



CHRYSA PARASKEVI DASKALOU

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Nationality: Greek

CONTACT

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EDUCATION AND TRAINING

14/10/2024 – CURRENT Thessaloniki, Greece

Msc in Health and Social Care Services Management Aristotle University of Thessaloniki, Faculty of Health Sciences, School of Medicine

Developed Leadership, strategic management in healthcare and social care services, health policy and systems analysis, financial and resource management in care organizations, quality assurance and service improvement, legal and ethical aspects of health and social care, research methods and evidence-based practice, project management within care services.

Website <https://www.med.auth.gr/> | Field of study Health and welfare |

Level in EQF EQF level 7 | National classification 7

07/2023 – CURRENT Larissa, Greece

BLS Provider European Resuscitation Council

BLS Provider – Active Certification
Certified in Basic Life Support (CPR and emergency response), valid and up to date.

Website <https://www.erc.edu/>

03/2025 – 03/2025 Athens, Greece

FEAST I EUROCONTROL

I passed the FEAST I test for Air Traffic Controllers conducted by Eurocontrol, achieving a score of 72%.

Website <https://www.eurocontrol.int/> | Final grade 72%

09/2021 – 18/07/2024 Larissa, Greece

Registered Nurse (BSc) University of Thessaly, School of Health Sciences, Department of Nursing

Professional nursing training at university level, with clinical and theoretical expertise.

Website <https://www.nurs.uth.gr/> | Field of study Nursing and midwifery |

Final grade 8,19 | Level in EQF EQF level 6 | National classification 6 |

Type of credits ECTS | Number of credits 240

19/05/2024 – 23/05/2024 Pordenone and Udine, Italy

BIP Erasmus+ Stroke world between Professions and Cultures University of Udine

Cross-cultural and interdisciplinary approach to stroke care and rehabilitation. Collaboration with students and professors from the University of Thessaly(Greece), University of Udine (Italy), and University of Girona (Spain). Immersive activities. Visit of the University Hospital in Udine. Lectures in the Department of Pordenone.

Website <https://www.uniud.it> | Final grade 10 | Level in EQF EQF level 6 |

Type of credits ECTS | Number of credits 3

09/2017 – 06/2019 Veria, Greece

High school graduate with honors 4th General High School of Veria

Graduated from General High School with a scholarship in the 1st grade and received praise for excellence among my classmates. I was awarded the best student of the class every year. Secretary of the 15-member student council. I was the president of my class.

Final grade 19.9/10 | **Level in EQF** EQF level 4

WORK EXPERIENCE

General Hospital of Veria Veria, Greece

Intensive and Emergency Nursing Specialist

18/03/2025 – Current

I am currently doing my specialization in intensive care and emergency nursing.

General Hospital of Larissa and University Hospital of Larissa Larissa, Greece

Nurse

2021 – 2024

Clinical Practise in the University Hospital and the General Hospital in Larissa from 2021-2024 through my academic semesters during my studies. I completed clinical training in pathology, cardiology, pulmonology, urology, neurology, vascular surgery, otolaryngology, neurosurgery, rheumatology and oncology clinics. I also spent a short period of time in the ICU, emergency room, outpatient clinics, surgeries and anesthesiology.

Zefiros Half-Day Boat Tours Milos island, Greece

Travel agency front and back office, booking management, boat tour sales, check-in process

01/07/2024 – 01/10/2024

Manager of travel agency, selling boat tours, management of reservation platforms, cooperation with hotels and booking platforms, contact the local port authority, management of invoices and receipts, promotion and advertising, check-in process, back and front office agent, contact with the suppliers, management of e-services, contact with clients, management of social media

Summer Camp Tsaf Tsouf Orfani, Kavala, Greece

Summer Camp Nurse

15/06/2022 – 15/09/2022

Emergency Pediatric nursing in kids, adults and people with disabilities, manager of the camp hospital

Summer Camp Tsaf Tsouf Orfani, Kavala, Greece

Escort to a person with disabilities

08/2021 – 09/2021

Responsible for a person with disabilities 24/7. The person had mental retardation, bulimia, gastroesophageal reflux and walking problems. She could not take care of herself.

Summer Camp Tsaf Tsouf Orfani, Kavala, Greece

Member and organiser of Entertainment Team

07/2020 – 09/2020

Organizing entertaining activities for a summer camp involves working with youth and individuals with disabilities. This includes creating various games and activities, as well as coordinating outdoor events such as campfires, beach parties, sea activities, and trips to natural settings and the local community. Additionally, indoor activities can include music competitions, themed nights, movie nights, game nights, treasure hunts, concerts or events, creating video clips and humorous videos, managing the camp radio, writing for the camp's newspaper, and photography.

● Summer Camp Tsaf Tsouf Orfani, Kavala, Greece

Team Leader

07/2017 – 09/2017

Responsible for supervising 15 kids aged 6 to 16, 24/7. Organizing activities, resolving conflicts, and maintaining the environment we stayed in while teaching them the values of being part of a community.

LANGUAGE SKILLS

MOTHER TONGUE(S): Greek

Other language(s):

English

Listening C2

Spoken production C2

Reading C2

Spoken interaction C2

Writing C2

Italian

Listening B1

Spoken production A2

Reading B1

Spoken interaction A2

Writing A2

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

COURSES

15/05/2023 – 08/03/2024

● Management of Chronic Conditions through Telemedicine - LTTE Erasmus programme

Università del Piemonte Orientale, SIMNOVA Simulation Center.

Course and BeEmTeL LTTE Erasmus programme by Università del Piemonte Orientale, SIMNOVA.

Immersive week 4-8 of March 2024, Novara, Italy.

The course includes: Chronic Diseases, Emergency Medicine, Telemedicine, Telenursing, Health Simulation.

There are 80 teaching hours with 50 teachers from 5 European countries: Italy, Germany, Croatia, Greece, and Romania.

Links <https://www.uniupo.it/it> | <https://simnova.uniupo.it/it> | <https://beemtel.eu/e-course/>

2021 – 2021

● COVID-19: Effective nursing in times of crisis

Online course by Johns Hopkins University, Jhpiego and Johns Hopkins School of Nursing related to training on crisis response, infection control, patient care, and psychological support during the pandemic.

Link <https://nursing.jhu.edu/>

10/2020 – 05/2021

● Evidence-based nursing practice: discussion of patient concerns

University of Thessaly, Department of Nursing

Training in Evidence-Based Nursing and Patient-Centered Care.

Link <https://www.nurs.uth.gr/>

2020 – 2020

● Italian for Beginners 1: Meeting, Greeting and Eating

The open University

Course about basic Italian knowledge.

Link <https://www.open.ac.uk/>

PROJECTS

17/02/2025 – 24/02/2025

Erasmus+ Youth Exchange about Arts and Mental Health

Participated in an Erasmus+ Programme Youth Exchange focused on arts and mental health. Through non-formal education techniques, I learned how useful tool the arts can be for our mental health. The project was held in Pervolia, Larnaka in Cyprus by Fabrika Kollektiv.

05/12/2023 – 12/12/2023

Erasmus+ Youth Exchange about Addictions

I participated in an Erasmus+ Programme Youth Exchange focused on addictions in Lecce, South Italy by New wellness education. Through non-formal education techniques and a detox from mobile devices, I learned a great deal about the roots and types of addictions, addictive patterns and behaviors, the impact of addictions, as well as physical and mental well-being and prevention.

15/11/2023 – 23/11/2023

Erasmus+ Youth Exchange about Migration

The project was held in Miedzybrodzie Bialskie, in Poland by Freshera Association. Participated in an Erasmus+ Programme Youth Exchange focused on knowledge and empathy around immigrants and refugees through the arts. We used non-formal education techniques, and mainly the art of photography to express our visions and feelings about this topic.

01/07/2021 – 15/08/2021

ESC Short-Term Volunteer

I was a volunteer for Legambiente in Turin, Italy. The program aimed to make the local community aware of the environmental problems of the area and the river Po, as well as to help in practice with the actions of the volunteers to minimize and deal with them as much as possible. Some of the actions we carried out were workshops, training seminars, combating alien species of plants in the area, creating paths in the forests for the immediate intervention of the fire service in case of fire during the summer months, cleaning activities in protected areas, forests, rivers, etc.

CONFERENCES & SEMINARS

04/05/2025 – 05/05/2025 Greece

School Nurse Programme

Hellenic Society of Pediatric Nursing
School health and student care training

Link <https://pediatricnursing.gr/>

22/02/2025 – 22/02/2025 Athens, Greece

Concerns in nursing administration: Difficulties in managing human resources

Hellenic Society of Pediatric Nursing
Analyzed common obstacles in managing nursing staff, including staffing shortages, conflict resolution, and team coordination.

Link <https://pediatricnursing.gr/>

18/06/2024 – 19/06/2024 Zagreb, Croatia

Advancing Healthcare through Telemedicine and Education: Innovations, Training and International Collaboration

University of Applied Health Sciences
I delivered a brief lecture about my experience during the immersive week in Novara from 4-8/3/2024, as part of the BeEmTel Programme "Management of Chronic Conditions through Telemedicine."

Link <https://www.zvu.hr/>

03/2024 – 03/2024 Larissa, Greece

Blood donation- Transfusion seminar

University of Thessaly, Department of Nursing
Practical learning of Blood donation-Transfusion skills

Link <https://www.nurs.uth.gr/>

06/07/2023 – 06/07/2023 Larissa, Greece

Detection and management of child abuse by the nurse in the Emergency Department

University of Thessaly, Department of Nursing, Summer school
Assessment and response to child abuse cases by ED nurses: early detection, reporting, and care coordination.

Link <https://www.nurs.uth.gr/>

05/07/2023 – 05/07/2023 Larissa, Greece

Airway management and Intubation

University of Thessaly, Department of Nursing, Summer school
Focus on airway assessment, use of airway adjuncts, and endotracheal intubation techniques."

Link <https://www.nurs.uth.gr/>

04/07/2023 – 04/07/2023 Larissa, Greece

Wound care seminar and Stitches learning

University of Thessaly, Department of Nursing, Summer school
Wound Care and Suturing Techniques Seminar – Training in wound assessment, cleaning, dressing, and basic suturing skills on pig legs.

Link <https://www.nurs.uth.gr/>

26/05/2023 – 28/05/2023 Larissa, Greece

Radiation and Radiation protection

University of Thessaly, Department of Nursing
Studied basic principles of ionizing radiation, health risks, and safety protocols for radiation use in clinical settings.

Link <https://www.nurs.uth.gr/>

12/2022 – 12/2022

COVID-19 Patient management

Hellenic Society of Cardiopulmonary Resuscitation
Seminar about the management of a COVID-19 patient

Link <https://eekaa.org/>

10/2022 – 12/2022 Larissa, Greece

Educational Circle of Seminars about Volunteer Principles

Gestalt Foundation
Concentrated on ethics, motivation, responsibilities, and the social value of volunteerism. I completed this seminar through my active volunteering with the Association of Cancer Patients in Larissa.

Link <https://www.gestaltfoundation.gr>

10/11/2021 – 14/11/2021 Athens, Greece

32nd Panhellenic Hematology Congress

Greek Hematology Society
Attended sessions on hematology research, clinical advancements, and patient care updates

Link <https://eae.gr/>

12/05/2021 – 12/05/2021 Larissa, Greece

Nurses during the COVID-19 pandemic

University of Thessaly, Department of Nursing, Greek Nurses Association
Focus on frontline care, infection control, and psychological support.
2 ECTS on continuing nursing education were given

Link <https://www.nurs.uth.gr/>

19/12/2020 – 21/12/2020 Athens, Greece

The role of nutrition in the period of covid 19: prevention, treatment and the obesity factor

Hellenic Association of Dietitians Nutritionists

Nutrition in COVID-19: Prevention, Treatment & Obesity Considerations

Link <https://www.hda.gr/>

18/12/2020 – 20/12/2020 Greece

Nephrology Symposium 2020

Panhellenic Medical Association

Attended presentations and discussions on kidney diseases, treatments, and latest research developments.

21 CME-CPD(continuing medical education) were given.

Link <https://pis.gr/>

10/12/2020 – 13/12/2020 Greece

7th Panhellenic Congress of the Hellenic Academy of Neuroimmunology

Hellenic Academy of Neuroimmunology

Engaged in scientific sessions on neuroimmunology research, clinical advancements, and interdisciplinary approaches.

26 CME-CPD (continuing medical education) were given.

Link <https://en.helani.gr/>

08/12/2020 – 08/12/2020 Greece

Hypertension, diabetes mellitus, hematology in the period of COVID-19

Internal Medicine Society of Greece

Explored the challenges and management strategies of hypertension, diabetes, and hematological conditions in COVID-19 patients.

2 CME-CPD(continuing medical education) were given.

Link <https://efim.org/>

15/10/2020 – 18/10/2020 Volos, Greece

Pneumology Days Panhellenic Seminar

Respiratory Disorders and Critical Illness Society

Attended sessions on respiratory diseases, treatments, and recent advancements in pneumology.

6 CME-CPD(continuing medical education) were given.

Link <https://www.eead.gr/>

02/10/2020 – 02/10/2020 Greece

Nursing education: prospects for the future

University of Thessaly, Department of Nursing

Discussed evolving educational methods, technology integration, and preparing nurses for future healthcare demands.

4 ECTS of continuing nursing education were given.

Link <https://www.nurs.uth.gr/>

VOLUNTEERING

10/2022 – CURRENT Larissa, Greece

Volunteer at the Association of cancer patients in Larissa

2022 – CURRENT Greece

Blood doner

13/04/2024 – 13/04/2024 Larissa, Greece

Participated in “run for autism” as a runner

10/2017 – 05/2018 Veria, Greece

Voluntary participation in theatre performances with children with disabilities and awareness-raising on domestic violence

Municipal Regional Theatre of Veroia

DRIVING LICENCE

Driving Licence: B

SKILLS

SOFT SKILLS

Self-Confidence | think innovatively | Communicative and sociable person | multi tasking | -Creativity and innovation | Adaptable, organized, goal-oriented, willing to learn | - Honest, reliable and trustworthy | develop non-formal educational activities | -Highly effective at following instructions to achieve personal and team goals | Precise and patient | youth work principles | Highly adaptive | Cooperative and Team player | Creative and sociable | reflexion | Critical thinking to solve problems | love helping people

TECHNICAL SKILLS

use e-services | interact verbally in English | PC knowledge | Social Media | Zoom | Google Drive | FEAST - EUROCONTROL | MS Office (MS Word, MS Excel, MS Outlook, MS PowerPoint, MS Access, MS OneNote, MS Visio, MS Teams) | photography | Driving licence: B | Google Docs | understand spoken English

SKILLS FROM MY PAST EXPERIENCES

measure customer feedback | use e-tourism platforms | evaluate outdoor activities | safe management of medicines | manage feedback | cooperate with colleagues | adapt leadership styles in healthcare | intensive care medicine | identify customer's needs | report on social development | demonstrate games | animate in the outdoors | provide professional care in nursing | manage groups outdoors | support individuals to adjust to physical disability | support local tourism | follow-up patients with heart attack | implement nursing care | implement fundamentals of nursing | manage communicable disease | manage adverse reactions to drugs | manage multiple patients simultaneously | provide palliative care | apply person-centred care | apply nursing care in long-term care | provide in-home support for disabled individuals | provide anti-cancer medical treatment | support children's wellbeing | supervise children | solve problems in healthcare | handle customer complaints | use clinical reasoning | communicate in an outdoor setting | perform services in a flexible manner | accept own accountability | empower individuals, families and groups | give feedback on changing circumstances | communicate with youth | entertain people | analyse quality of nurse care | manage outdoor resources | carry out nurse-led discharge | deliver social services in diverse cultural communities | oversee all travel arrangements | respond to changing situations in health care | motivate staff to reach sales targets | apply strategic thinking | plan schedule | apply organisational techniques | plan youth activities | evaluate nursing care | coordinate operational activities | have computer literacy | organise camp activities | prepare travel packages | coordinate care | coordinate events | assist with emergencies | empower young people | advise on healthy lifestyles