

## LABORATORY OF PREVENTION

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<b>NAME OF THE HEAD OF THE LABORATORY</b>	EMMANUEL VELONAKIS

### HISTORY

The laboratory of Prevention was established by in 1996 and its activities included teaching and research on disease – chronic and communicable - prevention.

Since 2000 the activities of the laboratory have expanded to include teaching and research on occupational and environmental health, health promotion and health education of workers, immigrants and other vulnerable populations in addition to educational activities.

### LABORATORY PERSONNEL

Name	Degree	Tel.Nr/Fax	e-mail
<b>Teaching and Research Staff</b>			
Panayota	Sourtzi	2107461474	psourtzi@nurs.uoa.gr
<b>Phd Candidate Students</b>			
Elli	Davou		
Fotini	Tolika		
Panagiotis	Ioannou		
Alkida	Bucaj		
Petros	Kolovos		
Maria	Malliarou		
Angeliki	Bilali		
Elizabeth	Donadiki		
Niki	Syrou		

### CURRICULUM

<b>Undergraduate Program (2009 - 2010)</b>
Demography 1 <sup>st</sup> semester Research Methodology 3 <sup>rd</sup> semester Prevention 4 <sup>th</sup> semester Occupational Health 4 <sup>th</sup> semester
<b>Postgraduate Program 2009-2010</b>
Prevention Demography Occupational Health Health Education
<b>Other Teaching Activities</b>

- Lectures in other undergraduate and postgraduate courses
- Organisation and implementation of training activities for health care personnel related to occupational and environmental health

### **RESEARCH ACTIVITY**

2009-2010: Validation in Greek of the risk assessment for musculoskeletal disorders tool MAPO in the clinical environment.

2007- 2011: *Occupational and Environmental Factors that influence manifestation of Parkinson's disease.*

2006-07: Investigation of nursing students' knowledge on the transmission of blood born diseases through sharp injuries.

2005-08: Information Support and Evaluation System of the Implementation of a Health and Safety System in Enterprises. PENED-2003.

2005-06: *Environmental Management System in health care and economic evaluation.* PYTHAGORAS II.

2003-06: *HYENA-Hypertension and Exposure to Noise near Airports.* QRLT-2001-02501. <http://www.hyena.eu.com/>

2003-2004: Educational needs of nurses for providing culture sensitive care.

2002-04: *Prevention of musculoskeletal disorders in health care employees.*

2001-04: *SHARE- A survey of Health, Ageing and Retirement in Europe,* QRLT-2001-00360. <http://www.share-project.org/>

2001-02: Διερεύνηση καταγραφής ατυχημάτων στα νοσηλευτικά ιδρύματα της χώρας. Χρηματοδότηση, Επιτροπή Ερευνών ΕΚΠΙΑ.

### **RESEARCH INFRASTRUCTURE**

- Four PCs
- Instruments for students training in the preventive occupational health practice:
  - ECG (2)
  - Spirometer
  - Audiometer
  - Visitest
  - Electronic BP
- Assistive devices for MSD prevention training in nursing students and hospital personnel

### **PhD Thesis completed**

Lambrinou E (2005): Evaluation of nursing education in relation to the care of older people in Greece and Cyprus.

Tziaferi S (2006): Risk assessment of occupation hazards in the hospital environment.

Michopoulos A (2007): The influence of external factors in male infertility.

Stathopoulos T (2007): Development and evaluation of a Health Education programme for smoking prevention in secondary school pupils.

Mellou K (2009): Case-control study for risk factors for sporadic *Campylobacter jejuni* infections in children in a Greek region.

Korombeli A (2009): The influence of shiftwork on nurses' health.

Patelarou E (2009): Study of the influence of environmental and occupational factors on pregnancy outcomes.

Alexiou A (2010): Nasal polyps: Heredity, allergies, environmental and occupational exposure.

## **PUBLICATIONS**

### **Books in Greek**

*Velonakis E & Tsalikoglou F* (2005): Health and Safety Management System for the hospital environment. Athens, Scientific Publications Parisianos SA.

Kalokerinou A & Sourtzi P II (2005): Community Nursing. Athens, Beta Publications medical arts ISBN 960-8071-86-0.

Karlou C & Sourtzi P II (2006): Health and Safety in Chemotherapy management. Athens, Beta Publications medical arts ISBN 960-452-014-8.

*Velonakis E & Sourtzi P* (2009): Health and Work. Athens, Beta Publications medical arts ISBN 978-960-452-071-8.

## **PUBLICATIONS IN INTERNATIONAL JOURNALS**

Sourtzi P, Amanatidou A, Velonakis E (2003): The role of older volunteers in promoting healthy nutrition for the prevention of cardiovascular diseases. *Education and Promotion*, X/1, 11-16.  
Sourtzi P and Kalokairinou A (2003): Il Nursing nella Sanità Pubblica in Grecia, *PROFESSIONI INFERMIERISTICHE*, 56(4): 195-200.

Stefanidou M, Athanaselis S, Velonakis M, Pappas F, Koutselinis A. [Occupational exposure to cholinesterase inhibiting pesticides: a Greek case](#). *Int J Environ Health Res*. 2003 Mar;13(1):23-9.

Zeeb H, Blettner M, Langner I, Hammer GP, Ballard TJ, Santaquilani M, Gundestrup M, Storm H, Haldorsen T, Tveten U, Hammar N, Linnarsjö A, Velonakis E, Tzonou A, Auvinen A, Pukkala E, Rafnsson V, Hrafnkelsson J. [Mortality from cancer and other causes among airline cabin attendants in Europe: a collaborative cohort study in eight countries](#). *Am J Epidemiol*. 2003 Jul 1;158(1):35-46.

Paridou A, Velonakis E, Langner I, Zeeb H, Blettner M, Tzonou A. [Mortality among pilots and cabin crew in Greece, 1960-1997](#). *Int J Epidemiol*. 2003 Apr;32(2):244-7.

Kalokairinou A, Frouda M, Karagiannis J, Mellou K, Sourtzi P (2004): Home Health Care in Greece. *ICUS NURSING WEB JOURNAL*, 17: 1-9.

Danielson E, Krogerus-Therman I, Sivertsen B, Sourtzi P (2005): Nursing and Public Health in Europe. *INTERNATIONAL NURSING REVIEW*, 52: 32-38.

Lambrinou A, Sourtzi P, Kalokerinou A, Lemonidou C (2005): Reliability and validity of the Greek version of the Kogan's Old People Scale. *Journal of Clinical Nursing*, 14, 1241-1247.  
Sourtzi P, Atwell C, Claesson A, Rasteiro M, Aguirre G (2006): Eurohvision: Education and practice of Occupational Health Nurses (OHNs) in Europe. *OCCUPATIONAL HEALTH*, 58(11), 11-12.

Papastavrou E, Kalokerinou A, Alevizopoulos G, Papakostas S, Sourtzi P (2007). The Burden Experienced by Family Care Givers of their Demented Relatives. *JOURNAL of ADVANCED NURSING*, 58(5): 446-57

Jarup L, Dudley ML, Babisch W, Houthuijs D, Swart W, Pershagen G, Bluhm G, Katsouyanni K, Velonakis M, Cadum E, Vigna-Taglianti F for the HYENA Consortium (2005). Hypertension and exposure to noise near airports (HYENA) - Study design and noise exposure assessment. *Environ Health Perspect*; 113:1473-8

Velonakis E, Mantas J, Mavrikakis I (2006). [A site of communication among enterprises for supporting occupational health and safety management system](#). *Stud Health Technol Inform*.;124:395-403.

Jarup L, Babisch W, Houthuijs D, Pershagen G, Katsouyanni K, Cadum E, Dudley ML, Savigny P, Seiffert I, Swart W, Breugelmans O, Bluhm G, Selander J, Haralabidis A, Dimakopoulou K, Sourtzi P, Velonakis M, VignaTaglianti F. (2008). Hypertension and Exposure to Noise near Airports - the HYENA study *Environ Health Perspectives*,116 (3), 329-333.

Haralabidis AS, Dimakopoulou K, Vigna-Taglianti F, Giampaolo M, Borgini A, Dudley ML, Pershagen G, Bluhm G, Houthuijs D, Babisch W, Velonakis M, Katsouyanni K, Jarup L; for the HYENA Consortium (2008). Acute effects of night-time noise exposure on blood pressure in populations living near airports. *Eur Heart J*.

Galanis PA, Sparos LD, Katostaras T, Velonakis E, Kalokerinou A (2008). [Factors that influence Greeks' decision to register as potential bone marrow donors](#). *Transplant Proc*.;40(5):1271-4.

Lambrinou A, Sourtzi P, Kalokerinou A, Lemonidou C (2009): Attitudes and knowledge of the Greek Nursing students towards Older People. *Nurse Education Today*, 29, 617-622.

Korombeli A, Sourtzi P, Ch Tzavara, E. Velonakis (2009). The hormone levels change of Intensive Care Unit nurse personnel working irregular rotating shift system. *JOURNAL of ADVANCED NURSING*, 65, 1274-1282.

Patelarou E, Vardavas K, Tzilepi P, Sourtzi P (2009). Nursing educational and practice in a changing environment: The case of Greece. *Nurse Education Today*, 29, 840-4.

Selander J, Bluhm G, Theorell T, Pershagen G, Babisch W, Seiffert I, Houthuijs D, Breugelmans O, Vigna-Taglianti F, Antonioti MC, Velonakis E, Davou E, Dudley ML, Järup L; HYENA Consortium (2009). [Saliva cortisol and exposure to aircraft noise in six European countries](#). *Environ Health Perspect*, 117(11):1713-7.

Babisch W, Houthuijs D, Pershagen G, Cadum E, Katsouyanni K, Velonakis M, Dudley ML, Marohn HD, Swart W, Breugelmans O, Bluhm G, Selander J, Vigna-Taglianti F, Pisani S, Haralabidis A, Dimakopoulou K, Zachos I, Järup L; HYENA Consortium (2009). Annoyance due to aircraft noise has increased over the years--results of the HYENA study. *Environ Int*.;35(8):1169-76.

Papastavrou E, Kalokerinou A, Alevizopoulos G, Papakostas S, Tsangari H, Sourtzi P. (2009). Gender Issues in Caregiving Burden. Submitted to *HEALTH SCIENCES JOURNAL*, 3, 41-53.

[Mellou K, Sourtzi P, Tsakris A, Saroglou G, Velonakis E](#) (2010). Risk factors for sporadic *Campylobacter jejuni* infections in children in a Greek region. *EPIDEMIOLOGY AND INFECTION*, 138, 1719-1725.

Alexandropoulou M, Sourtzi P, Kalokerinou A (2010): Evaluation of health promotion activities in community nursing practice. *SCHOOL HEALTH NURSING*, 26(4):278-88.

Sourtzi P, Roka V, Velonaki V, Kalokerinou A (2010). Health Promotion Programs for the Elderly in Greece, the "Health Pro Elderly" Project. Under publication in *HYGIEIA INTERNATIONALIS*, 9, 385-395

Alexandropoulou M, Kalokerinou A, Sourtzi P (2010): Defining health promotion: The view of community nurses. *HEALTH SCIENCES JOURNAL*, 4, 258-264.

Alexiou A, Sourtzi P, Dimakopoulou K, Manolis E, Velonakis E (2010): Nasal polyps: Heredity, allergies, environmental and occupational exposure. JOHNS, in press

Patelarou E, Stefanou E, Kargaki S, Niewenhuijsen M, Sourtzi P, Gracia E, Chatzi L, Koutis A, Kogevinas M (2010). The association between low exposure to brominated trihalomethanes and reproductive outcomes in a coastal area in Greece. OEM, 15 October 2010 doi:10.1136/oem.2010.056150

Bilali A, Galanis P, Velonakis E, Katostaras T. [Factors associated with abnormal eating attitudes among Greek adolescents.](#) J Nutr Educ Behav. 2010 Sep-Oct;42(5):292-8.

### **INFORMATION FOR THE PUBLIC**

**Activities of the Laboratory of Prevention, Department of Public Health, Faculty of Nursing, University of Athens:** The laboratory is specialized on occupational health and safety risk management in the health care environment, environmental risks management, medical waste management and HACCP for hospitals. It is also developing and evaluating educational programmes for the prevention of specific occupational hazards such as musculoskeletal disorders, sharp injuries, etc. In addition to the above specialized subjects there are also research projects on health promotion and education for employed populations as well as retired ones and epidemiological studies on disease prevention.