



## CURRICULUM VITAE

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PHYSIOTHERAPY

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### EDUCATION

1994 BSc (Hons) in Physiotherapy. Technological Educational Institute of Athens, Physiotherapy Department.

1996 M.Sc. in Physiotherapy. University of East London, Department of Health Sciences, United Kingdom.

1999 M.A. in Education, Higher School of Pedagogical and Technological Education (ASPETE), Athens.

2010 PhD candidate, University of Athens, Faculty of Physical Education and Sport Sciences, Department of Exercise Biology.

### PROFESSIONAL EXPERIENCE

2005 to present: Lecturer in Physiotherapy, Technological Educational Institute of Central Greece. Teaching modules: Respiratory Physiotherapy, Physiotherapy in Cardiovascular diseases, Clinical Cardiorespiratory Physiotherapy.

1997-2002: Part time Lecturer in Physiotherapy, Technological Educational Institute of Athens and Technological Educational Institute of Lamia. Teaching modules: Respiratory Physiotherapy in clinical placement.

### CLINICAL EXPERIENCE

1992-1993: Clinical Practice in Furness General Hospital, NHS United Kingdom, Commet Grant

1994-1995: Physiotherapist in Private Outpatient Clinic

1996-2003: Senior Physiotherapist in "Thriasio" General Hospital, Athens,



2003-2005: Senior Physiotherapist in “Attiko” University Hospital of Athens, NHS of Greece (senior respiratory physiotherapist in ICU)

My teaching experience has primarily consisted of respiratory physiotherapy and all facets of cardiorespiratory physiotherapy and rehabilitation. Within respiratory physiotherapy, my greatest experience and interest concerns patients with chronic obstructive pulmonary disease, especially as it concerns pulmonary rehabilitation; patients education and therapeutic exercise.

I also have experience in teaching in the clinical setting and sciences that form the basis for physiotherapy. My interests here concern physiology and exercise. I have history of successfully supervising physiotherapy students in their undergraduate research projects. Finally, I have experience working with students and clinicians in developing their writing skills including research paper writing.

#### PUBLICATION – REFEREED

1. Kortianou E. Muscle Strength and Knee Performance after Injury. *Physiotherapy Issues* 1998; 1(2):27-36.
2. Kortianou E. Physiotherapy Respiratory Techniques. An evidenced based approach. *Physiotherapy, Panhellenic Physiotherapy Association* 2007; 10(4):219-229.
3. Kortianou E., Nasis I., Spetsioti S., Daskalakis A., Vogiatzis I. Effectiveness of interval training in patients with COPD. *Cardiopulmonary Physical Therapy Journal* 2010; 21 (3):12-19.
4. Kortianou E., Konstadinou A., Tzagari A., Piperakis S. Pulmonary function and functional capacity in young obese individuals. A control pilot study. *Physiotherapy Issues* 2010; 6(3):89-10.
5. Kortianou E., Nasis I., Vogiatzis I. Exercise strategies in chronic respiratory diseases. *Minerva Pneumologica* 2011; 50(2):111-128.
6. Vasilopoulou M.K, Vogiatzis I., Nasis I., Spetsioti S, Cherouvim E., Koskoulou M., Kortianou E., Louvaris Z., Kaltsakas G., Koutsoukou A., Koulouris N.G, Alchanatis M. On- and off- exercise kinetics of cardiac output in response to cycling and walking in COPD patients with GOLD Stages I to IV. *Respiratory Physiology and Neurobiology* 2012; 181:351-358.
7. Papathanasiou G, Papandreou M, Galanos A, Kortianou E, Tsepis E, Kalfakakou V, Evangelou A. Smoking and Physical activity interrelations in health science students. Is smoking associated with physical inactivity in young adults? *Hellenic Journal of Cardiology* 2012; 53:17-25.
8. As participant of the ERS Research Seminar Faculty. Editorial: Laveneziana P. Palagne P. Physical Activity Nutritional status and systemic inflammation in COPD on behalf of the ERS Research Seminar Faculty. *EurRespir J* 2012; 40: 522–529.
9. Nasis I, Kortianou E, Clini E, Koulouris N.G, Vogiatzis I. Effect of rehabilitative exercise training on peripheral muscle remodeling in patients with COPD. Targeting beyond the lungs. *Current Drug Targets*, 2013; 14:262-273.
10. Louvaris Z, Kortianou E, Spetsioti S, Vasilopoulou M, Nasis I, Asimakos A, Zakyntinos S, Vogiatzis I. Intensity of daily physical activity is associated with central hemodynamic and leg muscle oxygen availability in COPD. *J Appl Physiol*, 2013; 115(6):794-802.

11. Kortianou E, Louvaris Z, Vasilopoulou M, Nasis I, Kaltsakas G, Koulouris N.G, Vogiatzis I. Activity monitoring reflects cardiovascular and metabolic variations in COPD patients across GOLD stages II to IV. *Respiratory Physiology and Neurobiology* 2013; doi:pii: S1569-9048(13)00285-1. 10.1016/j.resp.2013.08.014. [Epub ahead of print].

#### PUBLICATION – NON-REFEREED

Respiratory Physiotherapy in Master Degree Courses in Greece and Abroad. 2009. 12<sup>th</sup> Panhellenic Congress of ICU, Physiotherapy Symposium, pages: 69-76.

Respiratory Rehabilitation in Chronic Heart Failure, 2009, 10<sup>th</sup> Panhellenic Congress of Heart Failure, page: 29

#### BOOKS

1. «Relationship of Knee Subjective Scores to Muscle Strength Variables after Knee Injury», Thesis, University of East London (Library)
2. “Physiotherapy in Respiratory Diseases”. Edition of Technological Educational Institute of Lamia

#### PUBLISHED/REFEREED ABSTRACTS – PRESENTED AT NATIONAL AND INTERNATIONAL CONFERENCES:

Number 28 (16 as first author)

#### UNPUBLISHED/REFEREED ABSTRACTS – PRESENTED AT NATIONAL, INTERNATIONAL AND REGIONAL CONFERENCES:

Number 11 (5 as first author)

CITATIONS: Number 6

#### INVITED SPEAKER AT PROFESSIONAL NATIONAL AND LOCAL CONFERENCES/MEETINGS: 17 Lectures

#### ABSTRACTS ACCEPTED AS ORAL PRESENTATIONS AT INTERNATIONAL, NATIONAL AND REGIONAL CONFERENCES:

Number 20 (11 as first author)

#### RESEARCH PROJECTS

2008-2010 Research Project: Prevalence of smoking and physical activity in Greeks higher education students. A collaboration of Technological Educational Institute of Athens, Physiotherapy Department and Medical School of Ioannina, Laboratory of Physiology.

2010-2013. Research Project: Heart Rate Recovery after 6-MWT as a marker of Cardiac Autonomic Function in Chronic Obstructive Pulmonary Disease. A 3-year research project in collaboration with Hospital Clinic Barcelona, University of Athens, University of Sydney, University of Edinburgh, Fundación Neumológica Bogota.

## RESEARCH GRANT AWARDS

2007: Hellenic Scientific Society of Physiotherapists: Grant for best abstract submitted in the 21<sup>st</sup> Congress, Athens for the paper entitled “The effects in Chronic Neck Pain in Respiratory Function” Vourazanis E., Strimpakos N., Papachristos A., Kortianou E., Kapreli E.

2011: ERS Grant for best abstracts in Rehabilitation and Chronic Care for the abstract entitled “Effect of COPD severity on haemodynamic responses to exercise in patients with GOLD stages I-IV”. Vasilopoulou M, Vogiatzis I, Nasis I, Spetsioti S, Cherouveim E, Kaltsakas G, Kortianou E, Koskolou M, Koutsoukou A, Alchanatis M, Koulouris N.G.

2013: ERS, The Excellence Grant in Clinical Physiology and Exercise. Award for the abstract entitled “Mechanical restriction to tidal volume expansion partially determines intensity of physical activity in COPD. Kortianou E, Vasilopoulou M, Louvaris Z, Nasis I, Spetsioti S, Andrianopoulos V, Kaltsakas G, Koulouris G. N., Vogiatzis I.

2013: ERS Travel Grant for best abstracts in COPD for the abstract entitled “Intensity of physical activity is associated with central hemodynamic and leg muscle oxygenation capacities in COPD”. Louvaris Z. Kortianou E. Spetsioti S, Vasilopoulou M, Nasis I, Asimakos A, Roussos Gh, Zakynthinos S, Vogiatzis I, (2013). European Respiratory Society Annual Congress, 7-11 September, Barcelona, Spain.

GRADUATE STUDENTS RESEARCH SUPERVISOR  
Supervisor in 12 graduate students

GRADUATE STUDENTS SUPERVISOR  
Supervisor in 10 graduate students

COMMITTEE MEMBERSHIP  
Physiotherapy Issues: the official journal of Hellenic Scientific Society of Physiotherapists. Member of the Editorial Board

PEER REVIEWER  
Respiratory Care. Official Journal of the American Respiratory Care Association.  
Hospital Chronicles. Webpage journal of Evagelismos Hospital, Athens.

SOCIETY MEMBERSHIP  
Panhellenic Association of Physiotherapy  
Hellenic Scientific Society of Physiotherapists  
European Respiratory Society (in Physiotherapy Group).