

## Christos Kleisiaris

Associate Professor of Home-based Nursing Care

Nursing Department

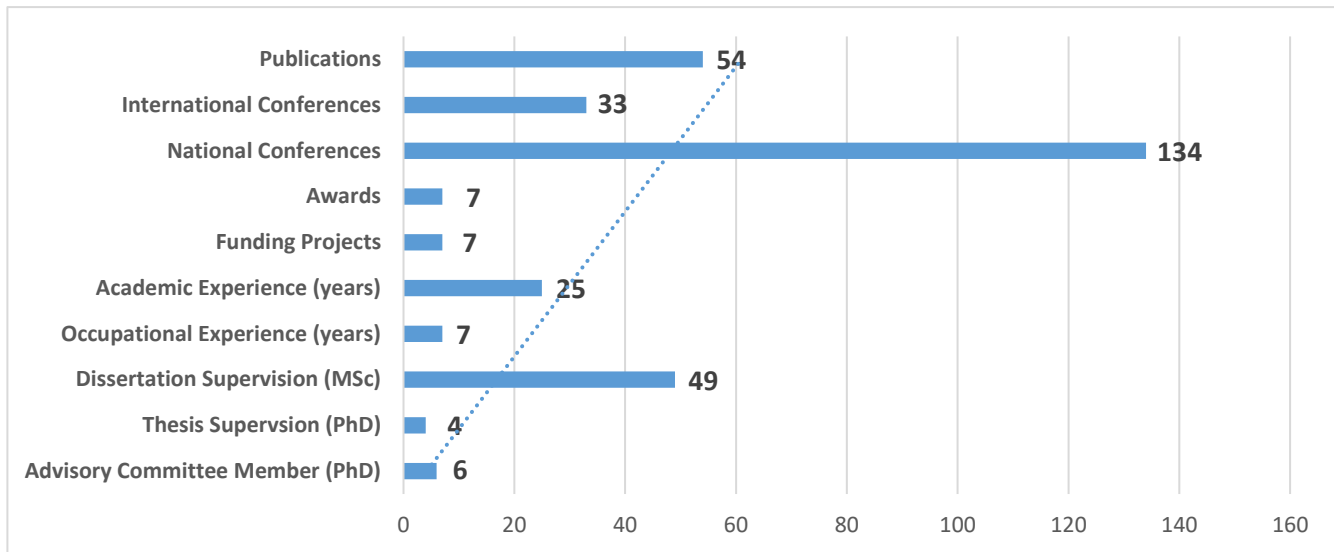
University of Thessaly

(Birthdate: 13<sup>th</sup> June, 1971)

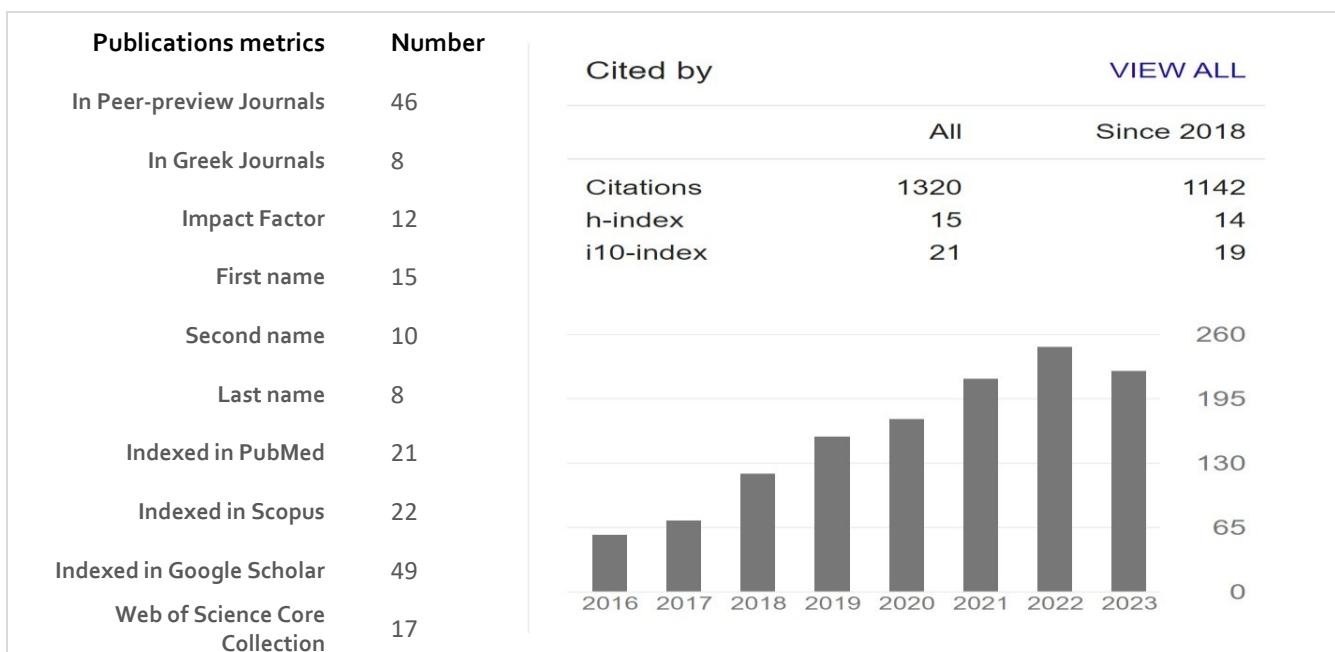
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### Synopsis of Academic Profile (assessed February 2024)



### Recognition and impact of research work (assessed February 2024)



### *Current position: (permanent position)*

Currently, he is serving as an **Associate Professor** of Home-based Healthcare Nursing Care (2020 – present) in the Nursing Department at the University of Thessaly, Larissa, Greece. Previously, he served as an Associate Professor at the Nursing Department, Hellenic Mediterranean University (HMU). He started his academic career as a Lecturer (2010-2016) and as an Assistant Professor (2016-2020).

### *Academic degree:*

- **Bachelor's degree in "Nursing"** (Department of Nursing, Hellenic Mediterranean University – ex Technological Educational Institute of Crete, 1993).
- **Master of Science (MSc) concerning "Primary Healthcare"** (School of Medicine, University of Thessaly, 2008).
- **PhD degree in the field of respiratory medicine with a special focus on "The prevalence of obstructive sleep apnea-hypopnea syndrome-related symptoms and their relation to airflow limitation in an elderly population receiving home care"**, (Respiratory Department, School of Medicine, University of Thessaly, 2014).

### *Academic experience:*

He is teaching undergraduate-level courses included in the syllabus of the Nursing Department (HMU) such as "Homecare Nursing", "Health promotion and health prevention", "Mental health nursing", "Evidence-based practices", "Gerontology nursing" and "Community nursing" (2010-present). Also, he gives lectures in three different Master of Science (MSc) Programs. Particularly, relevant lectures to the Master of Science (MSc) Program: "**Mental Health**" and implemented by the Nursing Department of Technological Institute of Thessaly, Greece (2014-2017). Also, specific lectures in the Master of Science (MSc) Program titled: "**Advanced Clinical Practices in Health Sciences**" and, it is offered orally and implemented by the Nursing Department, Hellenic Mediterranean University [2017]. Finally, he is an adjunct academic staff in the Master of Science (MSc) program titled: "**Management of Ageing and Chronic Diseases (GCN)**" in the course "**Social Gerontology**" which is offered by distance (online) and implemented by the HELLENIC OPEN UNIVERSITY, (2017-present). He also served as an associate partner "**Clinical trainer**" in the Nursing Department at the University of Thessaly, Greece (1998-2010).

### *Administrative experience:*

**Head of the Nursing Department**, Hellenic Mediterranean University (from 1<sup>st</sup> September 2021 to 31<sup>st</sup> August 2023).

**Director of the MSc program "Advances Clinical Practices in Health Sciences"** (from March 2021 to October 2022).

Responsible person for the External Evaluation and Accreditation of the undergraduate study programme of the Department of Nursing of the Hellenic Mediterranean University by the Hellenic Authority of Higher Education (2023).

### *Occupational experience:*

He has worked as a nurse at a Home-care community program namely “**Help at Home**” (permanent position) implemented by the Municipality of Elassona, a region of Larissa, Greece (2004-2010). In addition, he has worked as a contract nurse in a surgical clinic at the General Hospital of Larisa (2003-2004).

### *Participation in funding projects:*

- Principal Investigator (PI) of the project: “**Development of a Curriculum and Practical Guidance for Caregivers Caring for Older People**” – funded under the Educational Institute (INE, GSEE, [MIS] 5069281) of the Ministry of Labour and Social Affairs of Greece, (2022-present).
- PI of the **ENhANCE project (European curriculum for family and community nurse)**, on behalf of a partnership of HMU - funded under the Erasmus+ Programme – Call for Proposals EACEA 04/2017 KA2 – Sector Skills Alliances and, coordinated by the Istituto Tecnologie Didattiche – Consiglio Nazionale delle Ricerche (ITD-CNR) – Italy, consortium of 8 EU countries (2018-2021).
- Initial member of the research team of the European-funded project: **ASAP-Training [Building effective drug prevention results across Europe, based on prevention systems analysis and widespread professional training]** – funded under the JUSTICE-2017-AG-DRUG, Home Supporting Initiatives in the Field of Drugs Policy, consortium of 6 EU countries (2019-2020). Particularly, participation in the specific WP & Tasks "requirements analysis, conceptual design and support for online learning and VCP feeding".
- Member of the research team of the research project “**Hospital at Home**” - funded under the ESPA (National Foundation Research Program, 2023-2024). Particularly, participation in the specific WP 5 "Requirements for safe operational of Hospital at Home model". Analysis and conceptual design for safe and effective homecare provision.
- Member of the research team of the research project “**Epidemiologic profiling, health needs assessment and health education intervention in the rural population of Crete, Greece**” - funded under the (Archimedes III, National Foundation Research Program, 2012), which was implemented by the Nursing Department of the Hellenic Mediterranean University (ex, Technological Institute of Crete, Greece).
- Member of the research team of the research project: “**Social Capital and Other Sociodemographic and Environmental Factors that Predict Health Behaviours Change Young Adults: A 36-month Cohort Study**” - funded under the (Archimedes III, National Foundation Research Program, 2012) which was implemented by the Nursing Department of the Hellenic Mediterranean University (ex, Technological Institute of Crete, Greece).

### *A brief list of recent publications:*

**Kleisaris C, Maniou M, Karavasileiadou S, Togas C, Konstantinidis T, Papathanasiou IV, Tsaras K, Almegewly WH, Androulakis E, Alshehri HH. Psychological Distress and Concerns of In-Home Older People Living with Cancer and Their Impact on Supportive Care Needs: An Observational Survey. Current Oncology. 2023; 30(11):9569-83. DOI: <https://doi.org/10.3390/curroncol30110692> (SCI, Web of Science): IF:2.6].**

Adamakidou T, Ntempeli E, Galanis P, Mantoudi A, **Kleisaris C**, Mantzorou M, Zartaloudi A, Tsiou C, Apostolara P. **Factors Related to Evidence-Based Practice among Community Nurses in Greece: A Cross-Sectional Study.**

- Healthcare 2023; 11(23):3071. DOI: <https://doi.org/10.3390/healthcare11233071> (SCI, Web of Science): [IF: 2.8].
- Tasioudi L, Aravantinou-Karlatou A, Karavasileiadou S, Almegewly WH, Androulakis E, **Kleisiaris CF**. **The Impact of Frailty and Geriatric Syndromes on the Quality of Life of Older Adults Receiving Home-Based Healthcare: A Cross-sectional survey.** *Healthcare*. 2023; 11(1):82. <https://doi.org/10.3390/healthcare11010082> *Impact Factor* 3.160.
- Aravantinou-Karlatou A, Kavasileiadou S, Panagiotakis S, Tziraki C, Almegewly W, Androulakis E, **Kleisiaris C**. **The Impact of Socioeconomic Factors and Geriatric Syndromes on Frailty among Elderly People Receiving Home-Based Healthcare: A Cross-Sectional Study.** *Healthcare (Basel)*. 2022;10(10): 2079 doi: [10.3390/healthcare10102079](https://doi.org/10.3390/healthcare10102079), *Impact Factor* 3.160.
- Pantouvaki A, Kastanis G, Patelarou E, Alpantaki K, **Kleisiaris C**, Zografakis-Sfakianakis M. Greek Translation, Cultural Adaptation and Validation of the Mini Sarcopenia Risk Assessment Questionnaire, to Evaluate Sarcopenia in Greek Elderly at a Hospital Setting. *Nurs Rep*. 2023;13(1):404-411. doi: [10.3390/nursrep13010037](https://doi.org/10.3390/nursrep13010037) [IF:2.8].
- Schetaki S, Patelarou E, Giakoumidakis K, **Kleisiaris C**, Patelarou A. **Evidence-Based Practice Competency of Registered Nurses in the Greek National Health Service.** *Nurs. Rep*. 2023, 13, 1225-1235. [IF:2.8].
- Bagnasco A, Catania G, Zanini M, Pozzi F, Aleo G, Watson R, Hayter M, Sasso L; ENHANCE WP2 Collaborative Group, (**Kleisiaris CF**.) **Core competencies for family and community nurses: A European e-Delphi study.** *Nurse Educ Pract*. 2022; 60:103296. doi: [10.1016/j.nepr.2022.103296](https://doi.org/10.1016/j.nepr.2022.103296).
- Kapidou E, Mantoudi A, Plakas S, Tsiou C, **Kleisiaris CF**, Kalokairinou A, Adamakidou T. **Quality of sleep and health-related quality of life in community-based patients with multiple sclerosis.** *Arch Hellen Med* 2022, 39(6):797-804.
- Zidrou C, **Kleisiaris CF**, Adamakidou T. **Associations between Disability in Activities of Daily Living and Social Capital aspects among older adults: a scoping review.** *J Frailty Sarcopenia Falls*. 2021; 1;6(3):119-130. doi: [10.22540/JFSF-06-119](https://doi.org/10.22540/JFSF-06-119). [IF:1.6].
- Kleisiaris CF**, Papathanasiou IV, Kaffatou E, Androulakis E, Panagiotakis S, Alvino S, Tziraki C. **Assessing the impact of frailty on cognitive function in older adults receiving home care.** *Transl Med UniSa*, 2019; 29:27-35 [IF:0.5]. [PMID: 31360664].
- Kleisiaris CF**, Papathanasiou IV, Tsaras K, Androulakis E, Kourkouta L, Fradelos E, Zyga S. **Factors affecting the health status of elderly people receiving home care.** *Arch Hellen Med*, 2019; 37(2), 237-244 [Scopus].
- Liotta G, Ussai S, Illario M, O' Caoimh R, Cano A, et al, and correspondence authors **Kleisiaris CF**. **Frailty as the Future Core Business of Public Health: Report of the Activities of the A3 Action Group of the European Innovation Partnership on Active and Healthy Ageing (EIP on AHA).** *Int J Environ Res Public Health* 2018; 15(12) [PubMed] [IF:5.1].
- Kleisiaris CF**, Kritsotakis EI, Daniil Z, Markakis G, Papathanasiou IV, Androulaki Z, Gourgoulisanis KI. **Assessing the risk of obstructive sleep apnoea-hypopnoea syndrome in elderly home care patients with chronic multimorbidity: a cross-sectional screening study.** *Springerplus*, 2016; 13; 5:34. [PubMed]. *Impact Factor*: 0,987
- Kleisiaris CF**, Kritsotakis EI, Daniil Z, Tzanakis N, Papaioannou A, Gourgoulisanis KI. **The prevalence of OSAHS-related symptoms and their relation to airflow limitation in an elderly population receiving home care.** *Int J Chron Obstruct Pulmon Dis*, 2014; 9:1111-1117. [PubMed] *Impact Factor* 3.141.
- Kleisiaris CF**, Plaiti EM, Papathanasiou IV, Papaioannou P, Kastrinakis I, Diakantoni S, Fradelos E, Kourkouta L. **Smoking is Associated with Osteoporosis Development in Primary Care Population.** *American Journal of*

*Nursing Science, Special Issue: Mental Health Care: Aspects, Challenges and Perspectives. 2015; 4(2-1):96-101. [Online]*

**Kleisiaris CF, Adamakidou, T, Maniou, M, Sapountzi-Krepia, D, Kourkouta L. Factors Affecting Fatigue in Older Adults Receiving Home-Based Healthcare. *International Journal of Caring Sciences. 2021; 14:3, p1668-1676.***

**Kleisiaris CF, Maniou M, Papathanasiou VI, Sfiniadaki A, Collaku E, Koutsoumpa C, Sarafis P. The prevalence of depressive symptoms in the elderly population and their relation to life situations in primary care. *Health Science Journal, 2013; 7(4):417. [Scopus]***

**Patelarou AE, Kleisiaris CF, Androulakis E, Tsirakos DK, Kritsotakis G, Konstantinidis TI, Androulaki Z. Use of primary health care services in Southern Greece during a period of economic crisis. *Arch Hellen Med, 2016; 33(1):84-89 [Scopus]***

### *International Conferences*

#### **Supplements – conference proceedings**

- 2022 18th International E-Congress of the European Geriatric Medicine Society. **“The relationship between palliative care needs, frailty, nutritional status and independent living in elderly people: a cross-sectional study”**. *Eur Geriatr Med* 13 (Suppl 1), 1–439 (2022). <https://doi.org/10.1007/s41999-022-00711-8>
- 2022 18th International E-Congress of the European Geriatric Medicine Society. **“Older adults’ psychological well-being promotion in home healthcare”**. *Eur Geriatr Med* 13 (Suppl 1), 1–439 (2022). <https://doi.org/10.1007/s41999-022-00711-8>
- 2021 17th International E-Congress of the European Geriatric Medicine Society. **“The impact of nutrition and malnutrition on the prevention of frailty in the elderly population receiving homecare”**. *Eur Geriatr Med* 12 (Suppl 1), 1–387 (2021). <https://doi.org/10.1007/s41999-021-00585-2>
- 2021 17th International E-Congress of the European Geriatric Medicine Society. **“Assessing the unmet needs of elderly people with cognitive decline and receiving home-based care”**. *Eur Geriatr Med* 12 (Suppl 1), 1–387 (2021). <https://doi.org/10.1007/s41999-021-00585-2>
- 2021 17th International E-Congress of the European Geriatric Medicine Society. **“Psychometric properties of the Evidence-Based Practice Competences Questionnaire for Professionals”**. *Eur Geriatr Med* 12 (Suppl 1), 1–387 (2021). <https://doi.org/10.1007/s41999-021-00585-2>
- 2021 17th International E-Congress of the European Geriatric Medicine Society. **“Fracture and fall risk in patients with type 2 diabetes: a literature review”**. *Eur Geriatr Med* 12 (Suppl 1), 1–387 (2021). <https://doi.org/10.1007/s41999-021-00585-2>
- 2020 16th International E-Congress of the European Geriatric Medicine Society. **“The Impact of socioeconomic factors and age-related syndromes on frailty among older adults receiving home care”**. *Eur Geriatr Med* 11 (Suppl 1), 1–309 (2020). <https://doi.org/10.1007/s41999-020-00428-6>
- 2020 16th International E-Congress of the European Geriatric Medicine Society. **“The effect of task-oriented activities in the pre-frail older people”**. *Eur Geriatr Med* 11 (Suppl 1), 1–309 (2020). <https://doi.org/10.1007/s41999-020-00428-6>
- 2020 16th International E-Congress of the European Geriatric Medicine Society. **“Post-stroke dysphagia: swallowing and nutritional status after hospital discharge”**. *Eur Geriatr Med* 11 (Suppl 1), 1–309 (2020). <https://doi.org/10.1007/s41999-020-00428-6>
- 2020 16th International E-Congress of the European Geriatric Medicine Society. **“Effect of frailty and multi-comorbidities on quality of life of older adults receiving home care”**. *Eur Geriatr Med* 11 (Suppl 1), 1–309

(2020). <https://doi.org/10.1007/s41999-020-00428-6>

- 2020 16th International E-Congress of the European Geriatric Medicine Society. **“The impact of physical exercise in daily living of older people with type II diabetes”**. Eur Geriatr Med **11** (Suppl 1), 1–309 (2020). <https://doi.org/10.1007/s41999-020-00428-6>
- 2020 16th International E-Congress of the European Geriatric Medicine Society. **“Nurses’ evidence-based practice competence as an essential element of high-quality healthcare”**. Eur Geriatr Med **11** (Suppl 1), 1–309 (2020). <https://doi.org/10.1007/s41999-020-00428-6>
- 2020 16th International E-Congress of the European Geriatric Medicine Society. **“Are there any barriers on the way to evidence-based nursing practice adoption?”**. Eur Geriatr Med **11** (Suppl 1), 1–309 (2020). <https://doi.org/10.1007/s41999-020-00428-6>
- 2019 EIP on AHA RSCN and A3 Action Group on Lifespan Health Promotion & Prevention of age-related frailty and disease. Implementing a comprehensive approach to integrated care, Thematic Workshop, Rome Italy 3-4 Dec 2019. An Oral presentation titled: **“The Impact of Socioeconomic Factors and Cognitive Decline on Frailty in Older Adults receiving Home Care in Crete”**. Kleisiaris CF.
- 2019 European Nurse Directors Association (ENDA) Congress, Helsinki Finland 12-14 Sept. 2019. Oral presentation titled: **“Nurse directors’ roles in developing health care policies and services for family and community nurses”**. Azmirad M, Turunen H, Alvino S, Kleisiaris CF, Papathanasiou I, Fradelos E, Pozzi F.
- 2019 International Council of Nurses - ICN Congress 2019, Singapore. Posted presentation titled: **“Challenges for advancing family care in Greece: the European curriculum for family and community nurse (ENhANCE project)”**. Kleisiaris CF, Kritsotakis G, Papathanasiou I, Fradelos E, Daglas A, Pozzi F.
- 2019 International Conference on Active and Healthy Ageing 2019. Copenhagen Denmark 14-16 May 2019. An oral presentation titled: **“The role of home care in the prevention of cognitive decline and frailty syndrome”**. Kleisiaris CF, Panagiotakis S, Papathanasiou I, Alvino S, Androulakis E, Tziraki C.
- 2019 Annual Meeting 2019, Coimbra Health School. Coimbra Portugal 5-6 April 2019. An oral presentation titled: **“Towards the Definition of a Professional Profile and a European Curriculum for Family and Community Nurse”**. Participating in all partners of the ENhANCE project.
- 2018 XIX Congress of the Italian Society of Medical Pedagogy XIX, Congresso Nazionale SIPeM, Naples Italy, 8-9 Nov 2018. An oral presentation titled: **“An e-Delphi study to identify the core competencies of the Family and Community Nurse”**. Participating in all partners of the ENhANCE project.
- 2018 European Conference on Advanced Nursing Research, Genova, Italy 2018. A poster presentation titled: **“Fostering a European Curriculum for the Family and the Community Nurse: The ENhANCE project”**. Participating in all partners of the ENhANCE project.
- 2018 Vulnerability and Compassion. The role of Primary Care in Europe, European Forum for Primary care, Heraklion Crete, 23-25 September 2018, Greece. A poster presentation titled: **“The role of homecare in the prevention of functional and cognitive decline and frailty: a preliminary result of an A3 action Group commitment”**. Kaffatou EM, Kleisiaris CF, Giannakopoulou I, Kasampa A, Androulakis E.
- 2018 II INTERNATIONAL CONFERENCE ON MENTAL HEALTH CARE “MENTAL HEALTH: GLOBAL CHALLENGES OF XXI CENTURY. Kiev Ukraine 25–26 Oct 2018. An oral presentation titled: **“Vocational and Educational Training in Family and Community Nursing as a European Priority: The ENhANCE Erasmus+ Project. Aspects for Mental Health Care”**. Participating in all partners of the ENhANCE project.
- 2016 International Journal of Health Administration and Education Congress (Sanitas Magisterium), Gebze, Istanbul, 26-27 March 2016. Turkey. An Oral presentation titled: **“Psychotherapeutic interventions for patients with dementia in-home care”**. Giortami G, Kalouri M, Mantonanaki I, Zahou M, Fradelos E, Papathanasiou I, Melas C, Kleisiaris C.



- 2016 International Journal of Health Administration and Education Congress (Sanitas Magisterium), Gebze, Istanbul, 26-27 March 2016. Turkey. A Poster presentation titled: **“Assessment of sleep disorders in elderly patients with depression”**. Kaffatou M, Zahou M, Tsaras K, Papathanasiou I, Fradelos E, Kourkouta L, Melas C, **Kleisiaris C**.
- 2015 International Congress of the European Respiratory Society, Amsterdam, Netherlands. A poster presentation titled: **“Multimorbidity is a risk factor for obstructive sleep apnea-hypopnea syndrome in ageing”**. **Kleisiaris CF**, MInas M, Kritsotakis E, Daniel Z, Malli F, Markakis G, Papathanasiou I, Gourgoulialis K. Proceedings are published on *Europ Respir J*, 2015; 46 (Suppl 59): p1049.
- 2011 International Congress of the European Respiratory Society, Barcelona, Spain. An oral presentation titled: **“Wood stoves and coal burning smoke exposure is associated with COPD development, especially in women”**. **Kleisiaris CF**, MInas M, Papaioannou, A, Daniel Z, Gourgoulialis K. Proceedings are published on *Europ Respir J*, 2011; 38 (Suppl 55): p1049.

#### *Reviewer in Web of Science Core Collection Journals - Social Sciences Citation Index*

- Clinical Interventions in Aging - Dove Press (Impact Factor: 3.6)
- The Australasian Journal on Ageing - WILEY library (Impact factor 1.6)
- International Journal for Quality in Health Care - Oxford Journals (Impact Factor 2.5)
- Healthcare - MDPI (Impact Factor: 2.8)
- Risk Management and Healthcare Policy - Dove Press (Impact Factor: 3.2)
- Applied Nursing Research - Elsevier Journals (Impact Factor 1.3)

#### *Awards*

- 10<sup>o</sup> Paneuropean and 11<sup>o</sup> Panhellenic Nursing Conference (2018, Zakynthos Island, Greece): Awarded as Supervisor of the best undergraduate students’ research project, titled: **“Frailty syndrome: its relation to cognitive decline in the elderly population receiving homecare”**.
- 44<sup>o</sup> Panhellenic Nursing Conference (2017, Naxos Island, Greece): Awarded as Supervisor of the best undergraduate students’ research project, titled: **“Assessment of the multi-comorbidity effect on heart attack risk of a community-dwelling population”**.
- 43<sup>o</sup> Panhellenic Nursing Conference (2016, Syros Island): Awarded as Supervisor of the best undergraduate students’ research project, titled: **“Association between depression and fatigue syndrome in older patients receiving home-based healthcare”**.
- 9<sup>o</sup> Paneuropean and 10<sup>o</sup> Panhellenic Nursing Conference (2016, Kalamata, Greece): Awarded as Supervisor of the best undergraduate students’ research project, titled: **“Do nursing students contribute effectively to an early recognition of Chronic Obstructive Pulmonary Disease?”**
- 8<sup>o</sup> Paneuropean and 9<sup>o</sup> Panhellenic Nursing Conference (2015, Thessaloniki, Greece): Awarded as Supervisor of the best undergraduate students’ research project, titled: **“The usage of the wood-burning stove as a cause of airway obstruction in older adults living in rural regions ”**.
- 41<sup>o</sup> Panhellenic Nursing Conference (2014, Hersonissos, Crete Island, Greece): Awarded as Supervisor of the best undergraduate students’ research project, titled: **“Identification of the socioeconomic factors and their effect on suicidal behaviour amid financial crisis”**.
- 40<sup>o</sup> Panhellenic Nursing Conference (2013, Athens, Greece): Awarded as Supervisor of the best

undergraduate students' research project, titled: "Health determinants assessment and their impact on the general health of the elderly beneficiaries of homecare program".