

Christos Kleisiaris

Associate Professor

(Birthdate: June 13, 1971)



Current position:

He is serving as an *Associate Professor of Homecare Nursing* at the Nursing Department at the Hellenic Mediterranean University (HMU) [ex TEI of Crete]. During 2016-2020 he served as an Assistant Professor, whereas 2010-2016 as Lecturer at the same Department.

Academic degree:

Bachelor Degree in “**Nursing**” (TEI of Crete, 1993), an **MSc** with reference to “*Primary Healthcare*” (School of Medicine, University of Thessaly, 2008), and a **PhD degree** in the field of respiratory medicine entitled: “*The prevalence of obstructive sleep apnea-hypopnea syndrome-related symptoms and their relation to airflow limitation in an elderly population receiving home care*”, (Respiratory Department, School of Medicine, University of Thessaly, 2014).

Academic experience:

He is teaching at undergraduate level courses included in the syllabus of Nursing Department (HMU) such as “Homecare Nursing”, “Health promotion and health prevention”, “Mental health nursing”, “Evidence-based practices”, “Counseling in nursing” and “Community nursing” (2010-2017). Also, he is giving lectures in three different Master of Sciences (MSc) Programs. Particularly, relevant lectures to the Master of Science (**MSc**) Program: “**Mental Health**” and implemented by the Nursing Department of Technological Institute of Thessaly, Greece (2014-2017). Also, specific lectures in the Master of Science (**MSc**) Program entitled: “**Advanced Clinical Practices in Health Sciences**” and, it is offered orally and implemented by the Nursing Department, Hellenic Mediterranean University [ex TEI of Crete, 2017]. Finally, he is adjunct academic staff in the Master of Science (MSc) program entitled: “**Management of Ageing and Chronic Diseases (GCN)**” that is offered by distance (online) and implemented by the HELLENIC OPEN UNIVERSITY, (2017-20). He

was also served as “Lab fellow” in the Nursing Department at the University of Thessaly, Greece (1998-2010).

Occupational experience:

He has worked as a nurse at Home-care community program namely “**Help at Home**” (permanent position) implemented by the Municipality of Elassona, a region of Larissa, Greece (2004-2010). In addition, he has worked as a contract nurse in a surgical clinic at the General Hospital of Larisa (2003-2004).

Participation in funding projects:

- On a behalf of a partnership of HMU, he is currently *Principal Investigator (PI)* of the **ENHANCE project** -[*European curriculum for family and community nurse*] - funded under the Erasmus+ Programme – Call for Proposals EACEA 04/2017 KA2 – Sector Skills Alliances and, coordinated by the Istituto Tecnologie Didattiche – Consiglio Nazionale delle Ricerche (ITD-CNR) – Italy, (2018-2020).
- In addition, he is also an initial member of the research team of the European funded project **ASAP-Training** [*Building effective drug prevention results across Europe, based on prevention systems analysis and widespread professional training*]- call for JUSTICE-2017-AG-DRUG, Home Supporting Initiatives in the Field of Drugs Policy (2019-2020). Particularly, participation in the specific WP & Tasks "requirements analysis, conceptual design and support for online learning and VCP feeding".
- Furthermore, he participated in the *research team* of the funded research project “**Epidemiologic profiling, health needs assessment and health education intervention in the rural population of Crete, Greece**”, (Arximedes III, National Foundation Research Program, 2012) that was implemented by the Nursing Department of Technological Institute of Crete, Greece.
- Finally, he also participated in the research team of the research project “**Social capital and other sociodemographic and environmental factors that predict health behaviours change young adults: A 36-month cohort study**” (Arximedes III, National Foundation Research Program, 2012) that was also implemented by the Nursing Department of Technological Institute of Crete, Greece.

A brief list of recent publications:

- Kleisaris CF**, Papathanasiou IV, Kaffatou E, Androulakis E, Panagiotakis S, Alvino S, Tziraki C. Assessing the impact of frailty on cognitive function in older adults receiving home care. *Transl Med UniSa*, 2019; 29:27-35 [[PubMed](#)].
- Kleisaris CF**, Papathanasiou IV, Tsaras K, Androulakis E, Kourkouta L, Fradelos E, Zyga S. Factors affecting the health status of elderly people receiving home care. *Arch Hellen Med*, 2019; 37(2), 237-244 [[Scopus](#)].
- Liotta G, Ussai S, Illario M, O' Caoimh R, Cano A, et al, and correspondence authors **Kleisaris CF**. Frailty as the Future Core Business of Public Health: Report of the Activities of the A3 Action Group of the European Innovation Partnership on Active and Healthy Ageing (EIP on AHA). *Int J Environ Res Public Health* 2018; 15(12) [[PubMed](#)]
- Kleisaris CF**, Kritsotakis EI, Daniil Z, Markakis G, Papathanasiou IV, Androulaki Z, Gourgoulisanis KI. Assessing the risk of obstructive sleep apnoea-hypopnoea syndrome in elderly home care patients with chronic multimorbidity: a cross-sectional screening study. Springerplus, 2016; 13; 5:34. [[PubMed](#)]. Impact Factor: 0,987
- Kleisaris CF**, Kritsotakis EI, Daniil Z, Tzanakis N, Papaioannou A, Gourgoulisanis KI. The prevalence of OSAHS-related symptoms and their relation to airflow limitation in an elderly population receiving home care. *Int J Chron Obstruct Pulmon Dis*, 2014; 9:1111-1117. [[PubMed](#)] Impact Factor 3.141.
- Kleisaris CF**, Plaiti EM, Papathanasiou IV, Papaioannou P, Kastrinakis I, Diakantoni S, Fradelos E, Kourkouta L. Smoking is Associated with Osteoporosis Development in Primary Care Population. *American Journal of Nursing Science, Special Issue: Mental Health Care: Aspects, Challenges and Perspectives*. 2015; 4(2-1):96-101. [[Online](#)]
- Kleisaris CF**, Maniou M, Papathanasiou VI, Sfiniadaki A, Collaku E, Koutsoumpa C, Sarafis P. The prevalence of depressive symptoms in the elderly population and their relation to life situations in primary care. *Health Science Journal*, 2013; 7(4):417. [[Scopus](#)]
- Patelarou AE, **Kleisaris CF**, Androulakis E, Tsirakos DK, Kritsotakis G, Konstantinidis TI, Androulaki Z. Use of primary health care services in Southern Greece during a period of economic crisis. *Arch Hellen Med*, 2016; 33(1):84-89 [[Scopus](#)]

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