharmacological Pain Management</p> <p>Health Prevention &amp; Health Promotion</p> <p>Integrative Palliative Care</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Teaching Areas                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p>Undergraduate courses</p> <p>Community Nursing I &amp; II</p> <p>Occupational Health Nursing</p> <p>Postgraduate courses</p> <p>MSc in Community Nursing and Public Health Nursing – Lectures: Traditional and Complementary Medicine &amp; Transcultural Nursing, Palliative Care and Quality of Life in the Elderly, Traditional/Complementary Therapies in the Management of Chronic Diseases.</p> <p>MSc in Management of Chronic Diseases – Lectures: Traditional/Complementary Therapies in the Palliative Care of Cancer Patients.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Recent Publications                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <p>Drakopoulou, Marianna, Panagiota Begni, <b>Alexandra Mantoudi</b>, Marianna Mantzorou, Georgia Gerogianni, Theodoula Adamakidou, Victoria Alikari, Ioannis Kalemikerakis, Anna Kavga, Sotirios Plakas, Georgia Fasoi, and Paraskevi Apostolara. (2022) "Care and Safety of Schoolchildren with Type 1 Diabetes Mellitus: Parental Perceptions of the School Nurse Role" Healthcare 10, no. 7: 1228.</p> <p>Manti, P., Mastrogiannis, D., Mantzorou, M., Adamakidou, T., <b>Mantoudi, A.</b>, Stefanidou, S., Timmins, F., (2022) Stress levels and coping strategies among undergraduate nursing students in Greece during economic recession: a cross-sectional study. Nurse Education in Practice 60, 103299.</p> <p>Kostopoulou, S., Sakellariou, A., Nikoloudi, M., Parpa, E., Tsilika, E., <b>Mantoudi, A.</b>, Mystakidou, K. (2022) Greek Caregivers of Chronically ill Patients Struggling in Everyday Life. CAS 15.</p> <p>Moustakopoulou, L., Adamakidou, Th., Mastrogiannis, D., <b>Mantoudi, A.</b>, Apostolara, P., Mantzorou, M. (2021) Consequences of older persons' physical and social isolation during the COVID-19 pandemic, European Geriatric Medicine 12 (Suppl 1):S1–S387.</p> |

Kazantzaki,G., Zisopoulou, S., Mantzourou, M., Tsiou, Ch., Mastrogiannis, D., Apostolara, P., **Mantoudi, A.**, Drakopoulou, M., Adamakidou,Th. (2021) Financial strain and medication adherence among older adults in rural Greece, European Geriatric Medicine 12 (Suppl 1): S1–S387.

Maltezou, E., **Mantoudi, A.**, Mantzourou, M., Adamakidou, Th., Apostolara, P., Drakopoulou, M., Mastrogiannis, D., Fouka, G., Tsiou, Ch., Plakas, S. (2021) Effects of music on Depression and General Health among Older Adults in Greece. A cross sectional study, European Geriatric Medicine 12 (Suppl 1): S1–S387.

Zisopoulou, S., Kazantzaki, G., Adamakidou, T., Plakas S., Mastrogiannis, Apostolara P., **Mantoudi, A.**, Drakopoulou, M., Mantzourou M. (2021) Exploration of the effect of ehealth literacy on medication beliefs and adherence of older people with chronic diseases in Greece, European Geriatric Medicine 12 (Suppl 1):S1–S387.

Moustakopoulou,L., Adamakidou, Th., Mastrogiannis, D., **Mantoudi, A.**, Apostolara, P., Mantzourou, M. (2021) Consequences of older persons’ physical and social isolation during the COVID-19 pandemic, European Geriatric Medicine 12 (Suppl 1):S1–S387.

Kazantzaki,G., Zisopoulou, S., Mantzourou, M., Tsiou, Ch., Mastrogiannis, D., Apostolara, P., **Mantoudi, A.**, Drakopoulou, M., Adamakidou,Th. (2021) Financial strain and medication adherence among older adults in rural Greece, European Geriatric Medicine 12 (Suppl 1): S1–S387.

Maltezou, E., **Mantoudi, A.**, Mantzourou, M., Adamakidou, Th., Apostolara, P., Drakopoulou, M., Mastrogiannis, D., Fouka, G., Tsiou, Ch., Plakas, S. (2021) Effects of music on Depression and General Health among Older Adults in Greece. A cross sectional study, European Geriatric Medicine 12 (Suppl 1): S1–S387.

Mavratza, T., Apostolara, P., Adamakidou, Th., Fasoi, G., Mantzourou, M., **Mantoudi, A.**, Drakopoulou, M., Misouridou, E. (2021) Professional Quality of Life in Greek Health Professionals Working with Refugees and Migrants, MATERIA SOCIOMEDICA. JUN; 33(2) PubMed Central PMCID: PMC8385739.

Nikoloudi, M., Tsilika, E., Parpa, E., Kostopoulou, S., Tentolouris, A., Psarros, C., **Mantoudi A.**, & Mystakidou, K. (2021). Herth Hope Index: A Psychometric Evaluation Study within a Sample of Greek Patients with Cancer. *Indian journal of palliative care*, 27(3), 367–374. [https://doi.org/10.25259/IJPC\\_364\\_20](https://doi.org/10.25259/IJPC_364_20)

**Mantoudi, A.**, Parpa, E., Tsilika, E., Batistaki, C., Nikoloudi, M., Kouloulis, V., Kostopoulou, S., Galanos, A., & Mystakidou, K. (2020). Complementary Therapies for Patients with Cancer: Reflexology and Relaxation in Integrative Palliative Care. A Randomized Controlled Comparative Study. *Journal of alternative and complementary medicine (New York, N.Y.)*, 26(9), 792–798. <https://doi.org/10.1089/acm.2019.0402>

#### **Conferences-Other Activities**

2022 4<sup>th</sup> Panhellenic Interdisciplinary Conference INEPY, Presentation on "The contribution of Complementary / Alternative Therapies to stress management".

2019 "Cancer, Education, Research & Clinical Practice" Scientific Society, in collaboration with the Hellenic Society of Radiotherapeutic Oncology, the first Pathology - Oncology Department, G.A.O.N.A. "O Agios Savvas" and the Pathology - Oncology Department, E.A.N.P. "Metaxa". Presentation at the Panhellenic Conference Towards an optimal therapeutic coefficient in oncology: "Alternative approaches as a means of treating cancer".

2018 PHOENIX/Palliative Care Unit "TZENI KAREZI" Presentation in the 2-day Conference on Supportive/Palliative Care and Nutrition: "Complementary Therapies in Palliative Care".