



ΦΟΡΕΑΣ ΔΙΑΣΦΑΛΙΣΗΣ ΚΑΙ ΠΙΣΤΟΠΟΙΗΣΗΣ ΤΗΣ ΠΟΙΟΤΗΤΑΣ ΤΗΣ ΑΝΩΤΕΡΗΣ ΕΚΠΑΙΔΕΥΣΗΣ
THE CYPRUS AGENCY OF QUALITY ASSURANCE AND ACCREDITATION IN HIGHER EDUCATION



PHILIPS UNIVERSITY

ELEFThERIA LAZAROU

Special Teaching Staff



Academic Personnel Short Profile / Short CV

University:	PHILIPS UNIVERSITY
Surname:	LAZAROU
Name:	ELEFThERIA
Rank:	SPECIAL TEACHING STAFF
Faculty:	HEALTH SCIENCE
Department:	NURSING
Scientific Domain: *	MIDWIFERY

** * Field of Specialization*

Academic qualifications (list by highest qualification)				
Qualification	Year	Awarding Institution	Department	Thesis title
PhD	2026 (10/2026 – pending)	CYPRUS UNIVERSITY OF TECHNOLOGY (CUT)	NURSING	Investigating the predictive value of biochemical markers in the development of gestational diabetes
MPA	2022	NEAPOLIS UNIVERSITY PAPHOS	BUSINESS ADMINISTRATION	-
MSc	2021	NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS	MEDICINE	Brain injury of the preterm neonate: risk factors, prognosis, and neuroprotective care in the perinatal period
BSc	2017	UNIVERSITY OF WEST ATTICA	MIDWIFERY	Pregnancy outcomes in adolescent women Vs general population

Employment history – List by the three (3) most recent

Period of employment		Employer	Location	Position
FROM	TO			
10/2026	Today	Philips University	Nicosia, Cyprus	Special Teaching Staff
2026	Today	CUT	Limassol, Cyprus	Research Associate
2024	2026	Self-employed	Paphos, Cyprus	Community midwife
2023	Currently	CUT	Limassol, Cyprus	Special Scientist
2017	Currently	Iasis Private Hospital	Paphos, Cyprus	Head Midwife

Key refereed journal papers, monographs, books, conference publications etc. List the five (5) more recent and other five (5) selected – (max total 10)

Ref. Number	Year	Title	Other authors	Journal and Publisher / Conference	Vol.	Page
1	2026	Gestational Diabetes Mellitus Across the Perinatal Continuum: A Narrative Review of Woman-Centered, Holistic Care Models.	Lazarou E, Metallinou D, Kolokotroni O, Lambrinou E, Miltiadous P, Papaetis G, Evripidou A, Mikellidis K, Kontos C, Chrysostomou S, Chrysostomou M, Neocleous C, Parpa E, Constantinou C, Hadjigeorgiou E.	Healthcare (Basel)	14(12)	1791
2	2025	Experiences and perceptions of pregnant women diagnosed with gestational diabetes mellitus: A qualitative study.	Lazarou Eleftheria, Theodosia Panteli, Dimitra Metallinou, Ekaterini Lambrinou, Ourania Kolokotroni, Panagiota Miltiadous, Eleni Hadjigeorgiou.	Midwifery	148:1045 13	
3	2023	Intraventricular Hemorrhage in Premature Neonates: A narrative review of perinatal risk factors, pathophysiology, diagnosis, prevention and management.	Eleftheria Lazarou, Dimitra Metallinou, Grigorios Karampas, Antigoni Sarantaki, Kleanthi Gourounti, Maria Tigka, Maria Tzeli, Nikoletta Pantelaki, Aikaterini Lykeridou, Christina Nanou.	World Journal of Advanced Research and Review.	19(03)	964-977

4	2022	Knowledge of Critical Issues in the Intrapartum Period: a Cross-sectional Study Among Undergraduate Final Year Midwifery Students.	Liagkou Anastasia, Lazarou Eleftheria, Tigka Maria, Pournara Georgia, Lykeridou Katerina, Metallinou Dimitra.	Mater Sociomed.	34(4):28	4-290
5	2021	Serum Activin A as Brain Injury Biomarker in the First Three Days of Life. A Prospective Case-Control Longitudinal Study in Human Premature Neonates.	Metallinou Dimitra, Karampas Grigoris, Lazarou Eleftheria, Iacovidou Nikoletta, Pervanidou Panagiota, Lykeridou Katerina, Mastorakos Georgios, Rizos Dimitrios.	Brain Sci	20;11(9)	1243.
6	2021	Pharmacological and Non-Pharmacological Brain-Focused Clinical Practices for Premature Neonates at High Risk of Neuronal Injury.	Metallinou Dimitra, Eleftheria Lazarou, Lykeridou Katerina.	Maedica J Clin Med.	16(2)	281-290

Research Projects. List the five (5) more recent and other five (5) selected (max total 10)				
Ref. Number	Date	Title	Funded by	Project Role*
1	2026	ALTHEA CY -Disease prevention postpartum: enabling social connections to change health behaviours	Cyprus Research and Innovation Foundation under the RESTART 2016–2020 Programme, Pillar II – Sustainable RTDI System, Programme: Excellence Hubs (EXCELLENCE/0524/0549)	Associate Researcher
2	2025	Mind the Mum	EU4Health	Researcher
3	2024	LENA PROJECT: “ Investigation of knowledge, beliefs, and perceptions	EU-funded	Researcher

		about mental health in European Union countries": Data Collection		
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****Project Role: i.e. Scientific/Project Coordinator, Research Team Member, Researcher, Assistant Researcher, other**

**Academic Consulting Services and/or Participation in Councils / Boards/ Editorial Committees.
List the five (5) more recent (Optional Entry)**

Ref. Number	Period	Organization	Title of Position or Service	Key Activities
1	2023-2026	Iasis Hospital, Paphos Gynaecologic and obstetric committee	President	Responsible for writing and developing procedures and policies (within the framework of GHKS Acceleration and Quality Assurance of the maternity department)
2	2023	CUT Sexual Health Committee	Member	Advising
3	2022-2026	Iasis Private Hospital, Paphos Infection Control Committee	Member	Monitoring and data collection

**Awards / International Recognition (where applicable). List the five (5) more recent and other five (5) selected.
(max total 10)**

Ref. Number	Date	Title	Awarded by:
1	2020	Secured funding for the MSc thesis clinical study in female reproduction	Research Committee and Special Account for Research Funds (Protocol no. 019773/2020)

Other Achievements. List the five (5) more recent and other five (5) selected. (max total 10)

Ref. Number	Date	Title	Key Activities:
1			