

Dr Nikolaos Efstathiou PhD, MSc, RGN, PGCEd

Lecturer

Nursing

Contact details

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About

Nikolaos is a lecturer in Nursing and leads the Health Research MRes Programme (nursing/midwifery).

Nikolaos is an experienced lecturer and has published research papers in scientific journals in the fields of End-of-Life care, nursing education and Delphi Technique. He has received grants from the European Oncology Nursing Society for research and visiting research centres. Recently, Nikolaos was appointed Adjunct Professor at the School of Nursing, Faculty of Health Sciences of the University of Ottawa.

Nikolaos has a clinical background in Critical Care and maintains his clinical activity by working closely with NHS partners to undertake research and apply findings in nursing practice.

Qualifications

Lecturer in Nursing

- PhD in Nursing, University of Glamorgan, 2004
- PGCEd, Birmingham City University, 2006
- MSc in Nursing, University of Wales, 1996
- BNurs, TEI of Athens, 1992
- Registered Nurse 1992

Biography

Nikolaos Efstathiou qualified with a degree in Nursing from the Technological Educational Institute of Athens in 1992. After completing 18 months of compulsory military service in a nursing capacity, he was awarded a grant from the Institution of Greek State Scholarships (I.K.Y) to study for an MSc in UK. In 1996, he started working as a critical care nurse in a busy Intensive Care Unit in Athens. While working he continued studying part time for his PhD, which was completed in 2004.

The last ten years, he is working as a nursing lecturer in Higher Educational Institutions in UK. Main areas of teaching include critical care nursing, anatomy and physiology, End of Life care and research methods. Being interested in improving the student's experience in the classroom, he has developed skills in simulated inter-professional teaching and the use of Audience Response System.

End-of-Life care has become his research interest since he completed his PhD which explored healthcare providers and users' perceptions of oncology care provision. He is also collaborating with research nurses at the Trauma Research Trials Unit (University Hospital of Birmingham NIHR Surgical Reconstruction and Microbiology Research Centre) to develop research that will improve further trauma patients' care.

Teaching

Teaching Programmes

- [Nursing BNurs \(/undergraduate/courses/med/nursing.aspx\)](#)
- Health Research MRes

Postgraduate supervision

Nikolaos Efstathiou has been supervising Master's level students on topics related to End-of-Life care.

He would be interested in supervising research students in the following areas:

- End-of-Life care in acute care settings
- Decision making in End-of-Life care
- End-of-Life care for patients with Dementia

Research

RESEARCH THEMES

- End-of-Life care
- End-of-Life care in acute settings
- Trauma care

Nikolaos' expertise in Delphi Technique and qualitative research has led to him working with research students on subjects such as bariatric surgery, male perineal trauma, voiding difficulties, depression in renal dialysis patients, labour and sepsis and maternal mental illness.

Other activities

- Adjunct Professor, School of Nursing, Faculty of Health Sciences, University of Ottawa.
- Honorary contract with the Trauma Research Trials Team, UHB (NIHR Surgical Reconstruction and Microbiology Research Centre).

Publications

Efstathiou, N., Walker, W.M. (in press) Intensive care nurses' experiences of providing end of life care after treatment withdrawal: a qualitative study. *Journal of Clinical Nursing*.

Efstathiou, N., Walker, W.M. (2014) Interprofessional, simulation-based training in end of life care communication: a pilot study. *Journal of Interprofessional Care*, 28 (1), 68-70.

Efstathiou, N., Bailey, C. (2012) Promoting active learning using Audience Response System in large bioscience classes. *Nurse Education Today*, 32 (1), 91-95.

Efstathiou, N., Coll, AM., Ameen, J., Daly, W. (2011) Do Greek healthcare users and healthcare providers share cancer care priorities? Analysing the results from two Delphi studies. *European Journal of Cancer Care*, 20 (2): 179-186

Efstathiou, N., Ameen, J., Coll, A.M. (2008) A Delphi study to identify healthcare users' priorities for cancer care in Greece. *European Journal of Oncology Nursing*, 12 (4): 362-371

Efstathiou, N., Ameen, J., Coll, A.M. (2007) Healthcare providers' priorities for cancer care: A Delphi study in Greece. *European Journal of Oncology Nursing*, 11 (2): 141-150

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