

Athina E. Patelarou

Assistant Professor

(Birthdate: August 2, 1980)



Current position:

Since 2017, she is serving as an *Assistant Professor of Evidence-Based Practice in Adult Nursing* at the Nursing Department at the Hellenic Mediterranean University (HMU) [ex TEI of Crete], from 2017- to date.

Academic degree:

Degree in **"Nursing"** (Faculty of Nursing, School of Health Sciences, University of Athens, 2003), an **MSc** with reference to *"Public Health and Healthcare Administration"* (School of Medicine, University of Crete, 2012), and a **PhD degree** in the field of Evidence-based Practice, entitled: *"Investigation of nursing personnel's beliefs and level of readiness towards Evidence-Based Practice"* (Faculty of Nursing, School of Health Sciences, University of Athens, 2015).

Academic experience:

During a time period of 2011-2015, she started working at the Nursing Dept of the Hellenic Mediterranean University as a contract academic lab collaborator particularly teaching the courses "Surgical Nursing", "Child Nursing and Maternity" and "Cardiovascular Nursing". In 2015, as Specific Scientist and in 2016, as Scientific Associate, she was the teaching leader of the modules "Emergency Nursing" and "Occupational Nursing" in the Department of Health Sciences of the European University of Cyprus (2014-2015). Since 2017, as an Assistant Professor of the Nursing Department of HMU, she has been assigned undergraduate courses included in the syllabus of Nursing Department (HMU) such as "Evidence-based practice", "Research Methods", "Anesthesiology Nursing", "Teaching Methods in Nursing" and "Surgical Nursing" (2017-2020). In addition to this, she participated giving lectures in several Master of Sciences (MSc) Programs. Particularly, since 2017 I have been the teaching co-leader in the module "Prevention and Public Health" offered by the Master of Science (**MSc**) Program entitled **"Exercise, Ergo-spirometry and Rehabilitation"** (Department of Physical Education and Sport Science and the Department of Medicine of the University of Thessaly, 2018-2019, 2019-2020). Moreover, she is a member of the teaching staff of the Master of Science (**MSc**) Program entitled: **"Cardiovascular Nursing"** implemented by the Faculty of Nursing, School of Health Sciences, University of Athens, Greece (2017-2018, 2019-2020). Also, she is currently teaching leader of the module "Evidence-Based Practice" (recently renamed as "Evidence-Based Practice and Healthcare Quality") in the Master of Science (**MSc**) Program entitled: **"Advanced Clinical Practices in Health Sciences"** (Nursing Department of Technological Institute of Crete, Greece, 2017-to date). Furthermore, she is also giving specific lectures concerning Nursing interventions in Clinical Practice in the Module "Specific Issues in Clinical Practice II" of the same MSc Program. Finally, as adjunct academic staff, I participated in module "Respiratory and cardiovascular problems (GCN54)" of the Master of Science (MSc) program entitled: **"Management of Ageing and Chronic Diseases (GCN)"** which is offered by distance by the HELLENIC OPEN UNIVERSITY, (2017-19).

Occupational experience:

She has fourteen-year occupational experience as a clinical nurse in both the public and private sector. In the private sector, she employed as a contract clinical nurse in the Department of Surgical Oncology of Henry Dynan Hospital Center (2004-2005). As for my working experience in the public sector, she worked at the Surgical Department of the General Hospital of Korinthos (2005-2009) and later for almost nine years in the Anesthesiology Department of the University Hospital of Heraklion (2009-2017).

Participation in funding projects:

- ❶ On a behalf of a partnership of HMU, she was a member of the research team of the **“EBP e-Toolkit project - [Providing a Teaching and Learning open and innovative toolkit for Evidence-Based Practice to Nursing European]**. The EBP e-Toolkit Project is a Strategic Partnership of six European higher education institutions in the framework of the Erasmus+ programme (2019-2021): the University of Murcia (Spain), the University of Modena e Reggio Emilia (Italy), the University of Ostrava (Czech Republic), the Medical University of Warsaw (Poland), and the Angela Boskin Faculty of Health Care (Slovenia). The project is to be carried out over three years and the Consortium seeks to promote and harmonize the teaching and learning of Evidence-Based Practice in the European nursing curricula and to establish the European Center of Evidence-Based Practice in Nursing.
- ❷ Additionally, she was a member of the research team of the European funded project **«Reducing the Harm and Burden of Injuries and human Loss caused by road traffic crashes and Addressing Injury Demands through effective interventions (REHABIL-AID)»** – a partnership of four centres; University of Pavia (Italy), University of Hannover (Germany) και Traffic Research Center of Finland (2014-2015). The REHABIL-AID project aimed to assess the psycho-socio-economic costs of road traffic crashes.
- ❸ Furthermore, she was a member of 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.
- ❹ She also participated as a researcher in the research project **“ORAMMA: Operational Refugee And Migrant Maternal Approach”** <http://oramma.eu/> increase awareness, commitment and action towards improving maternal health of refugees in the EU. The project was co-funded by the Health Program of the European Union (2017-2018) and had been coordinated by the Athens Midwifery School (University of West Attica, European Midwives Association, Sheffield Hallam University, Radboud University Medical Center, European Forum for Primary Care, TEI of Crete).

A brief list of recent publications:

- Patelarou AE**, Patelarou E, Brokalaki H, Dafermos V, Thiel L, Melas CD, Koukia E. Current evidence on the attitudes, knowledge and perceptions of nurses regarding evidence-based practice implementation in European community settings: A systematic review. *Journal of Community Health Nursing*, 2013, 30(4): 230-244
- Patelarou A**, Brokalaki H., Dafermos V., Melas C. Koukia E. The Evidence-Based Practice Readiness Survey (EBPRS): A Structural Equation Modeling (SEM) approach for a Greek sample. *International Journal of Evidence-Based Healthcare*. 2015, 13:77-86

- Patelarou AE**, Kleisiaris 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. *Archives of Hellenic Medicine*. 2016, 33(1):84-89
- Patelarou AE**, Laliotis A, Brokalaki H, Petrakis I, Dafermos V, Koukia E. Readiness for and predictors of evidence-based practice in Greek healthcare settings. *Applied Nursing Research*. 2016, 32:275-280
- Patelarou AE**, Kleisiaris 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
- Patelarou AE**, Katsouli K, Stamou A, Vivilaki V, Koukia E, Sifaki- Pistolla D, Patelarou E. Attitudes, knowledge and perceptions of psychiatric nurses towards evidence-based practice implementation. *Archives of Hellenic Medicine*. 2017, 34(5).
- Patelarou AE**, Kyriakoulis KG, Stamou AA, Laliotis A, Sifaki-Pistolla D, Matalliotakis M, Prokopakis E, Patelarou E. Approaches to teaching evidence-based practice among health professionals: an overview of the existing evidence. *Adv Med Educ Pract*. 2017, 8:455-464. doi: 10.2147/AMEP.S134475.
- Kallivoka M, Alikari V, Spetsioti S, **Patelarou A**, Zyga S, Tsironi M ... & Theofilou P. Fatigue and Quality of Life after Pulmonary Rehabilitation Program. *Pneumonia*. 2019, 32(3), 72-80.
- Makris D, Alikari V, Zyga S, Tsironi M, **Patelarou A**, Platis C, Theofilou P. "Predictors of personal accomplishment among the professionals working in community mental health settings". *Journal of Behavioral Health*. 2020. (In press)