

CV

Niki Syrou, RN, MPH, Ph.D

Education

Dr Niki Syrou has a Bachelor Degree in Nursing of the National and Kapodistrian University of Athens (1996-2000) and a Master Degree in "Public Health" (MPH) of the National School of Public Health (2008-10) with a final grade "excellent". Her postgraduate course is in "Health Standards and Behaviors" and her Diploma Thesis is titled "Genetically Modified Foods and Genetically Modified Organisms".

She also has a Doctor of Philosophy (PhD) in Public Health (2010-14) of the National and Kapodistrian University of Athens with a final grade "excellent". Her PhD thesis is about school safety and hygiene and its title is: "Development, implementation and evaluation of a program to modify risk factors for health and safety in schools".

She has a certified knowledge of computer science and of 2 foreign languages, English (level C2) and French (level B2).

Professional Experience/Background

She worked as a registered Nurse (RN) in Surgery at the Central Clinic of Athens from 2000 to 2001, in Intensive Care Unit (ICU) at the General Clinic of Athens from 14/03/2001 to 24/07/2001, in Intensive Care Unit (ICU) at the Henri Dunant Hospital from 2001 to 2003, in Intensive Care Unit (ICU) at Attikon Hospital from 2003 to 2004. She worked as a School Nurse at Special Education and Training from 2004 until 2019. She had the position of school principal at 2013-14, 2016-17, 2017-18, 2018-19. As a school nurse, she was responsible authority in matters of health education and health promotion and she was invited to play an important role for increasing awareness of the school population through health education and health promotion programs. These programs, among other things, had the aim of providing knowledge, form attitudes and modify behaviors that contribute to the creation of safe and healthy teaching conditions.

Since 02/2019 she has been working as a Laboratory Teaching Staff at the University of Thessaly (Department of Physical Education and Sport Science) and she teaches the course "Safe Exercise and First Aid" and the new course "Public Health and Exercise". Since 2020 she is a member of the Health and Safety and Nutrition Assurance Committees of the Department of Physical Education and Sport Science (DPESS), UTH. Finally, on 10/2020, by decision of the Rector's Council of the University of Thessaly, she took on the role of Local Head of DPESS, UTH for the correct and uniform implementation of a written plan/management protocol for a possible suspected or confirmed COVID-19 case, according to National Committee for the Protection of Public Health, the National Organization for Public Health (EODY), the Ministry of Education and Religions and the current legislation.

Research Interests

Since 2004, as a School Nurse, she worked in the development of programs, policies and environments that enable school health. She was a coordinator of several health education programs in schools. She also participated in a number of conferences and workshops, as well as a speaker in several educational programs for teachers and students, especially about school safety and hygiene, nutrition, physical activity and other public health issues (about 60 lectures/presentations). Her writing concerns the publication of articles in scientific journals and refereed conferences and the creation of educational material in “*school safety and hygiene*”, approved in 2016, 2017, 2018, 2019 and 2020 by the Institute of Educational Policy (IEP) and by the Ministry of Education and Religious Affairs for its pedagogical appropriateness. In September 2016, 2017, 2018, 2019 and 2020 she sent the educational material electronically to all Greek schools, in order to be implemented (optional) by teachers and pupils as a health education program, an experiential activity or as a project.

➤ The above educational action was referred on the website of the National and Kapodistrian University of Athens, as an announcement on 27-01-2017. A similar reference was also made about the educational program on "School Safety and Hygiene", by Olympic Radio Television on 04.01.2018 and on which she was a central speaker (https://www.youtube.com/watch?v=b_supJZC7hU). Finally, reference was made about the above-mentioned educational material through the presentation of the scientific activity of the Faculty of Nursing at the Conference regarding to the 180th anniversary of the National and Kapodistrian University of Athens on 27-11-2017.

The educational material is posted on the web pages (2020-21):

<http://www.pe.uth.gr/index.php/draseis/vivlia-kai-vaseis-dedomenon>

<https://www.dropbox.com/sh/elpohz7thl1leex/AACYHf0LDNp-9XCKFT0urI14a?dl=0>

<https://blogs.sch.gr/nikisyrou/>

She has the role of the evaluator and writer in the scientific journals "*Nursing and Research*" and "*International Journal of Educational Innovation*". She is an Editorial Board Member of the Scientific Journal of Nursing and Research and a Scientific Committee Member of the Scientific of the International Journal of Educational Innovation. She is also an educator at the Institute of Educational Policy (IEP) and at the Scientific Association for the Promotion of Educational Innovation (EEPEK).

In 2016, 2018 and 2019, she attended a full First Aid training program and received certification from the Rescue Training International (RTI) and the European Resuscitation Council (ERC)

She successfully attended a mixed (traditional and asynchronous online) learning program, titled “Exercise for Health: Group and Personal Training” (80 hours), implemented by the Faculty of Physical Education and Sport Science at the University of Thessaly (from October 2018 to January 2019).

She is a Research Associate and Lab Officer at the Laboratory of Exercise Biochemistry, Physiology and Nutrition (SmArT Lab) - University of Thessaly - Greece since February 2019, with main activities and responsibilities being conducting research, measurements, scientific writing, compliance with the regulation of SmArT Lab, laboratory safety and hygiene and occasional teaching at students.

Publications in International Refereed Scientific Journals and Conferences (full texts)

Syrou N, Kalokairinou A, Elefsiniotis I, Sourtzi P (2014). *Modification of risk factors for health and safety in primary schools after the intervention of a school nurse.* 1st Conference "New Teacher", Athens 03-04 May. ISBN: 978-960-99435-5-0, e-book / pdf, pp. 1586-1593.

Syrou N, Sourtzi P (2015). *School nursing in Special Education Units.* 2nd Conference "New Teacher", Athens 23-24 May, ISBN: 978-960-99435-7-4, e-book / pdf, p.3919-3925.

Syrou N, Sourtzi P (2015). *Development, implementation and evaluation of a health education program on school hygiene and safety by a school nurse.* Prime, (8)2, 105-117.

Syrou N, Makrygianni K, Noula I, Mekras D, Sourtzi P (2017). *Implementation and evaluation of an English language educational program in a school year.* 3rd International Conference for the Promotion of Educational Innovation, Larissa 13-15 October, ISBN: 978-618-82197-6-2 (Volume A), e-book / pdf, p. -1130.

Syrou N, Makrygianni K, Tetrimida E, Sourtzi P (2017). *Implementation and evaluation of a self-service toilet program for pupils with special educational needs.* 3rd International Conference for the Promotion of Educational Innovation, Larissa 13-15 October, ISBN: 978-618-82197-9-3 (Volume D), e-book / pdf, p. -256.

Syrou N, Makrygianni K, Tetrimida E, Sourtzi P (2017). *Development, implementation and evaluation of a health education program in school hygiene in special school pupils.* 3rd International Conference for the Promotion of Educational Innovation, Larissa 13-15 October, ISBN: 978-618-82197-9-3 (Volume D), e-book / pdf, p. -435.

Syrou N, Makrygianni K, Tacha M, Sourtzi P (2017). *Implementation and evaluation of an educational program for disability in primary school students.* 3rd International Conference for the Promotion of Educational Innovation, Larissa 13-15, ISBN: 978-618-82197-8-6 (Volume C), e-book / pdf, p.1032 -1035.

Syrou N, Tacha M, Sourtzi P (2018). *Educational actions for disability between a general and a special primary school.* 4th International Conference for the Promotion of Educational Innovation, Larissa 12-14 October, ISBN: 978-618-84206-4-9 (Volume D), e-book/pdf, p.216-220

Syrou N, Sourtzi P (2018). *Skills development in identifying and recording the risks on school safety and hygiene.* 4th International Conference for the Promotion of Educational Innovation, Larissa 12-14 October, ISBN: 978-618-84206-3-2 (Volume C), e-book/pdf, p.209-222.

Syrou N, Sourtzi P (2019). *Implementation and evaluation of a distance learning programme on school safety and hygiene.* International Journal of Educational Innovation, 1:73-84.

Alexis Batrakoulis, Ioannis Fatouros, Athanasios Chatzinikolaou, Dimitrios Draganidis, Kalliopi Georgakouli, konstantinos Papanikolaou, Chariklia K. Deli, Tsimeas Panagiotis, Alexandra A. Avloniti, Niki Syrou, Athanasios Jamurtas (2019). *Dose-response effects of high-intensity interval neuromuscular exercise training on weight loss, performance, health and quality of life in inactive obese adults: Study rationale, design and methods of the DoIT trial.* Contemporary Clinical Trials Communications 15(2019)100386.

Alexios Batrakoulis, Georgios Loules, Kalliopi Georgakouli, Panagiotis Tsimeas, Dimitrios Draganidis, Athanasios Chatzinikolaou, Konstantinos Papanikolaou, Chariklia K. Deli, Niki Syrou, Nikolaos Comoutos, Yiannis Theodorakis, Athanasios Z. Jamurtas & Ioannis G. Fatouros (2019). High-Intensity Interval Neuromuscular Training Promotes Exercise Behavioral Regulation, Adherence and Weight Loss in Inactive Obese Women. European Journal of Sport Science, doi.org/10.1080/17461391.2019.1663270.

Syrou N, Sourtzi P (2020). *Assessing the applicability of educational material for school safety and hygiene.* International Journal of Educational Innovation, 2 (3): 29-38.

Kalliopi Georgakouli, Alexandra Stamperna, Chariklia Deli, Niki Syrou, Dimitrios Draganidis, Ioannis G. Fatouros, Athanasios Jamurtas (2020). *The effects of postprandial resistance exercise on blood glucose and lipids in prediabetic, beta-thalassemia major patients.* Sports, 8(5), 57, doi:10.3390/sports8050057.

Batrkoulis A, Georgakouli K, Draganidis D, Deli CK, Papanikolaou K, Tsimeas P, Syrou N, Chatzinikolaou A, Avloniti A, Jamurtas AZ, Fatouros IG (2020). A 5-month high-intensity interval neuromuscular training program improves cardiometabolic health in obese women. *Med Sci Sports Exerc* 52(5): S506.

Educator in distance training programs

Syrou N (2018). 50 hours asynchronous distance learning program (e-learning) to teachers, titled: "School Safety and Hygiene: A Significant Chapter in Health Education", via EEPEK Moodle online platform on January - February 2018.

Syrou N (2018). 12 hours synchronous distance learning program (e-learning) to teachers, titled: "Health and Safety at Work", via Moodle online platform on November 2018, as part of a project of IEP (Action Code 5008057).

Membership of Professional Bodies/Associations

1. Hellenic Nurses Association (HNA)
 2. Nursing Studies Company
 3. Scientific Association for the Promotion of Educational Innovation (EEPEK)
 4. National Health Education Network
 5. National Register of Executives of the Public Administration of ASEP
 6. Register of Instructors of the Institute of Educational Policy (IEP), Greek Ministry of Education, Research and Religious Affairs
 7. SmartLab of the Center of Research & Evaluation of Human Performance of the Department of Physical Education & Sport Sciences
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