

CURRICULUM VITAE **STAVROPOULOU ARETI****Name:** STAVROPOULOU ARETI**Current Position:** ASSISTANT PROFESSOR**Scientific Domain:** NURSING MANAGEMENT AND EDUCATION WITH EMPHASIS ON QUALITY ASSURANCE AND EVALUATION – **(Code APELLA):** 1248**Sector:** A' "BASIC NURSING"**Administrative positions:** Director of Sector A' "BASIC NURSING"**Laboratory:** "ICU Follow- up Care Lab"**Tel:** + 30 210 5387431**Email:** astavropoulou@uniwa.gr**Research Gate id:** <https://www.researchgate.net/profile/Areti-Stavropoulou>**Google Scholar Profile:** <https://scholar.google.com/citations?user=X5-hLwwAAAAJ&hl=en>**ORCID ID:** 0000-0002-8616-3884**Pubmed:** AAZ-3339-2021**Education****PhD**, University of Wales College of Medicine - Cardiff University, UK**Master of Nursing**, University of Wales, College of Medicine - Cardiff University, UK**BSc (Nurs)**, Technological Educational Institute of Athens**Academic Appointments**From 13-11-2006 to 5-11-2018: **Assistant Professor, Hellenic Mediterranean University** (former TEI of Crete) – School of Health Sciences - Department of Nursing - Scientific Domain: "Nursing"From 5-11-2018 to 2-6-2021: **Lecturer, University of West Attica**, School of Health and Care Sciences, Department of Nursing - Scientific Domain: "Nursing Management and Education with emphasis on Quality Assurance and Evaluation"From 2-6-2021 until today: **Assistant Professor, University of West Attica**, School of Health and Care Sciences, Department of Nursing – Scientific Domain: "Nursing Management and Education with emphasis on Quality Assurance and Evaluation"**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: <ul style="list-style-type: none"> ✓ 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 & National Kapodistrian University of Athens) <ul style="list-style-type: none"> • 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", • 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".
Cardiff University UK <ul style="list-style-type: none"> • MASTER OF NURSING - UNIVERSITY OF WALES, College of Medicine. Subject taught: "Quality Assurance" (Co-teaching: Prof. Bryn Davies).
Recent Publications
<ol style="list-style-type: none"> 1. 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. <i>Int. J. Environ. Res. Public Health</i> 2021, <i>18</i>, 8512. https://doi.org/10.3390/ijerph18168512. 2. 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. <i>Healthcare</i> 2021, <i>9</i>, 975. https://doi.org/10.3390/healthcare9080975. 3. Dimitrios E. Papageorgiou, Evridiki Kaba, Martha Kelesi, Areti Stavropoulou, Penelope E. Tziliiali, Niki Pavlatou, Georgia Fasoi. Assessing Patients' Needs in Greek Intensive Care Units. Validation of a Respiratory Patient Satisfaction Scale. <i>Journal of Education and Practice</i>, Vol.12, No.17, 2021. DOI: 10.7176/JEP/12-17-01. 4. Maria Moudatsou, Areti Stavropoulou, Sofia Koukouli. When caring for 'significant others' becomes a lifelong obligation: A case study. <i>ENCEPHALOS</i> 58, 29-32, 2021.

5. Evridiki Kaba, **Areti Stavropoulou**, Martha Kelesi, Aikaterini Triantafyllou, Aspasia Goula, Georgia Fasoï (2021) Ten key steps to writing a protocol for a qualitative research study: A guide for nurses and health professionals. *Global Journal of Health Science* Vol. 13, No.6,58-68. <https://doi:10.5539/gjhs.v13n6p58>.
6. Kaba Evridiki, **Stavropoulou Areti**, Kelesi Martha, Toylia Georgia, Fasoï Georgia (2021) Critiquing a Grounded Theory Research Paper: An Educational Guide for Nurses. *Global Journal of Health Science* Vol. 13, No. 5, 29-103. <https://doi.org/10.5539/gjhs.v13n5p92>.
7. Moudatsou, M.; Koukouli, S.; Palioka, E.; Pattakou, G.; Teleme, P.; Fasoï, G.; Kaba, E.; **Stavropoulou, A.** Caring for Patients with Psychosis: Mental Health Professionals' Views on Informal Caregivers' Needs. *Int. J. Environ. Res. Public Health*, 2021, 18, 2964. <https://doi.org/10.3390/ijerph18062964>.
8. Fasoï, G.; Patsiou, E.C.; **Stavropoulou, A.**; Kaba, E.; Papageorgiou, D.; Toylia, 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. *Int. J. Environ. Res. Public Health* 2021, 18, 79.
9. 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>.
10. Fotini Vardamatou, Alexia Tsesmeli, Sofia Koukouli, Michael Rovithis, Maria Moudatsou, **Areti Stavropoulou** "Exploring women's experiences after breast cancer diagnosis. A qualitative study". *PERIOPERATIVE NURSING* 2021, 10 (2), 193-207.
11. Evridiki Kaba, Aikaterini Triantafyllou, Georgia Fasoï, 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.
12. Tsirigotis,Stavros, Benetou,Sofia, Gerogianni, Georgia, Alikari,Victoria, Drakopoulou, Marianna, **Stavropoulou, Areti**, & Koutelekos, Ioannis. (2020). Characteristics of patients undergoing hemodialysis. *Perioperative nursing (GORNA)*, E-ISSN:2241-3634, 9(3), 165-174. <http://doi.org/10.5281/zenodo.4291757> (in Greek).
13. Fasoï Georgia, Kelesi Martha, **Stavropoulou Areti** (2020) Developing support networks for successful implementation of innovative educational programmes: The case of "Evidence-based Practice in Nursing" Continuing Educational Programme in Greece. *Health and Research Journal* 6 (4), 107-113.
14. 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>.
15. Maria Moudatsou, Panayiota Vouyiouka, Eleni Karagianni – Hatziskou, Sofia Koukouli, **Areti Stavropoulou** (2020) The association between social capital and cervical cancer prevention in a sample of female university students. A Research Protocol. *Perioperative Nursing (GORNA)* 9 (2), 117-125. <http://doi.org/10.5281/zenodo.4011274>.
16. **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>.
17. **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>.
 18. 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: [10.3390/healthcare8010026](https://doi.org/10.3390/healthcare8010026).
 19. **Stavropoulou Areti**, Kelesi Martha, Konstantakopoulou Olympia, Kaba Evridiki, Bellali Thalia, Siskou Olga, Rovithis Michael, Kaitelidou Daphne (2019) Evaluating Lifelong Continuing Educational Programme *Nursing Care & Research* 54, 118-131. (In Greek).
 20. **Stavropoulou A**, Fasoi G, Kelesi M. (2018) Excellence and Quality of Nursing Care in the Contemporary Health Care Environment *Rostrum of Asclepius*, 17 (1), 397-405. DOI: 10.5281/zenodo.1134049. (In Greek).
 21. Koukouli, S, Lambraki M, Sigala E, Alevizaki A, **Stavropoulou A**. (2018) The experience of Greek families of critically ill patients: Exploring their needs and coping strategies. *Intensive & Critical Care Nursing*, 45, 44-51. <https://doi.org/10.1016/j.iccn.2017.12.001>
 22. Kontogeorgou I, Varounis C, Vasilopoulos G, Kelesi M, Fasoi G, **Stavropoulou A**. (2017) Job Satisfaction among Intensive Care Unit and Emergency Department Nurses in Greece. *Perioperative Nursing*, (6):3, 158-170. DOI: 10.5281/zenodo.1165374.
 23. **Areti Stavropoulou**, Maria G. Grammatikopoulou, Michail Rovithis, Konstantina Kyriakidi, Andriani Pylarinou and Anastasia G. Markaki (2017) Through the Patients' Eyes: The Experience of End-Stage Renal Disease Patients Concerning the Provided Nursing Care. *Healthcare*, 5, 36; doi:10.3390/healthcare5030036.
 24. E. Kaba M. Kelesi, **A. Stavropoulou**, D. Moustakas, G. Fasoi (2017) How Greek nurses perceive and overcome the barriers in implementing treatment for pressure ulcers: 'against the odds'. *Journal of Wound Care WUWHS Supplement*, 26 (9), S20-S26. <https://doi.org/10.12968/jowc.2017.26.Sup9.S20>.
 25. Evridiki Kaba, Martha Kelesi, Georgia Fasoi, Fotoula Babatsikou, George Katsimigas, **Areti Stavropoulou** (2017) "Price to Pay for Being Alive": Coping with the Post-Operative Demands in Heart Transplantation. *Global Journal of Health Science*, 9 (3), 227-236. doi:10.5539/gjhs.v9n3p227.
 26. Garofyllou Georgia, Kelesi Martha, Gerogianni Georgia, Tsaras Konstantinos, Fasoi Georgia, Kaba Evridiki, **Stavropoulou Areti** (2017) Quality of Life of Patients Undergoing Hemodialysis. *Health and Research*, 3 (1), 61-73. doi:10.5281/zenodo.227102
 27. Aikaterini Deligianni, Maria Kyriakidou, Evridiki Kaba, Martha Kelesi, Michael Rovithis, Georgia Fasoi, Nikolaos Rikos, **Areti Stavropoulou** (2017) "Empathy Equals Match": The Meaning of Empathy as It Is Perceived by Greek Nurse Students-A Qualitative Study. *Global Journal of Health Science*, 9 (1), 171-180. doi:10.5539/gjhs.v9n1p171.

Conferences-Other Activities

Research Projects:

2021: 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.

International Conferences

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, Eleuthera 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.