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<Professor> <Fundamentals of Nursing>
<Director of the Clinical Nursing Applications Laboratory> < Internal Medicine-Nursing >
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TEACHING

Undergraduate

1. Introduction to Nursing (1st semester)
2. Fundamentals of Nursing I (2nd semester)
3. Fundamentals of Nursing II (3rd semester)
4. Neurological-Neurosurgical Nursing (5th semester)
5. Clinical Nursing (8th semester)

Postgraduate

Scientific Writing (spring semester)

EDUCATION

PhD: (Nursing Department/Basic Sciences-Neurosciences, NKUA, 2000)

Postgraduate Training Course (Nursing Department/Research Methodology, NKUA, 1993)

BSc in Nursing: (Nursing Department, NKUA, 1991)

RESEARCH INTERESTS

1. Clinical nursing-Pain, Stress, Neuropeptides
2. Clinical and laboratory research in Neurosciences
3. Managerial Issues in Nursing (workload, nurse/patient ratios, decision making, collaboration)
4. Validation of Tools/Scales for Clinical Research

RESEARCH PROGRAMMES

1. “Study of adverse outcomes, hospital costs, nursing workload and staffing in Children ICUs.” H.F.R.I.(Hellenic Foundation for Research and Innovation), 2nd call for H.F.R.I.scholarships_Research with Code Number 16188 (main researcher A-S Nieri & **Scientific responsible Prof. M. Giannakopoulou**)
2. “HELIC (Hellenic Isolated Cohorts)”. International Leader Dr. Zeggini Eleftheria, Cambridge, United Kingdom - Wellcome Trust Sanger Institute. Participation in blood sampling.
3. “Genetic and Immunological Prediction of Insulin-Dependent Diabetes Mellitus-DIPP-DEMO” (BIOMED 2 Programme PL 96 3314, BMH –4CT98-3314). Scientific responsible Prof. C. Bartsokas
4. “ΗΡΑΚΛΕΙΤΟΣ ΙΙ”: 11.74.11.01 “Nursing Decision Making in ICUs”. **Scientific responsible Prof. M. Giannakopoulou**
5. “Moral Distress and its association with Health status and Empathy levels in Nursing Personnel of Attica.” KA-11365. **Scientific responsible Prof. M. Giannakopoulou**
6. “Study of Neuropeptide levels during painful nursing care interventions in Critically Ill Children” KA-11365. **Scientific responsible Prof. M. Giannakopoulou**
7. “Comparative Evaluation of Stress levels between Conventional Postoperative Care Protocol and Fast Track Recovery Program in Patients Undergoing Pancreatectomy or Hepatectomy.” KA-11365. **Scientific responsible Prof. M. Giannakopoulou**
8. “Investigating stress effects on neuropeptide levels in neonatal and adult life. Study in experimental rat model and in clinical populations.” Scientific Responsible Assoc. Professor A. Stamatakis. KA-11103.

9. "Evaluation of the Reliability and Validity of Behavioral Pain Scales and Neuropeptide Levels in Critically ill Children." Special Research Account–11364. Scientific Responsible Prof. G. Bonatsos.
10. "Comparative Evaluation of Substance P and NPY plasma levels in Critically Ill Patients with Acute Pain." Special Research Account –11103. Scientific Responsible Prof. G. Bonatsos.
11. "The role of NPY and Substance P neuropeptides in the outcome and survival of patients with craniocerebral injury and multiorgan dysfunction syndrome". Special Research Account–K.A. 70/4/6403. **Scientific responsible Prof. M. Giannakopoulou**
12. "Investigation of the role of neurotrophic factors (BDNF and NT-3) and inflammatory cytokines in the clinical outcome of patients with craniocerebral injury " Special Research Account K.A. 70/4/6403 **Scientific responsible Prof. M. Giannakopoulou**
13. "Study of the role of inflammatory cytokines (Interleukins -6, -10) and neurotrophic factors in the outcome and survival of patients with craniocerebral injury" Special Research Account K.A. 70/4/6403. **Scientific responsible Prof. M. Giannakopoulou**
14. "Investigation of the role of insulin-like growth factors (IGF-I, IGF-II) in craniocerebral injury ICU patients." Special Research Account. K.A. 70/4/6403 **Scientific responsible Prof. M. Giannakopoulou**

SELECTED SCIENTIFIC PUBLICATIONS

1. Gamvrouli M, Karanikola MNK, Paschali A, **Giannakopoulou M**. "Reliability of Moral Distress Scale, Secondary Traumatic Stress Scale, and Jefferson Scale of Empathy Among Greek Nurses: A Pilot Study." *J Nursing Measurement*. 2024 Mar 14;32(1):18-27. doi: 10.1891/JNM-2022-0007. PMID: 3734888.
2. Tamvaki E, **Giannakopoulou M**, Bozas E, Zachpoulou D. "Use of Biomarkers to Objectively Evaluate Pain in Critically Ill Children: A Scoping Review." *Crit Care Nurse*. 2024 Feb 1;44(1):55-66. doi: 10.4037/ccn2024257. PMID: 38295869.
3. Nieri AS, Iliia S, Sinani G, Asimina E, Spithouraki E, Briassoulis G, Matziou V, Kaitelidou D, **Giannakopoulou M**. "Factors Associated with Increased Nursing Workload in a Pediatric ICU: A Prospective Observational Cohort Study." *The Cureus Journal of Medical Science* 2023 doi: 10.7759/cureus.
4. Dionysakopoulou C, Lianou L, Boutopoulou B, **Giannakopoulou M**, Vlachioti E, Koumpagioti D, Bozas E, Matziou V. "The Role of Substance P, Neurokinin A, Neuropeptide Y, and Cortisol in Assessing Neonatal Pain." *Neonatal Netw*. 2023 Mar 1;42(2):65-71. doi: 10.1891/NN.2022-0006. PMID: 36868802
5. Nieri, A. S., Sinani, G., Asimina, E., Spithouraki, E., Iliia, S, **Giannakopolou, M**. "Factors associated with increased nursing workload in a pediatric ICU: A prospective observational cohort study." *Journal of Intensive and Critical Care Nursing*. 2023; 6(2): 136.
6. **Giannakopoulou M**, Vouzavali F, Paikopoulou D, Paschali A, Mpouzika MDA, Karanikola MNK. "Attitudes, beliefs and knowledge towards Medical Cannabis of Greek undergraduate and postgraduate university nursing students". *Complement Ther Med*. 2021 May;58:102703. doi: 10.1016/j.ctim.2021.102703. Epub 2021 Feb 26. PMID: 33647397
7. Tamvaki E, Efstratiou F, Nteli C, Matziou V, Pavlopoulou I, Myrianthefs P, Papathanassoglou E, **Giannakopoulou M**. "Validation of the Greek Version of Comfort-B, FLACC, and BPS Scales in Critically Ill Children and Their Association with Clinical Severity." *Pain Manag Nurs*. 2020 Oct;21(5):468-475. doi: 10.1016/j.pmn.2019.10.004. Epub 2019 Dec 18. PMID: 31862298
8. Kapritsou M, Papathanassoglou ED, Konstantinou EA, Korkolis DP, Mpouzika M, Kaklamanos I, **Giannakopoulou M**. Effects of the Enhanced Recovery Program on the Recovery and Stress Response in Patients With Cancer Undergoing Pancreatoduodenectomy. *Gastroenterol Nurs*. 2020 Mar/Apr;43(2):146-155. doi: 10.1097/SGA.0000000000000417. PMID: 32251216 Clinical Trial.
9. Kapritsou M, Kalafati M, **Giannakopoulou M**, Korkolis M, Kaklamanos I, Siskou T, Konstantinou E. "Cross correlation among Visual Analogue Scale, Observational and Behavioral Pain Scales of Oncological Patients, Undergoing Major Abdominal Surgery." *J PeriAnesthesia Nursing* 2019 Aug;34(4):774-778. doi: 10.1016/j.jopan.2018.11.008. Epub 2019 Feb 15.

10. Charalambous A, **Giannakopoulou M**, Bozas E, Paikousis L. "Parallel and serial mediation analysis between pain, anxiety, depression, fatigue and nausea, vomiting and retching within a randomised controlled trial in patients with breast and prostate cancer." *BMJ Open*. 2019 Jan 24;9(1):e026809. doi: 10.1136/bmjopen-2018-026809.
11. Karanikola M, Doulougeri K, Koutrouba A, **Giannakopoulou M**, Papathanassoglou EDE. "A Phenomenological Investigation of the Interplay Among Professional Worth Appraisal, Self-Esteem and Self-Perception in Nurses: The Revelation of an Internal and External Criteria System." *Frontiers in Psychology* 2018; 9:Article 1805 <https://doi.org/10.3389/fpsyg.2018.01805>
12. 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 & Critical Care Nursing* 2018; 48:3-9. <https://doi.org/10.1016/j.iccn.2018.03.005>
13. Dionisakopoulou C, **Giannakopoulou M**, Palaiologos G, Bozas E, Zannikos K, Matziou V. "Validation of the Greek version of pain scales NIPS and PIPP in Neonatal Intensive Care Unit." *Pain Management Nursing* 2018 Jun;19(3):313-319. doi: 10.1016/j.pmn.2017.05.008.
14. Karanikola M, **Giannakopoulou M**, Mpouzika M, Vouzavali F, Nicolaou C, Koutroubas A, Papathanassoglou EDE. "Perceptions of critical and emergency department nurses regarding changes in their professional role." *Rev Esc Enferm USP* 2017;51:e03287. doi: 10.1590/s1980-220x2017014403287. Epub 2018 Mar 15.
15. Kapritsou M, Papathanassoglou EDE, Bozas E, Korkolis PD, Konstantinou AE, Kaklamanos I, **Giannakopoulou M**. "Comparative Evaluation of Pain, Stress, Neuropeptide Y, ACTH and Cortisol levels between Conventional Postoperative Care Protocol and Fast Track Recovery Program in Patients Undergoing Major Abdominal Surgery." *Biological Research for Nursing* 2017, 19(2):180-189. doi: 10.1177/1099800416682617.
16. Papathanassoglou EDE, Mpouzika MDA, **Giannakopoulou M**, Bozas E, Middleton N, Tsiaousis G, Karabinis A. "Association between lymphocyte expression of the apoptotic receptor Fas and pain in critically ill patients." *Journal of Pain Research* 2017, 10:175-181.
17. 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 11(6): e0156911. doi:10.1371/journal.pone.0156911
18. Charalambous A, **Giannakopoulou M**, Bozas E, Paikousis L. "Visualization and relaxation as anxiety reducing techniques in breast and prostate cancer patients undergoing chemotherapy: Findings from a randomized controlled trial." *European Journal of Cancer* 2015, 51(S3):S205.
19. 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.
20. Karanikola M, **Giannakopoulou M**, Mpouzika M, Kaita 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.
21. 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.
22. Papathanassoglou EDE, Mpouzika M, **Giannakopoulou M**, Bozas E, Middleton N, Boti S, Viglis D, Karabinis A. "Pilot investigation of the association between serum stress neuropeptide levels and lymphocyte expression of Fas and Fas ligand in critical illness." *Biological Research for Nursing* 2015 17(3):285-94. doi: 10.1177/1099800414542871.
23. 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.” *Evidence-Based Complementary and Alternative Medicine* 2015 270876. doi: 10.1155/2015/270876.
24. Panoutsopoulou K, Hatzikotoulas K, Xifara D-K, Colonna V, Farmaki A-E, Ritchie RSG, Southam L, Gilly A, Tachmazidou I, Fatumo S, Matchan A, Rayner WN, Ntalla I, Mezzavilla M, Chen Y, Kiagiadaki C, Zengini E, Mamakou V, Athanasiadis A, **Giannakopoulou M**, Kariakli V-E, Nsubuga NR, Karabarinde A, Sandhu M, McVean G, Smith C-T, Tsafantakis E, Karaleftheri M, Xue Y, Dedoussis G, Zeggini E. “Genetic characterisation of Greek population isolates reveals strong genetic drift at missense and trait-associated variants”. *Nature Communications* 2014 5:5345 doi:10.1038/ncomms6345
25. Karra V, Papathanassoglou D.E, Lemonidou C, **Giannakopoulou M**. “Identification and classification of Greek critical care nurses’ clinical decisions.” *Nursing in Critical Care* 2014 19(2):87-97. doi: 10.1111/nicc.12018.1

BOOKS

V.Karra , **M.Giannakopoulou**, Chapter 19 “Decision Making in Clinical Nursing” in “Introduction to Nursing Science and Health Care”, BHTA Publications.

ORGANIZATIONAL AND MANAGEMENT ACTIVITIES

1. Director of the Internal Medicine-Nursing Sector of the Department of Nursing, NKUA
2. Director of the Clinical Nursing Applications Laboratory (2014-today)
3. Member of the Board of Directors of the Department of Nursing. NKUA
4. Member of Health Sciences Library Committee of the NKUA
5. Member of the Special Interdepartmental Interdisciplinary Committee of the Post Graduate program "Clinical Biochemistry and Molecular Diagnostics" -NKUA

MEMBERSHIP IN SCIENTIFIC and PROFESSIONAL ASSOCIATIONS

1. International NAS Network (INASnet)-Founding Member
2. International Brain Research Organization (IBRO)
3. Federation of European Neuroscience Societies (FENS)
4. Hellenic Society for Neurosciences
5. Hellenic National Association of Nurses-Elected member of the Administrative Board (17/02/2012 to 31/10/2016)
6. Hellenic Society of Nursing Studies (Elected Member of the Administrative Board: 2004-2010)
7. Hellenic Nurses Association (ENE)
8. Hellenic Society of Wound Healing and Chronic Ulcers (HSWH)

HONORARY AWARDS

1. **2 Scholarships of the “State Scholarship Foundation” (IKY)**, as a first and a second year Bachelor’s degree student in Nursing.
2. **Teaching-Research fellowship** for Anatomy, Histology and Biology, Department of Nursing, School of Health Sciences, NKUA (1992-1997)
3. **Award for research work** presented in the 45th Annual Conference of the Hellenic National Nurses Association, Kos Island, 09-12/05/2018, Greece.
4. **Award for research work** presented in the 28^o Hellenic Congress of Perioperative Nursing, Elite Hotel, Kalamata, 19-22/10/2017.
5. **Award for research work** presented in the 44^o Annual Conference of the Hellenic National Nurses Association, Naxos island, 11-13/05/2017.
6. **Award for research work** presented in the.” 43^o Annual Conference of the Hellenic National Nurses Association, Ermoupoli, Syros island, 11-14/05/2016.
7. **2 Awards for research works** presented in the 41^o Annual Conference of the Hellenic National Nurses Association, Crete, 4-7/05/2014.
8. **Award for the research work** “Pain intensity and apoptosis markers levels in intubated critical care individuals with and without apparent tissue injury and associations with pain: a comparative pilot study”. 11th Congress of the World Federation of Societies of Intensive & Critical Care Medicine. Durban, South Africa, 28/08-01/09/2013.

9. **Award for best scientific oral presentation** at the 38th Annual Conference of the Hellenic National Nurses Association, Chios Island, 10-13/05/2011, Greece.
10. **Award for scientific work** (winning poster presentation in the Sub-Topic: Hormonal regulation) at the Annual Conference of the European Society of Cardiology: Frontiers in Cardiovascular Biology, 2010.
11. **Award for best scientific oral presentation** at the 36th Annual Conference of the Hellenic National Nurses Association, 2009
12. **Award for best scientific poster presentation** at the 14th National Hellenic Conference of Cardiovascular Nursing, Athens, 2008.
13. **Award for best research work** presentation at the 3rd National Hellenic Conference of Health Management Economics and Politics, 2007.
14. **Award for best scientific presentation** at the 11th Annual meeting of the Hellenic Society for Neurosciences, 1995.