

## **Despoina Koumpagioti**

Assistant Professor

Scientific domain: Pediatric Nursing

Department of Nursing, University of West Attica

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### **Education**

- 2019 – PhD, Department of Nursing, National and Kapodistrian University of Athens  
Dissertation: "Evaluation of adherence in long-term preventive treatment in children and adolescents with asthma with educational intervention"
- 2015 – Specialization Title - Postgraduate Training Program for Pediatric Nurses in the Care of Respiratory and Allergic Diseases, National and Kapodistrian University of Athens
- 2012 – Master's Degree in Pediatric Nursing, Department of Nursing, National and Kapodistrian University of Athens
- 2006 – Bachelor of Nursing, Department of Nursing, National and Kapodistrian University of Athens

### **Academic appointments**

- Assistant Professor of Pediatric Nursing  
Department of Nursing, University of West Attica  
(April 2025 - present)
- Scientific Associate, Department of Nursing, National and Kapodistrian University of Athens (2022-2024)
- Lecturer in undergraduate and postgraduate programs of Pediatric Nursing (National and Kapodistrian University of Athens, University of West Attica, University of the Peloponnese) in the following fields:
  - Pediatric Nursing
  - Chronic childhood diseases
  - Pediatric pain
  - Writing research papers
- Supervision of Master's theses and member of advisory committees for postgraduate students, Department of Nursing, National and Kapodistrian University of Athens (2023 – 2025)

<b>Research activities</b>	<ul style="list-style-type: none"> <li>• European research program: Innovative Training for Nursing Clinical Pathways</li> <li>• Research interests <ul style="list-style-type: none"> <li>○ Pediatric Nursing</li> <li>○ Chronic illness management in children</li> <li>○ Nursing care of children with respiratory and allergic diseases</li> <li>○ Patient and family-centered care</li> <li>○ Technology use in Pediatric Nursing</li> <li>○ Pediatric Nursing education - simulation training</li> </ul> </li> <li>• Publications in international and Greek scientific journals</li> </ul>
<b>Professional experience</b>	<ul style="list-style-type: none"> <li>• 2007 – 2025 Registered nurse at the 2nd Department of Pediatrics of the National and Kapodistrian University of Athens and the Hemodialysis Unit of "P. &amp; A. Kyriakou" Children's Hospital</li> <li>• 2021 – 2024 Deputy Coordinator of Pediatric Nursing Specialty Training for the 1st Health District of Attica</li> </ul>
<b>Conferences - Other activities</b>	<ul style="list-style-type: none"> <li>• Participation in international and Greek conferences</li> <li>• Authoring chapters in international and Greek scientific books</li> <li>• Member of scientific and organizing committees for conferences</li> <li>• Writing and contributing to the creation of educational materials for pediatric nurses, undergraduate Nursing students, and parents</li> </ul>
<b>Additional skills</b>	<ul style="list-style-type: none"> <li>• Languages: Greek (native), English (Certificate of Proficiency in English, The University of Michigan)</li> <li>• Other skills: European Computer Driving License Core Certificate</li> </ul>

### **Recent publications**

Tsouprou M, Koumpagioti D, Botsa E, Douros K, Moriki D. Utilization of Inhaled Antibiotics in Pediatric Non-Cystic Fibrosis Bronchiectasis: A Comprehensive Review. Antibiotics (Basel). 2025; 14(2):165.

Georgiou E, Kasimis I, Boutopoulou V, Nikolaidou V, Koumpagioti D, Nteli C, Vlachioti E, Matziou V. International Journal of Science and Technology Research Archive. 2025; 08(01):017-022.

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Moriki D, León ED, García-Gamero G, Jiménez-Hernández N, Artacho A, Pons X, Koumpagioti D, Dinopoulos A, Papaevangelou V, Priftis KN, Douros K, Francino MP. Specific Gut Microbiome Signatures in Children with Cow's Milk Allergy. *Nutrients*. 2024; 16(16):2752.

Kontogianni E, Georgousopoulou V, Vlahioti E, Perdikaris P, Mantziou T, Konstantaki E, Boutopoulou B, Kasimis I, Koumpagioti D, Matziou V. Job satisfaction of paediatric nurses working in tertiary care hospitals in Greece — Determining factors. *British Journal of Child Health*. 2024; 5:3.

Karkouli G, Douros K, Moriki D, Moutsatsou P, Giannopoulou I, Maratou E, Koumpagioti D. Dysfunctional Breathing in Children: A Literature Review. *Children (Basel)*. 2024; 11(5):556.

Dimitroglou M, Moriki D, Sardeli O, Kartsioni E, Koumpagioti D, Galani A, Papaevangelou V, Douros K. The Role of Medical History and Allergic Tests in the Analysis of Antibiotic Allergy in the Pediatric Population. *Allergies*. 2024; 4(2):54-63.

Moriki D, Koumpagioti D, Francino MP, Rufián-Henares JÁ, Kalogiannis M, Priftis KN, Douros K. How Different Are the Influences of Mediterranean and Japanese Diets on the Gut Microbiome? *Endocr Metab Immune Disord Drug Targets*. 2024; 24(15):1733-1745.

Koumpagioti D, Moriki D, Boutopoulou B, Matziou V, Loukou I, Priftis KN, Douros K. The Association between CFTR Gene Mutation Heterozygosity and Asthma Development: A Systematic Review. *J Clin Med*. 2023; 12(6):2403.

Moriki D, Antonogeorgos G, Koumpagioti D, Chaloutsi D, Ellwood P, García-Marcos L, Priftis KN, Douros K, Panagiotakos D. Adherence to an Anti-Inflammatory Diet and Atopic Diseases' Prevalence in Adolescence: The Greek Global Asthma Network Study. *Nutrients*. 2023; 15(14):3191.

Skodra A, Matziou V, Zyga S, Kasimis I, Boutopoulou V, Vlachioti E, Koumpagioti D, Konstantaki E, Perdikaris P. Family conflict: Risk factor for low adherence in adolescents with type 1 diabetes in Greek families. *International Journal of Life Science Research Archive*. 2023; 05(02):031–039.

Dionysakopoulou C, Lianou L, Boutopoulou B, Giannakopoulou M, Vlachioti E, Koumpagioti D, Bozas E, Matziou V. The Role of Substance P, Neurokinin A, Neuropeptide Y, and Cortisol in Assessing Neonatal Pain. *Neonatal Netw*. 2023; 42(2):65-71.

Moriki D, Koumpagioti D, Kalogiannis M, Sardeli O, Galani A, Priftis KN, Douros K. Physicians' ability to recognize adventitious lung sounds. *Pediatr Pulmonol*. 2023; 58(3):866-870.

Koumpagioti D, Boutopoulou B, Moriki D, Priftis KN, Douros K. Does Adherence to the Mediterranean Diet Have a Protective Effect against Asthma and Allergies in Children? A Systematic Review. *Nutrients*. 2022; 14(8):1618.

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Nteli C, Perdikaris P, Boutopoulou B, Kasimis I, Koumpagioti D, Matziou V. Effectiveness of insertion care bundle to prevent central-line associated bloodstream infections at Pediatric ICU. *International Journal of Life Science Research Archive*. 2022; 3(2):103-112.

Moriki D, Francino MP, Koumpagioti D, Boutopoulou B, Rufián-Henares JÁ, Priftis KN, Douros K. The Role of the Gut Microbiome in Cow's Milk Allergy: A Clinical Approach. *Nutrients*. 2022; 14(21):4537.

Matziou T, Konstantaki E, Vlahioti E, Boutopoulou B, Koumpagioti D, Nteli C, Perdikaris P, Matziou V. Assessment of preschool children's sleep habits in relation to the time spent watching television. *British Journal of Child Health*. 2021; 2(1).

Konstantaki E, Perdikaris P, Vlachioti E, Koumpagioti D, Boutopoulou B, Nteli C, Georgosopoulou V, Matziou V. Comparison of health-related quality of life in young people with and without type 1 diabetes: Young people and parents' reports. *Journal of Diabetes Nursing*. 2020;24(1):116.

Koumpagioti D, Boutopoulou B, Priftis KN, Douros K. Effectiveness of an educational program for children and their families on asthma control treatment adherence. *J Asthma*. 2020; 57(5):567-573.

Boutopoulou B, Koumpagioti D, Matziou V, Priftis KN, Douros K. Interventions on Adherence to Treatment in Children with Severe Asthma: A Systematic Review. *Front Pediatr*. 2018; 6:232.

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