



Christina Skafida

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Gender: Female **Date of birth:** 15 Feb 1997 **Nationality:** Greek

ABOUT ME

Graduate of the School of Public and Community Health at the University of West Attica, holding a professional license with 3 years of work experience in the field of Community Health, as well as in health prevention and promotion. In addition i have 1 year experience in reasearch, working as a health visitor in the European Research Programm Smart Bear Eu, which aiming to apply the latest technology in the daily lives of elderly citizens with specific health challenges.

WORK EXPERIENCE

[2 Jan 2024 – Current]

Health Visitor- Researcher

Municipality of Palaio Faliro <https://www.smart-bear.eu/>

City: Athens | **Country:** Greece | **Name of unit or department:** SMART BEAR EU | **Business or sector:** Other service activities

- Supporting reaserch process.
- Training participants in new technologies and smart devices.
- Data collection and analysis in collaboration with other researchers.

[6 Jun 2021 – 31 Dec 2023]

Health Visitor

Community Health Center of Glyfada and Byronas

City: Athens | **Country:** Greece

- Providing care to infants, children, and adolescents, through measurements, vision screening, and management of their vaccination coverage, in collaboration with the pediatrician.
- Coordinate child and adults immunisation programmes, conducting Mantoux skin tests and performing home visits according to the needs of the population.
- Designing and implementing Health Promotion programs in school communities aimed at raising awareness about disease prevention and promoting healthy habits.

[Jun 2020 – Aug 2020]

Internship

NGO ARSIS (Association for the Social Support of Youth) <https://arsis.gr/>

City: Athens | **Country:** Greece | **Business or sector:** Human health and social work activities

Link: <https://www.facebook.com/arsis.gr/videos/1897226367084350>

- Designing and implementing Health Promotion programs for immigrant children and adults.
- Designing videos aimed to raised awarness for prevention measures due to COVID-19.

[Oct 2017 – Jun 2018]

Dental assistant

Private Dental Office of Surgeon-Dentist Katerina Trachili

City: Athens | **Country:** Greece

- Supporting the dental office, managing appointments, phonecalls, emails and supplies.
- Assisting with instrumentation during medical procedures.

[Oct 2016 – Jan 2017]

Secretarial Assistant

Gynecological Clinic of Surgeon-Obstetrician Gynecologist Vasiliki Chatzirafael

City: Athens | **Country:** Greece

- Managing the reception, appointments, phonecalls and emails of the clinic.
- Processing prescriptions.
- Managing the clinic's cash register.

EDUCATION AND TRAINING

Bachelor's Degree in Public Health with a specialization in Community Health.

University of West Attica department of Public and Community Health <https://pch.uniwa.gr/en/homepage/>

Field(s) of study: Health and welfare

[Jan 2024 – Mar 2024]

Training course in Digital Copywriting

Kedivim National Kapodistrian University of Athens <https://elearningekpa.gr/>

City: Athens | **Country:** Greece |

[May 2023 – Feb 2024]

Training course in School nursing

Kedivim University of Patras <https://kedivim.upatras.gr/>

City: Athens | **Country:** Greece |

[Sep 2022]

Training in Basic Life Support and Automated External Defibrillation

Greek Society of Cardio-Pulmonary Resuscitation eekaa.gr

City: Athens | **Country:** Greece |

[Apr 2021]

License to Practice as a Health Visitor

Region of Attica General Directorate of Public Health and Social Welfare

City: Athens | **Country:** Greece |

[Oct 2020 – Dec 2020]

Training as an Adult Education Trainer

Kedivim Panteion University <https://e-learning.panteion.gr/>

City: Athens | **Country:** Greece |

[May 2019]

Training course in Mental Health

Erasmus+Strategic partnerships (Strenco)

City: Kortrijk | **Country:** Belgium |

DIGITAL SKILLS

My Digital Skills

Microsoft Office | Microsoft Office package: Microsoft Word, Excel, PowerPoint, Access | Team-work oriented | Google Drive | Familiarity with social media platforms | Good listener and communicator | knowledge of presentation platforms (PowerPoint, Prezi, Canva)

LANGUAGE SKILLS

Mother tongue(s): Greek

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

CONFERENCES AND SEM-
INARS

[Feb 2024]

7th National Conference of Health Visitors Athens

I participated in the conference as a speaker, alongside my colleagues, to present the research project we are working on. Specifically, I was responsible for presenting the smart application utilized within this program.

[Nov 2022]

6th National Conference of Health Visitors, Public and Community Health Athens

DRIVING LICENCE

Motorbikes: A2

Cars: B