

December 16, 2025

**Strengthening the Nursing Workforce:
Addressing Shortages, Burnout, and Patient Safety Through Better Work Environments**

**National and Kapodistrian University of Athens
Department of Nursing, Amphitheater
Papadiamantopoulou 123, Athens, Goudi, 11527**

Time	Activity
8:30-9:00	Registration.
9:00-9:10	<p><u>Introduction from symposium partners</u></p> <ul style="list-style-type: none"> • Pavlos Myrianthefs, Professor, National and Kapodistrian University of Athens • Lusine Poghosyan, Executive Director, Columbia University Center for Healthcare Delivery and Innovations • Stefanos Gandolfo, Director, Athens Columbia Global Center
9:10-9:30	<p><u>Welcome remarks</u></p> <ul style="list-style-type: none"> • Gerasimos Siasos, Rector of the National and Kapodistrian University of Athens • Marios Themistokleous, Deputy Minister of Health • Papaioannou Nikolaos, Deputy Minister of Education • Panos Papoulias, Ambassador, Stavros Niarchos Foundation • João Breda, World Health Organization
9:30-10:30	<p><u>Panel: Burnout & Nurse Staffing Shortages in Greece</u></p> <ul style="list-style-type: none"> • Christina-Maria Kravvari, Secretary General for Public Health • Christos Triantafyllou, Registered Nurse, MSCE, PhD, National Project Officer at the World Health Organization Athens (Quality of Care) and Patient Safety Office

	<ul style="list-style-type: none"> ● Lambros Bizas, RN, Psychologist, MSc, PhD, Vice President of the Hellenic Regulatory Body of Nurses ● Panos Vazaios, Senior Program Officer / Internship Program Coordinator, Stavros Niarchos Foundation <p><i>Q/A moderated by Antonis Fourlis, Journalist, and Fragkoudaki Kyriaki, RN at Hygeia Hospital, will follow.</i></p>
10:45-11:30	<p><u>Keynote</u></p> <ul style="list-style-type: none"> ● Strengthening the U.S. Nursing Workforce: Development and Retention Strategies to Address the Ongoing Shortage <ul style="list-style-type: none"> ○ Lusine Poghosyan, Director, Columbia University Center for Healthcare Delivery and Innovations <p><i>Q/A moderated by Dr. Pavlos Myrianthefs will follow.</i></p>
11:30-12:00	Break
12:00-13:00	<p><u>Presentations</u></p> <p>Workforce Well-Being, Staffing Levels, and Intention to leave in Italy: Policy-Relevant Findings From the RN4CAST and Clinician Wellbeing Studies</p> <ul style="list-style-type: none"> ○ Gianluca Catania, Associate Professor, Department of Health Sciences, University of Genoa ● Magnet4Europe: Improving Mental Health and Wellbeing in the Healthcare Workplace <ul style="list-style-type: none"> ○ Jonathan Drennan, Professor of Nursing, UCD School of Nursing, Midwifery and Health Systems, University College Dublin ● Digital Program: “e-EU-elikto”: A Self-help Management Tool for Stress Reduction in Frontline Healthcare Professionals (Nurses, Paramedics and Physicians) <ul style="list-style-type: none"> ○ Paschali Antonia, Professor in Health Psychology, National Delegate for Greece, European Health Psychology Society Faculty of Nursing, School of Health Sciences, National & Kapodistrian University of Athens ○ Vasilis Vasiliou, PhD Lecturer in Psychology, Department of Psychology Royal Holloway, University of London; Scientific Collaborator <p><i>Q/A moderated by Dr. Lusine Poghosyan will follow.</i></p>
13:00-14:00	Break

14:00-15:00	<p><u>Presentations</u></p> <ul style="list-style-type: none"> ● Stress, Resilience, and Well-Being Among Nursing and Dentistry Students and Academic Staff: Insights for Workforce Sustainability <ul style="list-style-type: none"> ○ Polyxeni Mangoulia, Assistant Professor in Psychiatric Nursing and Psychopharmacology, Faculty of Nursing, School of Health Sciences, National and Kapodistrian University of Athens ● From Circadian Misalignment to Professional Disengagement: Deconstructing 'Quiet Quitting' in the Shift-Working Nurse <ul style="list-style-type: none"> ○ Anna Korompeli, RN, MSc, PhD, Laboratory Academic Teaching Personnel, National & Kapodistrian University of Athens ● Quiet Quitting: an alarming issue for nurses and healthcare services <ul style="list-style-type: none"> ○ Petros Galanis, Associate Professor of Research Methodology and Evidence Based Nursing, Department of Nursing, National and Kapodistrian University of Athens ● The Role of Nurses in Greece: Lack of Responsibility and Recognition Contribute to Burnout <ul style="list-style-type: none"> ○ Ilektra Balatsou, RN, MPH, MSc, PhD(c), Public Health Researcher, Center for Clinical Epidemiology and Outcomes Research, CLEO, Special Education School Nurse, ENEEGYL Athens <p><i>Q/A moderated by Dr. Daphne Kaitelidou, Professor at National and Kapodistrian University of Athens, and Olga Daliggarou, Director of Nursing Services at "Henry Dunant" Hospital Centre, will follow.</i></p>
15:15-16:30	<p><u>Panel: Suggestions and Solutions for Promoting the Nursing Workforce and Work Environments in Local Contexts</u></p> <ul style="list-style-type: none"> ● Daphne Kaitelidou, Deputy President of Nursing Department, National and Kapodistrian University of Athens; President, National Agency for Quality Assurance in Health ● Chryssa Panagiotou, Director of Nursing Services, Onasseio Hospital ● Moisoglou Ioannis, RN, MSc, PhD, PostDoc (c), Assistant Professor (Mental Health and Nursing Care), University of Thessaly, School of Health Sciences, Department of Nursing ● Angeliki Katsapi, PhD (c), Executive Secretary Euro-Mediterranean Institute of Quality and Safety in Healthcare ● Despoina Koumpagioti, Assistant Professor of Pediatric Nursing, Department of Nursing, University of West Attica

	<p>Q/A moderated by Lilian Vildiridi, Secretary General for Health Services, Maria Spinthouri, Deputy Director, 7th Health Region, Crete and Dr. Athina Kalokairinou, Professor in Community Nursing at National and Kapodistrian University of Athens, will follow.</p>
16:30	<p><u>Concluding Remarks</u></p> <ul style="list-style-type: none"> ● Pavlos Myrianthefs, Professor, National and Kapodistrian University of Athens ● Lusine Poghosyan, Executive Director, Columbia University Center for Healthcare Delivery and Innovations

Welcome remarks

- Gerasimos Siasos, Rector of the National and Kapodistrian University of Athens
- Marios Themistokleous, Deputy Minister of Health
- Papaioannou Nikolaos, Deputy Minister of Education
- Panos Papoulias, Ambassador, Stavros Niarchos Foundation
- João Breda, World Health Organization

Speakers

Presentations

- **Gianluca Catania**, Associate Professor, Department of Health Sciences, University of Genoa
- **Jonathan Drennan**, Professor of Nursing, UCD School of Nursing, Midwifery and Health Systems, University College Dublin
- **Paschali Antonia**, Professor in Health Psychology, National Delegate for Greece, European Health Psychology Society Faculty of Nursing, School of Health Sciences, National & Kapodistrian University of Athens
- **Vasiliou Vasilios**, PhD Lecturer in Psychology, Department of Psychology Royal Holloway, University of London; Scientific Collaborator
- **Mangoulia Polyxeni**, Assistant Professor in Psychiatric Nursing and Psychopharmacology, Faculty of Nursing, School of Health Sciences, National and Kapodistrian University of Athens
- **Korompeli Anna**, RN, MSc, PhD, Laboratory Academic Teaching Personnel, National & Kapodistrian University of Athens
- **Petros Galanis**, Associate Professor of Research Methodology and Evidence Based Nursing, Department of Nursing, National and Kapodistrian University of Athens
- **Ilektra Balatsou**, RN, MPH, MSc, PhD(c), Public Health Researcher, Center for Clinical Epidemiology and Outcomes Research, CLEO, Special Education School Nurse, ENEEGYL Athens
- **Lusine Poghosyan**, Executive Director, Columbia University Center for Healthcare Delivery and Innovations

Panel Discussions

- **Christina Kravvari**, Secretary General for Public Health
- **Christos Triantafyllou**, Registered Nurse, MSCE, PhD, National Project Officer at the World Health Organization Athens (Quality of Care) and Patient Safety Office
- **Lampros Bizas, RN**, Psychologist, MSc, PhD, Vice President of the Hellenic Regulatory Body of Nurses
- **Panos Vazaios**, Senior Program Officer / Internship Program Coordinator, Stavros Niarchos Foundation
- **Daphne Kaitelidou**, Deputy President of Nursing Department, National and Kapodistrian University of Athens; President, National Agency for Quality Assurance in Health
- **Chrysa Panagiotou**, Director of Nursing Services, Onasseio Hospital
- **Ioannis Moysoglou** RN, MSc, PhD, PostDoc (c), Assistant Professor (Mental Health and Nursing Care), University of Thessaly, School of Health Sciences, Department of Nursing
- **Angeliki Katsapi** PhD (c), Executive Secretary Euro-Mediterranean Institute of Quality and Safety in Healthcare
- **Despoina Koumpagioti** Assistant Professor of Pediatric Nursing, Department of Nursing, University of West Attica

Moderators

- **Antonis Furlis**, Journalist
- **Frangoudaki Kiriaki** RN at Hygeia Hospital
- **Pavlos Myrianthefs** President of Nursing Department, Professor, National and Kapodistrian University of Athens
- **Lusine Poghosyan** Executive Director, Columbia University Center for Healthcare Delivery and Innovations
- **Daphne Kaitelidou** Deputy President of Nursing Department, National and Kapodistrian University of Athens, President, National Agency for Quality Assurance in Health
- **Olga Daliggarou** Director of Nursing Services at "Henry Dunant" Hospital Centre
- **Lilian Vildiridi** Secretary General for Health Services
- **Athina Kalokairinou** Professor in Community Nursing at National and Kapodistrian University of Athens
- **Maria Spinthouri** Deputy Director, 7th Health Region, Crete