

CURRICULUM VITAE		Name: Plakas Sotirios
<p>Current Position: Associate Professor Scientific Domain: Adult Nursing and Family Nursing (Code APELLA): 25847 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: skplakas@uniwa.gr Research Gate: https://www.researchgate.net/profile/Sotirios-Plakas-2 Google Scholar: https://scholar.google.com/citations?user=bSzNCvMAAAAJ&hl=el&oi=ao ORCID ID: https://orcid.org/0000-0002-3263-4679 Pubmed: https://www.ncbi.nlm.nih.gov/myncbi/sotirios.plakas.1/bibliography/public/ Web of Science Researcher ID: ABA-5708-2020</p>		
Education		
<p>2007 Doctor of Philosophy: "Outside the Intensive Care Unit: Experiences of Family Members of Critically Ill Patients in Greece". Faculty of Health and Social Care, London South Bank University, London, UK 1994 Master of Science in Nursing-College of Medicine, University of Wales, Cardiff 1992 Nursing Degree TEI of Athens</p>		
Academic Appointments		
<p>2021-today Associate Professor, Nursing Department, University of West Attica (UniWA) 2015-2021 Assistant Professor, Nursing Department, University of West Attica 2010-2015 Lecturer, Nursing Department, TEI of Athens 1998-2010 Clinical nurse instructor, Nursing Department, TEI of Athens</p>		
Professional Experience		
<p>1989 – 1991 ICU assistant nurse Sismanoglio General Hospital 1992-1993 Chelsea & Westminster Hospital, Nursing Development Unit, London, (Grantee of European community COMET exchange program for clinical placement) 1993-1994 Agency Nurse ICU: The Royal Brompton Hospital, The Royal London Hospital, The Clementine Churchill Hospital, The Wellington Hospital, Chelsea & Westminster Hospital 1994 - 2000 Staff Nurse ICU, Sismanoglio General Hospital 2000 – 2003 Internal Medicine Department, Sismanoglio General Hospital 2003 - 2005 Staff Nurse Multi medical specialties Department, Sismanoglio General Hospital 2005 - 2010 Staff Nurse Hematology Department, Sismanoglio General Hospital</p>		
Research Interests		
<p>Experiences and coping strategies of family members of critically ill patients including spirituality and religiosity, adherence to medications for chronic illness patients and psychological consequences of stress and working conditions for clinical nurses (burnout). He has expertise in grounded theory research methodology.</p>		
Teaching Areas		
<p>On graduate level</p> <p>2021-today Associate Professor, Nursing Department, University of West Attica (UniWA), Epidemiology (scientific coordination), Community Nursing I, II, Family Nursing (scientific coordination) 2015-2021 Assistant Professor, Nursing Department, University of West Attica Epidemiology (scientific coordination), Community Nursing I, II, Family Nursing (scientific coordination)</p>		

2010-2015	Lecturer, Nursing Department, TEI of Athens Introduction in Nursing Science, Fundamentals of Nursing, Community Nursing and Gerontological Nursing.
1998-2010	Clinical nurse instructor, Nursing Department B, Technological Educational Institute of Athens (TEI of Athens) Medical-Surgical Nursing, Community Nursing, Emergency Nursing
On post-graduate level	
2014-today	Postgraduate programmes TEI of Athens and UniWA
a. MSc in Neurological Disorders-Evidence based Nursing, TEI of Athens	Research Methodology (scientific coordination) Qualitative Health Research (scientific coordination)
b. MSc in Management of Chronic Diseases, UniWA	Research Methodology (scientific coordination)
Recent Publications	
a. Publications in international scientific journals	
1. Zisopoulou, S., Kazantzaki, G., Adamakidou, T., Plakas S. , Mastrogiannis, Apostolara P., Mantoudi, A., Drakopoulou, M., Mantzorou M. Exploration of the effect of ehealth literacy on medication beliefs and adherence of older people with chronic diseases in Greece , <i>European Geriatric Medicine</i> , (2021) 12 (Suppl 1):S1–S387.	
2. Maltezou, E., Mantoudi, A., <u>Mantzorou</u> , M., Adamakidou, Th., Apostolara, P., Drakopoulou, M., Mastrogiannis, D., Fouka, G., Tsiou, Ch., Plakas, S. Effects of music on Depression and General Health among Older Adults in Greece. A cross sectional study , <i>European Geriatric Medicine</i> , (2021) 12 (Suppl 1): S1–S387	
3. Stratakis, E., <u>Mantzorou</u> , M., Kalemikerakis, I., Kavga, A., Adamakidou, Th., Mastrogiannis, D., Plakas, S. Supporting informal caregivers of older people living with dementia: A systematic literature review , <i>European Geriatric Medicine</i> , (2021) 12 (Suppl 1):S1–S387.	
4. Laopoulou E, Papagiorgis P, Chrysovitsanou C, Tsiou C, Plakas S , Fouka G. Nurses' knowledge about perioperative care of patients with neurological diseases . <i>J Perioper Pract</i> . 2019 Apr;29(4):87-93. doi: 10.1177/1750458918788984. Epub 2018 Jul 10. PubMed PMID: 29989492.	
5. Timmins F, Parissopoulos S, Plakas S , Naughton MT, de Vries JM, Fouka G. Privacy at end of life in ICU: A review of the literature . <i>J Clin Nurs</i> . 2018 Jun;27(11-12):2274-2284. doi: 10.1111/jocn.14279. Epub 2018 Mar 26. Review. PubMed PMID: 29399904.	
6. Timmins F, Parissopoulos S, Plakas S , Fouka G. Economic recession in Greece and effects on quality nursing care . <i>J Nurs Manag</i> . 2017 Apr;25(3):163-166. doi: 10.1111/jonm.12477. PubMed PMID: 28374444.	
7. Plakas, S. , Mastrogiannis, D., <u>Mantzorou</u> , M., Adamakidou, T. Fouka, G. Bouziou, A., Tsiou, C. Morisky, D. E. (2016) Validation of the 8-item Morisky Medication Adherence Scale in chronically ill ambulatory patients in rural Greece . <i>Open Journal of Nursing</i> , 6(3), 158-169	
8. Timmins F, Naughton MT, Plakas S , Pesut B. Supporting patients' and families' religious and spiritual needs in ICU--can we do more? . <i>Nurs Crit Care</i> . 2015 May;20(3):115-7. doi: 10.1111/nicc.12177. PubMed PMID: 25854433.	

9. **Plakas S**, Taket A, Cant B, Fouka G, Vardaki Z. [The meaning and importance of vigilant attendance for the relatives of intensive care unit patients](#). *Nurs Crit Care*. 2014 Sep;19(5):243-54. doi: 10.1111/nicc.12054. Epub 2013 Oct 16. PubMed PMID: 24131580.

10. Skefales, A., **Plakas, S.**, Fouka, G., Goni, M., Vassiliadou, M., & Bergiannaki, J. D. (2014). Burnout and Its Association with Working Conditions among Greek Hospital Nurses in a Time of Financial Crisis. *Open Journal of Nursing*, 4(7), 548-563.

11. Mastrogiannis, D., Sotiri, M., Deltsidou, A., Poulaka, M.-A., Noula, M., Gesouli-Voltyraki, E., Fouka, G., **Plakas, S.**, Mantzorou, M. (2013) "[Exploring educationalists' views on the need for school nurses in secondary schools in Greece](#)". *British Journal of School Nursing*, Vol 8 No 6, MA Healthcare Limited. ISSN 1752-2803

12. Fouka G., **Plakas, S.**, Papageorgiou, D., Mantzorou, M., Kalemikerakis, J. (2013) "[The Increase of Illegal Private Duty Nurses in Public Greek Hospitals](#)". *Journal of Nursing Management* 21 (4), 633–637, PubMed PMID: 2340970710.

13. Fouka G, **Plakas S**, Papageorgiou D, Mantzorou M, Kalemikerakis I, Vardaki Z. [The increase in illegal private duty nurses in public Greek hospitals](#). *J Nurs Manag*. 2013 May;21(4):633-7. doi: 10.1111/j.1365-2834.2012.01409.x. Epub 2012 Apr 5. PubMed PMID: 23409707.

14. Fouka G, **Plakas S**, Taket A, Boudioni M, Dandoulakis M. [Health-related religious rituals of the Greek Orthodox Church: their uptake and meanings](#). *J Nurs Manag*. 2012 Dec;20(8):1058-68. doi: 10.1111/jonm.12024. PubMed PMID: 23151108.

15. **Plakas S**, Boudioni M, Fouka G, Taket A. [The role of religiosity as a coping resource for relatives of critically ill patients in Greece](#). *Contemp Nurse*. 2011 Aug;39(1):95-105. doi: 10.5172/conu.2011.39.1.95. PubMed PMID: 21955270.

16. **Plakas S**, Cant B, Taket A. [The experiences of families of critically ill patients in Greece: a social constructionist grounded theory study](#). *Intensive Crit Care Nurs*. 2009 Feb;25(1):10-20. doi: 10.1016/j.iccn.2008.04.003. Epub 2008 May 19. PubMed PMID: 18490164.

b. Publications in national scientific journals

17. Metaxouli K., Spiliopouloy E., Jiajios A., **Plakas S.**, Konstantakopoulou O. & Dogranlis T. (2021). Multiple Sclerosis and Religiosity. *Hellenic Journal of Nursing Science* 14(1): 52-58. <https://doi.org/10.24283/hjns.202116>

18. Zisopoulou, S., **Plakas, S.**, Mastrogiannis, D., Adamakidou, T., Mantzorou, M. (2020) [The Effect of E-Health Literacy on Adherence with Medication in Chronically ill Patients](#), *Interscientific Health Care*, 12(4) 45-55.

19. Stratakis, E., Mantzorou, M., Kalemikerakis, I., Kavga, A. **Plakas, S.** (2020) [Newer guidelines for caregivers of patients with dementia](#), *Perioperative Nursing*, 9(4), 234-245.

20. Tsiou, C., & **Plakas, S.** (2015) Anxiety of relatives outside the operation room. *Perioperative Nursing* (2015),(4):3, 95-105.

21. Kalemikerakis J., Dimakakos E., Fouka G., Kelesi M., Fasoi G., Papageorgiou D., Mantzorou M., **Plakas S.**, Kosma E., Vardaki Z. (2012) Prevention of lymphedema in women after mastectomy. supplement *Iatriki* Volume 101, Issue 1.

Conferences-Other Activities

23 presentations (oral and posters) in Hellenic and International conferences

341 citations and h-index 9 in Google scholar

117 citations and h-index 6 in Scopus

Member of the Steering committee of the MSc courses «Neurological disorders-evidence based practice» (since 2014) and «Management of Chronic Diseases» (since 2018)

Main researcher in the Erasmus+ European programs:

1.«Health Care Europe (HCEU): Fostering transparency and recognition of prior learning within geographical mobility of professionals in the health care sector». Agreement number: 2015-1-DE02-KA202-002316.

2. «Intercultural Competences for Health care Professionals» με κωδικό INTERHEALTH, Contract number: 2016-1-EL01- KA202-023538

3. «Exchanging about transparency of qualifications within healthcare across borders» agreement number: 2017-1-DE02-KA202-004243.

- COMET 6 months grantee for clinical placement in Chelsea & Westminster Hospital, ICU, Nursing Development Unit, London, 1992-1993.
- Induction in Sigma Theta Tau International Honor Society of Nursing και ένταξη in Pi Alpha chapter at Florida International University, 1999.
- Winner of Lise Perault scholarship - International Consortium of Parse Scholars for the development and implementation of Rosemary Rizzo Parse Nursing Theory.
- Member of scientific reviewing committee for the 5th International Conference "Quality and Its Perspectives - Multidisciplinary Approach to Patient Care". Pardubice, Czech Republic, 18th April 2018
- Editor in the Greek professional journal "Nosilia" between the years 2001-2007 currently continued with the name "Nursing Care and Research.
- Member of the editorial board in Μέλος συντακτικής επιτροπής στο περιοδικό Problemy Pielegniarstwa Journal the official Journal of the Polish Nurses Association
- Reviewer for the Journals: Nursing in Critical Care, Nurse Education Today, Journal of Nursing Management, Problemy Pielegniarstwa
- Invited contribution in the special edition on Religiosity in the Journal of Nursing Management. Title of contribution: Health-related religious rituals of the Greek Orthodox Church: their uptake and meanings
- Invited presentation with title: Spiritual and religious needs in illness: what does the evidence say? III. International conference Quality and its Perspectives: Care of the Soul in Illness and Health, 20th April, 2016, University of Pardubice, Faculty of Health Studies, Czech Republic.
 - Sigma Theta Tau International Honor Society of Nursing. Participation in the 12 months program "CHIRON: THE MENTOR-FELLOW FORUM" on Leadership under the mentorship of Dr Pat Messmer, (January – December 2001).