

NIKOLAOS FOTOS

Assistant Professor

Specialization: Medical Nursing

Sector: Internal Medicine-Nursing

Papadiamadopoulou 123, 11527, Goudi, Athens

Tel: +30 2107461454 / Fax: +30 2107461476 / e-mail: nikhotos@nurs.uoa.gr

TEACHING

Undergraduate

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

Postgraduate

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

EDUCATION

- 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.
- Master Degree in Clinical Nursing. Department of Nursing, National and Kapodistrian University of Athens, 2011.
- Degree in Nursing. : Department of Nursing, National and Kapodistrian University of Athens, 1999.

RESEARCH INTERESTS

1. Heart Failure
2. Coronary artery disease
3. Hypertension
4. Psychological and emotional disorders in chronic diseases
5. Viral hepatitis
6. Diseases of gastrointestinal tract

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. «Anxiety, depression and insomnia among patients with acute coronary syndrome». Financed by Special Account for Research of National and Kapodistrian University of Athens, 2014.
3. «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.

SCIENTIFIC PUBLICATIONS (Indicative list)

1. **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.
2. 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.
3. 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.
4. **Fotos V. Nikolaos**, Elefsiniotis S. Ioannis, Giakoumidakis Konstantinos, Argyropoulos Evangelos, Patris Vasileios, Brokalaki Hero. Prevalence and predisposing factors of hepatocellular carcinoma in a Hepatology Outpatient Unit. *Health Science Journal* 2015, 9(1). Available in: <http://hsj.gr/medicine/frequency-and-predisposing-factors-of-hepatocellularcarcinoma-in-a-hepatology-outpatient-unit.pdf>
5. 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.
6. 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.
7. 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.
8. Konstantinos Giakoumidakis, **Nikolaos V. Fotos**, Athina Patelarou, Stavros Theologou, Mihalis Argiriou, Anastasia A. Chatziefstratiou, Christina Katzilieri, 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.
9. 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.
10. 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.
11. 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.
12. **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 control. *Gastroenterology Nursing* 2018, 41(3): 206-218.
13. 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.

14. **Fotos** NV. Insomnia among patients with chronic heart failure. Journal of Hospital and Medical Management 2018, 4(1): 1-2.

BOOKS

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.

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. Buildings Supervisor (Papadiamadopoulou 123), 2012-present.
4. National and Kapodistrian University of Athens, Department of Nursing (Substitute member of Committee for the selection of postgraduate studies in «Inter-university Postgraduate Program»), 2012-2018.
5. National and Kapodistrian University of Athens, Department of Nursing (Member of Coordinating Committee of «Transcultural Nursing» Postgraduate Program), 2012-2013.
6. National and Kapodistrian University of Athens, School of Health Sciences, Department of Nursing (Member of the Design and Programming research activities Committee), 2012-2016.
7. 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).
8. Coordinator and Academic representative of Department of Nursing of National and Kapodistrian University of Athens for Erasmus+ Program (2014-present).
9. Substitute member of examination Committee for «Nursing Medical Specialization» in region of Athens-Piraeus (2016-present).
10. Substitute member of Health Sciences Library Committee of National and Kapodistrian University of Athens (2018-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), 2018-2020.

MEMBERSHIP IN SCIENTIFIC and PROFESSIONAL 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. 11 awards in National Scientific Conferences (2004 to 2019).