Dr Vasileios Dedes

MSc, PhD in Human Physiology, Post Doc

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Education

2018 – today: Postdoctoral researcher on "Imaging documentation of the shockwave therapy efficacy on plantar fasciae and Achilles tendinopathies." (Research Registry Nr. 4821)

2015 – 2018: PhD in Human Physiology, with excellence, Department of Nursing, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese; Dissertation title: "Pain reduction, improvement of functionality and quality of life in patients with tendinopathies, after treatment with shockwaves compared to ultrasound."

2013: Emergency first responder License Nr. 1302UK6464.

2011-2013: MSc in Management, with excellence, at Sports Organization and Management Department, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese. Master thesis title: Customer-oriented strategy development. The case of the Vianex S.A. pharmaceutical company.

2009: Strategic pharmaceutical marketing (Vianex - International Medical Statistics).

2008: Customer Relationship Management, Segmentation and negotiations techniques (EEDE – Hellenic Association of Business Administration).

2007: Leadership (EEDE – Hellenic Association of Business Administration).

2005: High Impact Communication (Vianex).

1997: Bachelor in physical education and sports, National Kapodistrian University of Athens.

1995: Greek volleyball coach 1st-degree licence (national level).

1994: Italian volleyball coach 2nd-degree licence (national level).

1991: Italian volleyball coach 1st-degree licence (regional level).

1983-1987: Diploma in Physical Education (Istituto Superiore di Educazione Fisica, Universita' di Bologna, Italy).

Career History

2022: Assistant Professor (appointed) for Pathophysiology I and Drug and Food Interactions courses for the winter semester at the Department of Nutrition and Dietetics of the University of Peloponnese.

2022: Assistant Professor (Presidential Decree 407/80) for Pathophysiology II courses for the spring semester, Department of Nutrition Science and Dietetics, University of Peloponnese

2021: Assistant Professor (Presidential Decree 407/80) for Pathophysiology II courses for the spring semester, Department of Nutrition Science and Dietetics, University of Peloponnese

2009- today: Responsible for the South Peloponnese area of the Vianex pharmaceutical company (the major pharmaceutical company in Greece, pharmaceutical manufacturer, and representative of MSD and Alfa Sigma products). Training, communicating scientific information and sales on patent and generics drugs (PPIs, antithrombotics, antibiotics, analgesics, NSAIDs, antidepressants, inhaled medicines, antihistaminics, biological agents, dietary complements).

2005-2009: Product Specialist for Vianex hospital medicines (i.v. antibiotics, antithrombotics, i.v. iron).

2002- 2005: Representative of Vianex for on-patent and generics medicines portfolio (i.v. and per os antibiotics, antithrombotics, i.v. iron, NSAIDs, antidepressants, PPIs, antihistaminics).

1997- 2002: Employee in Kalamata Land Registry, responsible for processing mortgages and men's volleyball coach of A.O. Kalamata '80.

1997-1998: Physical Education Professor at Technological Educational Institute of Kalamata

1996: Reception Manager at Messinian Bay Hotel, Kalamata.

1995-1997: Gym's owner.

1994-2002: Summer camp manager.

1994-1995: Regional federal volleyball coach

1990-1994: Volleyball coach at A.S. Mangiatorella Messina 1st, 2nd and junior women's volleyball team, Italy.

1989-1990: Coach at A.S. Calcio Gallico, football team, Italy.

1988-1989: Volleyball coach at Nautical Club Kalamata

1987-1988: Physical education teacher, 16th Elementary School, Sports Excellence program, Kalamata, Greece.

1986-1987: Assistant coach at A.S. Pallavolo Gallico (Reggio Calabria), women's volleyball team, Italy.

1984-1986: Professional volleyball player for A.S. Pallavolo Lamezia, Italy.

Publications

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Zafeiri E, **Dedes V**, Tzirogiannis K, et al. Managing anxiety disorders with the neurobiofeedback method of Brain Boy Universal Professional. Health Psychology Research. 2022;10(3). doi:10.52965/001c.35644

Athanasios Fortis, **Vasileios Dedes**, Nikolaos Vergados, Georgios Panoutsopoulos. Modified tension band wiring technique by safely inserting K-wires in olecranon fracture osteosynthesis. Folia Medica (accepted for publication)

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Chatzoglou Athanasia, Dalageorgou Christina, Fousteri Natassa, Koutelekos Ioannis, **Dedes Vasileios**, Evangelou Eleni, Dousis Evangelos. State and trait anxiety in parents of hospitalized children. Perioperative Nursing (GORNA) 2020; 9(2):102–117. http://doi.org/10.5281/zenodo.4011250

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Medical Disasters", International Journal of Caring Sciences, April 2019, Supplement 1, Page 119

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Detopoulou P, Syka D, Koumi K, Dedes V, Tzirogiannis K, Panoutsopoulos GI. Clinical Application of the Food Compass Score: Positive Association to Mediterranean Diet Score, Health Star Rating System and an Early Eating Pattern in University Students. Diseases. 2022;10(3):43. https://doi.org/10.3390/diseases10030043

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Total citations (2018-2022) = 97 from Google Scholar and Research Gate
(92 citations and 5 self-citations)

Presentations in International Congresses

1) **Vasileios Dedes**, Athanasios Mitseas, Georgios Panoutsopoulos, Sofia Zyga "Pain Reduction, Functionality and Quality of Life Improvement After Shockwave

Therapy of Tendinitis" 19th Annual Congress of the ISMST, Kuching, Malaysia; July 14th-July 16th 2016

2) **Dedes Vasileios**, Panoutsopoulos Georgios, Stergioulas Apostolos, Kipraios Georgios, Mitseas Athanasios "Is the shock wave therapy an efficient and safer treatment option for tendinitis?", 20th International Congress 2017 of the ISMST, San Sebastian, Spain, June 22nd -24th, 2017

3) **Vasileios Dedes**, Athanasios Mitseas, Ariandi-Maria Dede, Danai-Aggeliki Mitsea, Anastasia Perrea, Nikolaos Mitropoulos, Georgios I. Panoutsopoulos "Comparison of shockwave versus ultrasound therapy in elbow tendinopathy", International Conference Nursing -Caring for people in contemporary societies, Nicosia, Cyprus, April 5th – 6th 2019

4) Nikolaos Mitropoulos, Athina Kalolerinou, **Vasileios Dedes**, Panos A Eustathiou, Georgios Panoutsopoulos, "Education of health professionals in the management of medical disasters", International Conference Nursing -Caring for people in contemporary societies, Nicosia, Cyprus, April 5th – 6th 2019

5) **Dedes V**, Mitseas A, Perrea A, Karakatsanis K, Panoutsopoulos G, Kipreos G "Therapy of elbow tendinopathy by using shockwaves, ultrasound or eccentric exercises", 28th International e-Congress on Physical Education and Sport Science, 12-14 June 2020

6) **Dedes V**, Tsoni N, Kafopoulos D, Dede FM, Kipraios G, Panoutsopoulos G, "Appropriate nutrition, nutritional supplements, and drugs as an intervention strategy in patients with low bone density", 29th International Congress on Physical Education and Sport Science, 14-16 May 2021

7) **Dedes V**, Mitseas A, Dede AM, Perrea A, Soldatos T, Panoutsopoulos G, "Achilles tendinopathy: comparison between shockwave and ultrasound therapy", 29th International Congress on Physical Education and Sport Science, 14-16 May 2021

8) **Dedes V**, Karavasili A, Mourtziapis A, Perrea A, Kipraios G, Panoutsopoulos G. "The basketball athletes' physiological profile in a 40 weeks season". 30th International Congress on Physical Education and Sport Science, 20-22 May 2022, Komotini, Greece.

9) Detopoulou Paraskevi, Syka Dimitra, Koumi Konstantina, **Dedes Vasileios**, Tzirogiannis Konstantinos, Panoutsopoulos I Georgios. Clinical application of the Food Compass Score: Relation to Mediterranean Diet Score, Health Rating Star System, food groups consumption and meal patterns in students enrolled at the University of the Peloponnese. 1st International Conference of Nutritional Sciences and Dietetics, 27-29 May 2022. Thessaloniki, Greece

Presentations in National Congresses (Abstracts)

1) "Musculoskeletal problems in province surgical nurses" at the 43rd National Nursing Congress, 11-14 May 2016, Syros, Greece.

2) "Pain reduction after shockwave therapy on tendonitis" at the 9th Panhellenic and 8th Paneuropean scientific and professional nursing conference, 19-22 May 2016, Kalamata, Greece.

3) "The UoP-PFQ original questionnaire on measuring pain intensity, functionality and quality of life impairment" at the 9th Panhellenic and 8th Paneuropean scientific and professional nursing conference, 19-22 May 2016, Kalamata, Greece.

4) "Multivariate correlation study of the dimensions of the nurses' working stress with their physical health" at the 9th Panhellenic and 8th Paneuropean scientific and professional nursing conference, 19-22 May 2016, Kalamata, Greece.

5) "Shockwave therapy on tendonitis: An effective - non-invasive - safer therapeutic choice", 72nd Orthopaedic Surgery and Traumatology (EEHOT) Congress, 12-15 October 2016, Athens, Greece.

6) "Correlation between nurse's job satisfaction and the health care provided by them", 28th Panhellenic Congress of Greek Operating Room Nurses Association, 19-22 October 2017, Kalamata, Greece

7) "The use of shockwaves as an efficient and safe therapeutic choice in the pain's treatment on tendinitis", 28th Panhellenic Congress of Greek Operating Room Nurses Association, 19-22 October 2017, Kalamata, Greece.

8) "Effectiveness of the combined ultrasound therapy with lidocaine patch in plantar fascia tendinopathies", 74th Orthopaedic Surgery and Traumatology (EEHOT) Congress, 10-13 October 2018 Athens, Greece.

9) "Plantar's Fasciae Tendinopathy: Shockwave or ultrasound therapy?", 11th Health Congress of Messinia, 7-8 June 2019, Kalamata, Greece (awarded).

10) "Correlation a posteriori of dietary patterns with anthropometric parameters in students of the University of Peloponnese", 16th Panhellenic Conference on Nutrition and Dietetics, 9-12 December 2021, Athens, Greece.

11) "Correlation of the Mediterranean diet's adoption degree with anthropometric parameters and meal standards in students of the University of Peloponnese",

16th Panhellenic Conference on Nutrition and Dietetics, 9-12 December 2021, Athens, Greece.

12) **Dedes V.**, Karavasili A., Mourtziapis A., Perrea A., Kipraios G., Panoutsopoulos G. "The physiological adaptations in basketball athletes from the preparation to the season's end". 2022 Hellenic Society of Physiology Annual Congress, 15-16 April 2022, Athens, Greece.

13) A. Artemiou Bloyel, P. Dikaiou, D. Kostara, A. Niarchou, C. Pappas, **V. Dedes**, G. Panoutsopoulos. "Body Mass Index and waist-hip ratio in the assessment of obesity". 12th Messinia Health Conference, May 27-28, 2022, Kalamata.

14) H. Giannikaki, I. Bekari, G. Nikolaou, M.E. Pishina, N. Kritikos, **V. Dedes**, G. Panoutsopoulos. "The role of nutrition in iron deficiency anaemia". 12th Messinia Health Conference, May 27-28, 2022, Kalamata.

15) L. Voulgaridou, A. Gazouli, H. Partsalaki, M.E. Stergiou, **V. Dedes**, G. Panoutsopoulos. "Nutrition in chronic kidney disease and hemodialysis". 12th Messinia Health Conference, May 27-28, 2022, Kalamata.

16) **Dedes V.** "Ergogenic aids". 1st Student Conference entitled Nutrition in Health and Diseases, Department of Nutrition Science and Dietetics, University of Peloponnese, June 3-4, 2022, Kalamata, Greece (guest speaker).

17) Fortis A, Laloudakis M, **Dedes V**, Panagiotakis I, Vergados N. The intraoperative use of sterile drape in hip arthroplasty procedures did not reduce the microbial prevalence of the area. Randomized study. 78th Conference of the Hellenic Society of Orthopedic Surgery and Traumatology. 12-15 October 2022, Athens.

Other Scientific Activities

2019 April, member of the Organizing Committee of the International Conference Nursing - Caring for People in Contemporary Societies, Nicosia, Cyprus

2016 May, instructor at the clinical tutorial "Perioperative nurses education for the avoidance of musculoskeletal problems", 9th Panhellenic and 8th Paneuropean scientific and professional nursing conference, Kalamata, Greece.

2015 December, lecture in emergency nursing - intensive care, about cardiovascular and sedative drugs, University of Peloponnese, Department of Nursing, Sparta, Greece.

2015 November, instructor at the clinical tutorial "musculoskeletal diseases and perioperative nursing - the body mechanics", Bodosakeio hospital, Ptolemaida, Greece.

2015 September, instructor at the clinical tutorial "musculoskeletal diseases and perioperative nursing - the body mechanics", 26th Panhellenic Conference on Perioperative Nursing, Volos, Greece.

2015 March, lecture in pharmacology, clinical trials, pharmacokinetics, pharmacodynamics, infections, microbiology and antibiotics, University of Peloponnese, Department of Nursing, Sparta, Greece.

Congresses and Seminars

2021 February: Online research seminar of the Hellenic Society of Physiology, "The role of inflammatory adaptation of the bone marrow in trained immunity."

2020 June, 28th International e-congress on Physical Education & Sport Science

2020 February, Educational Meeting of Peloponnese: the new perspectives in oncology, Kapsia, Arkadia, Greece

2018 June, 5th Panhellenic Interdisciplinary Medical Congress, Kalamata, Greece

2018 June, 10th Health Congress of Messinia, Kalamata, Greece

2018 June, 13th Nephrology Nursing National Congress, Kalamata, Greece

2017 June, 55th Panhellenic Paediatric Congress, Hellenic Paediatric Society, Cos, Greece

2017 March, "Advanced Learning on Platelets and Thrombosis International Course (ALPIC 2017), Institute for the Study and Education on Thrombosis and Antithrombotic Therapy, Metsovo, Greece

2016 October, "Sports Injuries", Musculoskeletal Disorders Study Department, Hellenic Society of Physical Medicine and Rehabilitation, Kalamata, Greece

2016 October, 9th Allergology Evolution 2016, Kalamata, Greece

2016 July, Summer Scientific Event of the Working Groups of the Greek College of General Practitioners (EKOGENIA), Kalamata, Greece

2015 October, 35th Panhellenic Gastroenterology Congress, Kalamata, Greece

2015 July, Working Groups of the Greek College of General Practitioners (EKOGENIA), Kalamata, Greece

2015 June, 4th Panhellenic Congress of the Greek College of General Practitioners (EKOGENIA), Kalamata, Greece

2015 May, 7th scientific symposium" documented treatment of musculoskeletal diseases, comorbidities and the impact on the quality of life of patients", Scientific Society for the musculoskeletal health (EPEMY), Kalamata, Greece

2015 May, Scientific event of the Greek Society for the Study of Bone Metabolism (EEMO) on "The metabolic diseases and their treatment", Syros, Greece

2015 February, Scientific event of the University of Peloponnese Laboratory in service and quality of life management entitled "entrepreneurship and strategic decisions", Sparta, Greece

2011 January, World's Partners Meeting, Rovi Pharmaceuticals, Granada, Spain

1999, National Volleyball Coaches Congress, Piraeus, Greece, (SEPPE – Hellenic Volleyball Coaches League).

1997, National Volleyball Coaches Congress, Ancient Olympia, Greece, (SEPPE – Hellenic Volleyball Coaches League).

1995, Volleyball Coaches Seminar, Kalamata, Greece (E.O.PE. – Hellenic Volleyball Federation).

1994, Course in physical condition and performance improvement of military pilots, Kalamata, Greece (120th Air Training Wing, Hellenic Air Force).

1994, Italian Volleyball Coaches Congress, Norcia, Italy (F.I.PA.V.– Italian Volleyball Federation).

Additional information

Instructor at the University of Peloponnese centre for lifelong learning

Member of the Hellenic Society of Physiology

Member of the Laboratory in Physiology-Pharmacology, at the Department of Nursing, University of Peloponnese

Member of the Laboratory in Biochemistry-Exercise Physiology-Physiology-Pharmacology, at the Department of Nutritional Science and Dietetics, University of Peloponnese

Reviewer of the scientific journal Medical Science Monitor

Reviewer of the scientific journal Physiotherapy Theory and Practice

Reviewer of the scientific journal International Journal of Human Movement and Sports Sciences

Member of the Greek Federation of Medical Delegates (a member of UIADM), License Nr. 3891

Citizenship: Greek, Italian

Languages: Greek (native), English (C2), Italian (C2)

IT: Word, Excel, PowerPoint, Outlook, SPSS, CRM and sales data applications (Cegedim, IMS-IQVIA, Atropos)

Professional driving license

Date of Birth: 29/08/1965