

**CURRICULUM VITAE****EUGENIA VLACHOU**

**Name:** Eugenia Vlachou

**Current Position:** Professor

**Scientific Domain:** Endocrinology – Gynecology Nursing (**Code APELLA**): 19926

**Sector:** Pediatric and Mental Health Nursing

**Administrative positions:** **Director** of Sector “Pediatric and Mental Health Nursing”,

**Director** of the MSc Program “Management of Chronic Diseases” and Coordinator of the Specialty: “**Diabetes Care**”.

- Elected member of European Society of Endocrinology (ESE) Nurse Committee <https://www.es-e-hormones.org/about-us/committees/nurse-committee/>
- Elected member of the Executive Committee of Foundation of European Nurses in Diabetes (FEND) <https://www.fend.org/about-us/whos-who>.

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**ResearchGate ID:** <https://www.researchgate.net/profile/Eugenia-Vlachou>

**Google Scholar Profile:** <https://scholar.google.com/citations?user=iKouwb0AAAAJ&hl=en>

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**Education**

PhD in Gynecological Endocrinology from the Nursing Department of the National and Kapodistrian University of Athens (NKUA).

MSc in Public Health from Nursing Department of NKUA.

Bachelor’s Degree in Nursing from Nursing Department of NKUA.

Degree in Pedagogical Studies “PATES – SELETE”.

Certified Diabetes Educator, ENB Course: Diabetes Nursing, Ipswich, UK.

**Academic Appointments**

She has been employed by TEI of Athens in the Nursing Department for many years.

She is currently Professor in the Nursing Department of University of West Attica.

**Professional Experience**

Registered Nurse in various Medical Clinical settings (Endocrinology, etc.)

**Research Interests**

Endocrinology – Diabetes Nursing, Maternity – Gynecological Nursing and Nursing Education.

**Teaching Areas**

Undergraduate courses: Past: Laboratories and Theory of Pediatric - Maternity Nursing, Occupational Nursing, Bio-ethics, Teaching Methods in Nursing, Basic Principles of Nursing (Laboratory), Nursing Rehabilitation.

Today: Maternity-Gynecology Nursing (Theory and Laboratory), Research Methods in Nursing, Bioethics – Nursing Legislation.

Postgraduate courses: Teaching in MSc Programs of Nursing Department at University of West Attica (“Management of Chronic Diseases” and Head of the Specialty ‘Education and Care in Diabetes, “Traumas and Ulcers. Treatment-Care”, “Community Nursing and Public Health Nursing” and “Applied Clinical Nursing”.

Teaching in MSc Programs at “General and Specialized Pediatrics” of Medical School at National and Kapodistrian University of Athens.

**Publications**

### Indicative Publications in International Journals

1.	Kiayias, J. A., <b>Vlachou, E. D.</b> , & Papadodima, E. L. (1999). Metformin and lipoprotein (a) levels. <i>Diabetes Care</i> , 22(5), 859. (Impact Factor 2021:19.11).
2.	Kiayias, J. A., <b>Vlachou, E. D.</b> , & Lakka-Papadodima, E. (2000). Venlafaxine HCl in the treatment of painful peripheral diabetic neuropathy. <i>Diabetes Care</i> , 23(5), 699-699.
3.	Theodosopoulou E, <b>Vlachou E</b> , Kotrotsiou E, Kiayias J, Anastasiou C. (2001). Estrogens and quality of life at the menopause. <i>Review of Clinical Pharmacology and Pharmacokinetics</i> 2001;15:193-198.
4.	Kiayias, J. A., <b>Vlachou, E. D.</b> , Theodosopoulou, E., & Lakka-Papadodima, E. (2002). Rosiglitazone in combination with glimepiride plus metformin in type 2 diabetic patients. <i>Diabetes Care</i> , 25(7), 1251-1252.
5.	Kiayias, J. A., <b>Vlachou, E. D.</b> , Bakides, S., Petridou, E., & Migdalis, I. N. (2006). Prostatic cancer, hypogonadism, and insulin resistance: a case report. <i>Diabetes care</i> , 29(5), 1178-1179.
6.	<b>Vlachou E.</b> , Vardaki Z., Govina U., Kavga-Paltoglou A., Kutsopoulou- Sofikiti V., Kelesi- Stavropoulou M. (2011). Interventions for improving glycemic control in type 2 diabetic patients. <i>Health Science Journal</i> , 5(1): 60-65.
7.	Kalemikerakis, J., Vardaki, Z., Fouka, G., <b>Vlachou, E.</b> , Gkovina, U., Kosma, E., & Dionyssopoulos, A. (2012). Comparison of foam dressings with silver versus foam dressings without silver in the care of malodorous malignant fungating wounds. <i>J BUON</i> , 17(3), 560.
8.	Govina, O., <b>Vlachou, E.</b> , Kavga-Paltoglou, A., Kalemikerakis, I., Papageorgiou, D., Fasoi, G., & Patiraki, E. (2014). Exploring the factors influencing time and difficulty of tasks provided by family caregivers of patients with advanced cancer in Greece. <i>Health Science Journal</i> , 8(4), 438.
9.	<b>Eugenia D. Vlachou</b> , Eleni Theodosopoulou, Anna Kavga-Paltoglou, Georgia Fasoi-Barka, John Kalemikerakis, Martha Kelesi, Ourania Govina. (2014). Sociodemographic Characteristics and Quality-of-life of Greek Menopausal Women treated with Hormone Therapy. <i>Health Science Journal</i> , 8 (3): 318-332.
10.	Evagelou, E., <b>Vlachou, E.</b> , Polikandrioti, M., Koutelekos, I., Dousis, E., & Kyritsi, E. (2014). Exploration of Nursing students' dietary habits. <i>Health Science Journal</i> , 8(4).
11.	Fasoi – Barka Georgia, Kelesi – Stavropoulou Martha, <b>Vlachou Eugenia</b> , Sotnikova Christina, Papageorgiou Dimitris E., Govina Ourania. (2015). Estimation of modification in the cost of living for women with early-stage breast cancer during the first year after diagnosis. <i>Health Science Journal</i> , 9(3):5.
12.	Govina, O., Kotronoulas, G., Mystakidou, K., Katsaragakis, S., <b>Vlachou, E.</b> , & Patiraki, E. (2015). Effects of patient and personal demographic, clinical and psychosocial characteristics on the burden of family members caring for patients with advanced cancer in Greece. <i>European Journal of Oncology Nursing</i> , 19 (1), 81-88.
13.	Govina, O., <b>Vlachou, E.</b> , Lavdaniti, M., Kalemikerakis, I., Margari, N., Galanos, A., & Kavga, A. (2016). Psychometric Testing of the Student Evaluation of Clinical Educational Environment Inventory in Greek Nursing Students. <i>Global Journal of Health Science</i> , 9(5), 241.
14.	Makrigiannakis, A., Vrekoussis, T., Zoumakis, E., Hatzidakis, V., <b>Vlachou, E.</b> , Salakos, N., & Kalantaridou, S. N. (2018). Endometrial CRH and implantation: from bench to bedside. <i>Hormones</i> , 1-5.
15.	Sympa, P., <b>Vlachou, E.</b> , Kazakos, K., Govina, O., Stamatiou, G., & Lavdaniti, M. (2018). Depression and Self-Efficacy in Patients with Type 2 Diabetes in Northern Greece. <i>Endocrine, Metabolic &amp; Immune Disorders-Drug Targets</i> , 18(4), 371-378.
16.	Lavdaniti, M., Owens, D. A., Liamopoulou, P., Marmara, K., Zioga, E., Mantzanas, M. S., Evangelidou, E. & <b>Vlachou, E.</b> (2019). Factors Influencing Quality of Life in Breast Cancer Patients Six Months after the Completion of Chemotherapy. <i>Diseases</i> , 7(1), 26.
17.	Tsartsalis, A. N., Lambrou, G. I., Tsartsalis, D. N., Papassotiriou, I., <b>Vlachou, E.</b> ,

	Terpos, E., Chrousos GP., Kanaka-Gantenbein C., & Kattamis, A. (2019). Bone Metabolism Markers in Thalassemia Major-Induced Osteoporosis: Results from a Cross-Sectional Observational Study. <i>Current molecular medicine</i> , 19(5), 335-341.
18.	Govina O., <b>Vlachou E.</b> , Kalemikerakis I., Papageorgiou D., Kavga A., Konstantinidis T. (2019). Factors Associated with Anxiety and Depression among Family Caregivers of Patients Undergoing Palliative Radiotherapy. <i>Asia Pacific Journal of Oncology Nursing</i> , 6(3), 283.
19.	Colomer-Pérez, N., Chover-Sierra, E., Navarro-Martínez, R., Andriusevičienė, V., <b>Vlachou, E.</b> , & Cauli, O. (2019). Alcohol and drug use in European university health science students: relationship with self-care ability. <i>International journal of environmental research and public health</i> , 16(24), 5042.
20.	<b>Vlachou, E.</b> , Owens, D., Lavdaniti, M., Kalemikerakis, J., Evagelou, E., Margari, N., Fasoí, G., Evangelidou, E., Govina, O. & Tsartsalis, A. (2019). Prevalence, Wellbeing, and Symptoms of Dysmenorrhea among University Nursing Students in Greece. <i>Diseases</i> , 7(1), 5.
21.	Navarro-Martínez, R., Chover-Sierra, E., Colomer-Pérez, N., <b>Vlachou, E.</b> , Andriusevičienė, V., & Cauli, O. (2020). Sleep quality and its association with substance abuse among university students. <i>Clinical neurology and neurosurgery</i> , 188, 105591.
22.	<b>Vlachou, E.</b> , Ntikoudi, A., Govina, O., Lavdaniti, M., Kotsalas, N., Tsartsalis, A., & Dimitriadis, G. (2020). Effects of Probiotics on Diabetic Nephropathy: A Systematic Review. <i>Current Clinical Pharmacology</i> 15(3), 234-242.
23.	Missouridou E., Zartaloudi A., Dafogianni C., Koutelekos J., Dousis E., <b>Vlachou E.</b> Evagelou E. (2020) Locked versus open ward environments and restrictive measures in acute psychiatry in Greece: Nursing Students' attitudes and experiences. <i>Perspectives in Psychiatric Care</i> , Jul; 57(3):1365-1375.
24.	Fasoí, G., Bourazani, M., Papatheodorou, D., <b>Vlachou, E.</b> , Toyliá, G., Kaba, E., ... & Kelesi, M. (2020). Exploration the Quality of Life and the related factors in women with recent diagnosis of gynecological cancer, before the surgical treatment, in Greece. <i>Health &amp; Research Journal</i> , 6(4), 114-122.
25.	Tsatsou, I., Konstantinidis, T., Kalemikerakis, I., Adamakidou, T., <b>Vlachou, E.</b> , & Govina, O. (2021). Unmet Supportive Care Needs of Patients with Hematological Malignancies: A Systematic Review. <i>Asia-Pacific Journal of Oncology Nursing</i> 8(1),5.
26.	Missouridou E, Zartaloudi A., Dafogianni C., Koutelekos J., Dousis E., <b>Vlachou E.</b> Evagelou E. Papageorgiou E. (2021) Researching nursing students' attitudes towards mental health practice: cultural adaptation and validation of the Greek version of the Acceptability of Locking the Door Questionnaire in acute psychiatric care. <i>Adv Exp Med Biol</i> 1337.
27.	Kavga A., Govina O., Galanis P., Kalemikerakis I., <b>Vlachou E.</b> , Fotos N., ...& Kalokairinou A. (2021) Determinants of Health Promotion Behaviors among Family Caregivers of Stroke Survivors. <i>Diseases</i> , 9 (1), 10.
28.	Lavdaniti, M., Michalopoulou, S., Owens, D. A., <b>Vlachou, E.</b> , & Kazakos, K. (2021). The Impact of Comorbid Diabetes Type 2 on Quality of Life in Cancer Patients Undergoing Chemotherapy. <i>Endocrine, Metabolic &amp; Immune Disorders-Drug Targets (Formerly Current Drug Targets-Immune, Endocrine &amp; Metabolic Disorders)</i> , 21(6), 1017-1024.
29.	Forde, R., Arente, L., Ausili, D., De Backer, K., Due-Christensen, M., Epps, A., ... <b>Vlachou, E.</b> & Forbes, A. (2021). The impact of the COVID-19 pandemic on people with diabetes and diabetes services: A pan-European survey of diabetes specialist nurses undertaken by the Foundation of European Nurses in Diabetes survey consortium. <i>Diabetic Medicine</i> , 38 (5), e14498.
30.	Tsartsalis A., Lambrou G., Samartzi A., <b>Vlachou E.</b> , Papassotiriou I., Geronikolou S., Kanaka-Gantenbein C., Chrousos G., Kattamis A. (2021). Genotypic and Clinical Analysis of a Thalassemia Major Cohort: An Observational Study. <i>Adv Exp Med Biol</i> 1339:65-76.

<b>Indicative Publications in Greek Journals</b>	
31.	Eugenia Vlachou: Play therapy. NURSING CHRONICLES. Volume 1, Issue 6, Nov.Dec. 1992, p. 10.
32.	Eugenia Vlachou, Lamprini Plagisou. Clinical Supervision as a Nursing Support Mechanism. Nursing 2011, 50 (3): 279-287
33.	Vlachou E., Govina O., Koutsopoulou-Sofikiti V., Kelesi-Stavropoulou M., Fouka G., Moussiadou E., Theodosopoulou E. (2013). The effect of Hormone Replacement Therapy (HRT) on the Mental State of Menopausal Women. The Step of Asclepius, 12 (1): 82-102.
34.	Vlachou, E. (2017). Nurse's Role in the Education of People with Diabetes. Nursing 56 (1), 18-23.
35.	Vlachou E. (2018). Diabetes Specialist and personalized training in the hospital. Hellenic Journal of Nursing Science 11 (1), 8-14.
36.	Vlachou E., Evangelidou E. (2018). Diabetes Specialist and Personalized Education in the Community. Nursing 57 (3): 229-238.
37.	Batzogianni, A., Kavga, A., Govina, O., Vlachou, E., & Kalemikerakis, I. (2021). Investigating the Knowledge of Arterial Hypertension in the Community and the Influence of Socio-Demographic Factors. Nursing, 60 (2), 207-216.

#### Conferences - Other Activities

<b>Indicative International Congresses</b>	
Ntikoudi, A., <b>Vlachou, E.</b> , Evangelou, E., Kanakis, G., Tsartsalis, A.N., Vaitsi, V., Komninos, J., and Mastorakos, G. (2021) 'The Prevalence of NAFLD in Menopause: A Systematic Review'. in Endocrine Abstracts, '23rd European Congress of Endocrinology (ECE 2021)' 6 September 2021	
Lykoudi Elissavet, <b>Vlachou Eugenia</b> , Dokoutsidou Eleni, Margari Nikoletta. (2021) 'Evaluation of diabetes knowledge among patients with type 2 Diabetes using DKT2'. 26th Annual Conference of Foundation of European Nurses in Diabetes (FEND), 24 September, Virtual Conference	
Karolemea S, <b>Vlachou E</b> , Fasoi G, Kelesi M (2020). The role of growth factors in the healing of diabetic foot ulcers. 25th Annual Conference of Foundation of European Nurses in Diabetes (FEND), September 18-19, Virtual Conference	
Nikou Maria, Koutelekos Ioannis, <b>Vlachou Eugenia</b> (2020). Stress In Patients Undergoing Heart Surgery In Relation To Blood Glucose Levels. 25th Annual Conference of Foundation of European Nurses in Diabetes (FEND), September 18-19, Virtual Conference	
Anastasiadi Maria E, , Kalemikerakis Ioannis, Margari Nikoletta , <b>Vlachou Eugenia</b> (2020). Lifestyle modification as possible prevention of gestational diabetes. 25th Annual Conference of Foundation of European Nurses in Diabetes (FEND), September 18-19, Virtual Conference	
Milaka Maria, <b>Vlachou Eugenia</b> , Kalemikerakis Ioannis, Kavga Anna (2020). Validity and reliability of the greek version of the diabetes literacy assessment scale: literacy assessment for diabetes (LAD). 25th Annual Conference of Foundation of European Nurses in Diabetes (FEND), September 18-19, Virtual Conference	
<b>E. Vlachou</b> , A. Ntikoudi, G. Fasoi, V. Avrampou, S Boulazeri, O. Govina, J. Komninos. The effect of diabetes mellitus on age at natural menopause: A systematic review. 22nd European Congress of Endocrinology, September 5-9 2020, Virtual Conference	
Ntikoudi Anastasia, Kandiltsiou Maria, Avrampou Vasiliki, Boulazeri Smaragdi, <b>Vlachou Eugenia</b> (2020). Mother's History Of Thyroid Disease As A Risk Factor For The Occurrence Of T1DM In Children. 25th Annual Conference of Foundation of European Nurses in Diabetes (FEND), September 18-19, Virtual Conference	
Kimouliati G, Bousdris Z., <b>Vlachou E</b> (2020). Quality of life in patients with type 3c diabetes after partial or total pancreatectomy. 25th Annual Conference of Foundation of European Nurses in Diabetes (FEND), September 18-19, Virtual Conference	
Tsartsalis A, Lambrou G, Samartzi A, <b>Vlachou E</b> , Kanaka-Gantenbein C, Chrousos G, Kattamis A (2020). Thalassaemia induced osteoporosis and fracture incidence: An observational study from	

thalassemia group in Greece. WCO-IOF-ESCEO INTERNATIONAL OSTEOPOROSIS FOUNDATION 2020. August 20-23, Barcelona Virtual Conference
<b>Eugenia Vlachou</b> , Dimitra Anna Owens, Katerina Papakonstantinou, Zadalla Mouslech, George Kanakis, Athanasios N Tsartsalis. (2019). Dysmenorrhea Prevalence and its Impact on Daily Functioning of University Nursing Students in Greece. 21 <sup>st</sup> European Congress of Endocrinology (ECE). 18-21 May 2019 Lyon, France.
A.N. Tsartsalis, D. Tsartsalis, I. Papassotiriou, G. Lambrou, <b>E. Vlachou</b> , A. Samartzi, C. Kanaka-Gantenbein, G. Chrousos, A. Kattamis. (2019). Osteoporosis in Thalassemia Major Patients: Results from a Cross-Sectional Observational Study. World Congress on Osteoporosis, Osteoarthritis and Musculoskeletal Diseases. Paris, April 4-7, 2019.
<b>Indicative Greek Congresses</b>
Sehou E., Dikoudi A., Maltezis K., Paschou E., Chatzis T., Dokoutsidou E., Fasoi G., <b>Vlachou E.</b> Compliance and quality of life in patients with type 2 diabetes. 34th Panhellenic Annual Conference of the Diabetological Society Northern Greece (D.E.B.E.), Thessaloniki 10-14 November 2021
Anastasia Dikoudi, <b>Eugenia Vlachou</b> , Eleni Evangelou, G. Kanakis, A. Tsartsalis, I. Komninos, G. Mastorakos. Investigation of the prevalence of non-alcoholic fatty liver disease in menopause: a systematic review. 19th Panhellenic Conference of the Hellenic Diabetes Society (EDE), Athens 2-5 June 2021
<b>Eugenia Vlachou</b> , Anastasia Dikoudi, Ourania Govina, Maria Lavdaniti, N. Kotsalas, A. Tsartsalis, G. Dimitriadis. The effectiveness of the use of probiotics in diabetic Kidney Disease - systematic review. 18th Diabetes Congress. Athens 16-19 September 2020
Tsartsalis A., Lambrou G., Tsartsalis D., <b>Vlachou E.</b> , Chrousos G., Kanaka-Gantenbein Ch., Kattamis A. (2018). Contemporary Study for the Evaluation of Bone Metabolism Indicators in Patients with Homozygous $\beta$ -Mediterranean Anemia. 26th Panhellenic Conference of the Hellenic Society for the Study of Bone Metabolism (EEMMO), 2-4 November 2018, Thessaloniki.
<b>Other Activities</b>
Invited in many conferences (Greek and International) as Speaker, President, Coordinator, etc.
Organization of the "1st Clinical Nursing Workshop in Diabetes" in collaboration with the Hellenic Diabetes Society with the Nursing Department of University of West Attica, April 9-10, 2021. <a href="http://nurs.uniwa.gr/wp-content/uploads/sites/75/2021/04/Programma-1o-Kliniko-Frontistirio-Nosileutikis.pdf">http://nurs.uniwa.gr/wp-content/uploads/sites/75/2021/04/Programma-1o-Kliniko-Frontistirio-Nosileutikis.pdf</a>
<ul style="list-style-type: none"> <li>• Member of the Hellenic Nurses Association</li> <li>• Member of the National Nurses Association of Greece</li> <li>• Member of the Hellenic Endocrine Society</li> <li>• Member of the Hellenic Diabetes Society</li> <li>• Member of the European Society of Endocrinology (ESE) - Nurse Committee</li> <li>• Member of the Foundation of European Nurses in Diabetes (FEND)</li> </ul>
Interviews that highlight the Diabetes Specialist Nurse's Role in: <ul style="list-style-type: none"> <li>• <a href="https://www.healthweb.gr/apopsi/synteneykseis/eygenia-vlaxou-kathigitria-nosileytikis-i-elleipsi-ekseidikeymenon-nosileyton-gia-ton-diaviti-stoixizei-tin-periodo-tis-covid-19">https://www.healthweb.gr/apopsi/synteneykseis/eygenia-vlaxou-kathigitria-nosileytikis-i-elleipsi-ekseidikeymenon-nosileyton-gia-ton-diaviti-stoixizei-tin-periodo-tis-covid-19</a></li> <li>• <a href="https://diabeteslife.gr/synteneyxi-h-ka-eygenia-vlachoy-mila-gia-tin-exeidikeysi-toy-nosileyti-sti-diacheirisi-toy-sakcharodi-diaviti/">https://diabeteslife.gr/synteneyxi-h-ka-eygenia-vlachoy-mila-gia-tin-exeidikeysi-toy-nosileyti-sti-diacheirisi-toy-sakcharodi-diaviti/</a></li> </ul>