

# Curriculum Vitae Ourania Kolokotroni

## Personal Details

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## Education

### Undergraduate Qualifications

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**Bachelor in Medicine, Bachelor in Surgery**, University of Nottingham, UK (1994-1999)

**Bachelor in Medical Sciences**, (Class 2, Division 1), University of Nottingham, UK (1994-1997)

### Postgraduate Qualifications

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#### *Academic*

#### **Postgraduate Certificate in Healthcare Education**

St George's Hospital Medical School, University of London, November 2020

#### **PhD in Epidemiology of Childhood Asthma**

Department of Nursing, Cyprus University of Technology, June 2015

**Thesis title:** Hypovitaminosis D: Prevalence, Determinants and its Association with Asthma in Adolescents in Cyprus.

**European Educational Programme in Epidemiology:** International Epidemiology Association / WHO Centre for Environment and Health, Florence, Italy, June 2011

#### *Clinical*

#### **Member of the Royal College of Paediatrics and Child Health (MRCPCH)**

London, February 2004

**International Lactation Consultants Certification (IBCLC):** Certified Lactation Consultant by the International Board of Certified Lactation Consultant, July 2011

## Academic Posts

### Current

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Assistant Professor	Cyprus University of Technology School of Health Sciences	09/2021-
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### Past

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Clinician Associate Professor (Clinical Track)	University of Nicosia Medical School	06/2016- 08/2021
Senior Lecturer (Full time since 09/2013)	University of Nicosia Medical School	9/2011- 06/2016
Research Scientist	The Cyprus International Institute for the Environment and Public Health in Association with Harvard School of Public Health, School of Health Sciences, Cyprus University of Technology (CII)	02/2006 – 12/2012
PhD Candidate	Department of Nursing, School of Health Sciences, Cyprus University of Technology	3/2010 - 3/2015

## Publications

### Research Degree Theses

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#### *PhD Thesis*

**Kolokotroni O.** Hypovitaminosis D: Prevalence, Determinants and its Association with Asthma in Adolescents in Cyprus. PhD Thesis. School of Health Sciences, Cyprus University of Technology, 2015.

#### *Bachelor Thesis*

**Kolokotroni O.** Does the immunisation of rabbits with IgE synthetic peptides elicit IgE reactive antibodies? Unpublished Thesis for B.Med.Sci Award. School of Medicine, University of Nottingham, 1997.

## Publications in Peer Review Journals

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### PhD Publications

**Kolokotroni O**, Middleton N, Kouta C, Raftopoulos V, Yiallourous PK. Association of serum vitamin D with asthma and atopy in childhood: review of epidemiological observational studies. *Mini Rev Med Chem*, 2015; 15(11):881-99.

**Kolokotroni O**, Papadopoulou A, Middleton N, Kouta C, Raftopoulos V, Nicolaidou P, Yiallourous PK. Vitamin D levels and status amongst asthmatic and non-asthmatic adolescents in Cyprus: a comparative cross-sectional study. *BMC Public Health*, 2015; 15:48.

**Kolokotroni O**, Papadopoulou A, Yiallourous PK, Raftopoulos V, Kouta C, Lamnisis D, Nicolaidou P, Middleton N. Association of Vitamin D with adiposity measures and other determinants in a cross-sectional study of Cypriot adolescents. *Public Health Nutrition* 2014; 17:1-10.

### Other Publications

Ugarte M.P, Achilleos S, Quattrocchi A, Gabel J, **Kolokotroni O**, Constantinou C, Nicolaou N, Rodriguez-Llanes J.M, Huang Q, Verstiuk O, Pidmurniak N, Tao J.W. Premature mortality attributable to COVID-19: potential years of life lost in 17 countries around the world, January–August 2020. *BMC Public Health*, 2022 Dec 22; 54

Middleton N, Tsioutis C, **Kolokotroni O**, Heraclides A, Theodosios-Nobelos P, Mamais I, Pantelidou M, Tsaltas D, Christaki E, Nikolopoulos G, Dietis N. Gaps in Knowledge About SARS-CoV-2 & COVID-19 Among University Students Are Associated With Negative Attitudes Toward People With COVID-19: A Cross-Sectional Study in Cyprus. *Frontiers in Public Health* 2021 Nov 9; 758030

Liu T.F.D, Philippou E, **Kolokotroni O**, Siakallis G, Rahima K, Constantinou C. Gut and airway microbiota and their role in COVID-19 infection and pathogenesis: a scoping review. *Infection* 2021 Oct; 1-33

Achilleos S, Quattrocchi A, Gabel J, Heraclides A, **Kolokotroni O**, Constantinou C, et al. Excess all-cause mortality and COVID-19-related mortality: a temporal analysis in 22 countries, from January until August 2020. *Int J Epidemiol*. 2021 Jul 20;

Economou M, **Kolokotroni O**, Paphiti-Demetriou I, Kouta C, Lambrinou E, Hadjigeorgiou E, Hadjiona V, Middleton N. The association of breastfeeding self-efficacy with breastfeeding duration and exclusivity: longitudinal assessment of the predictive validity of the Greek version of the BSES-SF tool. *BMC Pregnancy Childbirth*. 2021 Jun 9;21(1):421.

**Kolokotroni O**, Mosquera M.C., Quattrocchi A, Heraclides A, Demetriou C, Philippou E. Lifestyle habits of adults during the COVID-19 pandemic lockdown in Cyprus: evidence from a cross-sectional study. *BMC Public Health*, 2021 Apr 23, 21(1), 786

Quattrocchi A, Mamais I, Tsioutis C, Christaki E, Constantinou C, Koliou M, Pana ZD, Silvestros V, Theophanous F, Haralambous C, Stylianou A, Sotiriou S, Athanasiadou M, Kyprianou T, Demetriou A, Demetriou CA, **Kolokotroni O**, Gregoriou I, Paphitou N, Panos G, Kostrikis L, Karayiannis P, Petrikkos G, Agathangelou P, Mixides G, Siakallis G, Hadjihannas L, Palazis L, Vavlitou A, Matsentidou-Timiliotou C, Koukios D, Adamidi T, Frangopoulos F, Constantinou E, Nikolopoulos. Extensive Testing and Public Health Interventions for the Control of COVID-19 in the Republic of Cyprus between March and May 2020. *G.J Clin Med.* 2020 Nov 8;9(11):3598. doi: 10.3390/jcm9113598.

Constantinou C, **Kolokotroni O**, Mosquera MC, Heraclides A, Demetriou C, Karayiannis P, Quattrocchi A, Charalambous A. Developing a holistic contingency plan: Challenges and dilemmas for cancer patients during the COVID-19.

*Cancer Med.* 2020 Sep;9(17):6082-6092. doi: 10.1002/cam4.3271. Epub 2020 Jul 20.

Constantinou C, Charalambous C, Kanakis D, **Kolokotroni O**, Constantinou AI. Update on the Anti-Cancer Potency of Tocotrienols and  $\alpha$ -Tocopheryl Polyethylene Glycol 1000 Succinate on Leukemic Cell Lines. *Nutr Cancer.* 2020 Jul 22:1-7. doi: 10.1080/01635581.2020.1797128. Online ahead of print

Constantinou C, **Kolokotroni O**. Vitamin D: A Multi-Faceted Role for the Prevention, Management, Survivorship and Palliative Care of Breast Cancer. *World Journal of Breast Cancer Research*, 2019; In press

Hopayian K, Papageorgiou A, Hadjipapas A, Charalambous A, **Kolokotroni O**. Teaching Family Medicine Online: the experience in Cyprus. *Br J Gen Pract* 2019; 69: 244

Middleton N, Andreou P, Karanikola M, Kouta C, **Kolokotroni O**, Papastavrou E. Investigation into the metric properties of the workplace social capital questionnaire and its association with self-rated health and psychological distress amongst Greek Cypriot nurses: a cross-sectional descriptive study. *BMC Public Health.* 2018;18(1):1061

Economou M, **Kolokotroni O**, Paphiti-Demetriou I, Kouta C, Lambrinou E, Hadjigeorgiou E, Hadjiona V, Tryfonos F, Philippou E, Middleton N. Prevalence of Breastfeeding and Exclusive breastfeeding at 48 h after birth and up to the sixth month in Cyprus: the BrEaST start in life project. *Public Health Nutrition* 2018; 21 (5): 967-980

Yiallourous PK, Kouis P, **Kolokotroni O**, Youhanna S, Savva SC, Dima K, Zerva A, Platt D, Middleton N, Zalloua P. Shared genetic variants between serum levels of high-density lipoprotein cholesterol and wheezing in a cohort of children from Cyprus. *Ital J Pediatr.* 2016; 13:67.

Hadjiona V, Middleton N, Kouta C, Lambrinou E, **Kolokotroni O**. Cyprus mothers' breastfeeding self-efficacy and their perceptions about the implementation of the 'ten steps' in the first 48 hours after birth. *Midwifery* 2016; ;36:43-52

Papadopoulou A, Kouis P, Middleton N, **Kolokotroni O**, Karpathios T, Nicolaidou P, Yiallourous PK. Association of vitamin D receptor gene polymorphisms and vitamin D levels with asthma and atopy in Cypriot adolescents: a case-control study. *Multidiscip Respir Med.* 2015;10 (1):26.

Yiallourous PK, Savva SC, **Kolokotroni O**, Dima K, Zerva A, Kouis P, Bousquet J, Middleton N. Asthma: the role of low high-density-lipoprotein cholesterol in childhood and adolescence. *Int Arch Allergy Immunol*, 2014; 165(2):91-9.

Yiallourous PK, Economou M, **Kolokotroni O**, Savvas SC, Gavatha M, Ioannou P, Karpathios T, Middleton N. Gender differences in objectively assessed physical activity in asthmatic and non-asthmatic children. *Pediatric Pulmonology*, 2014; 50(4):317-26.

Middleton N, **Kolokotroni O**, Lamnisis L, Koutrakis P, Yiallourous PK. Prevalence of asthma and respiratory symptoms among 15-17 year-old students by proximity of their community of residence to power plants, Cyprus, 2006-07. *Public Health* 2014; 128(3):288-96.

Savva SC, Tornaritis MJ, **Kolokotroni O**, Chadjigeorgiou C, Kourides Y, Karpathios T, Yiallourous PK. High cardiorespiratory fitness is inversely associated with incidence of overweight in adolescence: A longitudinal study. *Scand J Med Sci Sports*. 2013; 24(6):982-9.

Lamnisis D, Moustaki M, **Kolokotroni O**, Koksoy H, Faiz M, Arifoglu K, Milton DK, Middleton N, Yiallourous PK. Prevalence of asthma and allergies in children from the Greek-Cypriot and Turkish-Cypriot communities in Cyprus: a bi-communal cross-sectional study. *BMC Public Health*, 2013; 13(1):585.

Yiallourous PK, Lamnisis D, **Kolokotroni O**, Moustaki M, Middleton N. Associations of body fat percent and body mass index with childhood asthma by age and gender. *Obesity (Silver Spring)*, 2013; 21(9):E474-82.

**Kolokotroni O**, Middleton N, Gavatha M, Lamnisis D, Priftis KN, Yiallourous PK. Asthma and atopy in children born by caesarean section: effect modification by family history of allergies - a population based cross-sectional study. *BMC Pediatrics*, 2012; 12:179.

Yiallourous PK, Savvas S, **Kolokotroni O**, Behbod B, Zeniou M, Economou M, Hadjigeorgiou C, Kourides Y, Tornaritis M, Lamnisis D, Middleton N, Milton DK. Low High density Lipoprotein cholesterol is associated with adolescent asthma. *Journal of Clinical and Experimental Allergy*, 2012; 42 (3): 423.

**Kolokotroni O**, Middleton N, Nicolaou N, Pipis S, Priftis KN, Milton DK, Yiallourous PK. Temporal changes in the prevalence of childhood asthma and allergies in urban and rural areas of Cyprus: results from two cross sectional studies. *BMC Public Health*, 2011; 11:858.

Middleton N, Yiallourous P, Kleanthous S, **Kolokotroni O**, Schwartz J, Dockery DW, Demokritou P, Koutrakis P. A 10-year time-series analysis of respiratory and cardiovascular morbidity in Nicosia, Cyprus: the effect of short-term changes in air pollution and dust storms. *Environ Health*, 2008; 7:39.

Christophi CA, **Kolokotroni O**, Alpert HR, Warren CW, Jones NR, Demokritou P, Connolly GN. Prevalence and social environment of cigarette smoking in Cyprus youth. *BMC Public Health*, 2008; 8:190.

## Book Chapters

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### **‘A Strategic Plan for Tobacco Control in Cyprus’**

The Cyprus International Institute for the Environment and Public Health. (2006) ISBN 9963-9325-0-9

**Paediatric Pulmonology booklet. Chapter Title: Control of Airway Inflammation and Lower respiratory tract infections.** Yiallourous P, Kolokotroni O. Published by the Third Department of Paediatrics, University of Athens Medical School 2011.

## Conferences Presentations

### International Conferences Proceedings/ Supplements

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#### First Author

**Kolokotroni O**, Hadjigeorgiou E, Gourounti C, Christodoulides V, Sarantaki A, Nicolaou C, Lykeridou K, Karanikola M, Kouta C, Middleton N. eDelphi survey to shape the content of a digital resource to enhance parental health literacy. *European Journal of Public Health* 29 (Supplement\_4)

**Kolokotroni O**, Papageorgiou A, Hadjipapas A, Charalambous A, Hopayian K. Teaching Family Medicine Online: the experience in Cyprus. American Academy of Family Physicians Global Health Summit, 2019, Albuquerque, New Mexico USA (accepted as workshop)

**Kolokotroni O**, Hadjigeorgiou E, Gourounti C, Christodoulides V, Sarantaki A, Nicolaou C, Lykeridou K, Karanikola M, Kouta C, Middleton N. eDelphi survey to shape the content of a digital resource to enhance parental health literacy. *European Public Health Conference* 2019, Marseille. (accepted)

**Kolokotroni O**, Yiallourous P, Papadopoulou A, Kouta C, Raftopoulos V, Nicolaidou P, Middleton N. The association of vitamin D with allergy and lung function in asthmatic and healthy adolescents in Cyprus. *European Public Health Conference* 2015, Milan. *European Public Health Journal* 2015; 25 suppl 3

**Kolokotroni O**, Heraclides A, Charalambous A. Socio-demographic determinants of obesity in a cross-sectional study of adults in Cyprus. *European Public Health Conference* 2015, Milan. *European Public Health Journal* 2015; 25 suppl 3

**Kolokotroni O**, Yiallourous P, Papadopoulou A, Kouta C, Raftopoulos V, Nicolaidou P, Middleton N. Association of Vitamin D with Adiposity measures in a cross-sectional study of Cypriot adolescents. *European Public Health Conference* 2014, Glasgow. *European Public Health Journal* 2014; 24 suppl 2

**Kolokotroni O**, Middleton N, Papadopoulou A, Kouta C, Raftopoulos V, Lamnisis D, Yiallourous P. Vitamin D concentrations amongst active asthmatics and healthy adolescents in

Cyprus. European Public Health Conference 2012, Malta. European Public Health Journal, 2012; 22; 175

**Kolokotroni O**, Middleton N, Papadopoulou , Kouta C, Raftopoulos V, Lamnisis D, Yiallourous P. Vitamin D concentrations amongst active asthmatics and healthy adolescents in Cyprus. European Congress of Epidemiology, 2012, Porto, Portugal. European Journal of Epidemiology 2012; 27: S45.

**Kolokotroni O**, Middleton N, Gavatha M, Lamnisis D, Priftis K, Yiallourous P. The association of caesarean section delivery with asthma and atopy in children: effect modification by family history of atopy. European Respiratory Society Congress 2011, Amsterdam, Netherlands. European Respiratory Journal 2011, 38; Suppl 55

**Kolokotroni O**, Savva S , Zeniou M, Tornaritis M, Economou M, Chadjigeorgiou H, Kourides Y, Yiallourous P. “Low high density lipoprotein cholesterol is associated with adolescent asthma”. International Congress on Paediatric Pulmonology June 2011, Paris.

**Kolokotroni O**, Nicolaou N, Middleton N, Pipis S, Yiallourous P. Temporal Changes in the prevalence of asthma and allergies in the urban and rural areas of Cyprus: results from two cross-sectional studies. European Respiratory Society Congress 2010, Barcelona, Spain

**Kolokotroni O**, Savva S , Zeniou M, Tornaritis M, Economou M, Chadjigeorgiou H, Kourides Y, Yiallourous P. Low high density lipoprotein cholesterol is associated with asthma in adolescence. European Respiratory Society Congress 2010, Barcelona, Spain.

**Kolokotroni O**, Nicolaou N, Middleton N, Pipis S, Yiallourous P. Temporal Changes in the prevalence of asthma and allergies in the urban and rural areas of Cyprus: results from two cross-sectional studies. Conference of Epidemiological Longitudinal Studies in Europe 2010, Paphos, Cyprus. Longitudinal and Life course studies: International Journal 2010; 1(3): 137

### **Co-author**

Demetriou CA, Quattrocchi A, Heraclides A, Constantinou C, Marcou Y, Demetriou A, Scoutellas V, **Kolokotroni O**. Geographical inequalities in breast cancer incidence, mortality and late stage at diagnosis in Cyprus. European Journal of Public Health 30 (Supplement\_5)

Middleton N, Christodoulides V, Hadjigeorgiou E, Nicolaou C, Gourounti C, Leiweiber J, Gouni O, Baum A, **Kolokotroni O**. Shaping Baby Buddy Cyprus: eHealth literacy for the transition to parenthood. European Journal of Public Health 30 (Supplement\_5)

Middleton N, Koliandri I, Hadjigeorgiou E, Karanikola M, **Kolokotroni O**, Christodoulides V, Nicolaou C, Kouta C. Mixed-method study on internet use and information-seeking during transition to motherhood. European Journal of Public Health 30 (Supplement\_5)

Quattrocchi A, **Kolokotroni O**, Demetriou CA, Charalambous A, Heraclides A. Social inequality in obesity in an Eastern Mediterranean population: a national health survey. European Journal of Public Health 30 (Supplement\_5)

Papageorgiou A, Nicolaou N, Constantinou C, **Kolokotroni O**, Georgiades S, Ioannides A. A tool to identify and support medical students who are high achievers in the basic sciences and lower performers in the OSCE. Conference of International Association for Medical Education (AMEE 2019)

Middleton N, **Kolokotroni O**, Nicolaou C, Christodoulides V, Papain S. Cross-national transferability of online app for the transition to parenthood: Baby Buddy Forward. European Public Health conference 2018, Ljubljana. *European Journal of Public Health*, Volume 28, Suppl 4

Economou M, **Kolokotroni O**, Paphiti- Demetriou I, Kouta C, Lambrinou E, Middleton N. Perceived social and workplace support among breastfeeding mothers in Cyprus. European Public Health Conference 2017, Stockholm. *European Journal of Public Health*, 2017; Volume 27: Suppl 3

Economou M, **Kolokotroni O**, Paphiti- Demetriou I, Lambrinou E, Kouta C, Middleton N. Maternity Clinic practices and exclusive breastfeeding in Cyprus: the BrEaST start in life project. European Public Health Conference 2017, Stockholm. *European Journal of Public Health*, 2017; Volume 27: Suppl 3

Economou M, Paphiti Demetriou I, **Kolokotroni O**, Kouta C, Lambrinou E, Middleton N. Breastfeeding self-efficacy and breastfeeding up to the 6<sup>th</sup> month: The BrEaST start in Life project. European Public Health Conference 2016, Vienna. *European Journal of Public Health*, 2016; Volume 26: Suppl 1

Middleton N, Economou M, Hadjiona V, Kouta C, Lambrinou E, Paphiti-Demetriou I, Hadjigeorgiou E, Tryfonos F, Filippou E, **Kolokotroni O**. Implementation of the “10 Steps for Successful Breastfeeding” across maternity clinics in Cyprus. European Public Health Conference 2015, Milan. *European Journal of Public Health*, 2015; Volume 25: Suppl 3

Economou M, Paphiti-Demetriou E, **Kolokotroni O**, Kouta C, Lambrinou K, Hadjigeorgiou E, Hadjiona V, Tryfonos F, Filippou E, Middleton N . Prevalence and continuation of breastfeeding in Cyprus: the BrEaST start in life project. European Public Health Conference 2015, Milan. *European Journal of Public Health*, 2015; Volume 25: Suppl 3

Middleton N, **Kolokotroni O**, Lamnisis D, Papathanassoglou E, Nicolaou C, Koutrakis P, Yiallourous P. Higher Prevalence of Active Asthma Among 15-17 Year-Old Greek-Cypriots In Socio-Economically Deprived Communities In The Vicinity Of Power Plants: Results Of A Nationwide Survey In Cyprus. International Epidemiological Association World Congress of Epidemiology, Alaska 2014

Economou M, Middleton N, **Kolokotroni O**, Savvas S, Gavatha M, Ioannou P, Karpathios T, Yiallourous P. Gender differences in objectively assessed physical activity between asthmatic and non-asthmatic children: a descriptive comparative study among Cypriot schoolchildren. International Epidemiological Association World Congress of Epidemiology, Alaska 2014

Zannoupas G, Charalambous A, Nicolaou C, Pavlou P, **Kolokotroni O**, Lamnisis D, Yiallourous P, Middleton N. First-Time Exploration Into Breast Cancer Incidence And Mortality Across Small-Areas In Cyprus: Spatial Patterning And Associations With Rurality

Indicators. International Epidemiological Association World Congress of Epidemiology, Alaska 2014

Zannoupas G, Lamnisis D, **Kolokotroni O**, Yiallourous P, Middleton N. Small-area mapping of premature mortality and its association with area socio-economic characteristics on the small island of Cyprus. International Epidemiological Association World Congress of Epidemiology, Alaska 2014

Nicolaou C, Andreou P, Papastavrou E, Kouta C, Karanikola M, **Kolokotroni O**, Yiallourous P, Papathanassoglou E, Middleton N. Measuring Social Capital Culturally- And Group-Specific? Psychometric Validation of the New South Wales Social Capital Questionnaire Across Distinct Population Groups in Cyprus. International Epidemiological Association World Congress of Epidemiology, Alaska 2014

Middleton N, Andreou P, Kouta C, Karanikola M, Papastavrou E, Lamnisis D, **Kolokotroni O**, Yiallourous P. Association of social capital at work with self-rated health and psychological distress. European Public Health Conference 2013, Brussels. European Journal of Public Health, 2013; 23: suppl 1

Zannoupas G, Lamnisis D, **Kolokotroni O**, Yiallourous P, Middleton N. Small area mapping of premature mortality, rurality and deprivation indices on the small island of Cyprus. European Public Health Conference 2013, Brussels. European Journal of Public Health, 2013; 23: suppl 1

Yiallourous P, Lamnisis D, **Kolokotroni O**, Moustaki M, Middleton N. Different patterns of association of body fat percent and body mass index with pre- and post-adolescence asthma: a cross-sectional study amongst Cypriot schoolchildren. European Congress of Epidemiology 2012, Porto, Portugal. European Journal of Epidemiology 2012; 27: S128.

Lamnisis D, **Kolokotroni O**, Koksoy H, Middleton N, Arifoglou K, Faiz M, Yiallourous P. Prevalence of asthma and allergies in the Greek (G/C) and Turkish (T/C) communities in Cyprus. European Respiratory Society Meeting 2011, Amsterdam, Netherlands. European Respiratory Journal 2011, 38; Suppl 55

### **Presentations at Local Conferences**

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**Kolokotroni O**. Breastfeeding Management in the perinatal period. Annual Conference of the Cyprus Paediatric Society, Nicosia 2015

**Kolokotroni O**, Yiallourous P, Papadopoulou A, Kouta C, Raftopoulos V, Nicolaidou P, Middleton N. Association of Vitamin D with Adiposity measures in a cross-sectional study of Cypriot adolescents. Annual Conference of the Cyprus Paediatric Society, 2013.

**Kolokotroni O**, Nicolaou N, Middleton N, Pipis S, Yiallourous P. Temporal Changes in the prevalence of asthma and allergies in the urban and rural areas of Cyprus: results from two cross-sectional studies. Annual Conference of the Cyprus Paediatric Society, 2010

**Kolokotroni O**, Savva S, Zeniou M, Tornaritis M, Economou M, Chadjigeorgiou H, Kourides Y, Yiallourous P. Low high density lipoprotein cholesterol is associated with asthma in adolescence. Annual Conference of the Cyprus Paediatric Society, 2010.

## Research Activity

### Research Projects

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My research activity initially focused on the Epidemiology of Childhood Asthma due to (a) my role as the main researcher and coordinator of the activities of the Respiratory Research Unit at the Cyprus International Institute for Environmental and Public Health and (b) my PhD studies on the association of Vitamin D with asthma prevalence in adolescence. I subsequently expanded my research interest in the area of early life exposures and chronic disease development and specifically on the role of nutrition in early life as the main exposure of interest. This area combines my clinical expertise in pediatrics and breastfeeding science with my postgraduate training in Epidemiology and Public Health. Finally as a young academic at a newly established Medical school I was involved in training in relation to adult education which has led to my participation in Adult/Medical Education projects and an interest to further pursue the conduction of research in this area. In the section below, information on all ongoing and completed projects is provided under the three areas of (a) Adult Education, (b) Nutritional Epidemiology and (c) Epidemiology of Asthma in Childhood and Adolescence.

#### Adult Education

<b>Title</b>	<b>Curriculum Development using VR technology to enhance empathetic communication skills in future health care professionals (9/2019- 8/2022)</b>
<b>Principal Investigator</b>	Dr Christiana Knais, MMC Management Centre LTD
<b>Role</b>	Project Coordinator for Partner Organization University of Nicosia
<b>Funding</b>	Call 2019 Round 1 KA2 - Cooperation for innovation and the exchange of good practices KA203 - Strategic Partnerships for higher education

#### Description

The World Health Organisation emphasizes the importance of training future healthcare practitioners to practice respectful and person-centered health care. Such interpersonal skills are considered key professional competencies and should be core to health care education as it has been shown to positively affect health outcomes and patient satisfaction but also improve patient safety. This project aims improve the quality of the curricula in health care sector through the integration of empathetic communication, a skill that is not officially included in the curricula using new and cutting-edge tools and techniques such as VR technology.

<b>Title</b>	<b>Establishment of the Supra-Regional Network of the National Centres in Medical Education, focused on PBL and Virtual Patients (Jan 2013- Jan 2016)</b>
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<b>Principal Investigator</b>	Professor Terry Poulton, Professor of Medical Education, St George's University of London
<b>Role</b>	Project Coordinator for Partner Organization University of Nicosia and lead researcher for the Work Package on the Quality Assurance of the Project.
<b>Funding</b>	Tempus IV Fifth Call for proposals EACEA No 25/2011

**Description**

The project aims to modernize Medical curricula in Post –Soviet Union countries where medical education is teacher-based and classroom-orientated. The team aimed to transform the biomedical science components of medical courses by placing them in the context of competency-based learning styles with greater relevance to clinical practice. In addition, Medical Education Units were established in the partner countries' universities in order to maintain sustainability in regular curriculum renewal through training academics needed to reconstruct the medical curriculum. This project has provided us with valuable experience in understanding and overcoming challenges in medical curriculum transformations. Furthermore, working closely with academics from other medical schools enabled us to exchange ideas and experiences in finding new ways of enhancing knowledge and developing clinical skills and professionalism of medical students

**Nutritional Epidemiology**

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<b>Title</b>	<b>EARLY START – a randomized control trial to investigate the effect of a psychoeducational intervention on nutrition in pregnancy and infancy (09/2019 -08/2020)</b>
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<b>Principal Investigator</b>	Dr Ourania Kolokotroni
<b>Role</b>	Principal Investigator
<b>Funding</b>	University of Nicosia Medical School Seed grants (Internal competitive funding process)

**Description**

This project aims to develop a novel psychoeducational model to target multiple risk factors of obesity in mother and children in Cyprus. The Intervention package will consist of 3 educational modules targeted to parents at 3 different time periods during pregnancy or early life of the child (14-16 weeks of pregnancy, 28-30 weeks of pregnancy and at 3 months of baby's life), will consist of 2 sessions and will include key information on diet/feeding practices (educational content) in combination with a motivational interviewing approach (psychological process) to establish positive attitudes and enhance positive changes with regards to healthy eating patterns. The material will be developed with the expertise of a multidisciplinary team including a dietician, psychologist, pediatrician, and lactation consultant and will increase the competitiveness of the consortium to secure future funding to investigate its effectiveness in mothers and babies in Cyprus

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<b>Title</b>	<b>Lactating Breasts: Motherhood and Breastfeeding in Antiquity and Byzantium 4th Century BCE-7th Century CE – MotherBreast (02/2019- 01/2021)</b>
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<b>Principal Investigator</b>	Stavroula Constantinou, Associate Professor in Byzantine Studies Dept. of Byzantine & Modern Greek Studies, University of Cyprus
<b>Role</b>	Researcher Liaison for Cyprus Breastfeeding Organization
<b>Funding</b>	Cyprus Research Promotion Foundation (Excellence Hubs call)

**Description**

MotherBreast aims to perform pioneering comparative and interdisciplinary research by using the concepts of “gender”, “body” and “performance” to investigate the various aspects of the strong affinities between woman—as mother and nurse—and her lactating breast, as well as the social, ideological and medical meanings and uses of motherhood, childbirth and breastfeeding, and their visual and literary representations. Furthermore, MotherBreast will use its research outputs to promote breastfeeding and other relevant ecological practices

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<b>Title</b>	<b>Building health literacy around pregnancy, birth and early life of the infant by developing a unified, research-informed and socially-inclusive prenatal and postnatal web-based education programme for parents-to-be and new parents (09/2018-08/2021)</b>
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<b>Principal Investigator</b>	Dr Nicos Middleton, Associate Professor in Health Research Methodology and Biostatistics at the School of Health Sciences, Cyprus University of Technology
<b>Role</b>	Researcher Liaison For Birth Forward (NGO)
<b>Funding</b>	Call: 2017 KA2 - Cooperation for Innovation and the Exchange of Good Practices KA204 - Strategic Partnerships for adult education

**Description**

This is a project funded by the Erasmus + programme (2018-2021) which aims to build health literacy around pregnancy, birth and early life of the infant by developing a unified, research-informed and socially-inclusive prenatal and postnatal web-based education programme for parents-to-be and new parents. I participate as the chair of the scientific advisory board of Birth Forward, a local NGO which aims to aim to provide advocacy, support and education for families and professionals in regards to the various stages of planning, creating and growing a family in Cyprus. My role is to oversee and provide guidance on the scientific content of the project.

<b>Title</b>	<b>A BrEaST start in life: addressing social inequalities and supporting breastfeeding through inclusion activities (April 2014- October 2015)</b>
<b>Principal Investigator</b>	Dr Nicos Middleton, Associate Professor in Health Research Methodology and Biostatistics at the School of Health Sciences, Cyprus University of Technology
<b>Role</b>	Researcher Liaison between the Cyprus Breastfeeding Organization and the CUT research team
<b>Funding</b>	EEA grant for NGO Funding , Call EEA/CY/NGO/C-1, 2009-2014

### Description

The project's aim was to establish an optimal environment for supporting breastfeeding with the cooperation of all the key stakeholders in Cyprus by overcoming social inequalities, lack of education, training and other obstacles in order to support mothers to embrace breastfeeding. There are indicators that suggest that breastfeeding rates in Cyprus are very low. The project aimed to raise and tackle these issues through research and educational activities and awareness campaign. The research part of the project gathered data regarding the current situation in Cyprus regarding implementation of the 10 steps for successful breastfeeding as perceived by providers of support such as health professionals and receivers of support i.e. mothers. Information on breastfeeding indicators in Cyprus enabled us to understand the social, economic, cultural and other determinants of breastfeeding practices among women in Cyprus and identify vulnerable and under serviced groups. This project has officially been completed although we are currently in the stage of disseminating results. As such, results have been presented to relevant local stake holders whilst papers for publication in peer review journals are currently being prepared.

## Epidemiology of Asthma in Childhood and Adolescence

### PhD Project

<b>Title</b>	<b>Hypovitaminosis D: Prevalence, Determinants and its Association with Asthma in Adolescents in Cyprus (2010-5)</b>
<b>Role</b>	PhD candidate
<b>Main PhD Supervisor</b>	Dr Nicos Middleton, Associate Professor in Health Research Methodology and Biostatistics at the School of Health Sciences, Cyprus University of Technology
<b>Principal Investigator/ External PhD Advisor</b>	Dr Panayiotis Yiallourous, Visiting Lecturer, Cyprus International Institute for Environmental and Public Health

<b>PhD Evaluation Committee Members</b>	Dr Christiana Kouta, Assistant Professor of Community Nursing and Dr Vasilios Raftopoulos, Associate Professor in Nursing Management and Quality of Care
<b>Funding</b>	Cyprus Research Promotion Foundation and Ministry of Health Republic of Cyprus

**Description:** This study investigated for the first time the distribution of vitamin D levels and the prevalence of compromised D status among adolescents in Cyprus at a time when there were no data on any population groups. It also explored the determinants of lower vitamin D levels and compromised vitamin D status in Cypriot adolescents and was the first to investigate the association of vitamin D levels and status across the whole spectrum of adiposity using two adiposity measures (Body Mass Index and Body Fat Percent). More importantly, the study assessed differences in vitamin D levels and status between healthy (non asthmatic) adolescents and adolescents with current wheezing and/or asthma and investigated the association between vitamin D levels or status with lung function, allergic sensitization and other allergic conditions as well as asthma severity among asthmatics. The results of the study which were published in International peer review journals contributed to the current debate in the literature on the possible role of vitamin D in the development and management of asthma and allergies.

The abstract of the PhD thesis can be found in Section C.

### Other Research Projects

Further to my doctoral studies and as the Research Coordinator for Respiratory Unit at CII for almost 7 years (02/2006-12/2012), I was involved in the organization and conduction of a number of funded research projects that were awarded to the Respiratory Unit team under the leadership of Dr Panayiotis Yiallourous. Specifically my duties included planning and supervision of data collection, data analysis and write up of scientific publications and project reports to funders for the following studies:

<b>Title</b>	<b>The relation between obesity, adipose tissue content of fatty acids and systemic and airway inflammation</b>
<b>Principal Investigator</b>	Dr Panayiotis Yiallourous, Visiting Lecturer, Cyprus International Institute for Environmental and Public Health
<b>Period</b>	2006-2010
<b>Funding</b>	USD Merck, Sharpe & Dohme (MSD) Medical School Grants, Electricity Authority of Cyprus, Ministry of Health Republic of Cyprus

## Description

This study investigated the association between the prevalence of asthma (and other allergic diseases) and adiposity indicators such as body fat percent, body mass index and serum lipids. It has contributed to providing cutting edge evidence to show that low HDL cholesterol in childhood might be an important determinant for the presence of asthma in adolescence. These results were published in the Journal of Clinical and Experimental Allergy and earned the editorial of the journal's relevant issue. Furthermore, my presentation of the results of the study at the International Conference of Paediatric Pulmonology in 2012 was nominated and finally was granted the Young Researcher Award.

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<b>Title</b>	<b>Childhood Asthma and Atopy in Cyprus</b>
<b>Principal Investigator</b>	Dr Panayiotis Yiallourous, Visiting Lecturer, Cyprus International Institute for Environmental and Public Health
<b>Period</b>	2007-2009
<b>Funding</b>	Cyprus Research Promotion Foundation, United Nations Development Programme and Ministry of Health Republic of Cyprus

## Description

This study was designed using the standardised methodology of the International Study of Asthma and Allergies in Childhood (ISAAC) and assessed the prevalence of asthma and other allergies in the Greek Cypriot and Turkish Cypriot communities in Cyprus, monitored changes in the prevalence of allergies over time and investigated the role of lifestyle changes (like diet, physical activity, obesity, house environment, exposure to animals, domestic allergens and endotoxins) in the development of allergic conditions and allergic sensitization. A well cited publication emerging from the results of this study is the one on the association of caesarian section delivery and asthma prevalence and the differences in this association between children born to parents with or without allergies, published in BMC Pediatrics in 2012.

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<b>Title</b>	Global Youth Tobacco Survey (GYTS) and Global School Personnel Survey (GSPS)
<b>Principal Investigator</b>	Dr Elpidoforos Soteriades
<b>Period</b>	2005-7
<b>Funding</b>	Funded by Cyprus Ministry of Health and Cyprus Research Promotion Foundation

## **Description**

These two epidemiological studies, developed by the World Health Organisation and the Centre for Disease Control and Prevention of the USA were conducted in more than 150 countries worldwide with the aim to collect data on behavior, habits and attitudes of students and teachers towards smoking. In Cyprus this study was conducted for the first time in 2006 and provided valuable information on the high prevalence of smoking amongst youth in Cyprus. The results of the study were presented to the General public, members of the parliament and policy makers in Cyprus and along with the “Strategic Plan on tobacco Control in Cyprus” have contributed to the changes in and enforcement of the legislation on smoking ban in Cyprus.

## **Academic Experience: Educational Activities**

I started my teaching career as a tutor for the Physiology course of the MSc in Environmental Health programme at the Cyprus International Institute for Environmental and Public Health whilst at the same time supervised undergraduate nursing students for their final year project. During the past eight years and due my involvement in the educational activities of the three programmes of study at the University of Nicosia Medical School, my knowledge and skills in Curriculum development, teaching and assessment developed steeply.

Specifically, in order to develop skills necessary to support the activities of the Graduate Entry Medical programme of St George’s University of London Medical school, I attended a structured training on developing teaching and assessment skills. Furthermore, through the support and mentoring by SGUL faculty I managed to grow as an academic and increase my competencies in accomplishing my educational commitments for the school. As a result, over the past few years I was given an increasing number of teaching and administrative roles relevant to the field of Epidemiology and Public Health but also to my clinical Expertise in Pediatrics.

Listed below are my teaching and assessment roles across all the Medical programmes of the University of Nicosia Medical School namely (a) the Graduate Entry Medical programme of St George’s University of London (MBBS4), (b) the six year undergraduate entry Medical Degree (MD6) and the MSc in FM programme concurrently awarded by the University of Nicosia and St George’s University of London.

## **Epidemiology, Public Health and Evidence Based Medicine MBBS4 (2011- present)**

During the first year of the MBBS4 programme, a series of lectures (13 sessions) are delivered introducing key concepts in the areas of Epidemiology and Public Health. The teaching is made relevant to the clinical case of the week and aims for students to understand the population perspective of health and disease and differentiate between caring for individual patients to promoting, restoring and protecting health at the population level. In the second year, the sessions aim to promote the application of knowledge in the areas of Epidemiology and Public Health in clinical practice and research. For example students are taught how to formulate a question from clinical practice, search for evidence in the literature to answer the question, find relevant studies such as Cochrane reviews and metanalysis and interpret the results to inform

their clinical practice. I have been the main tutor for the delivery of Epidemiology lectures to first year medical students and the co-tutor for the second year sessions which are taught in collaboration with the Medical Statistics team.

### **Public Health Attachment MBBS4, (Sept 2014-present)**

Apart from having the coordinating role of developing and organizing the two week Public Health attachment for the final year students, I also deliver a number of lectures in the areas of Global health, Public health priorities for developed countries and Maternal and Child mortality.

### **Communication and Clinical Skills MBBS 4 (Sept 2011- present)**

For the past 5 years, I have been involved in teaching Communication and Clinical Skills to medical students on the MBBS4 programme in all years of study. These are structured sessions aiming for students to develop their consultation skills and become competent in examining patients. These sessions take place every week in the first year and continue through the rest of the course in order to build up student clinical competencies. Over the past years I have tutored for almost all sessions of the programme and taught students to examine a variety of body systems and engage in a range of patient consultations that involve information gathering, information giving and shared decision making. Furthermore, through a collaboration of the epidemiology, medical statistics and communication skills teams, I am involved in the delivery of sessions that require students to learn how to communicate risks and survival data to patients based on research studies.

This year I am also tutoring the second year medical students on the 6 year undergraduate entry medical programme of the UNic Medical School (MD6) in the area of clinical skills.

### **Paediatrics MBBS 4 (Sept 2014- present)**

For the past 2 years, I have been teaching the Specialties Specific Session in Paediatrics which provides knowledge and skills to prepare students for the community pediatric attachment during the second year of study. I am also involved in the structured pediatric teaching for 3<sup>rd</sup> year students during the 6 week Pediatric hospital attachment.

### **Assessment Activities MBBS4, MSc in FM, MD6 Programme (Sept 2011 to present)**

In addition to having the administrative role of coordinating the assessment process for the 3<sup>rd</sup> year of study of the MBBS4 programme and designing assessment activities for the MSc in FM programme, I have been writing Single Best Answer and Short Answer Questions in the areas of Epidemiology, Public Health and Paediatrics for the purposes of the written exams of all years of the MBBS4 programme. I have also received training and am involved in writing stations for the clinical examinations (OSCEs - Objective Structured Clinical Examinations) of the MBBS4 and MD6 programmes and Simulated Surgery stations for the high stakes exam of the MSc in FM. Furthermore, I have been an examiner for Objective Structured Clinical

Examinations for the past 5 years for all levels of the MBBS4 programme and the MD6 programme and an examiner for the clinical exams of the MSc in FM programme.

**Student Supervision for projects and Assessor  
MBBS4 Programme (Sept 2011-present)**

There are a number of projects that students complete during the four years of study of the MBBS4 programme. Apart from tutoring students for CAP and assessing submitted projects, I am also involved in the supervision as well as marking of small research projects in the second year of study. The following two examples are projects for which I acted as the supervisor and formed the basis for the development of new research projects:

(a) Irene Frantzis, Medical Student, MBBS4, October 2012: “Implementation of Ten Steps to Successful initiation of Breastfeeding by the Maternity Units of Nicosia”.

(b) Kyle Klosowski, Medical Student, MBBS4, November 2013. “Fever management practices amongst paediatricians in Cyprus”.

**Personal tutor  
MBBS4 Programme , (Sept 2011-present)**

I have been acting as a personal tutor for a number of students since the development of the MBBS4 course following specific training and in accordance to SGUL guidelines.

**Medical Physiology Course for the MSc in Environmental Health  
Cyprus International Institute for Environmental and Public Health (CII)  
(Sept 2007 – December 2012)**

This was my first teaching post and involved tutoring students from a wide range of backgrounds attending an MSc Programme in Environmental Health. I taught part of the Medical Physiology module and specifically the sessions on the physiology of the Endocrine, Central Nervous, Immune, Renal and Reproductive Systems.

**Supervision of Dissertations for Nursing Students  
Department of Nursing, Cyprus University of Technology  
(2010-2011)**

I supervised ten groups of students (4 registered nurses per group) who worked towards developing and writing up a project during the final year of the Upgrade BSc Degree in Nursing. Projects were in the form of Systematic Reviews and in the thematic areas of Epidemiology and Paediatrics.

## **Academic Experience: Administrative Duties and Roles**

### **Positions of Responsibility**

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My first academic administrative role during the first year of operation of the University of Nicosia Medical School in 2011 was in leading one of the four curriculum themes of the MBBS4 programme of SGUL. This involved the coordination of curriculum development and assessment activities of the subtheme areas of Epidemiology, Sociology and Psychology between academics at SGUL and UNic. Following my full time appointment at the medical school, I was entrusted with highly responsible roles such as the coordination of the Assessment process of the 3<sup>rd</sup> year of study of the MBBS4 and the development of Interprofessional curriculum activities for medical students and students from other health care professions. Furthermore I was given the administrative roles relating to my field such as the Lead for the Final year Public Health Attachment and the second year Epidemiology project.

Following the first-time completion of all activities relating to the above roles of the MBBS4 programme and the positive evaluation by the GMC, I was given a new challenge; this was to coordinate the newly established postgraduate programme in Family Medicine, develop its curriculum using quality assurance processes and accredit its assessments. In 2017, I was appointed as the new Chair of one of the two departments of the Medical School, that is the Department of Primary Care and Population Health

All my current and past administrative roles are described in detail below.

### **Chair of the Department of Primary Care and Population Health, University of Nicosia Medical School (August 2017- Present)**

The Department houses 50 academic faculty members (full time, part time and sessional staff) who teach across all the schools academic programmes in the relevant fields i.e. primary care, epidemiology and public health. I am responsible for the development of the strategic plan and the management of the Department's activities, which mainly focus, in three areas: education, research and community outreach and liaising with the business world. Since I have been appointed as the Chair the Department faculty, I have lead the accreditation of two Master programmes (Master in Public Health and Master in health Services Administration) and worked with academics from University of Oviedo and Karolinska Institute on securing an Erasmus Mundus Programme funded by the European Commission. I worked with my team to develop the research network of the department with local and international universities such as the University of South Carolina, Queen Mary Hospital London, University of Crete and submit a number of research proposals for external funding. The community outreach work of the Department has been vast. Faculty have participated in the Mobile clinic activities of the school, proving health promotion activities to vulnerable populations, students and people residing in rural areas of the island. Recently I have aslo been involved in the development of a University Primary Care Centre (clinical arm of the department) to serve the health needs of the Cypriot population under GESY.

### **Coordinator MSc Family Medicine Programme**

**University of Nicosia Medical School and St George's University of London Medical School (Feb 2015- present)**

The MSc in FM is a newly developed post graduate programme for physicians interested to pursue a career in community medicine. It was first delivered in the academic year 2014-5 by the University of Nicosia Medical School using traditional face to face didactic teaching. I was appointed as the Coordinator of programme in February 2015, at a critical point in time when strategic decisions were taken aiming to enhance the curriculum and teaching methods of the programme and use quality assurance processes to accredit it. Thus through my role as the coordinator of the programme, I was assigned with the responsibility to lead a team of academics and administrative staff in successfully accomplishing, in a very short period of time the following activities:

- (a) Curriculum development of the programme's modules using a hybrid delivery method (including online teaching) for the academic year 2015-6
- (b) Validation of the programme by St George's University of London in June 2015 leading to the concurrent award by both University of Nicosia and St George's University of London for the 2015-6 student cohort
- (c) Accreditation of the programme's examinations by the Royal College of General Practitioners UK in September 2015.

### **Community and Population Health Lead**

**St George's University of London MBBS4 Programme at the University of Nicosia Medical School (Sept 2011- Present)**

Community and Population Health (CPH) comprises one of the four themes of the MBBS4 curriculum. I have held the position of the Lead for this theme since the start of the programme in Cyprus. It involves working closely with the CPH lead at St George's as well as other academics in both institutions to plan, develop and deliver the curriculum of this theme but also to prepare assessment exercises in close collaboration with the MBBS4 Assessment team.

### **Curriculum Lead for Public Health Attachment**

**St George's University of London MBBS4 Programme at the University of Nicosia Medical School (Sept 2014- Present):**

The Public Health Attachment is delivered in the final year of study of the MBBS4 programme. For the past 2 years, I have been involved in the coordination of the attachment activities between St George's University of London and the University of Nicosia Medical School Clinical sites in Nicosia, Sheba Medical Centre and Swedish Covenant Hospital in Chicago in order to ensure the smooth delivery of the learning outcomes of the Public Health attachment at each site.

### **Chief Examiner of the 3<sup>rd</sup> year of Study**

**St George's University of London MBBS4 programme at the University of Nicosia Medical School (Sept 2013- March 2015)**

I held the position of the Chief Examiner of the third year of study of the MBBS4 during the year that these exams were first organized at the Nicosia Medical School. It involved coordinating with St George's in following assessment process leading to the preparation and conduction of high stakes written and clinical exams (OSCEs - Objective Structured Clinical

Examinations). It also involved collaborating with a number of academics from both SGUL and UNic towards the successful completion of the assessment process. This was an important and demanding job which I had to give away after my appointment as the Coordinator of the MSc in FM programme due to time restrictions.

**Academic Lead for Interprofessional Learning  
St George's University of London MBBS4 programme at the University of Nicosia  
Medical School (Sept 2013- March 2015)**

As the Academic Lead for Interprofessional learning (IPL), I was involved in developing curriculum activities aiming to get professionals from more than one health care profession, in this case the Medical students with students from the Nursing, Dietetics, Physiotherapy and Psychology departments of the University of Nicosia to work together, learn from one another, understand each other's role and improve collaboration. The IPL curriculum development was highly commented by the General Medical Council UK and contributed towards the school's positive evaluation and accreditation.

**Case Analysis Project Lead  
St George's University of London MBBS4 programme at the University of Nicosia  
Medical School (Sept 2012-Sept 2014)**

For two academic years, I was responsible for coordinating the activities of the Case Analysis Project (CAP) which is an assignment for second year medical students aiming to further their understanding in the application of epidemiological concepts in clinical practice. I worked closely with the Lead tutor at SGUL to set up the CAP in Cyprus and trained tutors to mentor students and assess submitted projects. This is another role that I had to give up due to time constraints following my appointment as the Coordinator of the Masters programme.

**Committee Memberships**

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Due to my diverse administrative roles, I am a member of the following School committees:

***Medical School***

Medical School Council (Sept 2011 – present)  
Quality Assurance Group Committee (March 2015- present)  
Elected member of the Medical School Research Committee (2012 – present)

***Department of Primary Care and Population Health (August 2017 – present)***

Department Council (Chair)

***MSc in FM (February 2015- present)***

Programme Committee (Chair)  
Academic planning Committee (Chair)  
Assessment Committee

***MBBS4 (Sept 2011- present)***

MBBS 4 Course Committee  
CS and T year Committee (1<sup>st</sup> and 2<sup>nd</sup> year of study)  
P and F year Committee (3<sup>rd</sup> and 4<sup>th</sup> year of study)  
Curriculum and Assessment meetings for all modules

## **Community Service**

In 2006, in collaboration with two other pediatricians, I was instrumental in founding the Cyprus Breastfeeding Organization. This is a non-profit Non- Governmental Organization aiming at promoting and protecting breastfeeding practice in Cyprus. The primary objectives of the association are to (a) educate pregnant women and their families on breastfeeding related topics (such as the benefits, initiation and maintenance of breastfeeding), (b) provide support to breastfeeding mothers (c) enhance knowledge and skills of health care professional on breastfeeding initiation and management.

As the general secretary of the association for the past 10 years, I have voluntarily been involved in monthly educational events for parents on breastfeeding promotion and in organizing and training health care professionals on supporting breastfeeding mothers. I have also worked as the organization's liaison researcher for the research project BrEaST start in Life.

## **Memberships: Professional Bodies and Committees**

Member of the Royal College of Paediatrics and Child Health, UK (2004- present)

Member of the Cyprus Medical Association and Pediatric Society (2005- Present)

Member of the Cyprus National Bioethics Committee (2013-15)

## **Awards**

Winner Young Researcher Award, International Congress on Paediatric Pulmonology June 2011, Paris. "Low high density lipoprotein cholesterol is associated with adolescent asthma".

International Office Scholarship of the University of Nottingham (1994-99)

## **Reviewer for Peer Review Journal**

I have been invited and have reviewed research papers for the following Journals:

*Journal of Cachexia, Sarcopenia and Muscle*, Wiley-Blackwell in association with Society on Sarcopenia, Cachexia and Wasting disorders, Impact factor 7.41 (2014)

*Pediatrics*, American Society of Pediatrics, Impact factor 5.47 (2014)

*Paediatric Allergy and Immunology*, Wiley and Sons Ltd, Impact Factor 3.39 (2014)

*Archives of Disease in Childhood*, BMJ Journals, Impact Factor 2.89 (2014)

*BMC Public Health*, Springer, Impact Factor 2.26 (2014)

*BMC Pediatrics*, Springer, Impact Factor 1.93 (2014)