

CURRICULUM VITAE	STAVROPOULOU ARETI
<p><b>Name:</b> STAVROPOULOU ARETI</p> <p><b>Current Position:</b> ASSISTANT PROFESSOR</p> <p><b>Scientific Domain:</b> NURSING MANAGEMENT AND EDUCATION - QUALITY ASSURANCE AND EVALUATION – (<b>Code APELLA</b>): 1248</p> <p><b>Sector:</b> A' "BASIC NURSING"</p> <p><b>Administrative positions:</b> Director of Sector A' "BASIC NURSING"</p> <p><b>Laboratory:</b> "ICU Follow- up Care Lab"</p> <p><b>Tel:</b> + 30 210 5387431</p> <p><b>Email:</b> astavropoulou@uniwa.gr</p> <p><b>Research Gate id:</b> <a href="https://www.researchgate.net/profile/Areti-Stavropoulou">https://www.researchgate.net/profile/Areti-Stavropoulou</a></p> <p><b>Google Scholar Profile:</b>  <a href="https://scholar.google.com/citations?user=X5hLwwAAAAJ&amp;hl=el">https://scholar.google.com/citations?user=X5hLwwAAAAJ&amp;hl=el</a></p> <p><b>ORCID ID:</b> 0000-0002-8616-3884</p> <p><b>Pubmed:</b> AAZ-3339-2021</p>	
Education	
<p><b>PhD</b>, University of Wales College of Medicine - Cardiff University, UK</p> <p><b>Master of Nursing</b>, University of Wales, College of Medicine - Cardiff University, UK</p> <p><b>BSc (Nurs)</b>, Technological Educational Institute of Athens</p>	
Academic Appointments	
<p>From 13-11-2006 to 5-11-2018: <b>Assistant Professor, Hellenic Mediterranean University</b> (former TEI of Crete) – School of Health Sciences - Department of Nursing - Scientific Domain: "Nursing"</p> <p>From 5-11-2018 to 2-6-2021: <b>Lecturer, University of West Attica</b>, School of Health and Care Sciences, Department of Nursing - Scientific Domain: "Nursing Management and Education with emphasis on Quality Assurance and Evaluation"</p> <p>From 2-6-2021 to date: <b>Assistant Professor, University of West Attica</b>, School of Health and Care Sciences, Department of Nursing – Scientific Domain: "Nursing Management and Education with emphasis on Quality Assurance and Evaluation"</p> <p>From 14-3-2023 to date: <b>Honorary Senior Lecturer</b>, Faculty of Health, Science, Social Care and Education, <b>Kingston University, London, UK</b></p>	
Professional Experience	

Ministry of Health - Body of Inspectors of Health and Welfare Services - Department of Health and Pharmaceutical Audit - (3yrs secondment from TEI of Crete).

National and Kapodistrian University of Athens. Researcher in Funded National and International Research Projects (Fixed-term contracts).

Hellenic Society for Quality Assurance in Health Care & Hellenic Committee for HOPE Programme. Research Associate-freelancer.

Onassis Cardiac Surgery Centre. Registered Nurse - Head of Clinical Research and Quality Assurance - Representative of the Nursing Service.

Athens Medical Centre. Registered Nurse (Surgical/Medical Wards, Intensive Care Unit)

### Research Interests

Nursing Management and Research - Nursing Education - Development and Evaluation of Educational Programs

Qualitative Research Methodology - Quality Assurance in Nursing and Health Services - Evidence-Based Practice.

### Teaching Areas

**Undergraduate courses (University of West Attica and Hellenic Mediterranean University).** Subjects taught:

- Writing an academic paper
- Basic Nursing I, II
- Introduction to Nursing Science
- Health Economics
- Nursing Research Methodology
- Nursing Management
- Teaching Methods in Nursing
- Nursing Seminars
- Mental Health Nursing
- Medical Nursing I
- Nursing Ethics - Legislation
- Surgical Nursing II

### Postgraduate courses

#### University of West Attica

- MSc IN TREATMENT AND CARE OF WOUNDS AND ULCERS. Subjects taught: "Clinical Research - Evidence-Based Practice", "Management of Health Care Services", "Research Methodology and Writing an Academic Paper"
- MSc IN APPLIED CLINICAL NURSING. Subjects taught: "Introduction to qualitative research", "Finding and Evaluation of Evidence".

#### National Kapodistrian University of Athens

- MSc IN INTENSIVE CARE UNITS – CARDIAC, MEDICAL AND NURSING CARE. Subjects taught: "Nursing Science and Evidence Based Practice I & II", "Research and Evidence Based Practice I & II", "Quality Assurance in Nursing I & II"

#### Hellenic Mediterranean University

- MSc in INTERDISCIPLINARY MANAGEMENT OF CHRONIC DISEASES, DISABILITY AND AGEING

**Subjects taught:** Interprofessional Education and Quality Assurance of Care, Interprofessional communication and evidence-based practice, Evaluation of research data and evidence-based practice, Job motivation and job satisfaction, Work-related Stress, Burnout / Resilience, Interdisciplinary research, best practices and empowerment strategies for people with chronic diseases

#### Cardiff University UK

- MASTER OF NURSING - UNIVERSITY OF WALES, College of Medicine.  
Subject taught: "Quality Assurance" (Co-teaching: Prof. Bryn Davies).

#### Recent Publications

1. **Stavropoulou, A.**; Prasianaki, M.; Papageorgiou, D.; Kaba, E.; Misouridou, E.; Dafogianni, C.; Gerogianni, G.; Kelesi, M. The Psychological and Professional Burden Experienced by Nurses Who Worked in COVID-19 Clinics during the Pandemic: A Content Analysis. *Clin. Pract.* **2023**, *13*, 422-434. <https://doi.org/10.3390/clinpract13020038>
2. Moudatsou, M.; **Stavropoulou, A.**; Rovithis, M.; Koukouli, S. Views and Challenges of COVID-19 Vaccination in the Primary Health Care Sector. A Qualitative Study. *Vaccines* **2023**, *11*, 803. <https://doi.org/10.3390/vaccines11040803>
3. Kalaitzaki, A.; Rovithis, M.; Dimitropoulos, A.; Koukouli, S.; Linardakis, M.; Katsiri, E.; Rikos, N.; Vasilopoulos, G.; Tsolas, G.; Papachristou, A.; ...and **Stavropoulou A.** Promoting Self-Management and Independent Living of Older Individuals with Chronic Diseases through Technology: A Study of Self-Reported Needs, Priorities, and Preferences. *Medicina* **2023**, *59*, 1493. <https://doi.org/10.3390/medicina59081493>
4. Dimitriadou Z, Kostagiolas P, Kritsotakis G, Rikos N, **Stavropoulou A**, Rovithis M. Occupational stress and coping strategies of the nursing staff of a Public University Hospital during the COVID-19 pandemic. *NPT.* **2023**;10(3):198-207.
5. Bonacaro, T. Stroumpouki, **A. Stavropoulou**, et al., Exploring nursing students' attitudes towards patients affected by HIV/AIDS. Does nursing curriculum need any improvement? The results of a European multicentre study. Science Talk, Video Article, Volume 6 100173, May **2023** <https://doi.org/10.1016/j.sctalk.2023.100173>
6. **Stavropoulou, A.**; Rovithis, M.; Sigala, E.; Moudatsou, M.; Fasoi, G.; Papageorgiou, D.; Koukouli, S. Exploring Nurses' Working Experiences during the First Wave of COVID-19 Outbreak. *Healthcare* **2022**, *10*, 1406. <https://doi.org/10.3390/healthcare10081406>
7. **Stavropoulou, A.**; Rovithis, M.; Kelesi, M.; Vasilopoulos, G.; Sigala, E.; Papageorgiou, D.; Moudatsou, M.; Koukouli, S. What Quality of Care Means? Exploring Clinical Nurses' Perceptions on the Concept of Quality Care: A Qualitative Study. *Clin. Pract.* **2022**, *12*, 468–481. <https://doi.org/10.3390/clinpract12040051>
8. Rovithis, Michael, Kalaitzaki, Argyroula, Koukouli, Sofia, Rikos, Nikos, Kelesi, Martha, Fasoi, Georgia, Linardakis, Manolis and **Stavropoulou, Areti.** "Work related burnout syndrome, information satisfaction, and concern of safety among Greek nurses during the first wave of COVID-19 outbreak" *Frontiers of Nursing*, vol.9, no.3, **2022**, pp.285-293. <https://doi.org/10.2478/fon-2022-0036>
9. Dafogianni, C.; Pappa, D.; Mangoulia, P.; Kourti, F.E.; Koutelekos, I.; Dousis, E.; Margari, N.; Ferentinou, E.; **Stavropoulou, A.**; Gerogianni, G.; et al. Anxiety, Stress and the Resilience of University Students during the First Wave of the COVID-19 Pandemic. *Healthcare* **2022**, *10*, 2573. <https://doi.org/10.3390/healthcare10122573>

10. Bonacaro A, Stroumpouki T, **Stavropoulou A**, Triglia C, Vizilio E, Papageorgiou D, Rubbi I. Nursing students' attitudes on caring for people living with HIV/AIDS. A European Multicentre Study: Nursing students' attitudes and HIV. *Acta Biomed* [Internet]. **2022** May 12 [cited 2022 May 15];93(S2):e2022191. Available from: <https://www.mattioli1885journals.com/index.php/actabiomedica/article/view/12999>
11. **Stavropoulou, A.**; Vlamakis, D.; Kaba, E.; Kalemikerakis, I.; Polikandrioti, M.; Fasoi, G.; Vasilopoulos, G.; Kelesi, M. "Living with a Stoma": Exploring the Lived Experience of Patients with Permanent Colostomy. *Int. J. Environ. Res. Public Health* **2021**, *18*, 8512. <https://doi.org/10.3390/>
12. Rovithis, M.; Koukouli, S.; Fouskis, A.; Giannakaki, I.; Giakoumaki, K.; Linardakis, M.; Moudatsou, M.; **Stavropoulou, A.** Empathy and Mobile Phone Dependence in Nursing: A Cross-sectional Study in a Public Hospital of the Island of Crete, Greece. *Healthcare* **2021**, *9*, 975. <https://doi.org/10.3390/healthcare9080975>.
13. Moudatsou, M.; Koukouli, S.; Palioka, E.; Pattakou, G.; Teleme, P.; Fasoi, G.; Kaba, E.; **Stavropoulou, A.** Caring for Patients with Psychosis: Mental Health Professionals' Views on Informal Caregivers' Needs. *J. Environ. Res. Public Health*, **2021**, *18*, 2964. <https://doi.org/10.3390/ijerph18062964>
14. Fasoi, G.; Patsiou, E.C.; **Stavropoulou, A.**; Kaba, E.; Papageorgiou, D.; Toyli, G.; Goula, A.; Kelesi, M. Assessment of Nursing Workload as a Mortality Predictor in Intensive Care Units (ICU) Using the Nursing Activities Score (NAS) Scale. *J. Environ. Res. Public Health* **2021**, *18*, 79.
15. Evridiki Kaba, Aikaterini Triantafyllou, Georgia Fasoi, Martha Kelesi, **Areti Stavropoulou (2020)** "Investigating Nurses' Views on Care of Mentally Ill Patients with Skin Injuries" *International Journal of Environmental Research and Public Health*. *17*, 7610; doi:10.3390/ijerph17207610.
16. Moudatsou, M.; **Stavropoulou, A.**; Alegakis, A.; Philalithis, A.; Koukouli, S. Self-reported Assessment of Empathy and Its Variations in a Sample of Greek Social Workers. *Healthcare* **2021**, *9*, 219. <https://doi.org/10.3390/healthcare9020219>.
17. Theodora Stroumpouki, Stephanie Perrett, Pavlos Kasdovasilis, Panagiotis Papatheodorou, Vasilios Paparizos, **Areti Stavropoulou (2020)** "A journey towards acceptance": The Process of Adapting to Life with HIV in Greece. A Qualitative Study. *Applied Nursing Research*. *53*, 151249. <https://doi.org/10.1016/j.apnr.2020.151249>.
18. **Areti Stavropoulou** Michael Rovithis Maria G. Grammatikopoulou Konstantina Kyriakidi Andriani Pylarinou Anastasia G. Markaki (2020) Exploring patients' experiences after Chronic Kidney Disease diagnosis: A qualitative study. *Nephrology Nursing Journal*, *47* (1), 67-75. <http://doi.org/10.37526.1526-744X2020.47.1.67>
19. **Areti Stavropoulou**, Michail Rovithis, Evangelia Sigala, Stavroula Pantou, Sofia Koukouli (2020) Greek nurses' perceptions on empathy and empathic care within the ICU context. *Intensive & Critical Care Nursing*. <https://doi.org/10.1016/j.iccn.2020.102814>.
20. Maria Moudatsou, **Areti Stavropoulou**, Anastas Philalithis & Sofia Koukouli (2020) The Role of Empathy in Health and Social Care Professionals. *Healthcare*, *8*, 26, 1-9 doi: [3390/healthcare8010026](https://doi.org/10.3390/healthcare8010026).

## Conferences-Other Activities

## Research Projects:

**2021**-to date: **Member of the Main Research Team of the project: "Empowered: complete, smart personal autonomous living assistant for the elderly"**. The project was approved and funded within the framework of "RESEARCH - CREATE - INNOVATE" - Operational Program "Competitiveness, Entrepreneurship and Innovation" EPAnEK - 2014 - 2020.

**2021: Member of the Project Research Team: "Integrated Interventions Program for the Enhancement of Social Cohesion and the Improvement of the Quality of Life of the Elderly** Living in Nursing Homes. "Not Alone Anymore". The project was funded by the REGION OF CRETE.

**2022** - to date: **Project Participant** in the Programme: Integrated interventions for Updating the Professionals' Knowledge in Day Care Centers for the Elderly. The project was funded by the REGION OF CRETE.

## International Conferences

**2023: Areti Stavropoulou** Developing effective CPD Programmes in Nursing. The "Evidence-Based Practice in Nursing" paradigm. Key – note speaker in HERE 2023 Conference, **Kingston University, 27 June 2023, UK**

**2023:** Sofia Koukouli, **Areti Stavropoulou**, Maria Moudatsou. Gender Discrimination In Academia: Is It A Myth Or A Reality? Category: Leadership That Challenges Traditions & Practices. **Educational Leaders Without Borders (ELWB) Conference**, May 29-31, 2023 , **Athens**

**2023:** D. Koutsavli, A. Kalogianni , E-B. Souvatzi , E. Misouridou , G. Toulia , D. Papageorgiou , F. Timmins , M. Stavropoulou-Kelesi , T. Kapadochos , C. Charitos , **A. Stavropoulou** , E. Kaba , N. Pavlatou , N. Margari , S. Parissopoulos. The lived experience of patients with left ventricular assist devices: a systematic review of qualitative studies **ESC Congress 2023 Amsterdam**

**2022:** Antonio Bonacaro, Theodora Stroumpouki, Ivan Rubbi, Carmela Triglia, Emanuele Vizilio, Dimitrios Papageorgiou & **Areti Stavropoulou**. Presented Nursing students' attitudes on caring for people living with HIV/AIDS. A European multicentre study, **8th International Nurse Education Conference 19-22 October 2022 Sitges, Barcelona, Spain.**

**2022:** Nursing students' attitudes on caring for people living with HIV/AIDS in the UK. A cross sectional study. Presenters: Theodora Stroumpouki, UK, Antonio Bonacaro, UK.

Co-author(s): **Areti Stavropoulou**, Greece; Carmela Triglia, Italy; Emanuele Vizilio, Italy; Dimitrios Papageorgiou, Greece; Ivan Rubbi, Italy - **RCN International Nursing Research Conference 2022, 4 –6 September 2022, Royal Welsh College of Music and Drama, Cardiff, UK.**

**2021:** Maria Moudatsou, **Areti Stavropoulou**, Sofia Koukouli

"Women's group therapy: A way of becoming resilient and healthy throughout lifespan and regardless of unexpected events" **ESCWE 2021 European Conference on Social**

**Work Education**, 15-18 June 2021, **Tallinn University**

**2021:** Maria Moudatsou, **Areti Stavropoulou**, Athanasios Alegakis, Anastasios Philalithis, Sofia Koukouli "Social workers' empathy in time of uncertainty: Can empathy be taught?"

**ESCWE 2021 European Conference on Social Work Education**, 15-18 June 2021, **Tallinn University**

**2021:** Michael Rovithis, Nikolaos Rikos, Anna Efthymiou, Eleutheria Markaki, **Areti Stavropoulou**, "Measurement of Organizational Culture, at health personnel of Health

Centers in the island of Crete” Poster – Presentation, **Nursing Research Conference, Singapore**, March 22-23, 2021 | Virtual Event, E-POSTER Presentation.

**Other**

Founding Member of the Laboratory of Interdisciplinary Approach for the Enhancement of Quality of Life, Hellenic Mediterranean University.

Project leader or member of the research consortia in 24 funded research programs (European Union / EPAnEK) conducted at a University level, nationally and internationally.