

Alexandra Stavroula Nieri

Laboratory Teaching Staff (EDIP), Department of Nursing, National and Kapodistrian University of Athens

Basic and Advanced Nursing Assessment and Care

Laboratory: Clinical Nursing Applications, Sector: Internal Medicine – Nursing

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TEACHING

Undergraduate

1. Fundamentals of Nursing I, 2nd semester (Laboratory)
2. Fundamentals of Nursing II, 3rd semester (Clinical Practice)

Postgraduate

1. Evidence-Based Nursing Care: Protocols and Clinical Practice Guidelines, 3rd semester, MSc Program “Applied Nursing Science”, Specialization “Nursing of Renal Diseases” (co-teaching)

EDUCATION

- **Doctoral Diploma:** Nursing Department, National and Kapodistrian University of Athens, 2023.
- **Postgraduate Diploma:** Master Thesis, Nursing Department, National and Kapodistrian University of Athens, 2018.
- **First Degree:** Nursing Department, National and Kapodistrian University of Athens, 2014.

RESEARCH INTERESTS

1. Basic and Advanced Clinical Skills
2. Simulation-Based Education in the Training of Health Sciences Students and Healthcare Professionals
3. Nursing Workforce and Practice: nursing workload, staffing, quality of care, patient safety, clinical decision-making
4. Research Methodology and Psychometric Assessment of Instruments: translation and cultural adaptation, standardization/validation of research tools

RESEARCH PROGRAMMES

1. “A study of adverse outcomes, hospital costs, nursing workload and staffing in the pediatric ICUs” (Project Code: 16188). Funding: Hellenic Foundation for Research and Innovation (HFRI/ELIDEK). Duration: 36 months. ELIDEK Doctoral Fellowship Recipient (2nd Call for PhD Candidate Fellowships): Alexandra–Stavroula Nieri. Scientific responsible: Professor Margarita Giannakopoulou, Department of Nursing, National and Kapodistrian University of Athens (NKUA). Fellowship amount: €36,000.

SCIENTIFIC PUBLICATIONS

International Journals

1. Chardalias L, Skreka AM, Memos N, **Nieri AS**, Politis D, Politou M, Theodosopoulos T, Papaconstantinou I. Postoperative intravenous iron infusion in anemic colorectal cancer patients: an observational study. *Biomedicines*. 2024;12(9):2094. doi:10.3390/biomedicines12092094.

2. Persaki DG, **Nieri A**, Apostolidis NG, Konstantinou E, Myrianthefs P. The effect of Pilates on quality of sleep, aerobic capacity and anaerobic power in premenopausal women. *Sleep Sci.* 2024;17(1):e75-e81. doi:10.1055/s-0043-1776742.
3. Boukoura ME, Dagla M, Gourounti K, **Nieri AS**, Taskou C, Tsoukala E, Sarantaki A. Breastfeeding practices for COVID-19-infected mothers: a systematic review and meta-analysis. *Nurs Rep.* 2024;14(1):516-531. doi:10.3390/nursrep14010040.
4. **Nieri AS**, Sinani G, Asimina E, Spithouraki E, Ilia S, Giannakopoulou M. Factors associated with increased nursing workload in a pediatric ICU: a prospective observational cohort study. *J Intensive Crit Care Nurs.* 2023;6(2):136.
5. Kartsonaki MG, Georgopoulos D, Kondili E, **Nieri AS**, Alevizaki A, Nyktari V, Papaioannou A. Prevalence and factors associated with compassion fatigue, compassion satisfaction, burnout in health professionals. *Nurs Crit Care.* 2023;28(2):225-235. doi:10.1111/nicc.12769.
6. Douvanas A, Kalafati M, Tamvaki E, **Nieri A**, Papalois A, Koulouglioti C, Aggelina A, Papathanassoglou E. Ventilation with or without endotracheal tube leak in prolonged neonatal asphyxia. *Cureus.* 2021;13(9):e17798. doi:10.7759/cureus.17798.
7. Markopoulou V, **Nieri A**, Liaskos J, Zoulias E, Mantas J. Nursing staff's awareness of processing personal data according to GDPR. *Stud Health Technol Inform.* 2020;272:237-240. doi:10.3233/SHTI200538.
8. **Nieri AS**, Spithouraki E, Galanis P, Kaitelidou D, Matziou V, Giannakopoulou M. Clinical severity as a predictor of nursing workload in pediatric intensive care units: a cross-sectional study. *CONNECT World Crit Care Nurs.* 2019;13(4):175-184. doi:10.1891/WFCCN-D-19-00011.
9. **Nieri AS**, Manousaki K, Kalafati M, Padilha KG, Stafseth SK, Katsoulas T, Matziou V, Giannakopoulou M. Validation of the nursing workload scoring systems "Nursing Activities Score" (NAS) and "Therapeutic Intervention Scoring System for Critically Ill Children" (TISS-C) in a Greek paediatric intensive care unit. *Intensive Crit Care Nurs.* 2018;48:3-9. doi:10.1016/j.iccn.2018.03.005.

National (Greek) Journals

1. **Nieri AS**, Fezidou P, Panagou E, Kotsia A, Kaitelidou D, Matziou V, Giannakopoulou M. Comparison of the Nursing Workload of Hospitalized Patients in Pediatric ICU among the P-NAS, TISS-28 and NEMS Scales. *Hell. J. Nurs.* 2022;61(4):439-452.
2. Kalafati M, **Nieri AS**, Dede MN, Tziaferi S, Karanikola M, Mpouzika M, Lemonidou C. Cultural Adaptation and Reliability of "Bullying in Nursing Education Questionnaire" in Nursing University Students. *Hell. J. Nurs.* 2019;58(2):139-149.
3. Dede MN, **Nieri AS**, Louizou L, Chouliara A, Mperi A, Katsoulas T, Fildis G, Giannakopoulou M. Implementation of NAS in a General Adult ICU and Assessment of Nurse-to-Patient Ratios and Nursing Adverse Outcomes. *Hell. J. Nurs.* 2018;57(3):286-298.

MASTER'S THESES

Member of Three-Member Examination Committees for Master's Theses

1. Fotinou F. (2025). Knowledge, attitudes and practices of health professionals regarding HPV vaccination in boys and girls. Joint Interdepartmental MSc Program "Health Promotion and Health Education", Medical School & Department of Psychology, National and Kapodistrian University of Athens (NKUA).
2. Kyrtata A. (in progress). Determinants of burnout and quality of life among hemodialysis nurses. MSc Program "Applied Nursing Science", Specialization "Nursing of Renal Diseases", Department of Nursing, National and Kapodistrian University of Athens (NKUA).
3. Andrioti S. (in progress). Prevalence and predictors of poor sleep quality in patients undergoing hemodialysis. MSc Program "Applied Nursing Science", Specialization "Nursing of Renal Diseases", Department of Nursing, National and Kapodistrian University of Athens (NKUA).

ORGANIZATIONAL AND ADMINISTRATIVE ACTIVITIES

1. Member of the Department of Nursing's OMEA Committee, National and Kapodistrian University of Athens (NKUA), academic year 2025–2026 (Protocol No.: 108258/23.09.2025).

MEMBERSHIP IN SCIENTIFIC and PROFESSIONAL ASSOCIATIONS

1. National Association of Nurses of Greece (ESNE)
2. Hellenic Regulatory Body of Nurses (ENE)
3. Greek Nursing Studies Association
4. International NAS Network (INASnet)
5. European Society for Paediatric and Neonatal Intensive Care (ESPNIC)

HONORARY AWARDS

Scholarships

1. Scholarship for providing teaching support as part of the project "Support of the educational activities of the National and Kapodistrian University of Athens (NKUA) during the academic year 2021–2022 through the integration of supplementary teaching in addition to the main lectures" (OPS code 5164439) (Scholarship contract No.: 045267/29-04-2022).
2. ELIDEK (HFRI) Doctoral Fellowship under the 2nd Call for PhD Candidate Fellowships. Amount: €36,000 (2019–2022).

Honors and Distinctions

1. Gerasimos Karvoutzis Award, as top-ranked graduate of the Postgraduate Program in the "Clinical Nursing" track, Department of Nursing, National and Kapodistrian University of Athens (NKUA), academic years 2014–2015 and 2015–2016.

Conference Paper Awards

1. Best e-Poster Award: "Investigation of the relationship between nursing care workload and nurses' productivity in an ICU: a cross-sectional study (AA30)." Panhellenic Conference on Health Economics and Health Policy, "Evidence-based decisions for health resource allocation," Athens, Greece, 9–11 December 2025.
2. Best Student Paper Award: "Nursing Staff's Awareness of Processing Personal Data According to GDPR." 18th International e-Conference on "Informatics, Management and Technology in Healthcare," Athens, Greece, 3–5 July 2020.
3. Research Paper Award: "Validation and cultural adaptation of the Bullying in Nursing Education Questionnaire for university nursing students." 46th Panhellenic Nursing Conference (ESNE), Milos, Greece, 8–11 May 2019.
4. Research Paper Award: "The effect of marital relationship on the occurrence of perinatal mental disorders in pregnant women: a systematic review." 46th Panhellenic Nursing Conference (ESNE), Milos, Greece, 8–11 May 2019.
5. Research Paper Award: "Implementation of the NAS scale in adult ICUs and assessment of nursing staffing and adverse outcomes." 45th Panhellenic Nursing Conference (ESNE), Kos, Greece, 9–12 May 2018.
6. Research Paper Award: "Evaluation of the psychometric properties of nursing workload measurement scales NAS, TISS-28 and TISS-C in a Pediatric ICU." 43rd Panhellenic Nursing Conference (ESNE), Syros, Greece, 11–14 May 2016.