

Personal Information



Family name, First name: Athanasiou, Nikolaos

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Date of birth: 14/01/1993 | Nationality: Greek

Professional Experience

- 2017-present Residency in Pulmonary Medicine, General Hospital of Athens “O Evangelismos”
- 2/9/2018-present Participant in Smoking Cessation Clinic of Pulmonary and Respiratory Failure Department, First ICU, Evangelismos Hospital, Athens, Greece, Under supervision of Paraskevi Katsaounou, Head of Smoking Cessation Clinic
- 10/10/2019-present Participant and Head of Smoking Cessation Clinic, Pulmonary Clinic, Evangelismos Hospital, Athens, Greece
- 23/05/2019-present Member of research team 8 Thorax Foundation
- 17/08/2015-22/09/2015 Volunteer work at Blood Bank Department, General Hospital of Karditsa
- 15/07/2014-14/08/2014 Volunteer work at Cardiology Department, General Hospital of Karditsa
- 01/05/2012-31/01/2013 Volunteer work at KETHEA KIVOTOS participating in the program of Learning strategies about drugs-LSD organized by HelMSIC and KETHEA KIVOTOS

Education

- 28/9/2020-present Postgraduate student in "Respiratory sleep disorders-Laboratory and Clinical Sleep Medicine", National and Kapodistrian University of Athens.
- 23/01/2019-present PhD CANDIDATE National and Kapodistrian University of Athens, "**SERUM CORTISOL LEVELS, DIFFERENTIAL EXPRESSION OF ISOFORMS OF GLUCOCORTICOID RECEPTOR AND CYTOKINES IN PATIENTS WITH COVID-19 PNEUMONIA**" Katsaounou Paraskevi (Supervisor), Assistant Professor of Pulmonology, NTUA
- 2017-2018 Master Degree in «Research Methodology in Biomedicine, Biostatistics and Clinical Bioinformatics at University of Thessaly» (8,61)
- 2011-2017 Student in Medical School of Democritus University of Thrace (DUTH). Degree in Medicine (MD) (7,51)

Foreign Languages

English Proficient in English

Education Seminars & Certificates

1. ERS, Certified Training Program. Certification of continuous medical education. Online modules. **Thoracic ultrasound training program - Part 1**. Has successfully completed (exams 17/7/2020) (20 EBAP)
2. **C19_SPACE Self-Learning** has been accredited by European Accreditation Council for Continuing Medical Education and EBAC Medicine, for inter-professional Continuing Education for maximum of 17 European CME credits (Nikolaos Athanasiou **award 17 CME credits**)

Author in Book Chapters

Peter J. Barnes, Ian M. Adcock, Sharon Mumby, Stamatoula Tsikrika, Christina Gratziou, Marios Ioannou, **Nikolaos Athanasiou** and Paraskevi Katsaounou, Improving the care of patients who smoke, Asthmatic Patients, Chapter 8 (p. 136-153), Supporting Tobacco Cessation, ERS Monograph, 2021

Publications

- [1] Papalampidou A, Bibaki E, Boutlas S, Pantazopoulos I, **Athanasiou N**, Moylan M, Vlachakos V, Grigoropoulos V, Eleftheriou K, Daniil Z, Gourgoulialis K, Kalomenidis I, Zakynthinos S and Ischaki E 2020 Nasal high-flow oxygen versus noninvasive ventilation in acute exacerbation of COPD: protocol for a randomised noninferiority clinical trial *ERJ Open Res.* **6** 00114–2020
- [2] Ilias I, Diamantopoulos A, Pratikaki M, Botoula E, Jahaj E, **Athanasiou N**, Tsipilis S, Zacharis A, Vassiliou A G, Vassiliadi D A, Kotanidou A, Tsagarakis S and Dimopoulou I 2021 Glycemia, beta-cell function and sensitivity to insulin in mildly to critically ill covid-19 patients *Med.* **57** 1–6
- [3] Barmparessou Z, Korkontzelou A, Ioannou M, Vichos N, Gkotsina M, Mprinia K, Saltagianni V, Giannakas T, **Athanasiou N**, Giannakoulis V, Antonoglou A, Kakavas S, Boulbasakos G, Gida S, Pappa S, Zervas E, Kalomenidis I and Katsaounou P 2020 Smoking habit among adults visiting the emergency room (ER) for an asthma exacerbation *Tob. Prev. Cessat.* **6**

European Respiratory Society

1. Virtual school on Clinical exercise testing: Core principles, November 26th, 2020 (7 EBAP)
2. Webinar - Inhaled antimicrobials, October 29th, 2020 (1 EBAP)
3. Virtual school on Interstitial lung diseases, November 3rd-4th, 2020 (8 EBAP)
4. COVID-19 DAY. ERS VIRTUAL CONGRESS 2020, September 6th, 2020 (6 EBAP)
5. Virtual school in adult and pediatric respiratory medicine, July 1st-3rd, 2020 (6 EABP)

Conferences-Presentations

Award

Our e-poster presentation “**Smoking of healthcare workers working in reference hospitals during the first wave of the COVID-19 pandemic**” received an award, in 29th Panhellenic Pulmonology Congress.

Nikolaos Athanasiou, Sofia Pappa, Dimitra Mpousiou, Stamatoula Tsikrika, Zafeiria Barbaressou, Manolis Manos, Athanasia Pataka, Sofia Gida, Stavros Patrinos, Ioanna Sigala, Ilias Migdalis, Vassilis Vlahakos, Andreas Adrachtas, Alexandra Giannou, Ibraheem Aqeel, Aggeliki Chasouraki, Vassiliki Tassi, Paraskevi Katsaounou

Presentations – Seminars
(Greek – International)
Lectures – Posters

- Certificate for Participation & Education in Smoking Cessation Clinic Organization February 12th-13th, 2021, under the auspices of Hellenic Thoracic Association (HTS), Smoking Cessation Team.

Round Table February 13th, 2021: Smoking Cessation in Special Patient Groups.
Title: **Smoking Cessation during hospitalization**

- Participation Certificate in 29th Panhellenic Pulmonology Congress, December 17th-20th, 2020

e-P 008: **Patients coming in Emergency Department with asthma exacerbation have asthma of mild severity**

Zafeiria Barbaressou, Nikolaos Vichos, Timoleon Giannakas, Katerina Mprinia, Margarita Gkotsinia, Vassiliki Saltagianni, **Nikolaos Athanasiou**, Archontoula Antonoglou, Stavroula Mpoulia, Sotirios Kakkavas, Georgios Mpoulmpasakos, Sofia Gida, Sofia Pappa, Efthimios Zervas, Aliko Korkotzelou, Ioannis Kalomenidis, Paraskevi Katsaounou

e-P 014: **Smoking of healthcare workers working in reference hospitals during the first wave of the COVID-19 pandemic**

Nikolaos Athanasiou, Sofia Pappa, Dimitra Mpousiou, Stamatoula Tsikrika, Zafeiria Barbaressou, Manolis Manos, Athanasia Pataka, Sofia Gida, Stavros Patrinos, Ioanna Sigala, Ilias Migdalis, Vassilis Vlahakos, Andreas Adrachtas, Alexandra Giannou, Ibraheem Aqeel, Aggeliki Chasouraki, Vassiliki Tassi, Paraskevi Katsaounou

e-P 074: **Mental Health and Addictive Behaviors of Healthcare Workers working in reference hospitals during the first wave of COVID-19 pandemic**
Nikolaos Athanasiou, Stamatoula Tsikrika, Dimitra Mpousiou, Sofia Pappa, Zafeiria Barbaressou, Athanasia Pataka, Stavros Patrinos, Sofia Gida, Ilias Migdalis, Ioanna Sigala, Vassilis Vlahakos,

Andreas Adrachtas, Manolis Manos, Alecandra Giannou, Odysseas Violetis, Charalampos Thanos, Vassiliki Tassi, Paraskevi Katsaounou

e-P 123: Sleep Disorders of healthcare workers working in reference hospitals during the first wave of the COVID-19 pandemic

Nikolaos Athanasiou, Sofia Pappa, Athanasia Pataka, Stamatoula Tsikrika, Dimitra Mpousiou, Stavros Patrinos, Sofia Gida, Ioanna Sigala, Zafeiria Barbaressou, Andreas Adrachtas, Ilias Migdalis, Vassilis Vlahakos, Manolis Manos, Alexandra Giannou, Mahmoud Abdelrasoul, Louiza Tsagkaraki, Anastasios Chatziantoniou, Alexandra Agorogianni, Paraskevi Katsaounou

e-P 175: Initial Clinical Characteristics of patients with Acute Pulmonary Embolism that requires hospitalization

Nikolaos Athanasiou, Archontoula Antonoglou, Stavroula Mpoulia, Sotirios Kakkavas, Vassiliki Lazarou, Taxiarchis Boutzarelis, Steven Kompogiorgas, Sotiria Krasouli, Evangelos Mpalis

e-P 018: Smoking Cessation in patients with Diabetes Mellitus: Body Weight and Physical Exercise

Aliki Korkotzelou, Stamatina Driva, Sotiria Schoretsianiti, Zafeiria Barbaressou, Vassiliki Vasileiou, Vassiliki Saltagianni, Alexander Osarogue, Sotirios Giftopoulos, Martha Andritsou, **Nikolaos Athanasiou**, Serena Tonstad, Christina Gkratziou, Nikolaos Tentolouris, Paraskevi Katsaounou

WPA 2020, Psychological trauma: Global burden on mental and physical health

Prevalence and predictors of depression, anxiety and insomnia in healthcare workers during Covid-19 pandemic in Greece.

Pappa Sofia & **Athanasiou Nikolaos**, Patrinos Stavros, Barmpareassou Zafeiria, Sakkas Nikolaos, Katsaounou P

Traumatic stress and burnout in healthcare workers during Covid-19 pandemic in Greece.

Pappa Sofia & **Athanasiou Nikolaos**, Patrinos Stavros, Barmpareassou Zafeiria, Elpitha Sakka, Katsaounou P

ERS International Congress, September 28th - October 2nd, Madrid 2019
E-Posters

PA1699: Increasing smoking cessation (SC) rates through Facebook (FB). ("ToKANA") Z. Barmpareassou (Athens, Greece)

Aliki Korkontzelou, Zafeiria Barmpareassou, Martha Andritsou, Eleni Biniari, Ourania Koltsida, Sotiria Schoretsaniti, Athina Diamanti, **Nikolaos Athanasiou**, Paraskevi Katsaounou

29/9/2019(14:45-16:45/ 6D/SESSION 187/ Poster discussion: Challenges in tobacco control and cessation)

PA2327: Nasal high flow versus Non-invasive ventilation in patients with acute exacerbation of chronic obstructive pulmonary disease

A. Papalampidou (Athens, Greece)

Eleni Ischaki, Ioannis Pantazopoulos, Efstratios Manoulakas, Stylianos Boutlas, Athanasia Papalampidou, Melanie Moylan, Emmanouil Ferdoutsis, Georgios Meletis, **Nikolaos Athanasiou**, Stavroula Boulia, Konstantinos Gourgoulisanis, Spyros Zakynthinos

30/10/2019 (12:50-14:40/ TP-04/ SESSION 269/ Thematic poster: Treatment of acute respiratory failure with noninvasive ventilation)

- 25th Annual Seminar of continuing medical education, General Hospital of Athens "O Evangelismos", February 17th-21st 2020

Investigation of the correlation between Nicotine Addiction with Profession

in Smoking Cessation Clinic Population of Pulmonary Clinic. G.H.A. “O Evangelismos”, Greece

Marios Kougias, Viorika Kokkala, **Nikolaos Athanasiou**, Sotirios Kakavas, Konstantinos Kotsifas, Georgios Mpoulmpasakos

- Participation Certificate in 28th Panhellenic Pulmonology Congress, December 12th-15th, 2019 with the following Presentations-Posters:

AA009: Characteristics of patients with Bronchial Asthma exacerbation coming to Emergency Department of a fourth-grade hospital

AA024: Nasal high flow versus Non-invasive ventilation in patients with acute exacerbation of chronic obstructive pulmonary disease

AA031: Increasing smoking cessation (SC) rates through Facebook (FB)

AA103: Obstructive fibrinous tracheal pseudomembrane after intubation. Treatment with flexible bronchoscopy

AA104: Conscious suppression (light anesthesia) in flexible bronchoscopy: First results of a prospective observation study
Participation in Smoking Cessation Clinical Lab

- Certification of Participation & Education for Smoking Cessation Clinic Organization, April 19th-20th, 2019, G.H.T.D. “I Sotiria”, under the auspices of Hellenic Thoracic Association (HTS), Smoking Cessation Team
- Participation certificate in 27th Panhellenic Pulmonology Congress, December 13th-16th, 2018 with the following Presentations-Posters:

Interesting case of thoracic empyema from Sphigomonas Paucimobilis & parvimonas micra

Sit to stand test in hospitalized patients due to COPD (speaker)

The very first case of treatment of a large tracheoesophageal fistula with autoexpandable Y metallic stent fully covered with polyurethane in Greece

- Participation Certificate in 21st Scientific Congress of Medical Students and 9th Forum of Medical Students and Junior Doctors, May 15th-17th, 2015, Athens with the following presentations:

Oral Presentation in Radiology: **Endarterial treatment of intracranial aneurysms**

Head of Round Table of Alexandroupoli: **Emergency cases of Vascular surgery in Rural Outpatient Clinic: Superficial Thrombophlebitis (Speaker)**

Participation in Congresses

20+ participations in Scientific Conferences & Seminars