

CURRICULUM VITAE

Elpidoforou Michail

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Education

- 2017-2019** MSc in “Neurological Diseases. Evidence Based Practice”, Department of Nursing, School of Health and Care Science, University of West Attica.
- 2011-2015** BSc in Physiotherapy, Department of Physiotherapy, School of Health and Care Professions, Technological Educational Institute of Athens.
- 2004-2007** Higher National Diploma in Dance Education, Higher Vocational Dance School “Rallou Manou”, Athens.
- 1999-2004** BSc in Physical Education and Sports Science, Department of Physical Education and Sports Science of Serres, Aristotle University of Thessaloniki. Academic Specialties: Adapted Physical Education, Aerobics-Weight Training.

Continuing Education - Seminars

- 2019** **Acupuncture Educational Program for Health Care Professionals** (300 hours – in contact). Lifelong Learning and Training Center, University of West Attica in collaboration with the Greek Physiotherapy Association of Algology.
- 2016** **Educational Program in Adult Education** (160 hours). Centre of Professional Training of Technical School of Heraklion Chamber.
- 2015** **Clinical Pilates Instructor**, H-OMT.D, Hellenic Orthopaedic Manipulative Therapy Diploma.
- 2012** **Clinical Pilates Instructor**, Epimorfosis, Training Centre for Applied Health Professionals.
- 2011** **GYROKINESIS® Instructor**, Level I.
- 2010** **GYROTONIC® Instructor**, Level I.

Foreign Languages:

- **English:** CERTIFICATE IN ENGLISH B2, State Certificate of Foreign Language Proficiency, 2011.
- **German:** ZERTIFICAT B1, GOETHE INSTITUT, 2011.

IT Skills:

- Vellum Diploma in IT Skills: Word, Excel, Internet, 2019.

Professional and Educational Experience

2015 – now	Freelancer Physiotherapist
2019 – now	Owner of “Somatic Release. Center of Physiotherapy and Holistic Rehabilitation”, Athens.
12/05/2021	Guest Speaker, 4 th year of pre-gradual studies, Subject: “Aerobics and Weight Training”, Title of 2 hrs lecture: “Spine and Knee Musculoskeletal Disfunctions & Safe Exercise”, Department of Physical Education and Sports Science of Serres, Aristotle University of Thessaloniki.
26/03/2021	Guest Speaker, MSc Program in “Community and Public Health Nursing”, Subject: "Out of Hospital Health Care and Rehabilitation”, Title of 1 hr lecture: “Complementary Therapies in Rehabilitation”, Department of Nursing, University of West Attica.
04/05/2021	Guest Speaker, 3 rd and 4 th years of pre-gradual studies, Subject: “Dance: Educational Body Methods”, Title of 3 hrs lecture and practical session: “Therapeutic Dimensions of Dance. Dance in Parkinson’s Disease Paradigm”, Department of Theatrical Studies, University of Peloponnese.
2020 – now	Applied Dance Anatomy and Kinesiology Tutor & Clinical Practice in Physiotherapy, Greek National School of Dance, Athens.
2020 – now	Applied Dance Anatomy and Kinesiology Tutor, Higher Vocational Dance School “ChoroChronos”.
2019 – now	Lecturer in Educational Programs of Lifelong Learning in Exercise, Center of Lifelong Learning and Training, Omega Academy, Athens.
16/04/2019	Guest Speaker, 2 nd year of pre-gradual studies, Subject: “Physiology”, Title of 2 hrs lecture: “Applied Kinesiology”, Medical School, University of Cyprus.
2018 – 2019	Applied Dance Anatomy and Kinesiology Tutor, Vocational Training Institute “IEK AXIA”, Department of Applied Dance Arts.
2017 – now	Applied Dance Anatomy and Kinesiology Tutor, Higher Vocational Dance School “Choros”.
2017 – now	Applied Dance Anatomy and Kinesiology Tutor, Higher Vocational Dance School of Maria Chatzimihali – Charlafti.
2014 – 2015	Applied Dance Anatomy and Kinesiology Tutor, Higher Vocational Dance School of Vassiliki Marouli.

Research:

- Authorship of pre-gradual dissertation, Title: “The Chronic Fatigue Syndrome in Greek HIV Positive Individuals”, Department of Physiotherapy, Technological Educational Institute of Athens, 2015.
- Authorship of gradual dissertation, Title: “The Effect of Dance in Parkinson’s Disease”, Department of Nursing, University of West Attica, 2019.
- Authorship of Electronical Book Chapter. Elpidoforou M. “Types of Dance: Steps and Positions”, *In: Overuse Injuries in Dancers*. Editor: Antonios Angoules. Published Date: March, 2016. Published by OMICS Group eBooks.
- Participation in Research Project. “ Introduction of the Sportsmanship and the Principles of Fair Playing in the Lives of Young Students”, Principle Researcher: Dr Papadopoulos Chr., 2003.
- Abstract in a Greek Scientific Journal. Greek AIDS Archives, Dec 2017; 25 (Sup. 1): 1-52. Title: “Registration of Fatigue, Anxiety and Depression in Greek HIV Positive Individuals”. **Elpidoforou M.**, Bakalidou D., Paparizos V., Vouraki A.

Presentations in Scientific Congresses:

- World Physiotherapy Congress online, 9 – 11 April 2021. Title of Oral Presentation: “A Structured Dance Program Improves Fatigue and Quality of Life in Patients with Parkinson’s Disease. A Pilot Study”. **Elpidoforou M.**, Bakalidou D., Stefanis L.
- 29th Panhellenic Pulmonological Congress, 17 – 20 December 2020, Αθήνα. Title of Poster (in Greek): “The Effect of Perceptions on Infectious Pulmonological Diseases Spread Management: The COVID-19 Case”. Boutsikari E., **Elpidoforou M.**, Kopsidas I., Nikolovienis N., Boutsikari C., Triantafyllou C.
- 22nd European Congress of Physical and Rehabilitation Medicine. Belgrade (Serbia), 2020. Title of Oral Presentation: “The Impact of Dance in Parkinson’s Disease”. Bakalidou D., **Elpidoforou M.**, Stefanis L.
- 29th Panhellenic Scientific Congress of Physiotherapy. Exercise & Physical Activity in Rehabilitation-What, Where, Who and Where. Royal Olympic Hotel, 2019. Title of Oral Presentation (in Greek): “The Impact of Dance in Parkinson’s Disease”. **Elpidoforou M.**, Bakalidou D., Stefanis L.
- 31st Congress of Greek Scientific Association of Physiotherapy. Movement Control. Integration of Movement Learning in Therapeutic Intervention. Athens, 2017. Title of Oral Presentation (in Greek): “Investigation of Fatigue, Anxiety and Depression Levels in Greek HIV Positive Individuals”. **Elpidoforou M.**, Bakalidou D., Paparizos V., Vouraki A.

- 14th Panhellenic Congress of Physical Medicine and Rehabilitation. Athens, 2016. Title or Oral Presentation (in Greek): “Proposed Protocol for the Evaluation of the Causal Relationship between Ankle Overuse Injuries and Predisposing Factors in Ballet Dancers”. Boutsikari E., Mellos G., **Elpidoforou M.**, Georgoudis G.
- 10th International Congress of Physical Education and Sports. Komotini, 2002. Title of Oral Presentation (in Greek): “Social Integration of Individuals with Special Needs in a Private Camp”. **Elpidoforou M.**, Stefanidou A., Palazi M., Kalogeropoulou E.
- 10th International Congress of Physical Education and Sports. Komotini, 2002. Title of Oral Presentation (in Greek): “The Role of Water: Dehydration, Hydration and Athletic Performance”. Stefanidou A., **Elpidoforou M.**, Papadimitriou I.
- 10th International Congress of Physical Education and Sports. Komotini, 2002. Title of Oral Presentation (in Greek): “The Aspartic Salts as a Nutrient Ergogenic Supplement”. Stefanidou A., Natsikas C., **Elpidoforou M.**
- 9th International Congress of Physical Education and Sports. Komotini, 2001. Title of Oral Presentation (in Greek): “Satisfaction Levels of Exercisers in Gyms of Attica by Weight Training Programs”. **Elpidoforou M.**, Tsibas K., Kannas T., Dalkiranis A., Kefi E., Papadopoulou S.
- 5th Scientific Meeting “Performance Evaluation, Training Guidance”. Serres, 2001. Title of Oral Presentation (in Greek): “The Hellison’s Model for the Social Responsibility through Physical Education”. **Elpidoforou M.**, Mouratidou Aik., Goutza St., Litrosiggouni El.
- 5th Scientific Meeting “Performance Evaluation, Training Guidance”. Serres, 2001. Title of Oral Presentation (in Greek): “Development of Ethical Criticism in the Context of Physical Education”. Goutza St., Mouratidou Aik., **Elpidoforou M.**, Litrosiggouni El.
- 5th Scientific Meeting “Performance Evaluation, Training Guidance”. Serres, 2001. Title of Oral Presentation (in Greek): “Physical Education as a Motivating Force for the Lifelong Exercise”. Litrosiggouni El., Goutza St., **Elpidoforou M.**
- 3rd Scientific Meeting of the Northern Greece Physical Education Teachers Association. Thessaloniki, 2002. Title of Poster: “The Athletic Dance from its Birth till now and its Inclusion Path to the 2008 Olympic Games Program”. **Elpidoforou M.**, Stefanidou A.

Publications in International Peer-Reviewed Journals:

- Farmakis D, Thodi M, **Elpidoforou M**, Filippatos G (2020). Assessing frailty in heart failure. *European Journal of Heart Failure*. Nov;22(11):2134-2137. Impact factor (2020): 15.534.
- Boutsikari EC, Christakou A, **Elpidoforou M**, Kopsidas I, Nikolovienis N, Kardara D, Boutsikari CC, Triantafyllou C (2021). Greek population's perceptions of nonpharmacological interventions towards the first wave of COVID-19 pandemic mitigation: A regression-based association analysis. *PNEUMON*, 34(3):12. Impact factor (2020): 0.069.

Awards - Distinctions:

- Award of best scientific research by the Scientific Committee of the 31st Congress of Greek Scientific Association of Physiotherapy. Movement Control. Integration of Movement Learning in Therapeutic Intervention. Athens, 2017. Title of Oral Presentation (in Greek): "Investigation of Fatigue, Anxiety and Depression Levels in Greek HIV Positive Individuals". **Elpidoforou M.**, Bakalidou D., Papanizos V., Vouraki A.
- He is a member of the Study Group for the Atrial Disease of the Heart Failure Association (HFA) of the European Society of Cardiology (ESC) for 2020-2022.