

2021



# Curriculum vitae

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## *Personal Information*

*Date of birth: 13-01-1995*

*Place of birth: Thessaloniki, Greece*

*Place of residence: Thessaloniki, Greece*

*Prefecture of Thessaloniki*

*Nationality: Hellenic*

## *Basic Studies*

### *General lyceum of Serres (Greece)*

- Date of Graduation 26/06/2013

Overall classification of the qualification: (17.8/20 – seventeen points and twenty ‘excellent’)

## *Academic studies*

### *University of Attica- Department of Physiotherapy- Faculty of Health and Welfare Sciences-*

- Degree of Physiotherapy-Date of Graduation 03/10/2005

Overall classification of the qualification: 7.29/10 – seven points-twenty ninth ‘Very Good’)

### *MSc (National and Kapodistrian University of Athens, Greece)*

MSc diploma entitled “Clinical Ergospirometry, Exercise, Advanced Technology and Rehabilitation. Orientation of Ergospirometry and Cardiorespiratory Rehabilitation”, (classification of the Thesis qualification 10/10 –ten ‘Excellent’).

## ***PhD candidate (University of Attica- Department of Physiotherapy)***

- Ongoing PhD candidate (inception date 2021: postponed due to COVID-19 Pandemic)

## ***Clinical Training***

### ***Clinical Training as scientific personnel (01/04/2017 until 30/09/17)***

***- 6 months at Physiotherapy Department of Serres General Hospital (daily clinical program of hospitalized patients with active involvement in cardiovascular, mobilization and neuronal rehabilitation in the Coronary Unit, in the Intensive Care Unit and in the Cardiology, Orthopaedic, Neurology and Internal Medicine Clinics, active involvement in patient care at the emergency department)***

### ***Clinical Training as scientific personnel (01/07/2017 until ongoing)***

***- Diabetic Foot Clinic and at the stroke Unit of the 1st Propedeutic Dept. of Internal Medicine Department, AHEPA University Hospital, Thessaloniki, Greece. (Daily clinical program of hospitalized patients with active involvement in their rehabilitation)***

## ***Courses and Training***

### ***Nationalpost Graduated Courses***

***Course on diabetic neuropathy held by the Hellenic Association for the study Diabetic Foot Pathologies (24/5/2015), Thessaloniki, Greece***

*Active participation at the school of diabetic neuropathy of the diabetic foot, organized by the Hellenic Association for the study Diabetic Foot Pathologies (24/5/2015)*

***Course on Cardio-pulmonary resuscitation on intensive care unit, organized by the Attikon University Hospital, Athens, Greece (07/12/2015)***

*- Active participation at the Cardio-pulmonary resuscitation on intensive care unit, organized by the Attikon University Hospital, Athens, Greece (07/12/2015)*

***Course on chronic pulmonary obstruction and spirometry, organized by the Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece (24-28/2/2016)***

*- Active participation at the chronic pulmonary obstruction course-spirometry, organized by the Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece (24-28/2/2016)*

***Course on basic rehabilitation of cardiovascular disease, organized by the Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece (24-28/2/2016)***

*- Active participation at the basic rehabilitation of cardiovascular disease, organized by the Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece (24-28/2/2016)*

***Course on Cardio-pulmonary Pathologies, organized by the Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece (24/2/2017)***

*Active participation at the Cardio-pulmonary Pathologies course, organized by the Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece (24/2/2017)*

## *Courses and Training*

### *International post Graduated Courses*

#### ***4th EAPC Course on Sports Cardiology (29-30/8/2018) Munich Germany***

- organized by *European Association of Preventive Cardiology (EAPC)*, Meeting endorsed by *the European Heart Rhythm Association (EHRA)* and *the European Association of Cardiovascular Imaging (EACVI)*

#### ***Ref. seminar BLS, European Resuscitation Council, Munich Germany, during ESC congress 2018***

- *During European Association of Cardiology (ESC) Congress 2018, Munich*

#### ***Ref. seminar ALS, European Resuscitation Council, Munich Germany, during ESC congress 2018***

- *During European Association of Cardiology (ESC) Congress 2018, Munich*

#### ***Post Graduated Course on Preventive Cardiology, Cardiac Rehabilitation & Sports Cardiology (24-27/06/2019), University Hospital "Inselspital" Bern, Switzerland***

- organized by *the European Association of Cardiology (ESC)*, *the European Association of Preventive Cardiology (EAPC)* and *the Cardiovascular Rehabilitation Clinic of University Hospital of Bern, Switzerland*. Active participation in lectures and clinical practical tutorial with patients in *the Cardiovascular Rehabilitation Clinic*.

#### ***5th EAPC Course on Sports Cardiology (30/8/2019) Paris France***

- organized by *European Association of Preventive Cardiology (EAPC)*, Meeting

endorsed by *the European Heart Rhythm Association (EHRA) and the European Association of Cardiovascular Imaging (EACVI)*

## ***Teaching Experience and qualification (Tutoring)***

***Teaching instructor (Annual semester course of Podiatrists – Practice at the Hospital)***

***- Teaching lectures on physiotherapy approach of the diabetic foot, AHEPA University Hospital***

***Clinical Lectures and Clinical practice teaching of cardiovascular rehabilitation at medical students as scientific collaborator, topic on mobilization of stroke patients, ergotherapy and general post-stroke rehabilitation***

***- Clinical Lectures and clinical practice teaching at Medical Students, Medical school of Aristotle University of Thessaloniki, Greece at AHEPA University Hospital, in the stroke Unit regarding mobilization of the patients, ergotherapy and general rehabilitation (Academic years 2018-2020)***

***Clinical Lectures and Clinical practice teaching of cardiovascular rehabilitation at medical students as scientific collaborator, topic on Cardiopulmonary rehabilitation***

- *Clinical Lectures and clinical practice teaching at Medical Students, Medical school of Aristotle University of Thessaloniki, Greece at AHEPA University Hospital, in the stroke Unit regarding cardiopulmonary rehabilitation (Academic years 2018-2020)*

### *Research and Clinical Trials*

*Co-researcher at <<HARMONY>> Trial (Hellenic-Anglo Research into Morning Or Night antihypertensive drug delivery study): Peart Rose Hypertension Clinic at St Mary's Hospital, International Centre for Circulatory Health, Imperial College)*

- *Held on Imperial College of London, AHEPA University Hospital (2013-2016)*

*Co-researcher at ODYSSEY study, (Sanofi. Amended Clinical Trial protocol 's study number EFC 11570 IND number 10557)*

- *Held on AHEPA University Hospital (2015-2017)*

*Co-researcher at Non-Stemi Registry of the European Society of Cardiology.*

- *Held on Serres General Hospital, Greece (2019- on going)*

### *Published announcements at National Conferences*

1. I.Kanellos, A. Tesfaye, **M.Petridou** et al. Impact of cardiovascular neuropathy in the baropodometric parameters in diabetic patients. Prevention of diabetic foot ulcers with the use of justified diabetic shoes. 3rd Award of oral presentation on the 2nd Pan- Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece 24-28/2/2016



*Published announcements (poster and oral)  
at International Conferences*

1. **M. Petridou**, I. Kanellos, A. Antoniou, E. Matopoulou, F. Papaioannou, S. Daios, P. Skantzis, N. Tsokos, G. Tsinopoulos, M. Giannadaki, C. Goudis, D. Skoutas, I. Laoutaris, S. Handanis, C. Savopoulos. Impact of combined multimodal approach (recommended pharmacological treatment, cardiovascular rehabilitation and dietary compliance) in rehospitalization and morbidity rate of heart failure patients. Heart Failure 2019 - 6th World Congress on Acute Heart Failure, Athens, Greece.

2. I. Kanellos, G. Kaiafa, **M. Petridou**, A. Antoniou, A. Vomvas, G. Rampidis, S. Daios, K. Diplaris, S. Papaioannou, A. Gogakos, S. Lampropoulos, G. Krassas, S. Handanis, H. Karvounis, C. Savopoulos. Therapeutic approaches via blood transfusion in anemic patients with diastolic heart failure. Role of bone morphogenetic protein 11 from young (<30age) blood donors in diastolic dysfunction reverse. Heart Failure 2019 - 6th World Congress on Acute Heart Failure, Athens, Greece.

3. Ilias Kanellos, Georgia Kaiafa, **Maria Petridou**, Ioannis Patrikios, Anastasis Stephanou, Panagiotis Skantzis, Elena Matopoulou, Konstantinos Lampropoulos, Stylianos Daios, Angeliki Angelidi, Ioannis Arvanitis, Stelios Handanis, Christos Savopoulos. Routine podiatry assessment in diabetic type II patients as a diagnostic tool for previously undiagnosed atrial fibrillation detection. 7<sup>th</sup> International Multithematic Scientific Bio-Medical Congress of Cyprus, Cultural Center of European University of Cyprus, 7-9 November 2019.

4. Ilias Kanellos, Georgia Kaiafa, Ioannis Patrikios, Anastasis Stephanou, Konstantinos Lampropoulos, Panagiotis Skantzis, **Maria Petridou**, Angeliki Angelidi, Ioannis Arvanitis, Stelios Handanis, Stylianos Daios, Stelios Lampropoulos, Antonios Antoniou, Christos Savopoulos. Ascending aorta diameter imaging evaluation with 2D transthoracic echocardiography versus contrast computed tomography, in therapeutic decision approach of acute cardiovascular events. 7<sup>th</sup> International Multithematic Scientific Bio-Medical Congress of Cyprus, Cultural Center of European University of Cyprus, 7-9 November 2019.

5. I. Kanellos, V. Vasilakopoulos, S. Daios, S. Lampropoulos, M. Petridou, I. Kapos, D. Konstantinidis, N. Papakonstantinou, G. Kaiafa, C. Savopoulos. The impact of nationwide lockdown on acute coronary syndromes hospitalization rate in the Western Macedonia regional hospital of Greece. Acute Cardiovascular care congress - ESC 2021 (ACVC 2021).

## *Published medical papers in Medical journals*

*1. I. Kanellos, M. Petridou, G. Kaiafa, C. Savopoulos S. Daios, P. Skantzis, A. Angelidi, A. Crysochoou, A. Antoniou, M. Gianadaki, C. Goudis, G. Tsinopoulos, P. Kelemepekoglou, A. Hatzitolios. Impact of combined multimodal approach: recommended pharmacological treatment, cardiovascular rehabilitation and dietary guidelines, in re-hospitalization and morbidity of heart failure Greek population. Hellenic Journal of Medicine, (HJM) 2018. (Vol. 117, pp. 14-16)*

*2. I. Kanellos, E. Matopoulou, M. Petridou, S. Daios, A. Antoniou, G. Kaiafa, P. Skantzis, A. Angelidi, M. Gianadaki, C. Goudis, G. Tsinopoulos, C. Savopoulos, A. Hatzitolios. Correlation between Fungal infection of the lower limbs and coronary artery disease in patients lacking cardiovascular risk factors. Hellenic Journal of Medicine, (HJM) 2018. (Vol. 117, pp. 36-39)*

*3. Petridou, M., Kanellos, I. I., Antoniou, A., Matopoulou, E., Papaioannou, F., Daios, S., Goudis, C. Impact of combined multimodal approach (recommended pharmacological treatment, cardiovascular rehabilitation and dietary compliance) in rehospitalization and morbidity rate of heart failure patients. .EUROPEAN JOURNAL OF HEART FAILURE (Vol. 21, pp. 284-284). 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY.*

*4. Kanellos I, Kaiafa, G., Petridou, M, et al. Therapeutic approaches via blood transfusion in anemic patients with diastolic heart failure. Role of bone morphogenetic protein 11 from young (< 30age) blood donors in diastolic dysfunction reverse. EUROPEAN JOURNAL OF HEART FAILURE. 111 RIVER ST, HOBOKEN 07030-5774, NJ USA: WILEY, 2019. p. 47-47.*

## *Awards and Grants*

1) Title: Impact of cardiovascular neuropathy in the baropodometric parameters in diabetic patients. Prevention of diabetic foot ulcers with the use of diabetic shoes. 3rd Award of oral presentation on the 2<sup>nd</sup> Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece 24-28/2/2016.

2) Title: Correlation between foot and nails fungal infection and coronary events in non-diabetic patients, with or without the presence of anemia. 2nd Award of oral presentation on the 3rd Pan-Hellenic congress of Internal Medicine with international participation, from Internal Medicine Society of Greece 22-26/2/2017.

3) European Heart Rhythm Association (EHRA) 2019 Congress, Educational Grant Winner, Lisbon, Portugal.

4) Heart Failure Association (HFA) Congress 2019, Educational Grant Winner, Athens, Greece.

5) European Society of Cardiology (ESC) Working Group on Aorta & Peripheral Vascular Diseases and the ESC Working Group on Thrombosis, Training grant for the training Programme on Antithrombotic Therapies, June 2019, Sofia, Antipolis, France.

## *Recommendation Letters*

- 1) Recommendation letter from Prof. of Internal Medicine Christos Savopoulos, Aristotle University of Thessaloniki, Greece.
- 2) Recommendation letter from Prof. Of physiotherapy Georios Papathanasiou, University of West Attica, Faculty of Health and welfare sciences, Physiotherapy Department

## *Medical Congresses*

Active participation in several medical conferences in Greece and Europe.

## *Memberships*

1. European Society of Cardiology (ESC) professional member
2. European Association of Preventive Cardiology (EAPC) Regular Membership
3. Heart Failure Association (HFA) Regular membership
4. European Heart Rhythm Association (EHRA) Ivory membership
5. Membership at Council for Cardiology Practice Regular (ESC)
6. Council of stroke regular member (ESC)
7. ACNAP regular membership
8. Member of Hellenic Association of Physiotherapists

## *Foreign Languages*

- English language
- Italian language
- English Medical terminology

## *Informatics*

- Knowledge of Microsoft windows, word, power point

Signature

A handwritten signature in black ink, appearing to be the initials 'MP' with a large, sweeping flourish above the letters.

Maria Petridou

Physiotherapist, Msc

Date:29/01/2021















