



Dr. Eleni Papagiannidou

Clinical Dietician – Nutritionist
Clinical Dietetics Department
G.H. “Asklepieio Voulas”

EDUCATION

January 2006 **PhD in Biochemistry**
School of Biomedical and Molecular Sciences, University of Surrey, UK
Thesis: Cytochrome P450-mediated metabolism of melatonin

July 1999 **BSc in Nutrition and Dietetics**
Department of Nutrition and Dietetics, Harokopio University, Athens, Greece

WORK EXPERIENCE

March 10 – present **Clinical Dietician**
Dietetic Department, General Hospital Asklepieio Voulas, Athens, Greece

Responsibilities:

- implementing dietary-care plans and providing nutritional counseling
- consulting with physicians and health care personnel to determine nutritional needs and diet restrictions of inpatients
- advising patients and their families on dietary plans and dietary modifications, food selection and preparation
- monitoring food service operations to ensure conformance to nutritional, safety, sanitation and quality standards
- counseling sleeve gastrectomy patients
- counseling obese patients using cognitive behavioural counseling techniques
- training placement dietetic students

Sep 08 – March 10 **Home Economics’ Teacher** (in English)
Hellenic American Educational Foundation, Athens, Greece (www.haef.gr)

Skills developed/ Responsibilities:

- preparation of learning materials and teaching methods
- design and preparation of instruments of assessment
- undertaking formative and summative assessments of students’ work;
- provision of constructive feedback to students.

Sep 07 – July 08 **Dietician**
Symmetria, Plastic Surgery Centre, Athens, Greece

Implementing cognitive-behavioural counselling techniques for overweight clients

Oct 06 – May 07 **Nutrition Scientist**
Elais-Unilever, Athens, Greece

Specific tasks were:

- Prepared fact sheets and position statements
- Gave scientific and nutritional support by answering ad-hoc questions from the business and managing issues that Unilever-Elais had with external parties
- Contributed to initiating and managing external contacts with academia and other external parties
- Represented the group and at scientific congresses, and conferences.

- Oct 05 – June 06 **Clinical Placement Tutor in Dietetics**
Department of Dietetics and Nutrition, Harokopio University, Athens, Greece
- Supervised students during their placement at Renal and Intensive Care Unit (ICU)
- Dec 04 – Aug 05 **Clinical Dietician**
General National Athens Hospital «Korgialenio–Benakio», Athens, Greece
- March 03 – Aug 04 **Dietician – Weight Management Adviser**
Private Slimming Centre, Athens, Greece
- Implementing cognitive-behavioural counselling techniques for overweight clients
- Oct 99 – Dec 01 **Demonstrator** (Undergraduate and Postgraduate level)
School of Biomedical and Life Sciences, University of Surrey, Surrey, UK
- Skills developed/ Responsibilities:
- BSc in Biochemistry – Toxicopathology: biochemical assays
 - MSc in Toxicology – Drug Metabolism: biochemical assays
 - MSc in Toxicology – Biochemical assays
 - MSc in Toxicology – Data handling and Biostatistics: Excel, and Instat
 - Msc in Clinical Biochemistry – Radioimmunoassay
- Feb 00 – Aug 00 **Supervisor** (Postgraduate level)
School of Biomedical and Life Sciences, University of Surrey, Surrey, UK
- Skills developed/ Responsibilities:
- Trained and supervised visiting postdoctoral fellows.
 - Supervised MSc in Toxicology students during their research project.
- Jan 98 – June 98 **Home Economics' Teacher** (secondary)
Junior High School, American College of Athens, Greece
- Sep 96 – June 97 **Teacher of Dietetic Assistants, Athens, Greece**
Private College
- Responsible of organizing the teaching of the following modules:
- Principles of Nutrition I & II - Theory and Laboratory
- Basic Nutrition
- March 97 – Aug 97 **Research Assistant**
- National Institute of Biology, «Democritos», Athens, Greece*
EU funded epidemiological study investigating the degree of DNA damage on humans in relation to exposure to pesticides.
- Responsible for:
- recruiting volunteers
 - preparing the experimental protocol
 - learning the experimental techniques and
 - analyzing samples

PUBLICATIONS

PhD Thesis

January 2006 E. Papagiannidou. *Cytochrome P450-mediated metabolism of melatonin*

Papers

November 2001 D.J. Skene, E. Papagiannidou, E. Hashemi, J. Snelling, D.F.V. Lewis, M. Fernandez, and C. Ioannides. *Contribution of CYP1A2 in the hepatic metabolism of melatonin: studies with isolated microsomal preparations and liver slices*. *Journal of Pineal Research*, Vol. 31, issue 4, 333 – 343

Poster Presentations in International Conferences

- May 2002 E. Papagiannidou, A. Kalsbeek, S. Perreau, C. Ioannides and D.J. Skene.
Role of the SCN and PVN in the day/night variation of cytochrome P450 expression.
8th Meeting of the Society for Research on Biological Rhythms, Amelia Island, Florida, USA
- August 2000 E. Papagiannidou, C. Ioannides, and D. J. Skene.
Role of cytochrome P450 in the 6-hydroxylation of melatonin.
Gordon Research Conference "Pineal Cell Biology", Oxford, UK

Oral Presentations in Other Conferences

- November 2011 E. Papagiannidou
Counselling patients and employees at the Greek NHS setting aiming dietary behaviour change
6th National Hellenic Conference of Health Promotion and Health Education
Invited speaker
- May 2008 E. Papagiannidou, A. Tsipis, D. Veltista, D. Kakaki, N. Metaxotos
Sarcopenic Obesity: The obesity of "slim" women.
Hellenic Medical Conference, Athens, Greece
- May 2007 E. Papagiannidou.
Lifestyle and Dietary Modifications: Effects on lipid profile.
2nd Hellenic Conference on Fats, Oils and Lipids: Present and Future, Athens, Greece
- May 2006 E. Papagiannidou
The role of enteral immunonutrition for ICU patients.
Harokopio University of Athens
- November 1997 E. Papagiannidou.
The intake of folic acid in pregnant women.
5th Hellenic Dietetic Conference, Athens, Greece

LAB SKILLS

- Preparations of tissue post-mitochondrial and microsomal fractions
- Enzyme Assays: Fluorimetric and Spectrophotometric analyses -- measuring activity of enzymes
- TLC and HPLC -- measurement of cytochrome P450 enzymes activity
- Chemical analyses -- radioimmunoassay of 6-sulphatoxymelatonin (aMT6s)
- Protein Gel Electrophoresis and Western Blotting

IT SKILL

- ECDL Progress Certificate (Windows, Internet & Email, Word, Excel)
- Extensive knowledge of PowerPoint
- Extensive knowledge of Statistical Analysis Software: SPSS, InStat

LANGUAGES

- Fluently speaking and writing English (Proficiency Level)
- Fluently speaking and writing Greek

ADDITIONAL ACTIVITIES

- Article writing & interviewing in magazines, newspapers
- Scientific editing of the chapter on nutrition of book "looking after a baby 0-3 years old" ed. Labrakis
- Member of the Scientific Committee of Hellenic Dietetic Association for the Nutrition Week 2006.