

## **Stylios KATSARAGAKIS**

**Assistant Professor in Palliative Care**

**Laboratory of the Development and Improvement of Nursing Care Delivery System**

**Section Internal Medicine – Nursing**

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### **TEACHING**

#### **Undergraduate**

1. Palliative Care, 8<sup>th</sup> Semester
2. Nursing Care Delivery Systems, 4<sup>th</sup> Semester
3. Oncology Nursing, 5<sup>th</sup> Semester
4. Clinical Nursing Practice, 8<sup>th</sup> Semester

#### **Postgraduate**

Postgraduate Programme of Nursing Department NKUA. Advanced Nursing Care and Mental Health of Children and Adults, specialization of “Oncology Nursing and Palliative Care”

- Nursing Therapeutic Interventions to People with Malignancies, 2<sup>nd</sup> Semester
- Modern Treatment Options in Oncology, 2<sup>nd</sup> Semester
- Understanding Impact of Cancer on the Individual, Families and Healthcare Professionals, 2<sup>nd</sup> Semester
- Geriatric Cancer Care, 2<sup>nd</sup> Semester
- Nursing Care for Patients with Hematological Malignancies, 2<sup>nd</sup> Semester
- Cancer as a Chronic Illness: Supportive and Palliative Care, 3<sup>rd</sup> Semester
- Clinical Leadership and Resource Management in Cancer Nursing and Palliative Care, 3<sup>rd</sup> Semester
- Evidence Based and Applied Research in Chronically Ill Patients Care, 3<sup>rd</sup> Semester
- Palliative Care for Patients with non-Malignant Life-threatening Diseases, 3<sup>rd</sup> Semester
- Carers Education and Support, 3<sup>rd</sup> Semester
- Trainers Training, 3<sup>rd</sup> Semester

Inter-University Postgraduate Programme of the Medical School in collaboration with the Nursing Department NKUA “Organisation and Management of Palliative and Supportive Care of Chronically Ill Patients”

1. Relief and Prevention of Chronic Pain
2. Quality Improvement of Palliative Care
3. Cost-effectiveness in Palliative Care
4. Organization and Management of Palliative Care Services

### **EDUCATION**

Doctoral Diploma: Nursing Department, National and Kapodistrian University of Athens, 2006

Postgraduate Diploma: Master Thesis, Nursing Department, National and Kapodistrian University of Athens, 2000

First Degree: Nursing Department, National and Kapodistrian University of Athens, 1998

### **RESEARCH INTERESTS**

1. Palliative Care
2. Cancer Nursing
3. Nursing Care Plans
4. Nursing Care Delivery Systems

## RESEARCH PROGRAMMES

1. Lung cancer patients' and their partners' assessment of patients symptom distress and quality of life. EONS – ROCHE Research Grant 2003, European Oncology Nursing Society, (6.000 euro) for the research project. EONS – ROCHE Award 2003.
2. Exploring the pain management related barriers of cancer patient and their family (National and Kapodistrian University of Athens)
3. AKESO 2- Development, organization and evaluation of home care services – Nurses' education in home care and community palliative care "Development of human resources 2007-2013" (EU funded).
4. eSMART: Randomised controlled trial to evaluate electronic Symptom Management using the Advanced Symptom Management System (ASyMS) RemoteTechnology for patients with cancers (EU funded).
5. Investigating the factors affecting the dignity of cancer patients in palliative care (National and Kapodistrian University of Athens)
6. Cultural adaptation and validation of the scale of Integrated Palliative Care Outcome Scale in the Greek language

## SCIENTIFIC PUBLICATIONS

1. Govina O, Kotronoulas G, Mystakidou K, **Katsaragakis S**, Vlachou E, Patiraki E. Effects of patient and personal demographic, clinical and psychosocial characteristics on the burden of family members caring for patients with advanced cancer in Greece. *Eur J Oncol Nurs*, 2015; 19(1): 81-88.
2. Patiraki E, **Katsaragakis S**, Dreliozzi A, Prezerakos P. Nursing Care Plans Based on NANDA, Nursing Interventions Classification, and Nursing Outcomes Classification: The Investigation of the Effectiveness of an Educational Intervention in Greece. *Int J Nurs Knowl*, 2017; 28(2):88-93.
3. **Katsaragakis S**. Editorial. Patients' Expectations Concerning Palliative Care. *Hellenic Journal of Nursing* 2016; 51(4): 396-408 (in Greek).
4. Maguire R, Fox PA, McCann L, Miaskowski C, Kotronoulas G, Miller M, Furlong E, Ream E, Armes J, Patiraki E, Gaiger A, Berg GV, Flowerday A, Donnan P, McCrone P, Apostolidis K, Harris J, **Katsaragakis S**, Buick AR, Kearney N. The eSMART study protocol: a randomised controlled trial to evaluate electronic symptom management using the advanced symptom management system (ASyMS) remote technology for patients with cancer. *BMJ Open*, 2017; 7(5): e015016.
5. Parpa E, Kostopoulou S, Tsilika E, Galanos A, **Katsaragakis S**, Mystakidou K. Psychometric properties of the Greek version of the Patient Dignity Inventory in advanced cancer patients. *J Pain Symptom Manage* 2017, 54(3): 376-382.
6. Papachristou N, Barnaghi P, Cooper BA, Hu X, Maguire R, Apostolidis K, Armes J, Conley YP, Hammer M, **Katsaragakis S**, Kober KM, Levine JD, McCann L, Patiraki E, Paul SM, Ream E, Wright F, Miaskowski C. Congruence Between Latent Class and K-modes Analyses in the Identification of Oncology Patients with Distinct Symptom Experiences. *J Pain Symptom Manage* 2018; 55(2): 318-333.
7. Kostopoulou S, Parpa E, Tsilika E, **Katsaragakis S**, Papazoglou I, Zygogianni A, Galanos A, Mystakidou K. Advanced Cancer Patients' Perceptions of Dignity: The Impact of Psychologically Distressing Symptoms and Preparatory Grief. *J Palliat Care* 2018; 33(2): 88-94.
8. Karlou C, Papadopoulou C, Papathanassoglou E, Lemonidou C, Vouzavali F, Zafiropoulou-Koutroubas A, **Katsaragakis S**, Patiraki E. Nurses' Caring Behaviors towards Patients undergoing Chemotherapy in Greece: A Mixed Methods Study. *Cancer Nurs* 2018; 41(5): 399-408.
9. Dimoula M, Kotronoulas G, **Katsaragakis S**, Christou M, Sgourou S, Patiraki E. Undergraduate nursing students' knowledge about palliative care and attitudes

- towards end-of-life care: A three-cohort, cross-sectional survey. *Nurse Educ Today* 2019; 74:7-14
10. Papachristou N, Puschmann D, Barnaghi P, Cooper B, Hu X, Maguire R, Apostolidis K, Conley Y, Hammer M, **Katsaragakis S**, Kober K, Levine J, McCann L, Patiraki E, Furlong E, Fox P, Paul S, Ream E, Wright F, Miaskowski C. Learning from Data to Predict Future Symptoms of Oncology Patients” (reference number: SREP-17-37375), which was recently submitted to Scientific Reports. *PLoS One* 2018; 13(12): e0208808 (eCollection 2018).
  11. Papachristou N, Barnaghi P, Cooper B, Kober KM, Maguire R, Paul SM, Hammer M, Wright F, Armes J, Furlong EP, McCann L, Conley YP, Patiraki E, **Katsaragakis S**, Levine JD, Miaskowski C. Network Analysis of the Multidimensional Symptom Experience of Oncology. *Sci Rep* 2019; 9(1): 2258.

## BOOKS

1. **S. Katsaragakis** & M. Hatzopoulou, editing of sections and translation of “Guide for Design Nursing Care. Nursing Diagnosis, Interventions and Assessment”. E. Patiraki-Kourmpiani, Pashalidis Ltd, 2008.
2. Patiraki E., Katsaragakis S. Editing of the Greek Version Becker R. (2019). *Fundamental Aspects of Palliative Care Nursing. An evidence-based handbook for student nurses.* Athens: Broken Hill Publishers LTD

## ORGANIZATIONAL AND ADMINISTRATIVE ACTIVITIES

1. Steering Committee of the Postgraduate Programme of Nursing Department NKUA. *Advanced Nursing Care and Mental Health of Children and Adults*
2. Steering Committee of the Inter-University Postgraduate Programme of the Medical School in collaboration with the Nursing Department NKUA “Organisation and Management of Palliative and Supportive Care of Chronically Ill Patients”

## MEMBERSHIP IN SCIENTIFIC and PROFESSIONAL ASSOCIATIONS

1. Member of the Hellenic Nurses Association and Section of Oncology Nursing
2. Vice president of the Greek Nursing Studies Association
3. Member of the Hellenic Cancer Society
4. Member of the Hellenic Association for Pain Control and Palliative Care
5. Member of the Oncology Nursing Society (ONS)
6. Member of the Association for Common European Nursing Diagnoses, Interventions and Outcomes (ACENDIO)
7. Member of the European Association for Palliative Care (EAPC)
8. Member of the European Oncology Nursing Society (EONS) και member of the Communication Work Group

## HONORARY AWARDS

1. EONS – ROCHE Research Grant 2003, European Oncology Nursing Society, (6.000 euro) for the research project “Lung cancer patients’ and their partners’ assessment of patients symptom distress and quality of life”. EONS – ROCHE Award, 2003.
2. Prize as Best Nursing Poster Presentation: S. Tsaroucha, **S. Katsaragakis**, Ch Karlou, E. Patiraki. Evaluation of hope, religiosity and the relationship with their partners of Greek newly diagnosed hematological patients. 7<sup>th</sup> Congress of the Balkan Union of Oncology 15/19 October 2008, Kusadasi – Turkey.
3. O. Goviva, K. Mystakidou, E. Parpa, **S. Katsaragakis**, M. Giannakopoulou, E. Patiraki. Exploring factors related with psychological burden of caregivers of patients with advance cancer. Abstract CD of the 1<sup>st</sup> Symposium of Oncology Nursing, Athens, 2010:9.
4. Petta E, Agvetidou E, Mpagiaou O, Tsiatsouli A, Liakopoulos J, **Katsaragakis S.**, Hammou A, Amoiridou S, Oikonomou H, Tserkezoglou A. Cancer pain management

of palliative home care patients. Proceedings of the 9<sup>th</sup> Scientific Symposium of General Medicine, Athens, 2013: 90 (3<sup>rd</sup> Prize).

5. D. Protopiros, S. **Katsaragakis**, Ch. Lemonidou, E. Patiraki Exploring problems and needs in Palliative Care of Greek hospitalized patients with advanced cancer. The European Cancer Conference, ECCO 2015, Vienna, Austria, European Journal of Cancer, 2015; 51(Suppl 3): S259 (Eons Best Poster Award, poster presentation, PP 1736).
6. A. Hamou, **S. Katsaragakis**, E. Patiraki. Exploring compassion fatigue and compassion satisfaction among health care professionals in a home palliative care unit for cancer patients in Greece. Abstract Book of the EONS 10, Dublin, Ireland, 2016: 153. (Poster presentation, PP 165, **Best poster** in the category “Theme 8: Palliative Care”).