

## **Curriculum Vitae**

**MEROPI D.A. MPOUZIKA, PhD, MSc, RN**



**Lecturer**

**Department of Nursing**

**Cyprus University of Technology**

**Limassol, June 2018**

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**A. PERSONAL DATA**

<b>Surname</b>	Mpouzika
<b>Name</b>	Meropi
<b>Father's name</b>	Dimitrios
<b>Mother's name</b>	Aliki
<b>Place of birth</b>	Veria, Greece
<b>Date of birth</b>	05/15/1973
<b>Title</b>	Ph.D. (Critical Care), MSc (Nursing/ Critical Care), Registered Nurse (BSc-Nursing)
<b>Current position</b>	Cyprus University of Technology, Department of Nursing, Faculty of Health Science, Clinical Education in Critical Care Nursing
<b>Present post</b>	Lecturer in Critical Care Nursing (2014-present)
<b>Address/ contact info</b>	15 Vragadinou str., Limassol, 3041, Cyprus office: 0035725002143, mobile.: 0035797798665 Email: meropi.mpouzika@cut.ac.cy

## B. ACADEMIC QUALIFICATIONS

<u>Institution</u>	<u>Degree</u>	<u>Dates</u>	<u>Field</u>
National & Kapodistrian University of Athens, Faculty of Nursing - Doctoral Program, Greece	Doctor of Philosophy	2002-2008	Nursing, Critical Care. Association between psychological and cellular stress factors in Multiple Organ Dysfunction Syndrome (MODS) in critical illness
National & Kapodistrian University of Athens, Faculty of Nursing - Master's Postgraduate Program, Greece	Master of Science	1997-2001	Nursing, Critical Care. Mechanisms of cellular stress in Multiple Organ Dysfunction Syndrome (MODS) in critically ill patients
National & Kapodistrian University of Athens, Faculty of Nursing, Greece	Bachelor	1993-1997	Nursing

## C. PROFESSIONAL QUALIFICATIONS

### 1. Previous professional posts

<u>Title</u>	<u>Institution</u>	<u>Dates</u>
1. Staff Nurse - Cardiac Surgery & Surgical Intensive Care Unit (ICU)	EUROCLINIC, Athens, Greece	06/1998-07/2001
2. Staff Nurse - Surgical & Respiratory ICU	General Hospital of Athens, «THRIASIO», Greece	07/1999-08/2000
3. Staff Nurse – Dialysis Unit	General Hospital of Athens «G. GENNIMATAS», Greece	08/2000-04/2001
4. Staff Nurse - Surgical & Respiratory ICU	General Hospital of Athens «G. GENNIMATAS», Greece	04/2001-07/2010

5. Superintendent - Bureau of Nursing Administration - Head of Sector: Respiratory, Surgical & Cardiac Surgery ICU, Neurosurgical ICU & Emergency Department	METROPOLITAN HOSPITAL of Athens, Greece	08/2001-04/2014
6. Assistant Professor, Adult Medical-Surgical Nursing	Department of Nursing, Faculty of Health & Caring Professions, Technological Educational Institute (TEI) of Athens (University of West Attica since March 2018), Athens, Greece	07/2010-03/2015
7. Lecturer, Critical Care Nursing Head of MSc track in Advanced Emergency & Intensive Care	Department of Nursing, Faculty of Health Sciences, Cyprus University of Technology (CUT), Limassol, Cyprus	09/2014- present

## **2. Professional Licensure and Certification**

- Bachelor Degree Nurse Practice License (Prefecture of Kilkis/ Registration # 4728/ 10-09-1997)
- Hellenic Nurses Association, Registered Nurse (Registration # 15799)
- Cypriot Council of Nursing & Midwifery Registered General Nurse

## **3. Languages**

<b>Greek</b>	Native Language
<b>English</b>	First Certificate in English of Cambridge University

## **D. SCIENTIFIC PORTFOLIO**

### **1. Publications**

#### **Summary of publications**

- 27 papers in international journals
- 6 papers in Greek journals
- 7 research abstracts in international journals
- 2 papers under review/ revision in international journals

**Scopus Database Citations: 95 by 85 documents, h-index: 6**

**Google Scholar Database Citations: 184, h-index: 7, i10-index: 6**

### I. International Peer Reviewed Journals - Papers in the English language

1. Papathanassoglou ED., Giannakopoulou M., **Mpouzika M.**, Bozas E., Karabinis A. (2010). Potential effects of stress in critical illness through the role of stress neuropeptides. *Nursing in Critical Care*, 15(4):204-216 (**review paper**) (indexed in MEDLINE/SCOPUS, IF: 1,492) (Google Scholar: Cited by 22 articles - Scopus: Cited by 19 articles)
  
2. Karanikola MN., Papathanassoglou ED., Kalafati M., Stathopoulou H., **Mpouzika M.**, Goutsikas CG. (2012). Exploration of the association between professional interactions and emotional distress of intensive care unit nursing personnel. *Dimensions of Critical Care Nursing*, 31(1):37-45 (**research paper**) (indexed in MEDLINE/SCOPUS) (Google Scholar: Cited by 28 articles - Scopus: Cited by 11 articles)
  
3. Papathanassoglou ED., **Mpouzika MD.** (2012). Interpersonal touch: physiological effects in critical care. *Biological Research for Nursing*, 14(4):431-443 (**review paper**) (indexed in MEDLINE/SCOPUS, IF: 1,549) (Google Scholar: Cited by 23 articles - Scopus: Cited by 13 articles)
  
4. Karanikola MN., Papathanassoglou ED., **Mpouzika M.**, Lemonidou C. (2012). Burnout syndrome indices in Greek intensive care nursing personnel. *Dimensions of Critical Care Nursing*, 31(2):94-101 (**research paper**) (indexed in MEDLINE/SCOPUS) (Google Scholar: Cited by 14 articles - Scopus: Cited by 8 articles)
  
5. Papathanassoglou ED., **Mpouzika MD.** (2012). Critical care in the era of global economic crisis: a nursing ethics perspective. *Nursing in Critical Care*, 17(6):275-278 (**editorial**) (indexed in MEDLINE/SCOPUS, IF: 1,492) (Google Scholar: Cited by 5 articles - Scopus: Cited by 3 articles)
  
6. **Mpouzika MD.**, Papathanassoglou ED., Giannakopoulou M., Bozas E., Middleton N., Boti S., Patiraki EI., Karabinis A. (2013). Altered serum stress neuropeptide levels in critically ill individuals and associations with lymphocyte populations. *Neuropeptides*, 47(1):25-36 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 2,486) (Google Scholar: Cited by 8 articles - Scopus: Cited by 6 articles)
  
7. Karanikola MN., Albarran JW., Drigo E., Giannakopoulou M., Kalafati M., **Mpouzika M.**, Tsiaousis GZ., Papathanassoglou ED. (2014). Moral distress, autonomy and nurse-physician collaboration among intensive care unit nurses in Italy. *Journal of Nursing Management*, 22(4):472-484 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 1,905) (Google Scholar: Cited by 50 articles - Scopus: Cited by 22 articles)

8. Papathanassoglou ED., **Mpouzika MD.**, Giannakopoulou M., Bozas E., Middleton N., Boti S., Karabinis A. (2015). Pilot investigation of the association between serum stress neuropeptide levels and lymphocyte expression of fas and fas ligand in critical illness. *Biological Research for Nursing* 17(3):285-294 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 1,549) (Google Scholar: Cited by 3 articles - Scopus: Cited by 2 article)
9. Karanikola M., Giannakopoulou M., **Mpouzika M.**, Kaite CP., Tsiaousis GZ., Papathanassoglou ED. (2015). Dysfunctional psychological responses among Intensive Care Unit nurses: a systematic review of the literature. *Revista da Escola de Enfermagem da USP*, 49(5):847-857 (**review paper**) (indexed in MEDLINE/SCOPUS, IF: 0,573) (Google Scholar: Cited by 17 articles - Scopus: Cited by 8 articles)
10. Haikali S., Karanikola MNK., Giannakopoulou M., **Mpouzika MDA.**, Lemonidou C., Patiraki E., Papathanassoglou EDE. (2016). Validation of the Greek version of the revised Moral Distress Scale in critical care nurses. *CONNECT: The World of Critical Care Nursing*, 10(2):72-77 (**research paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)
11. Karanikola MN., Giannakopoulou M., Kalafati M., Kaite CP., Patiraki E., **Mpouzika M.**, Papathanassoglou EE., Middleton N. (2016). Anxiety symptoms and quality of interaction among oncology nurses: a correlational, cross-sectional study. *Revista da Escola de Enfermagem da USP*, 50(5):800-807 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 0,452) (Google Scholar: Cited by 1 articles - Scopus: Cited by 0 articles)
12. Parissopoulos S., **Mpouzika MD.**, Timmins F. (2017). Optimal support techniques when providing mechanical ventilation to patients with acute respiratory distress syndrome. *Nursing in Critical Care*, 22(1):40-51 (**review paper**) (indexed in MEDLINE/SCOPUS, IF: 1,492) (Google Scholar: Cited by 5 articles - Scopus: Cited by 3 article)
13. Papathanassoglou E., **Mpouzika MD.**, Giannakopoulou M., Bozas E., Middleton N., Tsiaousis G., Karabinis A. (2017). Association between lymphocyte expression of the apoptotic receptor Fas and pain in critically ill patients. *Journal of Pain Research*, 10:175-181 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 2.581) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)
14. **Mpouzika MDA.**, Giannakopoulou M., Papathanassoglou EDE. (2017). Effects of critical care-related stressors on physiological stress response markers: a pilot study. *CONNECT: The World of Critical Care*

*Nursing*, 11(1):13-17 (**research paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

15. **Mpouzika MDA.**, Karabinis A., Tsiaousis G., Spirou P., Papadimitriou E., Tsironas K., Papathanassoglou EDE. (2017). Diagnostic radiation exposure of critically ill patients at the intensive care unit. *CONNECT: The World of Critical Care Nursing*, 11(2): 33-37 (**research paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

16. **Mpouzika MDA.**, Haikali S., Giannakopoulou M., Karanikola MNK., Lemonidou C., Patiraki E., Papathanassoglou EDE. (2017). A descriptive correlational study of nurse-physician collaboration in adult critical care in Greece. *CONNECT: The World of Critical Care Nursing*, 11(3): 65-68 (**research paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

17. Aliza Kozyakovsky A., **Mpouzika MDA.**, Lasiuk G., Norris CM. (2017). Blood glucose control in sepsis: a comprehensive narrative review. *CONNECT: The World of Critical Care Nursing*, 11(3): 59-64 (**research paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

18. Karanikola NKM., Giannakopoulou M., **Mpouzika M.**, Nicolaou C., Tsiaousis G., Vouzavali F., Koutrouba A., Papathanassoglou EDE. (2017). Perceptions of critical and emergency department nurses regarding changes in their professional role. *Revista da Escola de Enfermagem da USP*, 51:e03287 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 0,452) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

19. **Mpouzika MDA.**, Mpouzika E., Papathanassoglou EDE. (2018). The effect of the Greek financial crisis on the operation of public ICUs. *CONNECT: The World of Critical Care Nursing*, (in press) (**narrative review paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

20. Karanikola NKM., **Mpouzika M.** (2018). Time to create a healthy work environment in ICU: A review of current evidence and commentary. *CONNECT: The World of Critical Care Nursing*, (in press) (**narrative review paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

21. Kapritsou M., Papathanassoglou ED., Konstantinou EA., Korkolis DP., **Mpouzika M.**, Kaklamanos I., Giannakopoulou M. (2018). Effects of the enhanced recovery program versus conventional care on the



recovery and stress response in pancreatoduodenectomized cancer patients. *Gastroenterology Nursing* (accepted for publication, 06.27.2018) (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 0,671)

### **International Peer Reviewed Journals - Articles in the English language under review/ revision**

1. Kleanthous E., **Mpouzika MDA.**, Karanikola M., Raftopoulos V., Middleton N., Papathanassoglou E. (2018). Nurses' attitudes and knowledge regarding patients' rights: a systematic exploration of the literature. *International Journal of Nursing Practice* (under review) (**review paper**) (indexed in MEDLINE/SCOPUS, IF: 1,018)

### **II. International Peer Reviewed Journals - Abstracts in the English language**

1. Kletsiou E., **Mpouzika M.**, Papathanassoglou EDE. (2009). Use of behavioural pain scales in coronary and critical care patients. A comparative validation study. *European Journal of Cardiovascular Nursing*, April 2009, Vol. 8 Supp1, S23 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 2,763)

2. Karabinis A., Spirou P., Tsironas K., Petsa C., Koukoulitsios G., **Mpouzika M.**, Karakitsos D. (2010). Medical radiation exposure in critically ill patients at the intensive care unit. *Intensive Care Medicine*, September 2010, Vol.36, S2, S283 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 12,015)

3. **Mpouzika M.**, Giannakopoulou M., Bozas E., Tselios K., Kletsiou E., Tambaki E., Pateli I., Karabinis A., Papathanassoglou E. (2010). Suppressed neuropeptides levels and association with disease severity and pain levels in patients with multiple organ dysfunction syndrome (MODS). *Intensive Care Medicine*, September 2010, Vol.36, S2, S430 (**research paper**) (indexed in MEDLINE/SCOPUS, IF: 12,015)

4. Papathanassoglou E., **Mpouzika M.**, Giannakopoulou M., Bozas E., Boti S., Middleton N., Karabinis A. (2014). Lymphocyte expression of apoptotic markers associates with pain ratings in critically ill patients. *CONNECT: The World of Critical Care Nursing*, 9(2):48-49 (Journal abstract) (**research paper**) (indexed in CINAHL)

5. Papathanassoglou E., Karanikola M., **Mpouzika M.**, Boti S. (2014). Pilot exploration of the association between lymphocyte counts, apoptotic markers and anxiety symptoms in critical care nurses. *CONNECT: The World of Critical Care Nursing*, 9(2):49 (**research paper**) (indexed in CINAHL)
6. Papathanassoglou E., **Mpouzika M.**, Giannakopoulou M., Bozas E., Boti S., Middleton N., Karabinis A. (2014). Serum stress neuropeptide levels associate with lymphocyte expression of apoptotic markers in critical illness. *CONNECT: The World of Critical Care Nursing*, 9(2):49-50 (**research paper**) (indexed in CINAHL)

### **III. International Peer Reviewed Journals – Papers in the Greek language**

1. Papathanassoglou EDE., **Mpouzika M.** (2003). Psychoneuroimmunology in Oncology Nursing. Review of the Literature and Implications. *Nosileftiki* 43(3), 279-291 (**review paper**) (indexed in CINAHL/SCOPUS) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)
2. Karanikola M., **Mpouzika M.** (2005). Spinal cord injuries: The role of the nurse in their management. *Nosileftiki* 44(4), 446-456 (**review paper**) (indexed in CINAHL/SCOPUS) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)
3. **Mpouzika M.**, Papathanassoglou EDE. (2008). Pathophysiology and neuroendocrine response in the multiple organ dysfunction syndrome. *Nursing Care & Research*, 22, 43-52 (**review paper**) (indexed in CINAHL) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)
4. **Mpouzika MDA.**, Kletsiou H., Papathanassoglou EDE., Petsa C. (2008). Validation of the Hellenic version of two behavioral pain scales in communicating and non-communicating critically ill patients. *Nosileftiki* 48(3), 308-316 (**research paper**) (indexed in CINAHL/SCOPUS) (Google Scholar: Cited by 1 article - Scopus: Cited by 0 articles)
5. Karanikola MNK., Stathopoulou H., Kalafati M., Terzi A., **Bouzika M.**, Papathanassoglou EDE. (2009). Assessment of anxiety symptoms among intensive care nursing personnel in Greece. *Nosileftiki* 48(4), 447-457 (**research paper**) (indexed in CINAHL/SCOPUS) (Google Scholar: Cited by 0 articles - Scopus: Cited by 0 articles)

#### **IV. International Peer Reviewed Journals - Abstracts in the Greek language**

1. Pentilas N., Siganiaki M., Glinavou A., Karakitsos D., **Mpouzika M.**, Mitsos S., Dimitriou V., Karabinis A. (2011). Securing endotracheal access via percutaneous tracheostomy using the fiberoptic laryngoscope AIRTRAQ. *Acta Anaesthesiologica Hellenica* 44(4), 80-8 (**research paper**)

#### **2. Full papers in conference proceedings**

##### **I. National (Greek & Cypriot) conference proceedings**

1. **Mpouzika M.** (1999). Epidemiology of hospital infections. *26<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 25-27 May, Corfu, Greece (review paper)*

2. **Mpouzika M.** (1999). ICU nurses' specialty. *Post-graduate Education in Nursing Oncology and Psycho-oncology (10/1998 – 1/1999). Hellenic anti-cancer Society and Hellenic Society of Nursing Studies, Athens, Greece (review paper)*

3. **Mpouzika M.** (1999). Nursing care in dialysis patient. *Post-graduate Education in Nursing Oncology and Psycho-oncology (3/1999 – 6/1999). Hellenic anti-cancer Society and Department of Nursing Oncology, Athens, Greece (review paper)*

4. **Mpouzika M.** (1999). Fighting cancer – Nursing approach – Pain management. *Post-graduate Education in Nursing Oncology and Psycho-oncology (11/1999 – 2/2000). Hellenic anti-cancer Society and Department of Nursing Oncology, Athens, Greece (review paper)*

5. **Mpouzika MDA.**, Papathanassoglou EDE., Boti S., Viglis V., Petsa Ch., Giannakopoulou M., Bozas E., Androulakis I. (2008). Association of stress neuropeptides with apoptosis and survival in critically ill patients. *4<sup>th</sup> Nursing Symposium of the Working Group of Emergency and Intensive Care of the Hellenic National Association of Nurses: Safety, Quality, Change, 7-9 November, Thessaloniki, Greece (research paper)*

6. Giannakopoulou M., **Mpouzika MDA.**, Bozas E., Androulakis I., Karabinis A., Viglis V., Papathanassoglou EDE. (2008). Detection of the levels of neuropeptidic and apoptotic indices in critically ill patients with head injury, and associations with pain indices. *4<sup>th</sup> Nursing Symposium of the Working Group of Emergency and Intensive Care of the Hellenic National Association of Nurses: Safety, Quality, Change, 7-9 November,*

Thessaloniki, Greece (research paper)

### **3. Theses (Monographs)**

1. **Mpouzika D.A. Meropi** (2001). Mechanisms of cellular stress in Multiple Organ Dysfunction Syndrome (MODS) in critically ill patients. National & Kapodistrian University of Athens, Faculty of Nursing, Master's Thesis, Athens, Greece
2. **Mpouzika D.A. Meropi** (2008). Association between psychological and cellular stress factors in Multiple Organ Dysfunction Syndrome (MODS) in critical illness. National & Kapodistrian University of Athens, Faculty of Nursing, PhD Thesis, Athens, Greece

### **4. Textbooks and book chapters**

#### **I. University textbooks, scientific notes and teaching manuals (written in Greek)**

1. Papathanassoglou EDE., **Mpouzika M.** «Multiple organ dysfunction syndrome» pp.: 802-818 in: *Emergency & Critical Care Nursing*. Papathanassoglou EDE (2003). University of Athens, Faculty of Nursing, Athens, Greece

#### **II. Editing in Books/ Proceedings (written in Greek)**

1. **Wound.** *Hellenic Society of Nursing Studies, Department of Nursing, University of Athens and Hellenic anti-cancer Society, Athens (02/1997)*
2. **Heart Failure.** *Hellenic Society of Nursing Studies, Athens (05/1998)*
3. **Mental Health Nursing: Current Issues–New Approaches.** *Hellenic Society of Nursing Studies, Athens (11/1998)*

## **5. Papers presented at peer reviewed scientific conferences - Invited lectures/ workshops**

### **I. National (Greek & Cypriot) scientific conferences**

1. **Mpouzika M.** (2012). Evaluation of nursing care. Is it possible? *8<sup>th</sup> International Annual Conference «Developments 2012 & Prospects 2013 in Cardiology»*. B' University affiliated Cardiology Unit, Attikon Hospital, 14-15 December, Athens, Greece (**review paper**)
  
2. **Mpouzika M.**, Papathanassoglou E., Hadjibalassi M., Karanikola M. (2016). Biological research in Emergency and Intensive Care Nursing. *8<sup>th</sup> Nursing Symposium of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses*, 21-23 October, Heraklion, Crete (**review paper**)
  
3. **Mpouzika M.** (2016). Association between biological stress markers and lymphocytes' sub-population in critically ill patients. «*New trends & developments in Emergency & Intensive Nursing Care in Cyprus*». Working Group of Emergency & Intensive Nursing Care of Cyprus Nurses and Midwives Association, 4 November, Pafos, Cyprus (**research paper**)

## **6. Papers presented at peer reviewed scientific conferences and abstracts in proceedings**

### **I. International peer reviewed scientific conferences**

1. Papathanasoglou EDE., Giannakopoulou M., Kalafati M., **Mpouzika M.**, Tseroni M. (2003). Validation and modification of the critical care nursing situation index for assessing the safety of intensive care in Greece. *7<sup>th</sup> State of the Art. Interdisciplinary Review Course*, 17-20 April, Athens, Greece (**research paper**)
  
2. Papathanassoglou EDE., Tseroni M., **Mpouzika M.** (2003). Adequacy of pain assessment in the ICU: Meta-analysis and Conceptual Framework. *7<sup>th</sup> State of the Art. Interdisciplinary Review Course*, 17-20 April, Athens, Greece (**research paper**)
  
3. Karanikola M., Papathanassoglou E.D.E., **Mpouzika M.**, Tzovara A., Boules P. (2005). Association between professional satisfaction and self-esteem in Hellenic intensive care nurses. *2<sup>nd</sup> Congress of the European Federation of Critical Care Nursing Associations*, 10-12 November, Amsterdam, Netherlands (**ερευνητική εργασία**)

4. **Mpouzika M.**, Papathanassoglou E.D.E., Mpoti S., Viglis V. (2006) Association of lymphocyte apoptotic markers to nursing care intensity, severity and patient stress in critical illness: A pilot study. *10<sup>th</sup> State of the Art Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine & Nursing Care, 6-9 April, Athens, Greece (research paper)*
5. Karanikola M., Papathanasoglou E.D.E., **Mpouzika M.**, Tzovara A., Kostaki D., Boules P. (2006). Professional satisfaction and burnout syndrome: findings in intensive care and emergency department Hellenic nurses. Nursing Symposium, *10<sup>th</sup> State of the Art Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine & Nursing Care, 6-9 April, Athens, Greece (research paper)*
6. **Mpouzika MDA.**, Giannakopoulou M., Bozas E., Androulakis J., Patiraki E., Papathanassoglou EDE. (2008). Association between stress neuropeptide levels, pain and nursing interventions in critically ill patients. *3<sup>rd</sup> EfCCNa & 27<sup>th</sup> Aniarti Congress, 9-11 October, Florence, Italy (research paper)*
7. Kletsiou E., **Mpouzika MDA.**, Papathanassoglou EDE. (2008). Validation of behavioral pain scales in verbal and non-verbal patients. *3<sup>rd</sup> EfCCNa & 27<sup>th</sup> Aniarti Congress, 9-11 October, Florence, Italy (research paper)*
8. Giannakopoulou M., **Mpouzika M.**, Bozas E., Androulakis J., Papathanassoglou EDE. (2008). Stress hormone levels and cellular apoptotic markers in critically ill individuals with traumatic brain injury. *22<sup>nd</sup> Conference of the Hellenic Society for Neuroscience, Eugenides Foundation, 16-19 October, Athens, Greece (research paper)*
9. **Mpouzika MDA.**, Papathanassoglou EDE., Giannakopoulou M., Bozas E., Petsa Ch., Karakitsos D. (2009). Association between peripheral blood lymphocyte subsets and expression of apoptotic markers with multiple organ dysfunction severity and estimated psychological stress. *13<sup>th</sup> State of the Art Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine & Nursing Care, 2-4 April, Athens, Greece (research paper)*
10. Kletsiou E., **Mpouzika MDA.**, Papathanassoglou EDE. (2009). Psychometric properties of behavioral pain scales in coronary and trauma critical care patients. *13<sup>th</sup> State of the Art Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine & Nursing Care, 2-4 April, Athens, Greece (research paper)*

11. Kletsiou E., **Mpouzika MDA.**, Papathanassoglou EDE. (2009). Use of behavioral pain scales in coronary and critical care patients. A comparative validation study. *9<sup>th</sup> Annual Spring Meeting on Cardiovascular Nursing, 23-26 April, Dublin, Ireland (research paper)*
12. **Mpouzika MDA.**, Papathanassoglou EDE., Giannakopoulou M., Bozas E., Mpoti S., Karabinis A. (2009). Stress peptide levels and lymphocyte apoptosis in critical illness. *10<sup>th</sup> Congress of the World Federation of Societies of Intensive & Critical Care Medicine, 28 August–1 September, Florence, Italy (research paper)*
13. Karabinis A., Spirou P., Tsironas K., Petsa Ch., Koukoulitsios G., **Mpouzika M.**, Karakitsos D. (2010). Medical radiation exposure in critically ill patients at the intensive care unit. *23<sup>rd</sup> Annual Congress of European Society of Intensive Care Medicine, 9–13 October, Barcelona, Spain (research paper)*
14. **Mpouzika M.**, Giannakopoulou M., Bozas E., Tselios K., Kletsiou E., Tambaki E., Pateli I., Karabinis A., Papathanassoglou E. (2010). Suppressed neuropeptides levels and association with disease severity and pain levels in patients with multiple organ dysfunction syndrome (MODS). *23<sup>rd</sup> Annual Congress of European Society of Intensive Care Medicine. 9–13 October, Barcelona, Spain (research paper)*
15. **Mpouzika M.**, Giannakopoulou M., Bozas E., Mpoti S., Kletsiou E., Tamvaki E., Pateli I., Karabinis A., Fouka G., Papathanassoglou E. (2011). Multiple Organ Dysfunction Syndrome (MODS): A State of Decreased Stress Hormone Levels and Association with Survival and Pain. *4<sup>th</sup> EfCCNa Congress & FSAIO Spring Congress, 24-26 March, Copenhagen, Denmark (research paper)*
16. Karanikola M., Papathanassoglou E., Kalafati M., Stathopoulou X., **Mpouzika M.**, Boules P., Terzi BA. (2011). Associations between quality interactions among health professionals in ICU and nurses' psychological well-being in Hellas. *4<sup>th</sup> EfCCNa Congress & FSAIO Spring Congress, 24-26 March, Copenhagen, Denmark (research paper)*
17. Giannakopoulou M., **Mpouzika M.**, Tambaki E., Bozas E., Tsoumakas K., Papathanassoglou E. (2011). Pain assessment in patients with traumatic brain injury and association with neuropeptide levels immunological and stress hormone patterns. *9<sup>th</sup> Quadrennial European Association of Neuroscience Nurses Congress, The North sea Conference, 4–7 May, Blankenberge, Belgium (research paper)*

18. Giannakopoulou M., **Mpouzika M.**, Tambaki E., Bozas E., Dedoussis G., Papathanassoglou E. (2012). Neuropeptide Y levels assessment in traumatic brain injury patients and association with pain levels, apoptotic markers and stress hormone patterns. *8<sup>th</sup> Federation of European Neuroscience Societies (FENS) 8<sup>th</sup> FENS Forum of Neuroscience, 14–18 July, Barcelona, Spain (research paper)*
19. **Karanikola M.**, Papathanassoglou EDE., **Mpouzika M.**, Giannakopoulou M., Drigo E., Albarran J., Kalafati M. (2013). Moral distress and association with autonomy and nurse-physician collaboration among emergency care nurses in Italy. *5<sup>th</sup> EfCCNa Congress & UINARS Congress, 23-25 May Belgrade, Serbia (research paper)*
20. Papathanassoglou E., Karanikola M., **Mpouzika M.**, Mpoti S. (2013). Pilot exploration of the association between lymphocyte counts, apoptotic markers and anxiety symptoms in critical care nurses. *11<sup>th</sup> Congress of the World Federation of Societies of Intensive & Critical Care Medicine (WFSICCM), 28 Aug–1 Sep, Durban, S. Africa (research paper)*
21. Papathanassoglou E., **Mpouzika M.**, Giannakopoulou M., Bozas E., Mpoti S., Middleton N., Karabinis A. (2013). Serum stress neuropeptide levels associate with lymphocyte expression of apoptotic markers in critical illness. *11<sup>th</sup> Congress of the World Federation of Societies of Intensive & Critical Care Medicine (WFSICCM), 28 Aug–1 Sep, Durban, S. Africa (research paper)*
22. Papathanassoglou E., **Mpouzika M.**, Giannakopoulou M., Bozas E., Mpoti S., Middleton N., Karabinis A. (2013). Lymphocyte expression of apoptotic markers associates with pain ratings in critically ill patients. *11<sup>th</sup> Congress of the World Federation of Societies of Intensive & Critical Care Medicine (WFSICCM), 28 Aug–1 Sep, Durban, S. Africa (research paper)*
23. Papathanassoglou E., **Mpouzika M.**, Giannakopoulou M., Hegadoren K. (2015). Gender may mediate the association between pain intensity and immune cell death in critical illness. *6<sup>th</sup> EfCCNa Congress, 29-31 January, Valencia, Spain (research paper)*



## **II. National (Greek & Cypriot) peer reviewed scientific conferences**

1. **Mpouzika M.** (1998). Prevention and treatment of pressure ulcers. *25<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 19-21 May, Crete, Greece (review paper)*
2. **Mpouzika M.** (1999). Epidemiology of hospital infections. *26<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 25-27 May, Corfu, Greece (review paper)*
3. Filippatos G., Anthopoulos P., Karabinos H., Polichronopoulou O., **Mpouzika M.**, Adamakidou Th., Anthopoulos L. (1999). Current therapeutic strategies among cardiologists in Athens for the treatment of hyperlipidaemia in the female population. *25<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 4-8 May, Athens, Greece (research paper)*
4. **Mpouzika M.** (2001). Ethics in health care. *3<sup>th</sup> Hellenic Nursing Students' Conference, 7-9 December, Athens, Greece (review paper)*
5. **Mpouzika M.** (2002). Prevention of pressure ulcers. *Scientific Meeting of the B' Peripheral Health System of Athens & General Hospital of Athens "G. GENNIMATAS", 25 January, Athens, Greece (review paper)*
6. Papathanassoglou EDE., Giannakopoulou M., Venetsanou K., **Mpouzika M.**, Baltopoulos G. (2003). Serum Substance P levels in critically ill individuals with inferred pain. *30<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 19-22 May, Alexandroupoli, Greece (research paper)*
7. Papathanassoglou EDE., Giannakopoulou M., **Mpouzika M.** (2003). Effectiveness of pain assessment in the ICU and proposal of a theoretical framework. *30<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 19-22 May, Alexandroupoli, Greece (review paper)*
8. **Mpouzika M.**, Papathanassoglou EDE. (2003). Mechanisms of cellular stress in critically ill individuals with multiple organ dysfunction. *30<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 19-22 May, Alexandroupoli, Greece (review paper)*
9. **Mpouzika M.**, Papathanassoglou EDE. (2003). The role of apoptosis and heat shock proteins in critical illness. *5<sup>th</sup> Hellenic Nursing Students' Conference, 12-14 December, Athens, Greece (research paper)*

10. **Mpouzika M.**, Papathanassoglou EDE. (2004). Brain neuropeptides in critical illness: Implications for Nursing. *31<sup>st</sup> National Conference of the Hellenic National Association of Nurses, 3-6 May, Athens, Greece (review paper)*
11. Karanikola M., **Mpouzika M.** (2005). Round Table: Nursing management of CNS injuries. Caring of patients with spinal cord injury. *9<sup>th</sup> State of the Art. Interdisciplinary Review Course of Thoracic, Critical Care & Emergency Medicine, 22-24 April, Athens, Greece (review paper)*
12. Kalafati M., Karanikola M., Stathopoulou H., **Mpouzika M.**, Terzi AB. (2008). Comparison of emergency and critical care nurses' anxiety levels working in the area of Attica. *4<sup>th</sup> Scientific One-day conference of the Working Group of Emergency and Intensive Care Nurses of the Cyprus Nurses & Midwives Association, 1<sup>st</sup> of November, Limassol, Cyprus (research paper)*
13. **Mpouzika MDA.**, Papathanassoglou EDE., Boti S., Viglis V., Petsa Ch., Giannakopoulou M., Bozas E., Androulakis I. (2008). Association of stress neuropeptides with apoptosis and survival in critically ill patients. *4<sup>th</sup> Nursing Symposium of the Working Group of Emergency and Intensive Care of the Hellenic National Association of Nurses: Safety, Quality, Change, 7-9 November, Thessaloniki, Greece (research paper)*
14. **Mpouzika MDA.**, Papathanassoglou EDE., Giannakopoulou M., Petsa Ch., Karabinis A., Boti S., Bozas E., Androulakis I., Viglis V. (2008). Exploration of the association between stress neurohormones, pain intensity and nursing interventions in critically ill individuals. *4<sup>th</sup> Nursing Symposium of the Working Group of Emergency and Intensive Care of the Hellenic National Association of Nurses: Safety, Quality, Change, 7-9 November, Thessaloniki, Greece (research paper)*
15. Giannakopoulou M., **Mpouzika MDA.**, Bozas E., Androulakis I., Karabinis A., Viglis V., Papathanassoglou EDE. (2008). Detection of the levels of neuropeptidic and apoptotic indices in critically ill patients with head injury, and associations with pain indices. *4<sup>th</sup> Nursing Symposium of the Working Group of Emergency and Intensive Care of the Hellenic National Association of Nurses: Safety, Quality, Change, 7-9 November, Thessaloniki, Hellas (research study)*
16. Stathopoulou H., **Mpouzika MDA.**, Karanikola M. (2008). Mental health disorders among Hellenic nurses working in emergency department. *4<sup>th</sup> Nursing Symposium of the Working Group of Emergency & Intensive*

*Care Nurses of the Hellenic National Association of Nurses: Safety, Quality, Change, 7-9 November, Thessaloniki, Greece (review paper)*

17. **Mpouzika M.** (2009). Exploration of the association between nursing interventions, biochemical stress markers and pain indices in critically ill patients. Intensive Care Forum Cyprus, *4<sup>th</sup> Intensive Care Units National Conference, General Hospital of Nicosia, 21-22 March, Cyprus (research paper)*

18. Kletsiou E., **Mpouzika MDA.**, Papathanassoglou EDE. (2009). Validation of Puntillo and Payen pain scales in critically ill patients. *36<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 4-7 May, Mykonos, Greece (research paper)*

19. Pateli I., **Mpouzika M.**, Papathanassoglou E. (2009). Neuropeptide markers in critical illness. *12<sup>th</sup> Hellenic Intensive Care Conference, 6-8 November, Athens, Greece (review paper)*

20. Tamvaki H., Giannakopoulou M., **Mpouzika M.**, Papathanassoglou E. (2009). Neuropeptides and traumatic head injury in adult and pediatric critically ill patients. *12<sup>th</sup> Hellenic Intensive Care Conference, 6-8 November, Athens, Greece (review paper)*

21. **Mpouzika M.**, Papathanassoglou E., Giannakopoulou M., Bozas E., Petsa Ch., Karabinis A. (2009). Exploration of the association between stress hormones and cellular death in critically ill individuals. *12<sup>th</sup> Hellenic Intensive Care Conference, 6-8 November, Athens, Greece (research paper)*

22. Pateli I., **Mpouzika M.** (2010). Neuropeptide markers and critical illness. *37<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 3-6 May, Ghalkidiki, Greece (review paper)*

23. **Mpouzika M.**, Giannakopoulou M., Pateli I., Tamvaki E., Karabinis A., Papathanassoglou EDE. (2010). Suppressed stress neuropeptide levels in critical illness and association with disease severity. *37<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 3-6 May, Ghalkidiki, Greece (research paper)*

24. Kletsiou E., Spirou P., Tsoulou V., Petsa Ch., Tsironas K., **Mpouzika M.** (2010). Traumatic brain injury: State of the art nursing care. *14<sup>th</sup> State of the Art Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine & Nursing Care, 18-19 June, Athens, Greece (review paper)*

25. Pateli I., Tamvaki H., Kontou I., Xatzoudi S., **Mpouzika M.**, Giannakopoulou M. (2010). Hypothermia and traumatic brain injury. *13<sup>th</sup> Hellenic Intensive Care Conference, 5-7 November, Athens, Greece (review paper)*
26. **Mpouzika M.**, Tsironas K., Spirou P., Papadimitriou E., Tamvaki H., Petsa Ch., Cardozo Ocampo A., Koutsopoulou V., Karabinis A. (2010). Study of cumulative radiation dose in intensive care unit patients. *13<sup>th</sup> Hellenic Intensive Care Conference, 5-7 November, Athens, Greece (research paper)*
27. Spirou P., Tsironas K., Papadimitriou E., Tamvaki H., Tselios K., Fouka G., **Mpouzika M.** (2011). Radiation from imaging procedures in intensive care unit. *38<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 10-13 May, Chios, Greece (research paper)*
28. Koutsidou A., Kletsiou E., Karra V., **Mpouzika M.**, Papathanassoglou E., Matziou V., Elefsiniotis I. (2011). Assessing intensive care and emergency department nurses' knowledge on the management of pregnant trauma victims. *38<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 10-13 May, Chios, Greece (research paper)*
29. **Mpouzika M.**, Koutsioumpa S., Chalil Z., Fouka G., Parissopoulos S., Stroubouki T., Katsoulas T., Pentilas N. (2013). Learning curve of nursing students during training for securing endotracheal access using two types of laryngoscope. *40<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 14-16 May, Athens, Greece (research paper)*
30. **Mpouzika M.**, Karanikola M., Papathanassoglou E. (2013). The Power of caring. Evidenced-based cardiology care. *40<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 14-16 May, Athens, Greece (review paper)*
31. Kaite CP., Karanikola M., Vouzavali F., Zafiropoulou-Koutrouba A., **Mpouzika M.**, Papathanassoglou E. (2013). Phenomenological exploration of the lived experience of mentally ill patients in Cyprus. *40<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 14-16 May, Athens, Greece (research paper)*
32. Karanikola M., Spirou Cr., **Mpouzika M.**, Kaite CP., Hadjiioannou A., Kaikoushi A. (2015). Exploration of the association between professional satisfaction and mild depression symptoms among nursing personnel in W. Macedonia. *43<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 11-14 May, Syros, Greece (research paper)*

33. **Mpouzika M.**, Papathanassoglou E., Giannakopoulou M., Bozas E., Papageorgiou G., Spirou P. (2016). Exploration of the association between pain and lymphocyte expression of the apoptotic receptor Fas in critically ill patients. *23<sup>th</sup> National Conference of the Cyprus Nurses & Midwives Association, 25-26 November, Pafos, Cyprus (research paper)*
34. **Mpouzika M.** (2017). Biological markers and research in Intensive and Emergency Care Nursing. *44<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 10-13 May, Naxos, Greece (review paper)*
35. Giannelou E., Papathanassoglou E., **Mpouzika MDA.** (2018). Risk factors for the transition from acute to chronic pain in survivors of critical illness. *45<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 9-12 May, Kos, Greece (review paper)*
36. Giannelou E., Dandolos D., ..., **Mpouzika MDA.** (2008). Mechanical thrombectomy for acute ischemic stroke: Three years of experience in a stroke unit in Athens. *45<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 9-12 May, Kos, Greece (research paper)*

## 7. Conference chair

### I. National (Greek & Cypriot) meetings

1. Round Table «Intensive Care Units – Fundamentals of Organization and management». «*Ischemic Heart Disease – Heart Failure*», Hellenic Society of Nursing Studies, School of Nursing, University of Athens and Society of Study and Research Heart Failure, 15-16 May 1998, Athens, Greece
2. Intensive Care Forum Cyprus, *4<sup>th</sup> Intensive Care Units National Conference, General Hospital of Nicosia, 21-22 March 2008, Cyprus*
3. Round Table. «Current approaches in nursing monitoring of patients with traumatic brain injury». *14<sup>th</sup> State of the Art Interdisciplinary Review Course on Pulmonary Diseases, Critical Care, Emergency Medicine & Nursing Care. 18-19 June 2010, Athens, Greece*

4. Clinical tutorial: «Weaning after a long term stay in ICU». *32<sup>th</sup> Hellenic Intensive Care Conference, 5-7 November 2010, Athens, Greece*
  
5. Lecture: «GR-DRGs in ICU: Problems, challenges, perspectives». *6<sup>th</sup> Nursing Symposium of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses, 28-30 September 2012, Athens, Greece*
  
6. Round Table. «Surgical Nursing». *40<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 14-16 May 2013, Athens, Greece*
  
7. Clinical tutorial: «How to write a paper». *40<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 14-16 May 2013, Athens, Greece*
  
9. Clinical tutorial: «Guidelines in every day hospital's practice». *8<sup>th</sup> Nursing Symposium of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses, 21-23 October 2016, Heraklion, Crete*
  
9. Lecture: «The basic principles of our professional ethics as the daily assistant in providing nursing care». *8<sup>th</sup> Nursing Symposium of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses, 21-23 October, Heraklion, Crete*

## **8. Conference organization and committees**

### **I. Member of scientific committees of conferences**

#### **Ia. National (Greek and Cypriot) meetings**

1. *5<sup>th</sup> Scientific Symposium of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses: "Emergency and Critical Care: Innovative practice development", 15-17 October 2010, Kastoria, Greece*
  
2. *Medical and Nursing Symposium: "Advances in renal dysfunction and renal replacement approaches in critical care", 5 July 2011, Athens, Greece*

3. 6<sup>th</sup> Scientific Symposium of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses: « Proposals to address the economic crisis in health», 28-30 September 2012, Athens, Greece

4. 40<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 14-16 May 2013, Athens, Greece

5. 8<sup>th</sup> Scientific Symposium of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses, 21-23 October 2016, Heraklion, Crete

## **II. Member of organizing committees of conferences**

### **Ila. National (Greek and Cypriot) meetings**

1. Participation to the organization of the seminar: «*Ischemic Heart Disease – Heart Failure*». Hellenic Society of Nursing Studies, School of Nursing, University of Athens & Society of Study and Research Heart Failure, 15-18 May 1998, Athens, Greece

2. Participation to the organization of the seminar: «*Mental Health Nursing: Current Issues – New Approaches*». Hellenic Society of Nursing Studies, 6-7 November 1998, Athens, Greece

## **9. Research grants and projects**

### **I. External funding**

Project title:	<b>Critical care nurses' autonomy, moral distress &amp; collaboration with physicians</b>
Aims/Objectives:	The primary aim of this project was the exploration of ICUNs moral distress and associations with nurse-physician collaboration & nurses' autonomy in a convenience sample of 255 European ICU nurses, from 12 different countries.
Funding body:	European Federation of Critical Care Nurses.
Amount:	€ 3, 000
Period:	2008-2010
Team:	E. Papathanassoglou (Principal investigator). Other members of team: M. Karanikola, M. Kalafati, J. Albaran, E. Drigo, M. Giannakopoulou, <b>M. Mpouzika</b>

Project title:	<b>DecubICUs (Decubitus in Intensive Care Units). A Multicenter International One-Day Prevalence Study.</b>
Aims/Objectives:	The aim of the project is to provide an up-to-date, international “global” picture of the extent and patterns of pressure injuries in ICUs by performing a 1-day, prospective, multicenter point-prevalence study. The large scale of the project should allow thorough epidemiological analyses.
Funding body:	LIFE Priority Fund of the European Society of Intensive Care Medicine and The Flemish Society of Critical Care Nurses
Amount:	€25,000 and €10,000 respectively
Period:	<b>Study duration:</b> One-day prevalence [ <b>15 May 2018</b> ] <b>Follow-up period:</b> 84 days to evaluate ICU and hospital outcomes [ <b>7 August 2018</b> ]
Parties:	Cyprus (National Investigator: <b>M. Mpouzika</b> ) and 125 countries
Team:	Head investigators: Stijn BLOT, PhD, Dept. of Internal Medicine, Ghent University, Belgium & Sonia Labeau, PhD, Faculty of Education, Health and Social Work, University College Ghent, Belgium

## **II. Internal funding**

Project title:	<b>Professional interactions and mild psychiatric symptoms in critical &amp; oncology care nurses.</b>
Aims/Objectives:	The primary aim of this project was the exploration of the association between mild psychiatric symptoms and nurse-to-nurse & nurse-to-physician quality of interactions. This was a descriptive correlational design, involving a random sample of 229 Greek ICU nurses, 78 oncology and 187 emergency care nurses.
Funding body:	Cyprus University of Technology (research activity grants)
Amount:	€ 1,500
Period:	2008-2010
Team:	M. Karanikola (Principal investigator). Other members of team: M Kalafati (post-doctoral fellows), H. Stathopoulou (research fellow), E. Papathanassoglou, <b>M. Mpouzika</b>



**Project title:** **Anxiety symptoms and immunity.**

**Aims/Objectives:** The aim of this project was the exploration of the associations between anxiety symptoms and i) lymphocyte counts, ii) lymphocyte expression of Fas & Fas ligand (FasL). A descriptive correlational single measurement design was applied in a convenience sample of 39 ICU nurses.

**Funding body:** Cyprus University of Technology (start up grants)

**Amount:** € 25,000

**Period:** 2009-2011

**Team:** E. Papathanassoglou (Principal investigator). Other members of team: M. Karanikola, **M. Mpouzika**

**Project title:** **Pilot investigation of chronic pain and associated factors in critical illness survivors.**

**Aims/Objectives:** The aim of the project is to describe the intensity and characteristics of pain in a sample of critically ill patients within one year after leaving the ICU and investigate correlations with treatment parameters and demographic characteristics.

**Funding body:** Cyprus University of Technology (start up grants)

**Amount:** € 40,000

**Period:** 2017-

**Team:** **M. Mpouzika** (Principal investigator). Other members of team: E. Papathanassoglou, M. Karanikola

**Project title:** **The effectiveness of lactoferrin as a complementary management intervention for chemotherapy-induced anemia: a feasibility randomized control trial.**

**Aims/Objectives:** The aim of the project is the exploration of the lactoferrin's effectiveness as a complementary management intervention for chemotherapy-induced anemia in as sample of cancer patient.

**Funding body:** Cyprus University of Technology (research activity grants)

**Amount:** € 5,000

**Period:** 2017-

**Team:** A. Charalambous (Principal investigator). Other members of team: **M. Mpouzika**, F. Melanthiou, P. Miltiadous, A. Christou. G. Toubis, M. Christofi

### **III. Unfunded projects**

- Project title:** **Exploration of bullying victimization among university nursing students**
- Aims/Objectives:** The aim of this project is the exploration of the severity and frequency of bullying victimization among public university nursing students, as well as possible associations with mental health problems, including symptoms of post-traumatic syndrome. All grades of nursing students are included. The study is applied in two public universities in Greece and one public university in Cyprus.
- Funding body:** Unfunded project (research activity)
- Period:** 2016-2019 (36 months)
- Main Proposer:** Greece
- Parties:** Greece (co-ordinator), Cyprus
- Team:** Lemonidou C (Professor, Greece), M Kalafati (principal investigator - Greece), M Karanikola (principal investigator - Cyprus), M. Mpouzika (Lecturer - Cyprus)
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- Project title:** **Management of oropharyngeal dysphagia in the intensive care unit: an international survey**
- Aims/Objectives:** This survey aims to assess the awareness of the burden of dysphagia and current practices for screening and management of dysphagia in the ICU internationally. Also aims to assess perceptions of best practice for screening and management and the barriers and facilitators to adoption of these best practices.
- Funding body:** Unfunded project
- Period:** 2017-2018
- Parties:** the Netherlands, Denmark, Sweden, Norway, Germany, France, England, Scotland, Ireland, Italy, Greece, Cyprus (National Investigator: **M. Mpouzika**), Poland, Canada, Japan, Australia and New Zealand.
- Team:** Principal investigator: Peter Erwin Spronk, Director of Research of Intensive Care Medicine, Genre Hospitals, Apeldoorn, The Netherlands.

## **10. International collaboration**

- National and Kapodistrian University of Athens, Department of Nursing, Greece: **Stress research in acute illness**. Research collaboration: 2014- ongoing, Prof M. Giannakopoulou
- National and Kapodistrian University of Athens, Department of Nursing, Greece: **Exploration of Bullying Victimization among University Nursing Students in Greece and Cyprus**. Research collaboration: 2016- ongoing, Prf C. Lemonidou & Dr M. Kalafati
- University of Alberta, Faculty of Nursing, Canada: **Pilot investigation of chronic pain and associated factors in critical illness survivors**. Research collaboration: 2016- ongoing, Prf. E Papanthanasoglou
- Partner. **DecubICUs (Decubitus in Intensive Care Units). A Multicenter International One-Day Prevalence Study**. Head Investigators: Prof Stijn Blot, Ghent University, Belgium & Dr. Sonia Labeau, University College Ghent, Belgium. National Investigator for Cyprus: M. Mpouzika
- Parten. **Management of oropharyngeal dysphagia in the intensive care unit: an international survey**. Head investigator: Peter Erwin Spronk, Director of Research of Intensive Care Medicine, Genre Hospitals, Apeldoorn, The Netherlands. National Investigator for Cyprus: M. Mpouzika

## **11. Evaluation of other's research work**

### **I. Editorial Board/ International Advisory Board**

1. Member of the International Editorial Board and Reviewer: **Intensive and Critical Care Nursing (I.F.: 1,653)** <https://www.journals.elsevier.com/intensive-and-critical-care-nursing/editorial-board>, 2017- ongoing
2. Member of the International Advisory Board: **CONNECT: The World of Critical Care Nursing**, 2018- ongoing

### **II. Reviewer for peer-reviewed, scientific journals**

Reviewer: Nursing Care & Research, 2009: 1 paper

Reviewer: Intensive and Critical Care Nursing, 2016, 2017: 8 papers

Reviewer: International Archives of Nursing and Health Care, 2017: 1 paper

Reviewer: Trends in Anaesthesia and Critical Care, 2017: 1 paper

Reviewer: CONNECT: The World of Critical Care Nursing, 2017: 2 papers

**III. Critical examiner on master dissertations**

<b>Student's name</b>	<b>Date</b>	<b>Thesis topic &amp; details</b>
1. Filippou E.	2014-2018	A single-blind randomized clinical trial to test the effectiveness of vitamin 6 in hand-foot syndrome. Cyprus University of Technology Main supervisor: A. Charalampous Co-supervisor: T. Tsitsi
2. Stavrinou M.	2014-2018	A single-blind randomized clinical trial to test the effectiveness of henna in hand-foot syndrome. Main supervisor: A. Charalampous Co-supervisor: T. Tsitsi
3. Tsagaridou K.	2014-2018	Anxiety, depression and coping strategies in women with breast cancer receiving chemotherapy. Cyprus University of Technology Main supervisor: A. Charalampous Co-supervisor: A. Merkouris
4. Kousoulou M.	2014-2018	Assessment of individualized nursing care and quality oncology nursing care regarding patients diagnosed with cancer. Main supervisor: A. Charalampous Co-supervisor: Ch. Nikolaou
5. Kipri Ch.	2014-2018	Exploration of knowledge and attitudes in Cypriot ICU nurses regarding prevention of pressure injuries. Main supervisor: A. Merkouris Co-supervisor: E. Kleantthous

## 12. Scholarships - Honors

1. Scholarship during Master's degree graduate program. Department of Scholarships and Awards, National and Kapodistrian University of Athens. (2000 – 2002)
2. Scholarship during doctoral studies. Department of Scholarships and Awards, National and Kapodistrian University of Athens. (2002 – 2003)
3. Scholarship during doctoral studies. Department of Scholarships and Awards, National and Kapodistrian University of Athens. (2003 – 2004)
4. "Eleni Patrinely" Scholarship and Award for Best Research Protocol: **Association between psychological and cellular stress factors in the multiple organ dysfunction syndrome (MODS) in critical illness.** *Hellenic National Association of Nurses, Athens, Greece (09/09/2002)*
5. Award for Best Oral Presentation: **Assessing intensive care and emergency department nurses' knowledge on the management of pregnant trauma victims (research paper).** Koutsidou A., Kletsiou E., Karra V., **Mpouzika M.**, Papathanassoglou E., Matziou V., Elefsiniotis I. *38<sup>th</sup> National Conference of the Hellenic National Association of Nurses, 10-13 May 2011, Chios, Greece*

## 13. Postgraduate research supervision

### I. PhD student supervisor

<b>Student's name</b>	<b>Date</b>	<b>Thesis topic &amp; details</b>
Giannelou Evangelia	2017-ongoing	Pilot investigation of chronic pain and associated factors in critical illness survivors. Cyprus University of Technology Main supervisor: Mpouzika M. Supervisory team: Karanikola M., Papathanassoglou EDE.
Achilleos Eleni	2018-ongoing	Bundle care in prevention and management of pressure injuries in critical ill patients. Cyprus University of Technology Main supervisor: Mpouzika M. Supervisory team: Middleton N., Merkouris A.

## II. Member of PhD advisory committee

Student's name	Date	Thesis topic & details
Achilleos Maria	2018-ongoing	Rationing- Missed Nursing Care: An international and Multidimensional problem. Cyprus University of Technology Main supervisor: Papastavrou E. Supervisory team: Merkouris A. Mpouzika M.

## III. Supervisor at master dissertations

Student's name	Date	Thesis topic & details
Papageorgiou G.	2016-ongoing	Exploration of knowledge and recognition of sepsis in Cypriot emergency room nurses & doctors using the new guidelines of March 2016. Cyprus University of Technology
Milordou M.	2016-2018	Exploration of knowledge and attitudes in Cypriot ICU nurses regarding infections associated with central lines catheters. Cyprus University of Technology
Charalampia D.	2016-ongoing	Cypriot critical care nurses' knowledge and attitudes regarding ABCDE Bundle. Cyprus University of Technology
Karatzia D.	2016-ongoing	Effects of a composite psycho-cognitive nursing intervention on critical care patients' b-endorphin levels. Cyprus University of Technology
Gabriel Cl.	2018-ongoing	Exploration of stressors in intensive care units' patients. Cyprus University of Technology
Ellina St.	2018-ongoing	Exploration of knowledge and attitudes in Cypriot ICU nurses regarding brain death and organ donation. Cyprus University of Technology
Ioannou S.	2018-ongoing	Exploration of knowledge and attitudes in Cypriot ICU nurses regarding prevention of ventilator associated pneumonia (VAP). Cyprus University of Technology

Kotanidi V.	2018-ongoing	Exploration of knowledge in Cypriot emergency nurses regarding fever management in critical ill patients. Cyprus University of Technology
Rossis C.	2018-ongoing	Exploration of knowledge and attitudes in Emergency Room Doctors & Nurses of Cyprus Hospitals regarding early management of patients with acute ischemic stroke. Cyprus University of Technology

#### IV. Co-supervisor at master dissertations

Student's name	Date	Thesis topic & details
Charalampous I.	2016- 2018	Cypriot critical care and emergency nurses' knowledge of pulse oximeter. Cyprus University of Technology Main supervisor: Lamprinou E.
Christodoulou N.	2016-ongoing	Qualitative exploration of the lived experience of critical care nurses of their professional role in Cyprus. Cyprus University of Technology Main supervisor: Karanikola M.
Leandrou C.	2018-ongoing	Exploration of the severity of secondary traumatic stress syndrome in emergency care nurses in Cyprus. Cyprus University of Technology Main supervisor: Karanikola M.
Christofi A.	2018-ongoing	Factors influencing continuing professional development of nurses. Cyprus University of Technology Main supervisor: Merkouris A.

#### V. Advisor at 29 pre-graduate dissertation theses (review of literature in various nursing topics) since 2010 (all graduated).

##### 14. Assessments and academic consultant

2016	Academic consultant of the task force on nursing protocols development. Nursing Services, General Hospital "G. Gennimatas", Athens, Greece
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**15. Member of scientific societies**

- Cyprus Nurses and Midwives Association
- Hellenic Nurses Association (ENE)
- Hellenic National Association of Nurses (ESNE)
- Hellenic Critical Care Nursing Association
- Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses

**E. PEDAGOGICAL PORTFOLIO****1. Teaching activities (Cyprus & Greece)****I. As faculty member at the Cyprus University of Technology, Department of Nursing****Ia. Under-Graduate program**

<b><u>Course (duration of courses: 13 weeks)</u></b>	<b><u>Total</u></b> <b><u>hours/semester</u></b>	<b><u>Academic Year</u></b>
Nursing in Intensive Care Unit (NUR 452) (co-teaching and course coordinator)	39 hrs	Fall semester (2014- 2016)
Nursing in Intensive Care Unit (NUR 452)	39 hrs	Fall semester (2017- present)
Nursing Specialties (emergency nursing, surgical specialties, intensive care specialties) (NUR 459) (co-teaching and course coordinator)	78 hrs	Spring semester (2015- 2016)
Nursing Specialties (emergency nursing, surgical specialties, intensive care specialties) (NUR 459)	78 hrs	Spring semester (2017- present)

**Co-teaching: half of course modules are taught by another colleague.**

**Course co-ordination: In charge of syllabus, reading materials, on-line content and student assessment**



**Ib. Master's program in Advanced Emergency & Intensive Care**

<b><u>Course (duration of courses: 13 weeks)</u></b>	<b>Total hours/semester</b>	<b><u>Academic Year</u></b>
Advanced Pathophysiology in Critical Care (NUR 510)	30 hrs	Fall semester (2015, 2017)
Advanced Intensive Care Nursing and Health Care (NUR 517)	30 hrs	Spring semester (2016, 2018)
Continuous Clinical Evaluation and Therapeutic Decision Making (NUR 518)	24 hrs	Spring semester (2016, 2018)
Emergency Care (NUR 521) (course coordinator)	36 hrs	Spring semester (2016, 2018)
Theory and Practice of Advanced Life Support – ALS (with certification) (NUR 526) (course coordinator)	24 hrs	Spring semester (2016, 2018)
Evidenced-Based Nursing Practice (NUR 508) (Co-teaching)	6 hrs	Fall semester 2017

**Co-teaching:** half of course modules are taught by another colleague.

**Course co-ordination:** In charge of syllabus, reading materials, on-line content and student assessment

**II. As Special Scientist at the Cyprus University of Technology, Department of Nursing****Under-Graduate program**

<b><u>Course (duration of courses: 13 weeks)</u></b>	<b>Total hours/semester</b>	<b><u>Academic Year</u></b>
Nursing Specialties (emergency nursing, surgical specialties, intensive care specialties) (NUR 459)	59 hrs of theory	Spring semester 2011, 2012, 2013

**III. As faculty member at the Technological Educational Institute (TEI) of Athens (University of West Attica since March 2018), Department of Nursing, Athens, Greece****Under-Graduate program**

<b><u>Course (duration of courses: 13 weeks)</u></b>	<b>Hours/week</b>	<b><u>Academic Year</u></b>
Adult Medical Surgical Nursing I	Clinical instructor, 16 hrs	Fall semester 2010-2014
Adult Medical Surgical Nursing II	Clinical instructor, 16 hrs	Spring semester 2011-2014

**IV. As teaching assistant at the University of Athens, Faculty of Nursing****Under-Graduate program**

<b><u>Course (duration of courses: 13 weeks)</u></b>	<b><u>Hours/week</u></b>	<b><u>Academic Year</u></b>
Introduction to Nursing	2 hrs/ week	Fall semester (2000-2009)
Emergency & Critical Care Nursing	6-10 hrs/ week	Fall semester (2003-2009)
Evidence-Based Nursing	3-4 hrs/ week	Spring semester (2005-2009)

**V. As clinical instructor at the University of Athens, Faculty of Nursing****Under-Graduate program: 549 hrs, 5 courses**

<b><u>Course</u></b>	<b><u>Hours in total</u></b>	<b><u>Academic Year</u></b>
Nursing Practice	52 hrs	1997-1998
Medical Nursing	104 hrs	1997-1999
Basic Nursing Skills II	81 hrs	2002-2003, 2008-2009
Systems of Nursing Care Delivery	24 hrs	2002-2003
Emergency and Critical Care Nursing	288 hrs	2003-2009

**VI. Teaching at Seminars/ continuing education programs / Nursing Specialty Curriculum**

<b><u>Course</u></b>	<b><u>Hours in total</u></b>	<b><u>Academic Year</u></b>
1. <b>Basic Nursing Skills.</b> Continuing education seminars (EUROCLINIC HOSPITAL)	176	05/1998 – 06/1998
2. <b>ICU Nurses Specialty.</b> Post-graduate education in nursing oncology and psycho-oncology of the Hellenic Anticancer Society and Hellenic Society of Nursing Studies, Athens, Greece	80	10/1998 – 01/1999
3. <b>Nursing Care in Dialysis Patient.</b> Post-graduate education in nursing oncology and psycho-oncology of the Hellenic Anticancer Society and Department of Nursing Oncology, Athens, Greece	80	03/1999 – 06/1999
4. <b>Fighting Cancer – Nursing Approach – Pain Management.</b> Post-graduate education in nursing oncology and psycho-oncology of the Hellenic Anticancer Society and Department of Nursing Oncology, Athens, Greece	80	11/1999–02/2000
5. <b>Management of pressure ulcers/ Urinary catheterization/ Nursing</b>	7	03/2000

<b>management of endocrine alterations.</b> Post-graduate education at “Sotiria” Hospital		
6. <b>Cardiac Surgery Nursing.</b> Surgical nursing specialty: Post-graduate program	4	06/2002
7. <b>Cardiac Surgery Nursing.</b> Surgical nursing specialty: Post-graduate program	4	07/2003
8. <b>Cardiac Surgery Nursing.</b> Surgical nursing specialty: Post-graduate program	2	09/2004
9. <b>Weaning and the use of related medications in the ICU.</b> Seminars of the Working Group of Emergency & Intensive Care of the Hellenic National Association of Nurses, Athens, Greece	6	10/2013
10. <b>Adult and pediatric critical care nursing.</b> Post-graduate program. Ministry of Health, Nursing Services, Nicosia, Cyprus (18 hrs/ academic year)	36	2015-2016, 2017-2018

## F. ADMINISTRATIVE PORTFOLIO

### I. Administrative Bodies/ committees at the Cyprus University of Technology

<b>Department/ Program/ Administrative body</b>	<b>Academic Years</b>
Head, Master’s program in Advanced Emergency & Intensive Care Department of Nursing, Cyprus University of Technology	2015- present
Member, Under-Graduate Curriculum Committee, Department of Nursing, Cyprus University of Technology	2018-present
Member, Graduate Curriculum Committee, Department of Nursing, Cyprus University of Technology	2015- present
Member, Department of Nursing Council, Cyprus University of Technology	2014- present
Member, Under-Graduate and Graduate Curriculum Committee, Cyprus University of Technology	2016- present
Elected Member of the University Senate	09.2017- 03.2018

**II. Participation in Administrative Bodies/ committees at the Technological Educational Institute (TEI) of Athens (University of West Attica since March 2018), Department of Nursing, Athens, Greece**

<b>Administrative body</b>	<b>Academic Years</b>
Member, Surgical Nursing Section Council, TEI	2010-2015
Member, Department of Nursing Council, TEI	2010-2015