

CURRICULUM VITAE

Personal details	
Surname/name:	Kouidi Evangelia
Position:	Professor of Sports Medicine, AUTH
Specialty:	Sports Medicine, Cardiology
Department:	Physical Education and Sports Science, Aristotle University of Thessaloniki
Administrative positions:	<ul style="list-style-type: none"> • Director of the Sports Medicine Laboratory, AUTH (2018-present) • Director of the Inter-faculty postgraduate programme “EXERCISE AND HEALTH” of the Schools of Physical Education and Sports Science and Medicine, AUTH (2017-present) • Director of the postgraduate programme “HUMAN PERFORMANCE” of the School of Physical Education and Sports Science, AUTH (2018-present) • President of the internal evaluation Group (OM.E.A.) of the School of Physical Education and Sports Science in the Quality Assurance Unit (MODIP) of AUTH (2016-present)
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Contact details	
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Qualifications	
Degree:	Bachelor in Sports Science, School of Physical Education and Sports Science, AUTH, Greece 1992 MD Medicine, Medical School, AUTH, Greece 1998
MD Specialty:	Cardiology, Greece 2006
PhD:	Ph.D. Thesis :” Functional and Morphological adaptations of exercise rehabilitation in patients with end-stage renal disease on hemodialysis” Medical School, AUTH, Greece 1996

Teaching	
Undergraduate courses:	Sports Medicine, Applied Sports Medicine Athletes' internal medicine- first aids in arenas Exercise rehabilitation in chronic diseases
Postgraduate courses:	Sports Medicine, Sports cardiology, Exercise training for patients with chronic diseases, Cardiac Rehabilitation
Short CV	
	<p>Dr. Evangelia Kouidi is an exercise physiologist (1992), a Cardiologist (2006) and Professor of Sports Medicine (2014-today) in the School of Physical Education and Sports Science of Aristotle University of Thessaloniki (AUTH), Greece. She received the diploma in Physical Education and Sports Science, from the AUTH, in 1992 and the medical diploma from the same University in 1998. She received the PhD degree in Medicine with an emphasis in cardiac and muscular adaptations to exercise training in hemodialysis patients from the Medical School, AUTH, in 1996. She completed her residency in Internal Medicine at the A' University Internal Medicine Clinic, AHEPA Hospital, Greece (from 21.5.1999 until 20.5.01) followed by a cardiology residency at the A' University Cardiology Clinic, AHEPA Hospital (from 11.6.2002 until 10.6.2006). From 18/6/93 until now she is working in the Department of Physical Education and Sports Science, AUTH at the beginning as lecturer, Assistant, Associate Professor and Professor in Sports Medicine. She is the responsible in the athletes' cardiovascular preparticipation screening research protocols that are held in the Laboratory of Sports Medicine, AUTH, which is the biggest Sports Cardiology center in Greece for the medical screening of athletes and applied effective pre-participation screening protocols for athletes, including the use of telemedicine methods. During this period (1993-today) more than 30,000 athletes were examined for their cardiovascular preparticipation screening. Her research studies are focused on the cardiovascular responses and adaptations of exercise training in athletes and patients with chronic diseases. She is the supervisor of exercise rehabilitation programs of Sports Medicine Lab. for renal patients during their hemodialysis sessions, as well as for cardiac patients in public gyms. She has special research experience on the effects of exercise training on cardiac morphology and function and on skeletal muscle atrophy in experimental projects. She has also participated in four EU-projects about the biomedical side effects of doping and information campaign and fight against doping in sports. She is a co-author of the website created about health side effects of doping. She is now participating in three EU projects about the development and implementation of a model promoting physical activity and behavioral change in patients with CHD, stroke and CKD. She is a nucleus member and of the European Association of Rehabilitation in Chronic Kidney Disease (EURORECKD) and the Vice-</p>

	<p>President from 2016. She was also a Nucleus Member of the Exercise, Basic and Translational Research Section of the European Association of Cardiopulmonary Prevention and Rehabilitation (EACPR) of ESC, (2006-2014) and Deputy member of the EACPR Communications Committee (2012-14). She has more than 130 publications in scientific journals (92 in Scopus) and presented more than 100 lecturers in Scientific Congresses. Prof. E. Kouidi has successfully supervised to completion 55 research Master's and 12 PhD students, 21 of them as the Principal Supervisor.</p>
Research	
<p>Relative R&D Competitive Projects</p>	<ol style="list-style-type: none"> 1. 26.10.2020 – 25.10.2024 European Cooperation in Science & Technology - COST Action - “Determinants of Physical Activities in Settings” (DE-PASS) 2. 1.1.20-31.12.21 (ERASMUS + - EDUCATION, AUDIOVISUAL & CULTURE EXECUTIVE AGENCY) A European collaborative and innovative partnership to promote physical activity after stroke event 3. 1.2018-31.12.2019 (European Commission (Erasmus +, Sport, Youth and EU Aid Volunteers) A collaborative partnership to develop, implement and evaluate a model of long-term physical activity and behavioral change in CHD European patients– Sweaty Hearts 4. 9.10.2013-14.11.2021 -Health screening of amateur soccer players (Sports Organizations) 5. 1.7. 1999- 31.12.2021 Health evaluation of athletes (Sports Organizations) 6. 1.1.2018- 31.12.2020 A collaborative partnership to develop, implement and evaluate a model of long-term physical activity and behavioral change in CHD European patients (ERASMUS + - EUROPEAN COMMISSION - EDUCATION, AUDIOVISUAL & CULTURE EXECUTIVE AGENCY) 7. 1.1.2020-31.12.2021 A European collaborative and innovative partnership to promote physical activity after stroke event (ERASMUS + - EDUCATION, AUDIOVISUAL & CULTURE EXECUTIVE AGENCY) 8. 3.2016-3.3.2019 (EU Programmes 2014-2020, 3rd Health Programme) Advancing care coordination and Telehealth deployment at scale 9. 1.11.2013- 31.10.2017 (FP7, Cooperation, Information and Communication Technologies) Wearable Sensing and Smart Cloud Computing for Integrated Care to COPD Patients with comorbidities 10. 20.6.2008- 19.6.2021 (Municipality of Thessaloniki): Exercise and quality of life for patients with chronic diseases

	11. 17.9.11- 17.9.13 (National Strategic Reference Framework 2007-2013 program for development). An intelligent telematic system for the evaluation of biological parameters in athletes –athletes’ e-health
Articles - Citations (in Scopus):	92 manuscripts in Scopus – Citations :3032 h-index: 28
Selected publications:	<ol style="list-style-type: none"> 1. Kouidi, E, Iacovides, A, Iordanidis, P, Vassiliou, S, Deligiannis, A, Ierodiakonou, C, Tourkantonis, A. Exercise renal rehabilitation program (ERRP): Psychosocial effects. <i>Nephron</i> 1997; 7:152-158 2. Kouidi, E, Albani, M, Natsis, K, Megalopoulos, A, Gigis, P, Guiba-Tziampiri, O, Deligiannis, A, Tourkantonis, A. The effects of exercise training on muscle atrophy in hemodialysis patients. <i>Nephrol Dial Transpl</i> 1998; 13, 685-699. 3. Deligiannis, A, Kouidi, E, Tourkantonis, A. The effects of physical training on heart rate variability in hemodialysis patients. <i>Am J Cardiol</i> 1999; 84: 197-202. 4. Deligiannis, A., Kouidi, E., Tassoulas E., Gigis, P., Tourkantonis, A, Coats, A. Cardiac response to physical training in hemodialysis patients: An echocardiographic study at rest and during exercise. <i>Int J Cardiol</i> 1999; 70, 253-266. 5. Konstantinidou, E., Koukouvou, G., Kouidi, E., Deligiannis, A., Tourkantonis, A. Exercise renal rehabilitation: comparison of three exercise programs. <i>J Rehabil Med</i> 2001; 34, 40-45. 6. Kouidi, E., Grekas, D., Deligiannis, A., Tourkantonis, A. Outcomes of long-term exercise training in dialysis patients: comparison of two training programs. <i>Clin Nephrol</i>. 2004; 61 Suppl 1:S31-8. 7. Petraki, M., Kouidi, E., Grekas, D., Deligiannis, A. Effects of exercise training during hemodialysis on cardiac baroreflex sensitivity. <i>Clin Nephrol</i> 2008; 70: 210-219. Ouzouni, S., Kouidi, E., Sioulis, A., Grekas, D., Deligiannis, A. Effects of intradialytic exercise training on health-related quality of life indices in haemodialysis patients. <i>Clin Rehabil</i> 2009; 23:53-63. 8. Karamouzis, I., Grekas, D., Karamouzis, M., Kallaras, K., Stergiou-Michailidou, V., Kouidi E., Deligiannis, A., Vavatsi-Christaki, N. Physical training in patients on hemodialysis has a beneficial effect on the levels of eicosanoid hormone-like substances. <i>Hormones</i> 2009; 8:129-37. 9. Kouidi, EJ., Grekas, DM., Deligiannis, AP. Effects of exercise training on noninvasive cardiac measures in patients undergoing long-term hemodialysis: a randomized controlled trial. <i>Am J Kidney Dis</i> 2009; 54: 511-21. 10. Segura-Ortí E, Kouidi E, Lisón JF. Effect of resistance exercise during hemodialysis on physical function and quality of life: randomized controlled trial. <i>Clin Nephrol</i> 2009;71(5):527-37. 11. Kouidi, E, Karagiannis, V., Grekas, D., Iakovides, A., Kaprinis, G., Tourkantonis, A., Deligiannis, AP. Depression, heart rate variability and exercise training in dialysis patients. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> 2010; 17(2):160-7. 12. Deligiannis A, Anastasakis A, Antoniadis L, Bobotis G, Geleris P, Goudevenos J, Hahalis G, Kouidi E, Kranidis A, Kremastinos D, Lekakis J,

Parcharidis G, Pyrgakis V, Rontogiannis G, Stefanadis C, Styliadis I, Vardas P. Recommendations for the cardiovascular screening of athletes. *Hellenic J Cardiol* 2010; 51(6):530-7.

13. Koufaki P, Kouidi E. Current best evidence recommendations on measurement and evaluation of Physical Functioning in People with Chronic Kidney Disease (CKD). *Sports Medicine* 2010; 40(12):1055-74
14. Samara AP, Kouidi E, Ouzouni S, Vasileiou S, Sioulis A, Deligiannis A. Relationship between exercise test recovery indices and psychological and quality-of-life status in hemodialysis patients: a pilot study. *J Nephrol* 2012; 26(3):495-501
15. Kouidi, E., Vergoulas, G., Anifanti, M., Deligiannis, A. A randomized controlled trial of exercise training on cardiovascular and autonomic function among renal transplant recipients. *Nephrol Dial Transplant* 2012; 28(5):1294-305
16. Van Craenenbroeck AH, Van Craenenbroeck EM, Kouidi E, Vrints CJ, Couttenye MM, Conraads VM. Vascular effects of exercise training in CKD: current evidence and pathophysiological mechanisms. *Clin J Am Soc Nephrol* 2014; 9(7):1305-18.
17. Van Craenenbroeck AH, Van Craenenbroeck EM, Van Ackeren K, Vrints CJ, Conraads VM, Verpooten GA, Kouidi E, Couttenye MM. Effect of Moderate Aerobic Exercise Training on Endothelial Function and Arterial Stiffness in CKD Stages 3-4: A Randomized Controlled Trial. *Am J Kidney Dis* 2015; 66(2):285-96.
18. Clyne N, Hellberg M, Kouidi E, Deligiannis A, Höglund P. Relationship between declining GFR and measures of cardiac and vascular autonomic neuropathy. *Nephrology* 2016; 21(12): 1047-1055
19. Hansen D, Dendale P, Coninx K, Vanhees L, Piepoli MF, Niebauer J, Cornelissen V, Pedretti R, Geurts E, Ruiz GR, Corrà U, Schmid JP, Greco E, Davos CH, Edelmann F, Abreu A, Rauch B, Ambrosetti M, Braga SS, Barna O, Beckers P, Bussotti M, Fagard R, Faggiano P, Garcia-Porrero E, Kouidi E, Lamotte M, Neunhäuserer D, Reibis R, Spruit MA, Stettler C, Takken T, Tonoli C, Vigorito C, Völler H, Doherty P. The European Association of Preventive Cardiology Exercise Prescription in Everyday Practice and Rehabilitative Training (EXPERT) tool: A digital training and decision support system for optimized exercise prescription in cardiovascular disease. Concept, definitions and construction methodology. *Eur J Prev Cardiol.* 2017; 24(10):1017-1031
20. Hansen D, Niebauer J, Cornelissen V, Barna O, Neunhäuserer D, Stettler C, Tonoli C, Greco E, Fagard R, Coninx K, Vanhees L, Piepoli MF, Pedretti R, Ruiz GR, Corrà U, Schmid JP, Davos CH, Edelmann F, Abreu A, Rauch B, Ambrosetti M, Braga SS, Beckers P, Bussotti M, Faggiano P, Garcia-Porrero E, Kouidi E, Lamotte M, Reibis R, Spruit MA, Takken T, Vigorito C, Völler H, Doherty P, Dendale P. Exercise Prescription in Patients with Different Combinations of Cardiovascular Disease Risk Factors: A Consensus Statement from the EXPERT Working Group. *Sports Med* 2018; 48(8):1781-1797
21. Zhou Y, Hellberg M, Kouidi E, Deligiannis A, Höglund P, Clyne N. Relationships between abdominal aortic calcification, glomerular filtration

	<p>rate, and cardiovascular risk factors in patients with non-dialysis dependent chronic kidney disease. <i>Clinical Nephrology</i> 2018; 90(6): 380-389.</p> <p>22. Livitckaia K, Koutkias V, Kouidi E, van Gils M, Maglaveras N, Chouvarda I. "OPTImAL": an ontology for patient adherence modeling in physical activity domain. <i>BMC</i> 2019;19(1):92.</p> <p>23. Michou V, Kouidi E, Liakopoulos V, Dounousi E, Deligiannis A. Attitudes of hemodialysis patients, medical and nursing staff towards patients' physical activity. <i>Int Urol Nephrol.</i> 2019 Jul;51(7):1249-1260.</p> <p>24. Supervia M, Turk-Adawi K, Lopez-Jimenez F, Pesah E, Ding R, Britto R, Bjarnason-Wehrens B, Derman W, Abreu A, Babu A, Anchique Santos C, Cuenza L, Joo Yeo T, et al. Nature of Cardiac Rehabilitation around the globe. <i>EClinicalMedicine</i> 2019; 13: 46-56</p> <p>25. Kaltsatou A, Hadjigeorgiou GM, Grigoriou SS, Karatzaferi C, Giannaki CD, Lavdas E, Fotiou D, Kouidi E, Patramani G, Vogiatzi C, Pappas A, Stefanidis I, Sakkas GK. Cardiac autonomic function during intradialytic exercise training. <i>Postgrad Med</i> 2019; 131(7), pp. 539-545</p>
Awards	<p>2nd award for "Excellence and innovation" in Health from the Research Committee of AUTH, Thessaloniki, Greece, 2008</p> <p>She has been awarded seven times by the European Renal Association for her researches and three times by FIMS and other medical Associations.</p> <p>Award for "Excellence and innovation" in Sports Sciences from AUTH, Thessaloniki, Greece, 2020 and 2021</p>
Membership of Professional Societies	<ul style="list-style-type: none"> • Nucleus Member of the Hellenic College of Sports Medicine • Vice-President of the European Association of Rehabilitation in Chronic Kidney Disease (EURORECKD) • Past nucleus member of EACPR – Exercise Physiology Section • Member of International Federation of Sports Medicine (FIMS) • Member of North Greece Society of Cardiology • Member of Hellenic Society of Cardiology • Member of the American Association of Cardiovascular and Pulmonary Rehabilitation