

Curriculum Vitae

Georgia Kourlaba, MSc, PhD

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Personal Information

Name: Georgia Kourlaba

Date of birth: 16/11/1981

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Professional Summary

Since March 2025, Georgia Kourlaba has served as Assistant Professor of Public Health Nursing – Prevention at the Department of Nursing, National and Kapodistrian University of Athens (NKUA). From December 2021 to March 2025, she was Assistant Professor of Research Methodology – Evidence-Based Nursing Practice at the Department of Nursing, University of the Peloponnese. She has been a Research Fellow at the 1st ICU, NKUA School of Medicine (field: 'Healthcare-Associated Infections – Epidemiology'). She was a founding member of the non-profit 'Center for Clinical Epidemiology and Outcomes Research (CLEO),' where she served as Executive Director and Deputy Scientific Director (2015–2020).

She is a member of the Ministry of Health's Public Health Expert Committee (EEΔΥ), has served as a Board Member and Acting Chair of the National Public Health Organisation (EODY), and as an alternate member of the European Centre for Disease Prevention and Control (ECDC). She has taught undergraduate and postgraduate courses at NKUA (School of Medicine and Department of Nursing), the University of the Peloponnese (Department

of Nursing), and the Medical Schools of Democritus University of Thrace and University of Thessaly. Teaching areas include epidemiology, research methodology, scientific writing, disease prevention and public health, biostatistics, and health technology assessment.

Her research interests focus on the prevention and control of healthcare-associated infections and antimicrobial resistance, vaccination coverage, epidemiology and/or prevention of chronic diseases (with emphasis on cardiovascular disease, cancer, and childhood obesity), the socio-economic burden of chronic diseases, health technology assessment, and health-related behaviours and public health interventions. She has participated in numerous funded studies, many as (co-)principal investigator.

She has published 165+ papers in peer-reviewed international journals. Her work has received 5,570+ citations with an h-index of 43 (Google Scholar). She is a graduate of NKUA's Department of Nursing, holds an MSc in Biostatistics (NKUA School of Medicine) and a PhD in Nutritional Epidemiology (Department of Nutrition & Dietetics, Harokopio University).

Current Academic Position

- 03/2025–present: Assistant Professor of Public Health Nursing – Prevention, Department of Nursing, National and Kapodistrian University of Athens (NKUA).

Education

- 09/1999–07/2003: BSc in Nursing, National and Kapodistrian University of Athens. Grade: “Very Good” (8.32/10).
- 10/2003–07/2005: MSc in Biostatistics, NKUA School of Medicine & Department of Mathematics. Thesis: “Epidemiology of acute coronary syndrome in a sample of the Greek population.” Grade: “Excellent” (9.08/10).
- 10/2006–04/2010: PhD, Department of Nutrition & Dietetics, Harokopio University. Dissertation: “Dietary assessment through indices: Developing a diet index reflecting adherence to the Mediterranean diet and the probability of chronic disease.” Grade: “Excellent.”

Languages

- English: Very Good (FCE).

Additional Skills

- Excellent command of MS Word, Excel, PowerPoint.
- Excellent command of STATA, SAS, SPSS.
- Good knowledge of R programming language.

Professional Experience

- 12/2021–03/2025: Assistant Professor of Research Methodology & Evidence-Based Nursing Practice, University of the Peloponnese.
- 02/2021–11/2021: Academic Research Fellow, 1st ICU, NKUA School of Medicine (field: Healthcare-Associated Infections – Epidemiology).
- 05/2015–12/2020: Executive / Deputy Scientific Director, CLEO (non-profit).
- 05/2014–10/2014: Biostatistician, Allergy Unit – 2nd Department of Paediatrics, NKUA (PI: Prof. N. Papadopoulos).
- 09/2012–05/2015: Researcher–Biostatistician, University Research Institute for the Study & Treatment of Childhood Genetic & Malignant Diseases (PI: Th. Zaoutis).
- 03/2011–09/2013: Researcher–Biostatistician, Harokopio University (PI: K. Kassotaki).
- 03/2010–10/2016: Researcher–Biostatistician, National School of Public Health – Departments of Health Services Management & Epidemiology/Biostatistics (PIs: N. Maniadakis; A. Roumelioti).
- 09/2007–08/2013: Researcher–Biostatistician, Dept. of Nutrition & Dietetics, Harokopio University (PI: I. Manios).

Teaching

Postgraduate Programmes

- MSc “Crisis & Mass Disaster Management and Public Health Nursing,” NKUA (Department of Nursing). 2024–2025: Instructor for “Prevention” (full assignment; autonomous teaching).

- MSc “Public Health with Emphasis on Maritime Transport,” University of Thessaly (School of Medicine). 2023–2024: “Health policy and principles for disease prevention” (title: “Research and Policy Making”).
- Inter-Institutional MSc “Interdisciplinary Management of Chronic Diseases, Disability and Ageing,” Hellenic Mediterranean University. 2022–2025: “Basic principles of prevention and evaluation of prevention programmes for chronic diseases” within the course “Prevention and Management of Chronic Diseases and Disability” (6 teaching hours).
- MSc “Primary Health Care: Social Medicine and Pharmaceutical Care,” Democritus University of Thrace (School of Medicine). 2023–2025: “Prevention of chronic diseases and screening programmes.”
- MSc “Applied Biomechanics & Biomaterials in Orthopaedics,” NKUA (School of Medicine). 2019–2025: “Research Methodology & Article Writing” (1 semester; 12 hours).
- MSc “Development of New Drugs: Research, Market Access,” NKUA (School of Medicine). 2019–2022: Coordinator & instructor, “Health Technology Assessment”; Speaker, “Research Methodology” (5 hours annually, 2018–2023).
- MSc “General and Specialised Paediatrics – Research,” NKUA (School of Medicine). 2018–2025: “Biostatistics I & II” (2 semesters/year; 56 hours) and “Research Methodology I & II” (2 semesters/year; 64 hours).
- MSc “Exercise & Health,” NKUA (School of Medicine). 2017–2025: “Applied Biostatistics” (18 hours/semester) and “Research Methodology” (18 hours/semester).
- MSc “Paediatric Infectious Diseases,” NKUA (School of Medicine). 2016–2017, 2017–2018, 2018–2019, 2020–2021, 2022–2023, 2024–2025: “Biostatistics” (16 hours/semester) and protocol writing (4 hours).
- MSc “Clinical Paediatrics & Nursing – Research,” NKUA (School of Medicine) / TEI Athens (Dept. of Nursing A). 2007–2008 & 2017–2018: “Biostatistics I & II” (30 hours each); 2007–2018: “Research Methodology I & II” (2 semesters/year; 46 hours).
- MSc “Intensive Care Units & Emergency Nursing,” NKUA (School of Medicine) / TEI Athens (Dept. of Nursing A). 2008–2009: “Biostatistics” (spring semester).

Undergraduate Programmes

- 03/2025–present: Co-teaching “Applied Epidemiology – Prevention,” Department of Nursing, NKUA.
- 12/2021–07/2025: University of the Peloponnese (Department of Nursing): “Clinical Nursing Assessment” (theory & lab) – 4 semesters; “Research Methodology –

Introduction to Scientific Writing” (theory, tutorials, lab) – 3 semesters; Course coordinator for “Scientific Writing” (8th semester) – 4 semesters.

- 2006–2008: Teaching assistant, “Special Topics in Data Analysis” (lab), Dept. of Nutrition & Dietetics, Harokopio University.

Publications (Peer-Reviewed, Selected)

Total publications in international journals: 168;

Citations: Scopus 3,316; Google Scholar 5,675;

h-index: Scopus 33; Google Scholar 44.

1. Kourlaba G, Vikelis M, et al, Unmet needs in the management of migraine in Greece from the perspective of medical experts: a Delphi consensus. *Front Neurol*. 2025 Feb 12;16:1556808. doi: 10.3389/fneur.2025.1556808. eCollection 2025.
2. Lazaridou E, Apalla Z, et al, Real-world switching patterns and associated characteristics in patients with psoriasis treated with biologics. *Arch Dermatol Res*. 2025 Jan 28;317(1):310. doi: 10.1007/s00403-024-03746-y.
3. Lazaridou E, Kourlaba G, et al. Drug survival of biologics in patients with psoriasis: real-world evidence for Greece during the period 2016-2020. *Clin Exp Dermatol*. 2024 Nov 22;49(12):1573-1581. doi: 10.1093/ced/llae240.
4. Dimopoulou A, **Kourlaba G**, Chronopoulou I, Avloniti A, Mavrigiannaki E, Georgopoulos I, Zaoutis T. Sustainment of perioperative antimicrobial prophylaxis guidelines in children following discontinuation of an educational intervention to support stewardship. *Infect Control Hosp Epidemiol*. 2024 Oct 2:1-3. doi: 10.1017/ice.2024.146.
5. Papadopoulou A, Karavalakis G, Papadopoulou E, et al. ARS-CoV-2-specific T cell therapy for severe COVID-19: a randomized phase 1/2 trial. *Nat Med* 2023 Aug;29(8):2019-2029.
6. Lampropoulou DI, Papadimitriou M, Papadimitriou C, Filippou D, Kourlaba G, Aravantinos G, Gazouli M. The Role of EMT-Related lncRNAs in Ovarian Cancer. *Int J Mol Sci*. 2023 Jun 13;24(12):10079
7. Skouras AZ, Antonakis-Karamintzas D, Tsolakis C, Tsantes AE, Kourlaba G, Zafeiris I, Soucacos F, Papagiannis G, Triantafyllou A, Houhoula D, Savvidou O, Koulouvaris P. Pre- and Postoperative Exercise Effectiveness in Mobility, Hemostatic Balance, and Prognostic Biomarkers in Hip Fracture Patients: A Study Protocol for a Randomized Controlled Trial. *Biomedicines*. 2023 Apr 24;11(5):1263
8. Stefanou G, Gregoriou S, Kontodimas S, Sfaelos K, Vakirlis E, Kourlaba G. Prevalence of adult self-reported atopic dermatitis in Greece: results from a nationwide survey. *Eur J Dermatol*. 2022 Sep 1;32(5):597-606. doi: 10.1684/ejd.2022.4335.
9. Gregoriou S, Stefanou G, Kontodimas S, Sfaelos K, Zavali M, Vakirlis E, Kourlaba G. Burden of Atopic Dermatitis in Adults in Greece: Results from a Nationwide Survey. *J Clin Med*. 2022 Aug 16;11(16):4777. doi: 10.3390/jcm11164777.
10. Stefanou G, **Kourlaba G**, Vamvakousis E, Koukopoulou S, Yfantopoulos J. [Patients' satisfaction, unmet needs, and treatment benefits in moderate to severe psoriasis in Greece: results from](#)

[a cross-sectional survey.](#) Ital J Dermatol Venerol. 2022 Oct;157(5):424-431. doi: 10.23736/S2784-8671.22.07258-9. Epub 2022 Jun 6.

11. Chora E, Iosifidis E, Tsiodras S, Skoutelis A, Kourkouni E, Kopsidas I, Tsopela GC, Chorianopoulou E, Triantafyllou C, Kourlaba G, Zaoutis T, Roilides E. Perioperative antimicrobial prophylaxis in adult patients: first multicenter clinical practice audit with intervention in Greek surgical departments. ICHE, Accepted
12. Karagiannidou S, Triantafyllou C, Zaoutis TE, Papaevangelou V, Maniadas N, Kourlaba G. Length of stay, cost, and mortality of healthcare-acquired bloodstream infections in children and neonates: A systematic review and meta-analysis. Infect Control Hosp Epidemiol. 2020 Mar;41(3):342-354.
13. Dimopoulou A, Kourlaba G, Psarris A, Lourida A, Coffin S, Spoulou V, Zaoutis T. The timing and redosing of perioperative antimicrobial prophylaxis in Greek children. Infect Control Hosp Epidemiol. 2019 Nov;40(11):1318-1319.
14. Kourlaba G, Gkiozos I, Kokkotou E, Stefanou G, Papaspiliou A, Syrigos K. Lung cancer patients' journey from first symptom to treatment: Results from a Greek registry. Cancer Epidemiol. 2019 Jun;60:193-200.
15. Karagiannidou S, Zaoutis T, Maniadas N, Papaevangelou V, Kourlaba G. Attributable Length of Stay and Cost for Pediatric and Neonatal Central Line-Associated Bloodstream Infections in Greece. J Infect Public Health. 2019 May-Jun;12(3):372-379.
16. Kourkouni E., Kourlaba G., Chorianopoulou E., Tsopela G.C., Kopsidas I., Spiridaki I., Tsiodras S., Coffin S., Zaoutis E.T., for the PHiG investigators. Surveillance for Central-Line- Associated Bloodstream Infections (CLABSIs): Accuracy of Different Sampling Strategies. Infect Control Hosp Epidemiol. 2018 Oct;39(10):1210-1215.
17. Kouni S, Tsolia M, Roilides E, Dimitriou M, Tsiodras S, Kourkouni E, Gkretzi D, Iosifidis E, Spyridis N, Kopsidas J, Karakosta P, Tsopela C, Kourlaba G, Coffin S, Zaoutis T. Establishing Nationally Representative Central Line-Associated Bloodstream Infection (CLABSI) Surveillance Data in Pediatric Patients in Greece. J Hosp Infect. 2019 Jan;101(1):53-59.
18. **Kourlaba G**, Gkrania-Klotsas E, Kourkouni E, Mavrogeorgos G, Zaoutis TE. Antibiotic prescribing and expenditures in outpatient adults in Greece, 2010 to 2013: evidence from real-world practice. Euro Surveill. 2016 Jun 30;21(26).
19. Dimopoulou A, **Kourlaba G**, Psarris A, Coffin S, Spoulou V, Zaoutis T. Perioperative antimicrobial prophylaxis in pediatric patients in Greece: Compliance with guidelines and impact of an educational intervention. J Pediatr Surg. 2016 Aug;51(8):1307-11. Epub 2015 Dec 1.
20. **Kourlaba G**, Kourkouni E, Spyridis N, Gerber JS, Kopsidas J, Mougkou K, Lourida A, Zaoutis TE. Antibiotic prescribing and expenditures in outpatient paediatrics in Greece, 2010-13. J Antimicrob Chemother. 2015 Aug;70(8):2405-8. Epub 2015 Apr 16.
21. Kouni S, **Kourlaba G**, Mougkou K, Maroudi S, Chavela B, Nteli C, Lourida A, Spyridis N, Zaoutis T, Coffin S. Assessment of hand hygiene resources and practices at the 2 children's hospitals in Greece. Pediatr Infect Dis J. 2014 Oct;33(10):e247-51.

22. Dimopoulou A, Papanikolaou Z, **Kourlaba G**, Kopsidas I, Coffin S, Zaoutis T. Surgical site infections and compliance with perioperative antimicrobial prophylaxis in Greek children. Infect Control Hosp Epidemiol. 2014 Nov;35(11):1425-7. Epub 2014 Sep 22.

Memberships & Committees

- **Societies:**

- Public Health & Social Medicine Forum (member, 09/2023–present).
- Hellenic Nurses Association (member, 05/2022–present).

- **Committees:**

- Member, Public Health Expert Committee (ΕΕΔΥ), Ministry of Health (11/2021–present).
- Member, Research Ethics Committee, School of Health Sciences, University of the Peloponnese (decision 5/24-2-2023).
- Member, Research Ethics Committee, EODY (09/2023–present).
- Member, MoH Committee on measures to reduce healthcare-associated infections (from 03/2024).
- Member, EODY Tobacco Committee (from 02/2024).
- Member, EODY AMR expert working group (from 06/2024).

Leadership & Administration

- **Organisational leadership:**

- Board Member and Acting Chair, EODY (09/2023–02/2025).
- Alternate member, ECDC (10/2023–05/2024).

- **Academic administration (University of the Peloponnese):**

- 2022–2023: Member of multiple departmental committees (Erasmus/International Relations; Exam Scheduling; Timetable; PhD Selection; ESF Internship Evaluation; Student Refectories Committee).
- 01/04/2022–31/03/2023: Member, Procurement Committee (School of Health Sciences, Tripoli).
- 24/02/2023–present: Departmental Communications Lead for the new website.

- 2023–2024: Service across Erasmus, Timetable (Chair), Exam Scheduling (Chair), ESF Internship Evaluation, Internal Evaluation (alternate), International Student Admissions (vice-chair), PhD Selection (alternate), Curriculum Committee (alternate), Research Planning (vice-chair).

Research Projects (Indicative)

1. Real-world use of antifibrotics in pulmonary fibrosis in Greece (IDIKA e-prescription data) – PI; funded by Boehringer-Ingelheim; 08/2024–02/2025.
2. The Socioeconomic Burden of Atopic Dermatitis in Adult Greek Patients: An Observational Study – PI; Pfizer US competitive grant; 12/2022–05/2024.
3. Unmet Needs in Migraine Management in Greece from the Perspectives of Patients and Physicians: A Delphi Consensus Panel – PI; Pfizer Hellas; 02/2023–12/2023.
4. Cost-Effectiveness Study and Reimbursement Dossier Development for Rimegepant for the Acute and Preventive Management of Migraine in Greece – PI; Pfizer Hellas; 12/2022–12/2023.
5. Knowledge, Attitudes and Practices of the General Population in Greece Regarding Lung Cancer and Lung Cancer Screening – PI; funded by Papastratos; 12/2022–06/2023.
6. Knowledge, Attitudes and Practices of the Adult Population in Greece regarding COVID-19 – Co-PI / lead researcher; funded by CHOP; 04/2020–11/2020.
7. Prevention of healthcare-associated infections and antimicrobial resistance in Greek public hospitals – Co-PI; funded by SNF; 01/2016–06/2020.
8. Cost-effectiveness of screening high-risk cancer patients for silent thrombosis – PI; 2016–2018.
9. Prevalence and burden of asthma in Greece – PI; 2016–2017.
10. Prevalence and burden of COPD in Greece – Co-PI and lead researcher; 2015–2016 (host: National School of Public Health).
11. FAST project (Phase II clinical trial design/analysis on food allergy immunotherapy) – statistician; 05/2014–10/2014 (host: NKUA).
12. Epidemiology & economic burden of atherothrombosis in Greece – statistician/author; 2011–2012 (host: National School of Public Health).
13. ToyBox study (preschool obesity prevention; EU-funded) – primary data analysis & publications; 03/2010–08/2013 (host: Harokopio University).
14. Evaluation of health indicators/behaviours in primary school students – statistician/author; 04/2007–12/2007 (host: Harokopio University).

15. Evaluation of a nutritional intervention programme targeting chronic disease risk factors – statistician; 04/2008–06/2009 (host: Harokopio University).
16. “GREECS” epidemiological study – data analysis; 2004–2006.