



CURRICULUM VITAE

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Date of birth 22 October 1985
Nationality Greek
Sex Female
Marital status Married

Executive Summary

- ✓ Having worked as a Nurse for almost 5 years, I have gained both personal satisfaction and significant clinical and managerial experience. Due to my multidisciplinary background, I managed to develop strong medical communication skills
- ✓ I undertook Medical and Pharmacology courses at the Nursing School of the University of Athens. After my graduation, I have attended a series of seminars and preparation courses in Biochemistry, Inorganic and Organic Chemistry.
- ✓ I have also worked in close collaboration with doctors (such as dermatologists, cardiologists, and pathologists), pharmacists and other health care professionals, and achieved to improve my analytical and synthesis skill, boosting my team spirit and perception.
- ✓ Additionally, I achieved to get involved in training of mental patients, making groups with nurse tutors who conveyed the knowledge into the new nursing staff. I successfully managed to communicate with a specially demanding group of mental illness relatives, using simple language and techniques, based on this specific group audience.
- ✓ As far as my personality is concerned, I have strongly developed a sense of autonomy and responsibility, considering that I have worked under pressure and adverse circumstances at the Mental Health Clinic.
- ✓ I am now seeking new challenges in the sector of Health and more specifically in the areas of Health Management and Services. My academic background as well as my professional experience are assets that will allow me to be performant and efficient.

Employment to Date/Work Experience

- 2015-present *Psychiatric Clinic Sinouri, Kifisia, Athens* (www.sinouri.gr)
Post: *Nursing Director*
- Supervising and reviewing nursing staff (20 Nurses).
 - Preparing also the nursing staff schedule and maintaining high standards of care.
 - Interaction with physicians, patients and family members.
 - Determination and making difficult decisions on certain cases are often required.
 - Establishing and ensuring staff continuous training.
 - Organizing effective systems to monitor the efficient use of resources (including staff and beds -118).
 - Involvement in the drug safety management, following meticulously the medical prescriptions and maintaining a close collaboration with the clinical pharmacist.
- 2014-2015 *Psychiatric Clinic Sinouri, Kifisia, Athens*
Post: *Nursing Ward Supervisor in Acute Mental illnesses*

- Managing, supervising and assisting the nursing staff.
- Providing administrative support and patient care at a VIP Unit.
- Directing the admission, discharge and general flow of patients.
- Assigning nurses and support staff to patients.
- Monitoring vital signs, conferring with doctors on a patient's progress and reporting special circumstances.
- Using and managing controlled drugs. (Acute Psychiatric Cases)

2013-2014

Psychiatric Clinic Sinouri, Kifisia, Athens

Post: *Registered Nurse*

- Providing to patient needs, such as administering medications (a Prolonged Release suspension for injection).
- Assigning a caseload of patients.
- Providing direct care to their patients, which includes facilitating social and emotional need.
- Maintaining a safe environment through the use of monitoring devices.
- Restraining techniques were deemed necessary.

2011-2012

Hygeia Hospital, Greek Private Hospital Marousi, Athens (www.hygeia.gr)

Post: *Registered Clinical Nurse in the 9th ward, specialized in Oncology and Haematology Cases.*

- Assessing, planning and implementing nursing care.
- Evidence based Cancer and Haematology nursing care.
- Treatment of Acute Promyelocytic Leukemia (APL) with Anthracycline-Aracytin Chemotherapy (CT).
- Making appropriate referrals to members of the multidisciplinary caring team.

2011

Hygeia Hospital, Greek Private Hospital Marousi, Athens

Post: *Registered Clinical Nurse in Intensive Care Unit.*

- Critical Care evidence based practice.
- Direct nursing care of cardiovascular patient.
- Drug preparation and administration
- Patient assessment.

2006

Health Centre in Astros Kynouria for 30 working days. Drill Program in the context of the "Operational Program Education and Professional Training II" (OPEIPT/EPEAEK II).

Education/Qualifications

2014-2017

National School of Public Health, MSc. in Health Care Administration/Management appended in 2017.

2004-2008

National and Kapodistriakon University of Athens, BA in Nursing School.

Seminars/Congresses

2016

Series of Seminars in Basic Principles of Hygiene and Food Safety, certified by EFET. (<http://www.efet.gr/portal/page/portal/efetnew/efet/mission>)

2016

2nd Mental Health Conference, Taking Action to overcome Barriers to Mental Health Care, at Aigli Zappeio, Athens.

2015

11th Pan-Hellenic Congress of the Greek Public Health School "Management, Economics and Health Policies", at Hilton hotel, Athens.

1st Mental Health Conference, Political Imperatives and Economic Challenges in Times of Crisis, at Divani Caravel hotel, Athens.

Shaping the Future of Healthcare in Greece 2015. Healthcare Reforms: Greater Challenges Ahead, at Athenaeum Intercontinental hotel, Athens.

- 2007 34th Pan- Hellenic Nursing Care Congress “Care: The heart of Nursing “, Chania, Crete.
Oral Presentation: “Care of Patients who have had a Neurosurgical Operation after a hard trauma in the Cranial Region”.
- 2009-2010 University of Patras, Series of Seminars and courses in Biochemistry, Inorganic and Organic Chemistry.
- 2009 Erasmus Medical Centre, Rotterdam, Netherlands, Admission attendant of Summer School of the Master of Neuroscience Program.

Other Skills/Activities

- 2011 Driving Licence.
- 2005 Certificate in General Use of PC-ICT Intermediate C
(Windows XP, Word, Excel, Internet, Power Point, Access)
- 1997-present Member of the ActionAid
- 1997-2003 Member of the WWF Greece
- 1999 Volunteer in Hellenic Red Cross (earthquake in Athens)
- Languages** Greek: native speaker; English: professional level, German: very good, French: good
- Interests** Travelling, International affairs, European history, Socialising, Swimming.
- References** Upon request