

Curriculum Vitae

Personal information **Panagiota Tsikala**

Work experience

02/11/2021 – CURRENT Vienna, Austria
REGISTERED NURSE- DIALYSIS UNIVERSITY HOSPITAL VIENNA
Dialysis nurse in the University Hospital Vienna Austria
, monitor and maintain dialysis machines and systems

- Patient triage and initiating hemodialysis
- Administering routine medications
- Monitoring patients and equipment throughout Dialysis process
- Monitoring patients for severe hypotension and hypertension.
- Performing diabetic foot checks and routine catheter care.
- Provided patient and family teaching on condition, treatment and lifestyle issues
- Participating in Hangovers
- Performing diabetic foot checks and routine catheter care.

Provided patient and family teaching on condition, treatment and lifestyle issues

- Participating in Hangovers
- Update Patients Notes
- Team work to ensure total care of the patient
- Dialysis machines Nipro, NIKISSO, Fresenius
- Infection prevention control

02/11/2020 – 31/10/2021 Vienna, Austria
REGISTERED NURSE SENEcura
-Medication Rounds
Doctor rounds

- Performing diabetic foot checks and routine catheter care.

Take care of the personal needs
Feeding
Wound management and pressure ulcers prevention

11/06/2018 – 30/05/2019 Limerick, Ireland
REGISTERED NURSE- DIALYSIS UNIVERSITY HOSPITAL LIMERICK
Staff Nurse
UHL (1B ward for 3 months) and after in dialysis (22/09/2018 started) until May 2019
induction Hse land training

- Prepare, monitor and maintain dialysis machines and systems
- Patient triage and initiating haemodialysis
- Administering routine medications
- Monitoring patients and equipment throughout Dialysis process
- Monitoring patients for severe hypotension and hypertension.
- Performing diabetic foot checks and routine catheter care.
- Provided patient and family teaching on condition, treatment and lifestyle issues
- Participating in Hangovers
- Update Patients Notes
- Team work to ensure total care of the patient
- Dialysis machines B- Brown
- Infection prevention control

WORK EXPERIENCE 29/11/2017 – 17/04/2018 Alexandroupolis, Greece
OCCUPATIONAL NURSE IN TRANS ADRIATIC PIPELINE (GREECE) GEP
Occupational nurse in Trans Adriatic Pipeline (Greece)

01/07/2016 – 30/10/2017 Perea, Greece
VOLUNTEER PRIVATE
Home care (volunteer)
-Take care of the personal needs
Medication

01/06/2015 – 31/05/2016 Komotini, Greece
RN NEUROPSYCHIATRIC CLINIC AGIA MARINA, KOMOTINI GREECE NEUROPSYCHIATRIC CLINIC AGIA MARINA
Mental Health Conditions such as Alzheimer's, dementia

- Caring for Older Adults in Residential Environment some with age related Assisting the patient with their personal care i.e. hygiene, feeding, toileting, dressing
- Medications rounds
- Routine clinical observations
- Updating Care plans
- Preparing patients for appointments

14/05/2008 – 31/05/2015 Nicosia, Cyprus
DIALYSIS NURSE IN RENAL UNIT (AND MENTOR FOR UNIVERSITY NURSING STUDENTS IN THE NEPHROLOGY DEPARTMENT 2009-2011) NICOSIA GENERAL HOSPITAL - MINISTRY OF HEALTH CYPRUS

- Prepare, monitor and maintain dialysis machines and systems
- Patient triage and initiating haemodialysis
- Administering routine medications
- Monitoring patients and equipment throughout Dialysis process
- Monitoring patients for severe hypotension and hypertension.
- Performing diabetic foot checks and routine catheter care.
- Provided patient and family teaching on condition, treatment and lifestyle issues
- Developed training and education tool for dialysis staff that clarified policies and procedures and increased proficiencies in job duties

- Participating in Handovers
- Update Patients Notes
- Team work to ensure total care of the patient
- Translation of Dialysis machines manuals (Fresenius 4008H-5008H)
- Management of Dialysis Protocols in the unit
- Take precautions for Infection Prevention
- Training the new nurses in the unit
- representing the unit in national and european conferences

26/03/2007 – 05/05/2008 Thessaloniki, Greece
RN IN ICU ST.LUKES CLINIC
Nurse in Cardio surgical intensive Care Unit – Saint Lukes Clinic Thessaloniki, Greece

- Monitor patients' vital signs
- Airway management
- Pain management-medication
- Rhythm interpretation-hemodynamic
- Patient and family education
- Closely observed for signs of shock- arrest
- Take care of the personal needs of the patient (hygiene, feeding, toileting,
- Wound care
- Participating in Handovers
- Routine medicine administration
- Devising care plans

Take care of surgical drains
15/03/2005 – 30/01/2007 Nicosia, Cyprus
DIALYSIS NURSE IN RENAL UNIT NICOSIA GENERAL HOSPITAL. MINISTRY OF HEALTH CYPRUS
Dialysis Nurse in Renal unit (training three months)
Nicosia General Hospital Cyprus

- Patient centered nursing care
- Prepare, monitor and maintain dialysis machines and systems
- Patient triage and initiating haemodialysis
- Administering routine medications (anticoagulants- epoetin)
- Monitoring patients and equipment throughout Dialysis process
- Monitoring patients for severe hypotension and hypertension.
- Performing diabetic foot checks and routine catheter care.
- Provided patient and family teaching on condition, treatment and lifestyle issues
- Developed training and education tool for dialysis staff that clarified policies and procedures and increased proficiencies in job duties
- Update Patients Notes
- Team work to ensure total care of the patient

09/08/2004 – 13/05/2005 Nicosia, Cyprus
SENIOR STAFF NURSE APOLLONIO PRIVATE HOSPITAL NICOSIA, CYPRUS
APOLLONIO PRIVATE HOSPITAL NICOSIA, CYPRUS
Senior staff Nurse
Apollonio Private Hospital Nicosia, Cyprus

- Senior staff nurse in general ward
- Assisting Doctors on their ward rounds
- Preparing patients for appointments
- Call the laboratory for results
- Wound Care i.e. leg ulcers and pressure sores can be common
- Assessments i.e. risk, nutrition, hydration etc.
- Participating in Handovers, Case Management meetings Work with all medical specialties in a General Ward (Cardiology, Rheumatology, Neurology, Gastroenterology, Pneumology, Oncology, General Surgery, Colorectal Surgery, Laparoscopic Surgery, Pediatric Surgery, Neurosurgery, Orthopaedics, Traumatology, Microsurgery, Plastic Surgery, Endocrinology, Urology-Andrology, ENT, Maxilo-facial Surgery, Vascular and Endovascular)
- Post-operatively observe the patient for signs of shock, arrest
- Discharge patient
- Give instructions to the nursing staff
- Provide team work (team leader)

24/05/2004 – 30/07/2004 Larissa, Greece
NURSE IN UNIVERSITY HOSPITAL OF LARISSA LARISSA, GREECE
UNIVERSITY HOSPITAL OF LARISSA - MINISTRY OF HEALTH GREECE

- Day care
- Call the laboratory for results
- Update Patients Notes
- Provided patient and family teaching
- Routine clinical observations
- Take blood samples
- Prepare patients for colonoscopy and gastroscopy

17/06/2002 – 28/02/2003 Nicosia, Cyprus
SENIOR STAFF NURSE (AFTER TWO MONTHS TRAINING) APOLLONIO PRIVATE HOSPITAL NICOSIA, CYPRUS
APOLLONIO PRIVATE HOSPITAL NICOSIA, CYPRUS
Senior Staff Nurse (after two months training)
Apollonio Private Hospital Nicosia, Cyprus

- Patient centered nursing care
- Work with all medical specialties in a General Ward (Cardiology, Rheumatology, Neurology, Gastroenterology, Pneumology, Oncology, General Surgery, Colo-rectal Surgery, Laparoscopic Surgery, Pediatric Surgery, Neurosurgery, Orthopaedics, Traumatology, Microsurgery, Plastic Surgery, Endocrinology, Urology-Andrology, ENT, Maxilo-facial Surgery, Vascular and Endovascular)
- Senior staff nurse in general ward
- Intake-Output chart
- Assisting Doctors on their ward rounds
- Preparing patients for appointments
- Call the laboratory for results
- Wound Care i.e. leg ulcers and pressure sores can be common
- Assessments i.e. risk, nutrition, hydration etc.
- Participating in Handovers, Case Management meetings
- Pre- operatively (ensuring pre-medication is administered, the patient given written the consent form, blood tests have been done, identifications labels and bracelets are correct and allergies have been recorded)
- Post-operatively observe the patient for signs of shock, arrest
- Give instructions to the nursing staff
- Provide team work (team leader)

16/04/2002 – 16/06/2002 Thessaloniki, Greece
SENIOR NURSE NEUROLOGICAL CLINIC - ASKLIPPIO THESSALONIKI, GREECE
ASKLIPPIO THESSALONIKI, GREECE

- Mental Health Conditions such as Alzheimer's, dementia
- Caring for Older Adults in Residential Environment some with age related
- Assisting the patient with their personal care i.e. hygiene, feeding, toileting, dressing
- Medications rounds

- Routine clinical observations
 - Updating Care plans
 - Preparing patients for appointments
- Assessments i.e. risk, nutrition, hydration etc

Education and training

10/09/1997 – 13/11/2001 Patras, Greece
 DEGREE IN NURSING Technological Educational Institute of Patra (Tei)
 09/2008 – 06/2011 Nicosia, Cyprus
 BACHELOR OF SCIENCE IN NURSING Cyprus University of Technology
 10/2021 – CURRENT Patras, Greece
 POSTGRADUATE PROGRAMME OF STUDIES IN HEALTH CARE MANAGEMENT (MASTERS) Hellenic Open University
 08/04/2021 On line
 SPECIALIST CERTIFICATE COURSE IN HEALTHCARE QUALITY (ON LINE) ISQua -Medvarsity
 06/08/2022 – 06/08/2023 On line
 FELLOWSHIP ID NUMBER: 10003608 ISQua
 29/09/2023 – CURRENT On line
 SOFT SKILLS - PERSONAL DEVELOPMENT Aristoteles University Thessaloniki
 18/12/2021 On line
 FELLOWSHIP ISQua
 08/08/2023 – CURRENT Vienna, Austria
 STRESS TRAINER- ZERTIFIKAT ZUM MULTIPLIKATOR FÜR INNERBETRIEBLICHEN STRESSMANAGEMENT
 Balance care Institut für Qualitäts- und Gesundheitsförderung
 On line
 INNOVATION FOR LEADERS EIT Karolinska
 05/01/2024 – CURRENT On line
 FELLOWSHIP ID NUMBER 10003608 ISQua
 08/03/2024 Larissa, Greece
 MASTER OF SCIENCE DIPLOMA IN NEPHROLOGICAL CARE University of Thessaly
 Website mscnephro.med.uth.gr
 EDUCATION AND TRAINING 19/02/2024 – CURRENT online
 PERSON-CENTRED VALUE-BASED HEALTH CARE ONLINE TRAINING PROGRAMM (IMPLEMENTATION PROJECT PLAN) Global Centre for Person-Centred Value-Based Health Care
 30/04/2024 – CURRENT
 GLOBAL ADVOCACY SIGMA MINI ACADEMY Sigma Theta Tau International

Additional information

Publications

Projects

Memberships

18/04/2024 – CURRENT
 Brand Ambassador Austria EDTNA/ERCA
 01/2024 – CURRENT
 Member ANNA
 CURRENT
 Committee member Sigma Phi Gamma Chapter
 CURRENT Vienna
 Member ÖGKV
 CURRENT
 Junior Policy Officer ESNO
 18/11/2020 – CURRENT
 ISQua Membership
 15/11/2023 – CURRENT Europe
 EUPSF Affiliate
 05/02/2024 – CURRENT
 EHMA Member
 12/2023 – CURRENT
 WGH Austria- Women in Global Health Member
 Link <https://womeningh.org/chapters/austria/>
 02/03/2024 – CURRENT International
 GNACC - Member of the board of directors
 LANGUAGE SKILLS
 DIGITAL SKILLS
 NETWORKS AND MEMBERSHIPS Global Nursing Accreditation and Certification Council. The mission of GNACC is to shape the future of nursing recruitment ,ensuring fairness and transparency. I am a member of the board of directors.
 10/09/2023 – CURRENT Austria
 Second Victim Member
 10/10/2023 – CURRENT
 Hellenic Nephrology Nursing Association HENNA -member

Other Relevant Information

14/10/2023 – 17/10/2023 Vilnius Lithuania
 51st EDTNA/ERCA INTERNATIONAL CONFERENCE
 Oral presentation " Building resilience in Dialysis Unit"
 24/10/2009
 7th Pan-Cyprian Nephrology Nursing Day "Development of Quality of Care "
 I had an Oral presentation " Burnout in Dialysis units"
 27/08/2023 – 30/08/2023 Seoul, Korea
 ISQua International Conference
 Poster presentation "How nursing workload and personnel shortage affects Patient Safety"
 08/10/2022 – 08/10/2022 Berlin, Germany
 14. Jahrestagung der Deutschen Gesellschaft für Nephrologie
 Oral presentation : "Burnout in Dialysis Units" in German
 07/06/2012 – 10/06/2012
 10th Pan-Hellenic Nephrology Nursing Conference
 Oral presentation " Nurses Burnout in Renal Units" in Greek
 21/09/2024 – 24/09/2024 Athens, Greece
 52nd International Conference EDTNA/ERCA

I had the honor to participate to the 52nd International Conference EDTNA/ERCA as a Brand Ambassador of Austria,
having 2 oral presentations and one poster.
05/06/2024 – 07/06/2024 Milan, Italy
6th ESNO C