



Ioannis Kouroutzis

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EDUCATION AND TRAINING

2019 – 2023 Larissa, Greece

BSC IN NURSING University of Thessaly

Website <https://www.nurs.uth.gr/> | **Field of study** Nursing and midwifery | **Final grade** 8.68 | **Level in EQF** EQF level 6

10/2023 – CURRENT Patras, Greece

MASTER IN HEALTH CARE MANAGEMENT Hellenic Open University

Website <https://www.eap.gr/> | **Field of study** Health and welfare | **Level in EQF** EQF level 7 | **Type of credits** ECTS |

Number of credits 120 | **Thesis** Self-efficacy for coping with cancer and fear of progression in oncology patients

17/09/2024 – CURRENT Lisbon, Portugal

JOINT MASTER OF MANAGING DIGITAL TRANSFORMATION IN THE HEALTH SECTOR ISCTE University Institute of Lisbon

Website <https://managidith.eu/> | **Level in EQF** EQF level 7 | **Type of credits** ECTS | **Number of credits** 90

27/02/2023 – 03/03/2023 Girona, Spain

BLENDED INTENSIVE PROGRAMME ERASMUS+ “CULTURAL DIVERSITY IN HEALTH” University of Thessaly, University of Udine, University of Girona

- Cross Cultural Communication
- Cross Cultural Competence
- Nurses' Cultural Sensibility

Field of study Nursing and midwifery | **Final grade** 10.0 | **Type of credits** ECTS | **Number of credits** 3

WORK EXPERIENCE

2023 – CURRENT Larissa, Greece

SCIENTIFIC ASSOCIATE OF LABEDU TRAUMACARE - UNIVERSITY OF THESSALY

- Organization of seminars, conferences, community activities
- research
- writing

Business or Sector Education | **Website** <https://traumacarelab.nurs.uth.gr/>

Link <https://esmed.org/MRA/mra/article/view/4508>

10/2023 – 11/2023 Samos Island, Greece

PRIVATE 79TH NATIONAL GUARD MEDICAL BATTALION

- Blood Collection
- Nursing

12/11/2023 – 19/06/2024 Larissa, Greece

PRIVATE 404 GENERAL MILITARY HOSPITAL

- Company Sergeant Major Assistant



- Ambulance nurse

26/06/2024 – 26/08/2024 Larissa, Greece

SUPPORT WORK BEFORE, DURING AND AFTER THE FNAM 2024 SPECIAL ACCOUNT FOR RESEARCH GRANTS OF THE UNIVERSITY OF THESSALY

13/11/2024 – 28/02/2025 Larissa, Greece

WORK TEAM OF ERASMUS+ PROJECT "TELENURSING: DIGITAL QUALIFICATION OF NURSES TO MANAGE THE INCREASINGLY DEMANDED TELE CARE SERVICES FOR HOME REMOTE MONITORING" SPECIAL ACCOUNT FOR RESEARCH GRANTS OF THE UNIVERSITY OF THESSALY

WP4) Digital and virtual Tools - Databank content & guidelines development
WP5) Impact / Dissemination / Sustainability activities implementation

Business or Sector Education | **Website** <https://telenursing.eu/>

2024 – CURRENT Larissa, Greece

TECH SUPPORT SPECIALIZATION IN SCHOOL NURSING - TRAINING AND LIFELONG LEARNING CENTER - UNIVERSITY OF THESSALY

- Course coordination
- Technical assistance to trainees
- Asynchronous distance learning platform management

Business or Sector Education | **Department** University of Thessaly | **Website** https://learning.uth.gr/school_nursing/

● TEACHING EXPERIENCE

21/03/2025

Placement and management of PICC and MIDLINE catheters

Workshop for Nursing students of the University of Thessaly in collaboration with BD Hellas S.A. (8 hours)

01/07/2024 – 14/07/2024

First Aid in Emergency Situations - Cardiopulmonary Resuscitation

Webinars in the programme "Specialization in School Nursing" of the Training and Lifelong Learning Center of the University of Thessaly

01/06/2024 – 01/06/2024

Clinical Skills and Practical Applications for prevention of PICC lines associated infections

3 hours of teaching at the postgraduate programme "Prevention and control of clinically serious infections in health facilities" of the Department of Medicine of the University of Thessaly

21/03/2024

Placement and management of PICC and MIDLINE catheters

Workshop for Nursing students of the University of Thessaly in collaboration with BD Hellas S.A. (4 hours)

● PUBLICATIONS

2025

[Psychosocial risks and musculoskeletal disorders \(MSD's\) nurses face in the hospital working environment](#)

Iordanidou, D., **Kouroutzis, I.**, Kotsakis, A., Tzenetidis, V., Sarafis, P., & Malliarou, M. (2025). Psychosocial risks and musculoskeletal disorders (MSD's) nurses face in the hospital working environment. *Polski merkurusz lekarski : organ Polskiego Towarzystwa Lekarskiego*, 53(1), 12-19.



Iordanidou et al., 2025

Link <https://pubmed.ncbi.nlm.nih.gov/40063906/>

2024

Effectiveness of a skill lab on nursing students' knowledge to perform peripherally inserted central catheter insertion: a quasi-experimental study

Kouroutzis, I., & Malliarou, M. (2024). Effectiveness of a skill lab on nursing students' knowledge to perform peripherally inserted central catheter insertion: a quasi-experimental study. *Polski merkuriusz lekarski : organ Polskiego Towarzystwa Lekarskiego*, 52(6), 668–678.

Kouroutzis & Malliarou, 2024

Link <https://pubmed.ncbi.nlm.nih.gov/39951633/>

2024

Moral distress and Moral Sensitivity and their correlation with safe nursing care

Grammatis, V., **Kouroutzis, I.**, Apostolidi, N., Vako, I., Apostolidi, T.P., Roka, V., Sarafis, P. & Malliarou, M. (2024). Moral distress and Moral Sensitivity and their correlation with Safe nursing care. *Medical Research Archives*,12(1).

Grammatis et al., 2024

Link <https://doi.org/10.18103/mra.v12i1.4930>

2023

Moral Distress and Moral Resilience of Health Professionals in a Greek Public Hospital during the Second Wave of Pandemic

Vako, I., Patsaki, E., Kouvarakos, A., Grammatis, V., **Kouroutzis, I.**, Apostolidi, T. P., Roka, V., Kotanidou, A., Sarafis, P. & Malliarou, M. (2023). Moral Distress and Moral Resilience of Health Professionals in a Greek Public Hospital during the Second Wave of Pandemic. *Medical Research Archives*,11(10).

Vako et al., 2023.

Link <https://doi.org/10.18103/mra.v11i10.4508>

● **PROJECTS**

19/10/2024

EMBRACE - Evropos' Motivation for Breast Cancer Awareness through Community Education

Organization of the participation of Labeled TraumaCare of the University of Thessaly in collaboration with Evropos' local community - Municipality of Paeonia and the Cancer Association of Kilkis in the action "EMBRACE - Evropos' Motivation for Breast Cancer Awareness through Community Education".

11/05/2024 – 13/05/2024

Solidarity Action "Together a hug"

Organization of the participation of Labeled TraumaCare of the University of Thessaly in collaboration with the E-GOVERNMENT CENTER for SOCIAL SECURITY Societe Anonyme in the action "Together a hug" of the Larissa Pharmaceutical Association during May 11-13 on the topic of Digital Health Literacy and informing the community about the possibilities of the myHealth Mobile App.

● **VOLUNTEERING**

2024 – CURRENT

BLS Instructor of the European Resuscitation Council



PRESENTATIONS IN INTERNATIONAL CONFERENCES

09/05/2022 – 10/05/2022

The experience of distance education in Greece - The case of Nursing Department of University of Thessaly

Kouroutzis, I. & Ntounias, G. "The experience of distance education in Greece - The case of Nursing Department of University of Thessaly". 29th Florence Network Annual Meeting. Izmir, May 9-10th 2022.

Link <https://hemsirelik.ege.edu.tr/files/hemsirelik/icerik/ABSTRACTBOOK.pdf>

24/04/2023 – 28/04/2023

Improving patient safety through IoT applications. So far, so good.

Kouroutzis, I. "Improving patient safety through IoT applications. So far, so good.". 30th Florence Network Annual Meeting. Madrid, April 24-28th 2023.

24/04/2023 – 28/04/2023

Evaluation of a Basic Suture Training Workshop for Nursing Students in Greece

Kouroutzis, I., Apostolidi, T.P. & Malliarou, M. "Evaluation of a Basic Suture Training Workshop for Nursing Students in Greece". 30th Florence Network Annual Meeting. Madrid, April 24-28th 2023.

05/02/2024 – 06/02/2024

Greek nursing students' attitude towards patient safety

Kouroutzis, I., Apostolidi, T.P. & Malliarou, M. "Greek nursing students' attitude towards patient safety". CARE4 - International Scientific Nursing and Midwifery Conference. Antwerp, February 5-6th 2024.

05/02/2024 – 06/02/2024

Correlation of moral distress and moral sensitivity of nurses with safe nursing care

Kouroutzis, I., Grammatis, V. & Malliarou, M. "Correlation of moral distress and moral sensitivity of nurses with safe nursing care". CARE4 - International Scientific Nursing and Midwifery Conference. Antwerp, February 5-6th 2024.

22/04/2024 – 26/04/2024

Empowering Mental Resilience in the Work Environment: strategies and practices for successful adaptation

Koinis, A., Kouroutzis, I. & Malliarou, M. "Empowering Mental Resilience in the Work Environment: strategies and practices for successful adaptation". 31st Florence Network Annual Meeting. Larissa, April 22-26th 2024.

22/04/2024 – 26/04/2024

Empowering Nurses, Strengthening, Systems: Impact Of a Pioneering Innovative Skill Lab On Students' Knowledge And Confidence

Kouroutzis, I., Kariamias, G. & Malliarou, M. "Empowering Nurses, Strengthening, Systems: Impact Of a Pioneering Innovative Skill Lab On Students' Knowledge And Confidence". 31st Florence Network Annual Meeting. Larissa, April 22-26th 2024.

22/04/2024 – 26/04/2024

Greek Nursing Students digital storytelling of their experience of an Erasmus+ BLENDED INTENSIVE PROGRAMME on Cultural diversity in health in University of Girona

Kouroutzis, I., Koumpoura, MM., Panos, K., Aslanidou, E., Divani, N., Kontou, D. & Oikonomou, V. "Greek Nursing Students digital storytelling of their experience of an Erasmus+ BLENDED INTENSIVE PROGRAMME on Cultural diversity in health in University of Girona". 31st Florence Network Annual Meeting. Larissa, April 22-26th 2024

22/04/2024 – 26/04/2024

Investigation of factors influencing user acceptance of modern healthcare technologies across various healthcare settings in Greece



Tamposis, I., **Kouroutzis, I.**, Malliarou, M. & Papathanasiou, I. "Investigation of factors influencing user acceptance of modern healthcare technologies across various healthcare settings in Greece". 31st Florence Network Annual Meeting. Larissa, April 22-26th 2024.

06/06/2024 – 06/06/2024

Navigating Digital transformation in Healthcare: The role of AI Apps and ethical challenges

Kouroutzis, I. "Navigating Digital transformation in Healthcare: The role of AI Apps and ethical challenges". Telenursing Erasmus+ Project Multiplier Event. Larissa, June 6th 2024.

03/09/2024 – 03/09/2024

Designing and implementing a Digital Educational Escape Room about PICC care and maintenance for Nursing students in Greece: A Research Protocol

Kouroutzis, I. & Malliarou, M. "Designing and implementing a Digital Educational Escape Room about PICC care and maintenance for Nursing students in Greece: A Research Protocol". HTWG Konstanz: Medical Summer School. Sarajevo, September 3rd 2024.

11/09/2024 – 13/09/2024

Nurses' moral sensitivity and patient safety

Kouroutzis, I., Grammatas, V., Sarafis, P. & Malliarou, M. "Nurses' moral sensitivity and patient safety". 27th International Nursing Philosophy Conference. Ioannina, September 11th-13th 2024.

05/10/2024 – 05/10/2024

360o view of students' role in an AI-enhanced medical world

Kouroutzis, I. "360o view of students' role in an AI-enhanced medical world". ICOHEMA 2024. Thessaloniki, October 5th 2024.

PRESENTATIONS IN NATIONAL CONFERENCES

03/12/2021 – 05/12/2021

The biological basis of SUDs

Kouroutzis, I. & Ntounias, G. The biological basis of substance use disorders. 3rd Panhellenic Interdisciplinary Nursing Research Conference of the Institute of Health, Portaria, December 3-5, 2021. E040.

03/12/2021 – 05/12/2021

The biological basis of mood disorders - The case of Bipolar Disorder.

Ntounias, G & **Kouroutzis, I.** The biological basis of mood disorders - The case of Bipolar Disorder. 3rd Panhellenic Interdisciplinary Nursing Research Conference of the Institute of Health, Portaria, December 3-5, 2021. E040.

18/05/2022 – 21/05/2022

The role of the school nurse in the sex education of adolescents

Kadigkou, X., **Kouroutzis, I.** & Ioannidou, G. The role of the school nurse in the sex education of adolescents. 49th Panhellenic Conference of the Hellenic Nurses Association, Chios Island, May 18-21, 2022. EA032.

10/06/2022 – 13/06/2022

Evaluation criteria for online health information

Kouroutzis, I., Ntounias, G., Priska, E., Katsogiannou, N. & Mantzaris, D. Evaluation criteria for online health information. 4th Panhellenic Interdisciplinary Nursing Research Conference of the Health Institute, Lefkas Island, June 10-13, 2022. EA011.

04/11/2022 – 06/11/2022

Applications and perspectives of artificial intelligence and deep learning in clinical diagnostic oncology

Kouroutzis, I., Dounias, G. & Mantzaris, D. Applications and perspectives of artificial intelligence and deep learning in clinical diagnostic oncology. 9th Panhellenic Symposium of Nursing Oncology, Volos, November 4-6, 2022. EA7.



03/11/2022 – 06/11/2022

The effect of the Mediterranean Diet on the risk of Type II Diabetes Mellitus

Kouroutzis, I. & Ntounias, G. The effect of the Mediterranean Diet on the risk of Type II Diabetes Mellitus. 28th Armed Forces Medical Conference, Thessaloniki, November 3-6, 2022. ST47

25/11/2022 – 26/11/2022

Basic rules of Bioethics and Ethics in Scientific Research

Kouroutzis, I. Basic rules of Bioethics and Ethics in Scientific Research. 1st Panhellenic Conference of Nursing Students of the Hellenic Nurses Association, Athens, November 25-26, 2022. ST4.

08/12/2022 – 11/12/2022

What should every nurse know about Von Willebrand disease? - Clinical scenario

Kouroutzis, I. What should every nurse know about Von Willebrand disease? - Clinical scenario. 22nd Panhellenic Nursing Conference of the Panhellenic Trade Union Nursing Federation of the National Health System, Meteora, December 8-11, 2022.

12/03/2023 – 13/03/2023

Description of mixed mobility program "CULTURAL DIVERSITY IN HEALTH" between the nursing departments of the University of Thessaly, University of Girona and University of Udine.

Kouroutzis, I. Description of mixed mobility program "CULTURAL DIVERSITY IN HEALTH" between the nursing departments of the University of Thessaly, University of Girona and University of Udine. 1st Panhellenic Conference of Physiotherapy Students, Lamia, March 12-13, 2023.

03/05/2023 – 06/05/2023

Design and evaluation of advanced clinical skills training courses for nursing students

Kouroutzis, I. & Malliarou, M. Design and evaluation of advanced clinical skills training courses for nursing students. 50th Panhellenic Conference of the Hellenic Nurses Association, Syros Island, May 3-6, 2023.

03/05/2023 – 06/05/2023

Strategies for forming a patient safety culture in health organizations

Kouroutzis, I. & Malliarou, M. Strategies for forming a patient safety culture in health organizations. 50th Panhellenic Conference of the Hellenic Nurses Association, Syros Island, May 3-6, 2023.

24/09/2023

Nursing students' attitude towards patient safety

Kouroutzis, I. Nursing students' attitude towards patient safety. 4th Panhellenic Conference of the Hellenic Liver, Pancreas, Biliary Society, Larissa, September 24, 2023.

03/11/2023 – 05/11/2023

European study programs - Continuing education programs Greece/Europe.

Kouroutzis, I. European study programs - Continuing education programs Greece/Europe. 10th Panhellenic Symposium on Nursing Oncology, Chalkis, November 3-5, 2023.

10/11/2023 – 11/11/2023

The importance of nutrition in the oncology patient

Kouroutzis, I. The importance of nutrition in the oncology patient. 23rd Post-Training Conference "Developments in oncology", Patras, November 10-11, 2023.

15/05/2024 – 18/05/2024

Comparison of numerical and verbal pain intensity scales in adult patients

Kouroutzis, I. Comparison of numerical and verbal pain intensity scales in adult patients. 51st Panhellenic Conference of the National Nurses Association of Greece, Naxos Island, May 15-18, 2024.



10/02/2025

NURSESCAPE™: New interactive platform of the ER.EK.TR.AS. using escape rooms.

Kouroutzis, I. NURSESCAPE™: New interactive platform of the ER.EK.TR.AS. using escape rooms. N3 Dialogues, Nursing, New Technologies, Networking, Larissa, February 10, 2025

● **CONFERENCES AND SEMINARS**

17/10/2019 – 20/10/2019 Volos, Greece

Annual Panhellenic Conference "PULMONOLOGY & INTENSIVE CARE DAYS"

07/02/2020 – 08/02/2020 Thessaloniki, Greece

3rd Interdisciplinary two-day meeting of 424 General Military Hospital "BUILDING BRIDGES IN INTERPROFESSIONAL COOPERATION"

15/10/2020 – 18/10/2020 Volos, Greece

Annual Panhellenic Conference "PULMONOLOGY & INTENSIVE CARE DAYS"

03/12/2021 – 05/12/2021 Portaria, Greece

3rd Panhellenic Interdisciplinary Nursing Research Conference of the Institute of Health

09/05/2022 – 10/05/2022 Smyrna

29th Florence Network Annual Meeting

18/05/2022 – 21/05/2022 Chios Island, Greece

49th Panhellenic Conference of the Hellenic Nurses Association

10/06/2022 – 13/06/2022 Lefkas, Greece

4th Panhellenic Interdisciplinary Nursing Research Conference of the Institute of Health

03/11/2022 – 06/11/2022 Thessaloniki, Greece

28th Armed Forces Medical Conference

04/11/2022 – 06/11/2022 Volos, Greece

9th Panhellenic Symposium of Nursing Oncology

08/12/2022 – 11/12/2022 Meteora, Greece

22nd Panhellenic Nursing Conference of the Panhellenic Trade Union Nursing Federation of the National Health System

24/04/2023 – 28/04/2023 Madrid

30th Florence Network Annual Meeting

03/05/2023 – 06/05/2023 Syros Island, Greece

50th Panhellenic Conference of the Hellenic Nurses Association

24/09/2023 Larissa, Greece

4th Panhellenic Conference of the Hellenic Liver, Pancreas, Biliary Society.

03/11/2023 – 05/11/2023 Chalkis, Greece

10th Panhellenic Symposium of Nursing Oncology

10/11/2023 – 11/11/2023 Patras, Greece

23rd Post-Training Conference "Developments in oncology"

17/01/2024 – 18/01/2024 Heraklion, Greece

Vascular access PICC & PORT course - BD Hellas



05/02/2024 – 06/02/2024 Antwerp

CARE4 - International Scientific Nursing and Midwifery Conference

22/04/2024 – 26/04/2024 Larissa

31st Florence Network Annual Meeting

02/09/2024 – 06/09/2024 Faculty of Pharmacy, University of Sarajevo

Telemedical Care Pharmacy and AI Integration in Advancing Digital Health

HTWG Konstanz: Medical Summer School 2024

Link <https://www.medical-summerschool.de/>

07/03/2025 – 08/03/2025 Athens, Greece

Masterclass of Vascular Access in Greece - GreCoVA 2025

BD's European Masterclass on the insertion and maintenance of vascular access devices

● **LANGUAGE SKILLS**

Mother tongue(s): **GREEK**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● **DIGITAL SKILLS**

Digital Skills - Test Results

Information and data literacy	ADVANCED	Level 6 / 6
Communication and collaboration	ADVANCED	Level 6 / 6
Digital content creation	ADVANCED	Level 6 / 6
Safety	ADVANCED	Level 6 / 6
Problem solving	ADVANCED	Level 6 / 6

Results from [self-assessment](#) based on [The Digital Competence Framework 2.1](#)

● **TECHNICAL EXPERIENCE**

MetaNurse Social Media Platform

MetaNurse is the first digital networking platform in Greece that brings together nursing students, academics and representatives of the healthcare industry. I created a modern, dynamic communication space where users can network, exchange knowledge and discover professional opportunities.

Link <https://metanurse.gr/>

NURSESCAPE™



Design, editing and implementation of NURSESCAPE™ interactive platform of Labedu TraumaCare of the Department of Nursing of the University of Thessaly

Link <https://nursescape.traumacarelab.nurs.uth.gr/>

Tech support of the website of the Labedu TraumaCare

Technical support of the website of the Labedu TraumaCare of the University of Thessaly

Link <https://traumacarelab.nurs.uth.gr/>

Website of the postgraduate programme "Master in Advanced Nursing Practice"

Design, editing and implementation of the website of the postgraduate programme "Master in Advanced Nursing Practice" of the Department of Nursing of the University of Thessaly

Link <https://mscadvancednursing.nurs.uth.gr/>

Website of the 31st Florence Network Annual Meeting

Design, editing and implementation of the website of the 31st Florence Network Annual Meeting

Link <https://fnam.thessaly2024.nurs.uth.gr/>

HONOURS AND AWARDS

15/02/2025

First Award in the Innovent Forum 2025 Hackathon - JOIST Innovation Park

Kouroutzis, I., Chandrinou, A., Sarafis, P. & Malliarou, M. Protecting regions from the impacts of climate change. Innovent Forum 2025. Larissa, Greece, February 14-15, 2025.

Prize: €5,000 cash prize from the University of Thessaly & 5 sessions of business mentoring.

27/04/2023

First Award in the Institutional Awards category - San Rafael Campus Health Sciences University Center

"Evaluation of a basic suture training workshop for nursing students in Greece"

Name authors: Ioannis Kouroutzis, Theodora-Paisia Apostolidi, Maria Malliarou
University, Country: University of Thessaly, Greece

06/05/2023

Best Paper Award - Hellenic Nurses' Association

Kouroutzis, I. & Malliarou, M. Design and evaluation of advanced clinical skills training courses for nursing students. 50th Panhellenic Conference of Hellenic Nurses Association. Syros, Greece, May 3-6, 2023.

14/10/2023

2nd Prize for the "FAMILY PRO" team in the Digital Innovation 2023 competition of the Innovation and Entrepreneurship Unit of the University of Thessaly - University of Thessaly

2nd Prize for the "FAMILY PRO" team in the Digital Innovation 2023 competition of the Innovation and Entrepreneurship Unit of the University of Thessaly, which was held at the Department of Digital Systems (Larissa) on Saturday, October 14, 2023.