

**NIKOLAOS V. FOTOS**  
**Associate Professor**  
**Specialization: Medical Nursing**

**Sector: Internal Medicine-Nursing**  
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## **EDUCATION**

- Degree in Nursing: Department of Nursing, National and Kapodistrian University of Athens, 1999.
- Master Degree in Clinical Nursing. Department of Nursing, National and Kapodistrian University of Athens, 2011.
- Doctoral degree: Department of Nursing, National and Kapodistrian University of Athens. Title: «Celiac disease in patients with hepatitis C hepatopathy under pegylated-interferon alpha 2-b plus ribavirin treatment», 2006.

## **TEACHING**

### **Undergraduate studies**

1. Medical Nursing I (5<sup>th</sup> semester).
2. Medical Nursing II (6<sup>th</sup> semester).
3. Cardiovascular Nursing (6<sup>th</sup> semester).
4. Clinical Nursing Practice (8th semester) - supervisor.

### **Postgraduate studies**

1. Specific Clinical Issues (2<sup>nd</sup> semester, Advanced Clinical Nursing).
2. Management of patients with acute cardiovascular problems (2<sup>nd</sup> semester, Advanced Clinical Nursing / Specialization: Cardiovascular Nursing).
3. Management of patients with chronic cardiovascular problems (2<sup>nd</sup> semester, Advanced Clinical Nursing / Specialization: Cardiovascular Nursing).
4. Organization-Management of special Cardiology Units (3<sup>rd</sup> semester, Advanced Clinical Nursing / Specialization: Cardiovascular Nursing).
5. Prevention of Cardiovascular diseases (3<sup>rd</sup> semester, Advanced Clinical Nursing / Specialization: Cardiovascular Nursing).
6. Enhancement of self-care of patients with chronic diseases (3<sup>rd</sup> semester, Advanced Clinical Nursing / Specialization: Cardiovascular Nursing).

## **RESEARCH INTERESTS**

1. Heart Failure.
2. Coronary artery disease.
3. Psychological and emotional disorders in chronic diseases.
4. Diseases of gastrointestinal tract.
5. Patients' adherence to therapy.
6. Self-care of patients with chronic health problems.

## RESEARCH PROGRAMMES

1. «Anxiety, depression and quality of life among patients with viral hepatitis». Financed by Special Account for Research of National and Kapodistrian University of Athens, 2011.
2. «Adherence to therapy of patients with liver cirrhosis». Financed by Special Account for Research of National and Kapodistrian University of Athens, 2013.
3. «Anxiety, depression and insomnia among patients with acute coronary syndrome». Financed by Special Account for Research of National and Kapodistrian University of Athens, 2014.
4. «Effect of insomnia in quality of life of patients with heart failure». Financed by Special Account for Research of National and Kapodistrian University of Athens, 2016.
5. «Ehealth Literacy Learning skills among Nurses working with older people», ERASMUS PLUS (code: 70I3IL724O, in collaboration with 4 European Universities, 2021-2022).

## SCIENTIFIC PUBLICATIONS

**In Greek scientific journals: 20**

**In International scientific journals: 44**

1. I. S. Elefsiniotis, K. D. Pantazis, I. Glynou, **N.V. Fotos**, C. Mavrogiannis, H. Kada. «Different B2-microglobulin (b2m) curves in chronic hepatitis B (CHB) patients, under long-term lamivudine (LAM) monotherapy or interferon plus lamivudine (IFN/LAM) combination treatment. Relationship with virological breakthrough (VB)» (Abstract). 14<sup>th</sup> European Congress of Clinical Microbiology and Infectious Diseases. Prague, Czech Republic, 1-4 May 2004. Clinical Microbiology and Infection (CMI) 2004, Abstr No P1072, vol. 10 (suppl 3), page: 289.
2. Ioannis S. Elefsiniotis, Irene Glynou, Konstantinos D. Pantazis, **Nikolaos V. Fotos**, Ioanna Magaziotou, Helen Kada. «Prevalence of chronic HBV infection among 13,581 women at reproductive age in Greece. A prospective single center study». Journal of Clinical Virology 2005; 32(2): 179-180.
3. Ioannis S. Elefsiniotis, Irene Glynou, Ioanna Magaziotou, Konstantinos D. Pantazis, **Nikolaos V. Fotos**, Hero Brokalaki, Helen Kada, George Saroglou. «HBeAg negative serological status and low viral replication levels characterize chronic hepatitis B virus-infected women at reproductive age in Greece: A one-year prospective single center study». World Journal of Gastroenterology 2005; 11(31): 4879-4882.

4. Ioannis S. Elefsiniotis, Brokalaki Hero, Anargiros Mariolis, Konstantinos D. Pantazis, **Nikolaos V. Fotos**, Ioannis Ketikoglou, George Saroglou.  
«Serological profile of HBV infection and liver histopathology among injecting drug users with chronic HCV infection in Greece».  
European Journal of Internal Medicine 2005; 16(7): 496-500.
5. Ioannis S Elefsiniotis, Konstantinos D. Pantazis, **Nikolaos V. Fotos**, Antonios Moulakakis, Christos Mavrogiannis.  
«Late onset autoimmune thrombocytopenia associated with pegylated interferon-a-2b plus ribavirin treatment for chronic hepatitis C».  
Journal of Gastroenterology and Hepatology 2006; 21(3): 622-623.
6. I. Elefsiniotis, I. Glynou, I. Magaziotou, A. Fotiou, H. Brokalaki, **N. Fotos**, G. Saroglou, H. Kada.  
«HBeAg negative serological status and low viral replication levels characterize chronic HBV infected women at reproductive age in Greece. A two-year, prospective, single center study» (Abstract).  
16<sup>th</sup> European Congress of Clinical Microbiology and Infectious Diseases.  
Nice, France, 2006.  
Clinical Microbiology and Infection (CMI) 2006, Abstr No P2199.
7. Ioannis S. Elefsiniotis, **Nikolaos V. Fotos**, Konstantinos D. Pantazis, Despina Papadeli, Christos Mavrogiannis.  
«Celiac disease in chronic hepatitis C patients under pegylated-interferon plus ribavirin treatment. Preliminary results of a prospective single center study».  
Hepato-gastroenterology 2007; 54(75): 2.
8. Evridiki Patelarou, Gianna Giourgouli, Aikaterini Lykeridou, Evagelia Vrioni, **Nikolaos Fotos**, Eleni Siamaga, Victoria Vivilaki, Hero Brokalaki.  
«Association between biomarker-quantified antioxidant status during pregnancy and infancy and allergic disease during early childhood: a systematic review».  
Nutrition Reviews 2011; 69(11): 627-641.
9. H. Brokalaki, K. Giakoumidakis, **N.V. Fotos**, P. Galanis, E. Patelarou, E. Siamaga, I.S. Elefsiniotis.  
«Factors associated with delayed hospital arrival among patients with acute myocardial infarction: a cross-sectional study in Greece».  
International Nursing Review 2011; 58(4): 470-476.
10. Konstantinos Giakoumidakis, George I. Baltopoulos, Christos Charitos, Evridiki Patelarou, **Nikolaos V. Fotos**, Hero Brokalaki-Pananoudaki.  
«Risk factors for increased in-hospital mortality: A cohort study among cardiac surgery patients».  
European Journal of Cardiovascular Nursing 2012; 11(1): 25-33.
11. **Nikolaos V. Fotos**, Konstantinos Giakoumidakis, Zoi Kollia, Petros Galanis, Panagiota Copanitsanou, Evangelia Pananoudaki, Hero Brokalaki.  
«Health-related quality of life of patients with severe heart failure. A cross-sectional multicentre study».  
Scandinavian Journal of Caring Sciences 2013; 27(3): 686-694.
12. Despoina G. Alamanou, **Nikolaos V. Fotos**, Hero Brokalaki.  
«Interruption of therapy during intrahospital transport of non-ICU patients».  
Health Science Journal 2013; 7(2): 177-187.

13. Z Kollia<sup>1</sup>, I Kallikazaros, A Avgeropoulou, C Lemonidou<sup>1</sup>, K Giakoumidakis, E Kollia, **NV Fotos**, H Brokalaki.  
«The impact of nursing education on self-care behavior and quality of life to patients with heart failure» (Abstract).  
Heart Failure Congress 2014 and the 1<sup>st</sup> World Congress on Acute Heart Failure.  
Athens, May 17-20, 2014.  
European Journal of Heart Failure 2014, Abstr No 505, vol. 16 (suppl 2), page: 107.
14. Hero Brokalaki, Evridiki Patelarou, Konstantinos Giakoumidakis, Zoi Kollia, **Nikolaos V. Fotos**, Victoria Vivilaki, Eirini Brokalaki, Evaggelos Chatzistamatiou, Ioannis E. Kallikazaros.  
«Translation and validation of the Greek Minnesota Living with Heart Failure Questionnaire».  
Hellenic Journal of Cardiology 2015; 56(1): 10-19.
15. **Fotos V. Nikolaos**, Elefsiniotis S. Ioannis, Giakoumidakis Konstantinos, Argyropoulos Evangelos, Patris Vasileios, Brokalaki Hero.  
«Frequency and predisposing factors of hepatocellular carcinoma in a Hepatology Outpatient Unit».  
Health Science Journal 2015, 9(1): 10.
16. Anastasia A. Chatziefstratiou, Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, George Baltopoulos, Hero Brokalaki-Pananoudaki.  
«Translation and validation of the Greek version of the Hypertension Knowledge-Level Scale».  
Journal of Clinical Nursing 2015, 24(23-24): 3417-3424.
17. K. Giakoumidakis, V. Patris, A. Patelarou, E. Androulakis, K. Dimitrakopoulou, **N. V. Fotos**, R. Eltheni, M. Argiriou  
«Multivariate prediction model of increased cardiac surgery in-hospital length of stay: a retrospective cohort study in Greece» (Abstract).  
The 50th Congress of the European Society for Surgical Research.  
Liverpool, United Kingdom, June 10-13, 2015.  
European Surgical Research 2015, Abstr No PP-1, vol. 55 (suppl 1), page 108.
18. G. Despoina Alamanou, A. Sotirios Balokas, **V. Nikolaos Fotos**, Elisabeth Patiraki, Hero Brokalaki.  
«Information needs of cancer patients: Validation of the Greek Cassileth's Information Styles Questionnaire».  
European Journal of Oncology Nursing 2016, 20: 49-57
19. A. Chatziefstratiou, **N.V. Fotos**, K. Giakoumidakis, G. Baltopoulos, H. Brokalaki-Pananoudaki.  
«The effect of educational intervention on adherence of patients with hypertension to antihypertensive therapy» (Abstract).  
EuroHeartCare. Annual Congress of the Council on Cardiovascular Nursing and Allied Professions.  
Athens, April 15-16, 2016.  
European Journal of Cardiovascular Nursing 2016, vol. 15, page S65.
20. Rokeia Eltheni, Konstantinos Giakoumidakis, Hero Brokalaki, **Nikolaos V. Fotos**, Christos Charitos, Ilias Samiotis, George Fildissis.  
«The effect of a nurse-led patient education program for oral anticoagulant therapy on the incidence of thromboembolic and hemorrhagic episodes after surgical heart valve replacement».  
International Journal of Surgery and Medicine, 2017, 3(1):14-20.

21. Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, Athina Patelarou, Stavros Theologou, Mihalis Argiriou, Anastasia A. Chatziefstratiou, Christina Katzilier, Hero Brokalaki.  
«Perioperative neutrophil to lymphocyte ratio as a predictor of poor cardiac surgery patient outcomes».  
Pragmatic and Observational Research 2017, 15(8): 9-14.
22. Efstratios Vlaras, Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, Anastasia A. Chatziefstratiou, Hero Brokalaki.  
«The presence of obesity-mortality paradox in Greek patients with chronic heart failure».  
Pragmatic and Observational Research 2017, 8: 183-187.
23. Panagiota Copanitsanou, **Nikolaos Fotos**, Hero Brokalaki.  
«Effects of work environment on patient and nurse outcome».  
British Journal of Nursing 2017, 26(3): 172-176.
24. Zoi Aggelopoulou, **Nikolaos V. Fotos**, Anastasia A. Chatziefstratiou, Konstantinos Giakoumidakis, Ioannis Elefsiniotis, Hero Brokalaki.  
«The level of anxiety, depression and quality of life among patients with heart failure in Greece».  
Applied Nursing Research 2017, 34: 52-56.
25. Anastasia Chatziefstratiou, Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, George Baltopoulos, Hero Brokalaki.  
«Greek patients' beliefs about medicines in hypertension».  
British Journal of Cardiac Nursing 2017, 12(11): 560-565.
26. **Nikolaos V. Fotos**, Ioannis Elefsiniotis, Athina Patelarou, Konstantinos Giakoumidakis, Evridiki Patelarou, Andreas Kouros, Hero Brokalaki.  
«Psychological disorders and quality of life among patients with chronic viral hepatitis: A single-centre cross-sectional study with pair-matched healthy controls».  
Gastroenterology Nursing 2018, 41(3): 206-218.
27. Anastasia A. Chatziefstratiou, Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, Chrysoula Tsiou, George Baltopoulos, Hero Brokalaki.  
«The development and validation of the Factors Affecting Adherence Scale in Greece».  
Journal of Hypertension and its Complications 2018, 1(1): 1-7.
28. **Fotos NV**  
«Insomnia among patients with chronic heart failure». Editorial.  
Journal of Hospital and Medical Management 2018, 4(1): 1-2.
29. Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, Anastasia A. Chatziefstratiou, Eleni Dokoutsidou and Hero Brokalaki.  
«The use of central venous pressure for the assessment of patients' hemodynamics».  
European Journal of Pharmaceutical and Medical Research 2019, 6(7): 646-650.
30. Anastasia A. Chatziefstratiou, **Nikolaos V. Fotos**, Konstantinos Giakoumidakis, Hero Brokalaki.  
«The contribution of cardiac rehabilitation program in management of diabetes mellitus: A systematic review».  
Obesity Medicine 2019, (15), 100103.

31. Aikaterini Oikonomou, Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, Theodoros Androutsakos, Ioannis Elefsiniotis, Hero Brokalaki  
«Comparison of adherence and prevalence of depression among hepatitis C infected cirrhotic and non-cirrhotic patients treated with pegylated interferon plus ribavirin versus direct-acting antivirals».  
European Journal of Pharmaceutical and Medical Research 2019, 6(8): 623-628.
32. Anastasia Chatziefstratiou, Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, George Baltopoulos, Hero Brokalaki.  
«Scales for assessing medication adherence among patients with hypertension: a big challenge».  
British Journal of Nursing 2019, 28(21): 1388-1392.
33. T. Tsavdaroglou, G. Mantzaris, A. Tsavdaroglou, **N. Fotos**, H. Brokalaki.  
«Inflammatory bowel disease and pregnancy: the impact of education in knowledge and attitude of women in reproductive age; one-year follow-up study» (Abstract).  
14th Congress of European Crohn's and Colitis Organisation (ECCO).  
Copenhagen March 6-9, 2019.  
Journal of Crohn's and Colitis 2019, vol. 13 (Issue Supplement 1), pages S556–S557.
34. Katerina Sietou, **Nikolaos V. Fotos**, Hero Brokalaki, Margarita Giannakopoulou.  
«Cultural adaptation and reliability of the “Global Physical Activity Questionnaire” in patients with heart failure in Greece».  
British Journal of Cardiac Nursing 2020, 15(1): 1-11.
35. Despoina G. Alamanou, Konstantinos Giakoumidakis, Dimosthenis G. Theodosiadis, **Nikolaos V. Fotos**, Elissavet Patiraki, Hero Brokalaki.  
«Awareness of diagnosis and decision-making preferences of Greek cancer patients».  
Pharmacovigilance and Pharmacoepidemiology 2020, 3(1): 5-12.
36. Anna Kavga, Ourania Govina, Petros Galanis, Ioannis Kalemikerakis, Eugenia Vlachou, **Nikolaos Fotos**, Styliani Tziaferi, Athina Kalokairinou.  
«Determinants of health promotion behaviors among family caregivers of stroke survivors».  
Diseases 2021, 9(1): 10.
37. Anastasia A. Chatziefstratiou, **Nikolaos V. Fotos**, Konstantinos Giakoumidakis, Hero Brokalaki.  
«Impact of nurse-initiated education on Heart Score in patients with hypertension: a randomized trial».  
British Journal of Nursing 2021, 30(12): 722-728.
38. Sotirios Anagnostopoulos, Paris Gallos, Emmanouil Zoulias, **Nikolaos Fotos**, John Mantas.  
«Knowledge and perceptions of undergraduate and postgraduate nursing students about the use of 3D digital printing in healthcare».  
Studies in Health Technology and Informatics 2021, 281: 753-754.
39. Sotirios Anagnostopoulos, Paris Gallos, Emmanouil Zoulias, **Nikolaos Fotos**, John Mantas.  
«3D digital printing in healthcare: Technologies, applications and health issues».  
Studies in Health Technology and Informatics 2022, 295: 394-397.
40. Anastasia A. Chatziefstratiou, **Nikolaos V. Fotos**, Konstantinos Giakoumidakis, Hero Brokalaki.  
«The early mobilization of patients on extracorporeal membrane oxygenation: A systematic review».  
Nursing Reports 2023, 13(2): 751-764.

41. Hero Brokalaki, Anastasia A. Chatziefstratiou, **Nikolaos V. Fotos**, Konstantinos Giakoumidakis, Evaggelos Chatzistamatiou.  
«The development and validation of the ‘Hippocratic Hypertension self-care scale». *Healthcare* 2023, 11(18): 2579.
42. Konstantinos Giakoumidakis, Athina Patelarou, Anastasia A. Chatziefstratiou, Michail Zografakis-Sfakianakis, **Nikolaos V. Fotos**, Evridiki Patelarou.  
«Development and validation of the CVP score: A cross-sectional study in Greece». *Healthcare* 2023, 11(11): 1453.
43. Hero Brokalaki, Anastasia A. Chatziefstratiou, **Nikolaos V. Fotos**, Athina Patelarou, Konstantinos Giakoumidakis.  
«The development and validation of the ‘Hippocratic Heart Failure self-care scale». *Healthcare* 2024, 12(8): 820.
44. Konstantinos Giakoumidakis, Evridiki Patelarou, Hero Brokalaki, Maria Bastaki, **Nikolaos V. Fotos**, Parthena Ifantopoulou, Antonios Christodoulakis, Anastasia A. Chatziefstratiou, Athina Patelarou.  
«Patient knowledge, medication adherence, and influencing factors: A cross-sectional study among hypertensive patients in Greece». *Healthcare* 2024, 12(9): 916.

#### **SCIENTIFIC BOOKS (AUTHORSHIP)**

1. 3 chapters in «Intensive care & emergency medicine: Operations-Interventions». George Baltopoulos, Pavlos Myrianthefs, Eleni Boutzouka. Paschalidis Medical Publications. Athens, 2007.
2. 1 chapter in «Intensive care & emergency medicine: Mechanical support of organic systems». George Baltopoulos. Paschalidis Medical Publications. Athens, 2012.
3. 9 chapters in «Cardiac diseases & Nursing care. Holistic Approach». Hero Pananoudaki-Brokalaki. Lagos Dimitrios Medical Publications. Athens, 2014. Awarded by Hellenic Society of Cardiology.

#### **SCIENTIFIC BOOKS (EDITING)**

1. «Nursing in Clinical Practice». 9<sup>th</sup> edition. Audrey Berman, Shirlee J. Snyder. Lagos Dimitrios Medical Publications. Athens, 2024.

#### **ORGANIZATIONAL AND ADMINISTRATIVE ACTIVITIES (Indicative list)**

1. Hellenic Nurses’ Association, Administration of Nursing Services Committee (General Secretary of Board of Directors), 2008-2012.
2. Member of the Working Group on cooperation with the Organizing Committee of the Special Olympics World Games ATHENS 2011.
3. Building Supervisor (Papadiamadopoulou 123), 2012-2024.

4. National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing (Member of the Design and Programming research activities Committee), 2012-2016.
5. National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing (Member of the Committee for the configuration of skills framework of graduates of the Department).
6. Coordinator and Academic representative of Department of Nursing of National and Kapodistrian University of Athens for Erasmus+ Program (2014 to present).
7. Substitute member of Health Sciences Library Committee of National and Kapodistrian University of Athens (2018-2021).
8. Member of examination Committee for Nursing Specialization «Medical Nursing» in region of Athens-Piraeus (2019-2021).
9. National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing (Member of Committee for clinical education of students), 2020-2022.
10. Chairman of three-member education Committee for Nursing Specialization «Nursing of Cardiovascular Diseases» (2022 to present).
11. National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing (Member of Coordinating Committee of «Advanced Clinical Nursing» Postgraduate Program), 2018-2026.
12. National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing (Member of Committee for graduate program of studies), 2022 to present.
13. National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing (Study advisor for the students in part of Internal Medicine-Nursing sector), 2024-2025.

## **MEMBERSHIP IN SCIENTIFIC ASSOCIATIONS**

1. Hellenic Nurses' Association.
2. Hellenic Society of Nursing Studies.
3. National Cardiology Nursing Committee.
4. Council of Cardiovascular Nursing and Allied Professions (CCNAP) of European Society of Cardiology (ESC).

## **HONORARY AWARDS**

1. Award of excellence from the National and Kapodistrian University of Athens for graduation with "Excellent" by the Faculty of Nursing. Athens, 1999.
2. Award "Catherine Cafkia-Kepetzi" by the Hellenic Nurses' Association. Chania, 2007.
3. 13 awards in National Scientific Conferences (2004 to 2019).



