

Clinical Nursing Applications Laboratory

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HEAD OF THE LABORATORY	Dr. Margarita Giannakopoulou, Associate Professor

Head of the Laboratory Details

Short CV
<p>Margarita Giannakopoulou (RN, PhD) is Associate Professor in the Department of Nursing of the National & Kapodistrian University of Athens (NKUA) in Greece and she teaches “Fundamentals of Nursing”, “Neurological-Neurosurgical Nursing”, and “Introduction to Holistic Nursing” in undergraduate level and “Scientific Writing”, “Research Methodology” and “Reflective Practice in Nursing” in the post graduate MSc program. She holds a BSc in Nursing and a PhD in Neurosciences, both obtained from the NKUA. Additionally, she has attended several pre- and post-doctorate degree modules and training courses, in Greece (NKUA- Research Methodology-duration one year) as well as in other European Universities and Health Care settings (Iliopisto University of Turku-Finland, Oulu Pediatric Hospital-Finland, Keele University Staffordshire-UK, School of Nursing and Midwifery Studies Cardiff University-UK, University Hospital of Wales-UK). She is academic responsible for ERASMUS bilateral programs (from 2011 to 2013 with Cardiff University-UK and from 2016 to 2021 with Cyprus University of Technology), and supervisor of 7 doctoral (PhD) and many MSc students. Additionally, she has participated in more than 30 non-funded and 10 funded research projects (national and multicenter) and she was scientific responsible in 5 of the funded ones. Her major fields of research experience and interests are including clinical nursing practice issues with a focus on neuropeptides research in different conditions in Critical Care Patients (adults and children). She was awarded for her research work presented in 1 International and 8 Hellenic Congresses. She is a member of 9 National and International Professional Organizations and she was elected member of the board of directors of the Hellenic Nurses Association (2012-2016). Moreover, she is a founding member of the International NAS Network (Greece, Brazil, Canada, Norway, Netherlands, Spain, Portugal etc.). She is Associate Editor of the peer reviewed journal “Hellenic Journal of Nursing”, member of the Editorial Board of the “Nursing Care and Research” journal and reviewer in 5 International Peer Review Nursing Journals. She has more than 80 publications in national and international peer reviewed journals and many citations from other authors.</p>

History

Clinical Nursing Applications Laboratory was founded in 1992 and it was at first located in the main building of the Faculty of Nursing (123 (Papadiamantopoulou St, Goudi, 11527 Athens, Greece). The first Director was Dr Chryssanthi Plati (1992-1998), followed by Prof. Chryssoula Lemonidou (1998-2014) and Assoc. Professor Margarita Giannakopoulou (2014-until today).

Its main purpose is the training of:

Under-graduate nursing students' in nursing skills based on the following classes:

1. Fundamentals of Nursing, Surgical Nursing, Nursing Assessment, Neurological-Neurosurgical

- Nursing, Occupational Health, using various Models and instruments, as well as methods of demonstration
2. Graduate nursing students. Group work is done on research protocols and analysis of clinical cases
 3. New hospital nurses training in specific skills

Students develop theoretical and clinical skills necessary for the provision of holistic individualized care to individuals, families and groups in various health and illness situations, critical thinking and an understanding of the principles that support, interpret, and document nursing interventions. In addition, groups of experts are organized for reviewing and adapting research instruments (questionnaires & scales)

Laboratory Personnel

Teaching and Research Staff			
Name	Affiliations/Degree	Tel./Fax	email
Chryssoula Lemonidou	RN, MSc, PhD Professor	+30 2107461479	clemonid@nurs.uoa.gr
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Maria Kalafati	RN, MSc, PhD. EEDIP	+30 210 7461486	mkalafat@nurs.uoa.gr
PhD Graduated & PhD Candidate Students			
Panagiota Kopanitsanou	RN, MSc, PhD		
Fotini Tolika	RN, MSc, PhD		
Maria Charcharidou	RN, MSc, PhD		
Dimitris Papageorgiou	RN, MSc, PhD		
Kalliroi Koutroumbeli	RN, MSc, PhD		
Maria Kapritsou	RN, MSc, PhD		
Eleni Tambaki	RN, MSc, PhD(c)		
Ioanna Pateli	RN, MSc, PhD(c)		
Ioulia Trachana	RN, MSc, PhD(c)		
Evgenia Stassinopoulou	RN, MSc, PhD(c)		
Maria Dendrinou	RN, MSc, PhD(c)		

Secretariat

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Curriculum

Undergraduate Program
Fundamentals of Nursing Nursing Assessment Neurological & Neurosurgical Nursing Occupational Health Surgical Nursing Evidence-Based Nursing Practice
Postgraduate Program of Lectures
Research Methodology Scientific Writing Special Issues in Nursing
Other Teaching Activities
Professional Nurses' teaching on Nursing Skills Continuing Nursing Education Program "Update of Fundamentals and Training in Advanced Nursing Competencies Required for Healthy and Unhealthy Individuals' Care"

Research Projects

- **The effects of Guided Imagery and Progressive Muscle Relaxation Intervention in Cancer Patients**, funded by the Euro-Mediterranean Research Center for Oncology and Palliative Care. Collaborators: Dr A. Charalambous (Cyprus University of Technology, Department of Nursing) - Dr. M. Giannakopoulou - (NKUA, Department of Nursing, Greece).
- **Investigation of clinical nursing decision making process in Intensive Care Units**. Funded by the scholarship "Herakleitos II". Scientific Responsible Dr. M. Giannakopoulou
- **Inter-relationships between genes and environment affecting teenage obesity**. Collaborators: Prof. G. Dedoussis (Harokopio University), Dr. M. Giannakopoulou (NKUA Department of Nursing, Greece)
- **Autonomy, privacy & informed consent in nursing interventions (BIOMED2)**, funded by the EU- **a comparative European research** (Finland, Spain, Greece, Germany, UK) Prof C. Lemonidou
- **Individualised care from patient's point of view, A comparative international research** (Finland, Sweden, UK, England, USA, Greece) Prof C. Lemonidou
- **Individualised care from the nurses' point of view - a comparative International research** (Finland, Greece, Sweden, UK, England, Norway, Turkey, Portugal, Cyprus) Prof C. Lemonidou
- **Empowering Education of Patients with Osteoarthritis – Evaluation and International Comparison** Prof C. Lemonidou

Publications

(Only those that are considered having great impact)

1. Charalambous A, **Giannakopoulou M**, Bozas E, Markou Y, Kitsios P, Paikousis L. "Guided imagery and progressive muscle relaxation as a cluster of symptoms management intervention in patients receiving chemotherapy: a randomized control trial." *PLOS ONE* 2016 (In Press)
2. Kapritsou M, Korkolis PD, **Giannakopoulou M**, Kaklamanos I, Gontikakis E, Konstantinou M, Katsoulas T, Kiekkas P, Konstantinou E. "Fast-track Recovery Program after Major Liver Resection: A Prospective Randomized Study." *Gastroenterology Nursing* 2016 (In Press)
3. Kapritsou M, Kalafati M, Konstantinou AE, Korkolis PD, Chrysi SM, Tsakiridou M, Alexaki S, Lomba S, Dimitriou A, Pappa O, Oikonomou M, **Giannakopoulou M**. "Stress/Anxiety & Depression levels

in oncological patients' support environment focusing on postoperative care: A prospective study." *International Journal of Occupational Health and Public Health Nursing* 2016 (In Press)

4. Panoutsopoulou K, Hatzikotoulas K, Xifara DK, Colonna V, Farmaki AE, Ritchie GR, Southam L, Gilly A, Tachmazidou I, Fatumo S, Matchan A, Rayner NW, Ntalla I, Mezzavilla M, Chen Y, Kiagiadaki C, Zengini E, Mamakou V, Athanasiadis A, **Giannakopoulou M**, Kariakli VE, Nsubuga RN, Karabarinde A, Sandhu M, McVean G, Tyler-Smith C, Tsafantakis E, Karaleftheri M, Xue Y, Dedoussis G, Zeggini E. Genetic characterization of Greek population isolates reveals strong genetic drift at missense and trait-associated variants. *Nature Communications* 2014 Nov 6;5:5345. doi: 10.1038/ncomms6345.
5. Ferentinou E, **Giannakopoulou M**, Prezerakos P, Sachlas A, Theofilou P, Zyga S. "Measuring beliefs and satisfaction regarding nursing care among Greek patients on hemodialysis." *Journal of Behavioral Health* 2016 Online First: 22 May, 2016. doi:10.5455/jbh.20160520124218
6. Padilha KG, Stafseth S, Solms D, Hoogendoorn M, Monge FJ, Gomaa OH, Giakoumidakis K, **Giannakopoulou M**, Gallani MC, Cudak E, Nogueira Lde S, Santoro C, Sousa RC, Barbosa RL, Miranda Ddos R. "Nursing Activities Score: an updated guideline for its application in the Intensive Care Unit." *Rev Esc Enferm USP*. 2015 Feb;49 Spec No:131-7. doi: 10.1590/S0080-623420150000700019.
7. Gouzou M, Karanikola M, Lemonidou C, Papathanassoglou E, **Giannakopoulou M**. "Measuring professional satisfaction and nursing workload among nursing staff at a Greek Coronary Care Unit." *Rev Esc Enferm USP*. 2015 Feb;49 Spec No:15-21. doi: 10.1590/S0080-6234201500000003.
8. Karanikola M, **Giannakopoulou M**, Mpouzika M, Kaite CP, Tsiaousis GZ, Papathanassoglou ED. "Dysfunctional psychological responses among Intensive Care Unit nurses: a systematic review of the literature." *Rev Esc Enferm USP*. 2015 Oct;49(5):847-57. doi: 10.1590/S0080-623420150000500020.
9. Charalambous A, **Giannakopoulou M**, Bozas E, Paikousis L. "A Randomized Controlled Trial for the Effectiveness of Progressive Muscle Relaxation and Guided Imagery as Anxiety Reducing Interventions in Breast and Prostate Cancer Patients Undergoing Chemotherapy." *Evid Based Complement Alternat Med*. 2015;2015:270876. doi: 10.1155/2015/270876.
10. Korkolis DP, Kapritsou M, Konstantinou EA, **Giannakopoulou M**, Chrysi MS, Tsakiridou M, Kouloura A, Flamourakis M, Maricosu M, Gontikakis E, Plataniotis G. "The impact of laparoscopic Nissen fundoplication on the long-term quality of life in patients with gastroesophageal reflux disease." *Gastroenterol Nurs*. 2015 Mar-Apr;38(2):111-5. doi: 10.1097/SGA.0000000000000097.
11. Drakouli M, Petsios K, **Giannakopoulou M**, Patiraki E, Voutoufianaki I, Matziou V. "Determinants of quality of life in children and adolescents with CHD: a systematic review." *Cardiol Young*. 2015 Aug;25(6):1027-36. doi: 10.1017/S1047951115000086.
12. Papathanassoglou ED, Mpouzika MD, **Giannakopoulou M**, Bozas E, Middleton N, Boti S, Karabinis A. "Pilot investigation of the association between serum stress neuropeptide levels and lymphocyte expression of fas and fas ligand in critical illness." *Biol Res Nurs*. 2015 May;17(3):285-94. doi: 10.1177/1099800414542871. Epub 2014 Sep 18.
13. Athanasiou A, Papathanassoglou ED, Patiraki E, McCarthy MS, **Giannakopoulou M**. "Family visitation in greek intensive care units: nurses' perspective." *Am J Crit Care*. 2014 Jul;23(4):326-33. doi: 10.4037/ajcc2014986.
14. Kapritsou M, Korkolis DP, **Giannakopoulou M**, Kaklamanos I, Elefsiniotis IS, Mariolis-Sapsakos T, Birbas K, Konstantinou EA. "Fast-track recovery after major liver and pancreatic resection from the nursing point of view." *Gastroenterol Nurs*. 2014 May-Jun;37(3):228-33. doi: 10.1097/SGA.0000000000000049.
15. Karra V, Papathanassoglou ED, Lemonidou C, Sourtzi P, **Giannakopoulou M**. "Exploration and classification of intensive care nurses' clinical decisions: a Greek perspective." *Nurs Crit Care*. 2014 Mar;19(2):87-97. doi: 10.1111/nicc.12018.
16. Mitsos AP, **Giannakopoulou MD**, Kaklamanos IG, Kapritsou M, Konstantinou MI, Fotis T, Mamoura KV, Mariolis-Sapsakos T, Ntountas IT, Konstantinou EA. "Endovascular treatment of cerebral aneurysms in relation to their parent artery wall: a single center study." *Neuroradiol J*. 2013 Feb;26(1):71-9. Epub 2013 Mar 8.

17. Karanikola MN, Albarran JW, Drigo E, **Giannakopoulou M**, Kalafati M, Mpouzika M, Tsiaousis GZ, Papathanassoglou ED. "Moral distress, autonomy and nurse-physician collaboration among intensive care unit nurses in Italy." *J Nurs Manag.* 2014 May;22(4):472-84. doi: 10.1111/jonm.12046.
18. Ntalla I, **Giannakopoulou M**, Vlachou P, Giannitsopoulou K, Gkesou V, Makridi C, Marougka M, Mikoou G, Ntaoutidou K, Prountzou E, Tsekoura A, Dedoussis GV. "Body composition and eating behaviours in relation to dieting involvement in a sample of urban Greek adolescents from the TEENAGE (TEENS of Attica: Genes & Environment) study." *Public Health Nutr.* 2014 Mar;17(3):561-8. doi: 10.1017/S1368980013000074.
19. Govina O, Kotronoulas G, Mystakidou K, **Giannakopoulou M**, Galanos A, Patiraki E. "Validation of the revised Bakas Caregiving Outcomes Scale in Greek caregivers of patients with advanced cancer receiving palliative radiotherapy." *Support Care Cancer.* 2013 May;21(5):1395-404. doi: 10.1007/s00520-012-1681-7.
20. Mpouzika MD, Papathanassoglou ED, **Giannakopoulou M**, Bozas E, Middleton N, Boti S, Patiraki EI, Karabinis A. "Altered serum stress neuropeptide levels in critically ill individuals and associations with lymphocyte populations." *Neuropeptides.* 2013 Feb;47(1):25-36. doi: 10.1016/j.npep.2012.07.007.
21. Papathanassoglou ED, Karanikola MN, Kalafati M, **Giannakopoulou M**, Lemonidou C, Albarran JW. "Professional autonomy, collaboration with physicians, and moral distress among European intensive care nurses." *Am J Crit Care.* 2012 Mar;21(2):e41-52. doi: 10.4037/ajcc2012205.
22. Vlachos F, Avramidis E, Dedousis G, Chalmpé M, Ntalla I, **Giannakopoulou M**. "Prevalence and Gender Ratio of Dyslexia in Greek Adolescents and Its Association with Parental History and Brain Injury." *American Journal of Educational Research* 2013, 1(1):22-25.
23. Vlachos F, Avramidis E, Dedousis G, Katsigianni E, Ntalla I, **Giannakopoulou M**, Chalmpé M. "Incidence and Gender Differences for Handedness among Greek Adolescents and Its Association with Familial History and Brain Injury." *Research in Psychology and Behavioral Sciences* 2013, 1(1):6-10.
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28. Tziallas DCh, Papathanassoglou ED, Kastanioti CK, Fatourou M, Karanikola MN, **Giannakopoulou MD**. "Association between subjective descriptors of coronary pain and disease characteristics: a pilot study in a Hellenic rural population." *Intensive Crit Care Nurs.* 2007 Dec;23(6):342-54.
29. Karanikola MN, Papathanassoglou ED, **Giannakopoulou M**, Koutroubas A. "Pilot exploration of the association between self-esteem and professional satisfaction in Hellenic hospital nurses." *J Nurs Manag.* 2007 Jan;15(1):78-90.
30. Papathanassoglou ED, **Giannakopoulou MD**, Bozas E. "Genomic variations and susceptibility to sepsis." *AACN Adv Crit Care.* 2006 Oct-Dec;17(4):394-422.
31. Lemonidou C, Papathanassoglou E, **Giannakopoulou M**, Patiraki E, Papadatou D. "Moral professional personhood: ethical reflections during initial clinical encounters in nursing education." *Nurs Ethics.* 2004 Mar;11(2):122-37.

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33. Iordanou P, Baltopoulos G, **Giannakopoulou M**, Bellou P, Ktenas E. "Effect of polarized light in the healing process of pressure ulcers." *Int J Nurs Pract*. 2002 Feb;8(1):49-55. Erratum in: *Int J Nurs Pract* 2002 Apr;8(2):116.
34. **Giannakopoulou M**, Bozas E, Philippidis H, Stylianopoulou F. "Protooncogene c-fos Involvement in the Molecular Mechanism of Rat Brain Sexual Differentiation." *Neuroendocrinology*. 2001 Jun;73(6):387-96.
35. **Giannakopoulou M**, Mansour M, Kazanis E, Bozas E, Philippidis H, Stylianopoulou F. "NMDA receptor mediated changes in IGF-II gene expression in the rat brain after injury and the possible role of nitric oxide." *Neuropathol Appl Neurobiol*. 2000 Dec;26(6):513-21.