
CURRICULUM VITAE: Efrosini Papaconstantinou, RN, PhD

A. GENERAL INFORMATION

1. Efrosini A. Papaconstantinou, RN, PhD

Faculty of Health Sciences, UA 3031
2000 Simcoe Street North
Oshawa, ON, L1H 7K4
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2. Degrees – Designation, Institution, Department, Year

Doctor of Philosophy in Nursing Science, 2014
University of Toronto, Toronto, ON, Canada
Thesis Title: The feasibility and acceptability of the Relax to Sleep program on sleep during pediatric hospitalization and beyond: A pilot randomized controlled trial.
Thesis Supervisor: Robyn Stremler, RN, PhD

Masters of Science in Clinical Health Sciences, 2004
McMaster University, Hamilton, ON, Canada
Thesis Title: The relationship between adolescent religiosity and health-compromising behaviours.
Thesis Supervisor: Donna Ciliska, RN, PhD

Bachelor of Science in Nursing, 2001
McMaster University, Hamilton, ON, Canada
Graduated Summa Cum Laude

3. Employment History- Dates, Rank/Position, Department, Institution

Current

2014- Present Faculty of Health Science, Nursing Program
Assistant Professor, UOIT

Previous Employment

2011-2013	Lecturer/Clinical Instructor Lawrence S. Bloomberg Faculty of Nursing, University of Toronto, Toronto, ON
2005-2010	Full-time Lecturer School of Nursing, Faculty of Health, York University, Toronto, ON
2004-2005	Part-time Assistant Professor (non-tenure track) Faculty of Health Sciences, McMaster University, Hamilton, ON
2004-2005	Clinical Instructor School of Nursing, Centennial College, Toronto, ON
2003-2004	Clinical Instructor School of Nursing, Seneca College, Toronto, ON

4. Honours

2012	Rosenstadt Doctoral Research Dissertation Award Lawrence S. Bloomberg Faculty of Nursing University of Toronto (\$1000)
2011	May Yoshida Memorial Fellowship Lawrence S. Bloomberg Faculty of Nursing University of Toronto (\$800)
2008	Doctoral Fellowship in Complementary and Alternative Health Care & Paediatrics SickKids Foundation (\$105, 000 over 3 years)
2007	Rosenstadt Nursing Fellowship Lawrence S. Bloomberg Faculty of Nursing University of Toronto (\$5000)
2002	E. Mosgrove Scholarship – Outstanding Academic Excellence (\$5000) Faculty of Health Sciences, McMaster University
2001	Tostevin Scholarship Faculty of Health Sciences, School of Nursing, McMaster University (\$1000)
2000	Award Academic Excellence Cypriot Federation of Canada (\$1000)

5. Professional Affiliations and Activities

Current	Member, Sigma Theta Tau International, Honor Society for Nursing
Current	Member, Registered Nurses Association of Ontario
Current	Member, Pediatric Nurses Interest Group (RNAO)
Current	Member, Provincial Nurse Educator Interest Group (RNAO)
Current	Member, Complementary Therapies Nurses' Interest Group (RNAO)
Current	Member, Canadian Sleep Society
Current	Member, Sleep Research Society
Current	Member, Canadian Association of Schools of Nursing (CASN), Simulation Interest Group
Current	Member, International Nursing Association for Clinical Simulation and Learning (INACSL)

B. RESEARCH

1. Current Research Interests

Name, subject(s) of interest and activities

2. Research Awards (grants, contracts, fellowships) including:

INTERNAL AND EXTERNAL RESEARCH FUNDING:

2015	Papaconstantinou, E. , Coffey, S., Graham, L, de la Rocha, A., & Zitzelsberger, H. (\$7996.00). SHOCK in Nursing Education. Funder: UOIT Teaching Innovative Fund.
2015	Zitzelsberger, H., Coffey, S., Graham, L., Papaconstantinou, E. , de la Rocha, A., & Chorney, D. (\$6376.08). Enhancing realism in simulation to increase knowledge retention and mobilization among nursing students. Funder: UOIT Teaching Innovative Fund.
2014	Zitzelsberger, H., Coffey, S., Graham, L., Papaconstantinou, E. , Anyinam, C., Dodd, G. & Mangal, J. (\$5000 USD). Exploring simulation utilization and simulation evaluation practices and approaches in undergraduate nursing education. Funder: Sigma Theta Tau International (STTI)
2014	Coffey, s., Zitzelsberger, H., Papaconstantinou, E. , Lindsay, G., Abbass Dick, J., de la Rocha, A., Graham, L., & Chorney, D. (\$7,340). Nursing Transformations: Illuminating

Transformative Learning and the Potential for Nursing Practice Transformation amongst UOIT-DC Collaborative BScN Students. Funder: UOIT Teaching Innovative Fund

- 2013 Graham, L., Tidman, R., & **Papaconstantinou, E.** (\$3000). QRT: A quick reference tool for nurses to enhance patient safety. Funder: Durham College
- 2013 **Papaconstantinou, E.** (\$1000). The Better Nights, Better Days Trainee Program. Travel Funds.
- 2011 **Papaconstantinou, E.**, Stremmler, R., & Hodnett, E. (\$3000 +\$1000 Travel). The feasibility and acceptability of a behavioural-educational intervention to improve pediatric sleep during hospitalization: A pilot RCT. Funder: CIHR Team Research Grant in Sleep and Biological Rhythms.
- 2008 **Papaconstantinou, E.** (\$105, 000 over 3 years +1000 travel). Doctoral Fellowship in Complementary and Alternative Health Care & Paediatrics. Funder: SickKids Foundation.
- 2007 Coffey, S., Anyinam, C., Marasco, G., Peisachovich E., **Papaconstantinou, E.**, Robbio R., et al. (\$439, 484). Strengthening Intraprofessional and Interprofessional Practice through a Virtual Nursing Community. Funder: Interprofessional Education/Care Fund, Ministry of Health and Long-Term Care, Government of Ontario.
- 2006 Coffey, S., Watts, M., Anyinam, C., **Papaconstantinou, E.**, Marasco, G., Falk-Rafael, A. et al. (\$461,200). Nursing Mentorship through a Virtual Nursing community. Funder: Ministry of Health and Long-term Care/Nursing Secretariat, Government of Ontario.
- 2006 Anyinam, C. & **Papaconstantinou, E.** (\$1000). Socialization of Second-degree Entry Nursing Students. Funder: York University – Junior Faculty Research Grant.

RESEARCH GRANTS SUBMITTED AND UNDER REVIEW

- 2015 **Papaconstantinou, E.** Sleep patterns, sleep disturbances and fatigue in nurses working 12-hour shifts at a community hospital. Funder: Nursing Research Interest Group (NRIG). (\$3000)
- 2015 Cote, P., Weaver, RR., Smye, V., Carroll, L., Bergeron, G., Dawe, I. Dogra S., **Papaconstantinou, E.**, Holmes, M., Murphy, B., Lindsay, G., Arcand, J., Frederick, T., Stanyon, W., Lemonde, M., Zitzelsberger, H., Goodman, B., Sokal, L., Owen, M., Byrd, J. A mixed methods study of the determinants and consequences of mental health problems among students from two Canadian Universities. CIHR Transitional Open Operating Grant Program (T-OOGP). (\$3,760,397.31).
- 2015 Cote, P., Weaver, RR., Smye, V., Carroll, L., Dogra S., **Papaconstantinou, E.**, Holmes, M., Murphy, B., Arcand, J., Frederick, T., Stanyon, W., Lemonde, M., Zitzelsberger, H., Goodman, B., Taylor-Vaisey, A., Wilansky, P., Petrie, O., Cooper Brathwait, A. The determinants of mental health problems in university students: A systematic review of the literature. CIHR Knowledge Synthesis Grant 2015. (\$100, 000).
- 2015 Dogra, S., Arcand, J., **Papaconstantinou, E.**, Burgomater, K., & Wax, R. Systematic reviews of the best evidence on sleep, diet and physical activity for primary and secondary prevention of cardiac arrest in adults with acquired cardiovascular disease. CIHR Knowledge Synthesis Grant 2015. (\$100, 000).

RESEARCH UNDERTAKEN WITHOUT FUNDING:

- 2015 **Papaconstantinou, E.,** Coffey, S. Graham, L., Moreau, E., Zitzelsberger, H. *Coping, Perceived Stress, Eating patterns, and Sleep Characteristics (CoPES) of 4th year undergraduate Nursing and Medical laboratory Science students in Practicum. (unfunded).*

C. SCHOLARLY AND PROFESSIONAL WORK

1. Refereed publications (List published work or work accepted for publication in chronological order)

(i) Articles in refereed journals

(ii) Articles in refereed conference proceedings

Papaconstantinou, E., Hodnett, E., & Stremler, R. (2014). Relax to Sleep: A pilot RCT. *Sleep* 37, pg. A315.

(iii) Books

(iv) Book chapters (Reviewer)

Papaconstantinou, E. (Reviewer). Chapter 1 – Critical Care Nursing Practice: An Integration of Caring, Competence, and Commitment to Excellence. In Morton, PG & Fontaine, DK. *Critical Care Nursing: A Holistic Approach* (9th ed). Wolters Kluwer Health/Lippincott Williams & Wilkins:Philadelphia.

Papaconstantinou, E. (Reviewer). Chapter 30 – Patient Management: Renal System. In Morton, PG & Fontaine, DK. *Critical Care Nursing: A Holistic Approach* (9th ed). Wolters Kluwer Health/Lippincott Williams & Wilkins:Philadelphia.

Papaconstantinou, E. (Reviewer). Chapter 39 – Patient Assessment: Gastrointestinal System. In Morton, PG & Fontaine, DK. *Critical Care Nursing: A Holistic Approach* (9th ed). Wolters Kluwer Health/Lippincott Williams & Wilkins:Philadelphia.

Papaconstantinou, E. (Reviewer). Chapter 40 – Patient Management: Gastrointestinal System. In Morton, PG & Fontaine, DK. *Critical Care Nursing: A Holistic Approach* (9th ed). Wolters Kluwer Health/Lippincott Williams & Wilkins:Philadelphia.

(v) Books edited

2. Non-Refereed Publications (list as in C.1 above)

3. Manuscripts/publications etc. in preparation and submitted to publishers but not yet accepted.

Papaconstantinou, E., Hodnett, E., & Stremler, R. (2015). A behavioral-educational intervention to promote pediatric sleep during hospitalization: A pilot randomized controlled trial. Submitted to SLEEP (under review).

Papaconstantinou, E., Coffey, S., Graham, L., Moreau, E., Zitzelsberger, H., & McPherson, M. (2015). Coping, perceived stress, eating patterns, and sleep characteristics of undergraduate nursing student in practicum. Submitted to Athens Journal of Health (under review).

4. Papers presented at meetings and symposia.

- Coffey, S., Graham, L., de la Rocha, A., Zitzelsberger, H., **Papaconstantinou, E.**, Chorney, D. (2015). Advancing the Philosophical Roots of the Artistry of Simulation. 14th Annual Conference: International Nursing Association for Clinical Simulation & Learning; Atlanta, Georgia, USA (June 10-13, 2015)
- Papaconstantinou, E.**, Coffey, S., Graham, L., Moreau, E., & Zitzelsberger, H. *Coping, Perceived Stress Eating patterns, and Sleep Characteristics (CoPES) of 4th year undergraduate Nursing and Medical laboratory Science students in Practicum*. LABCON 2015 by the Canadian Society for Medical Laboratory Science (CSMLS); Montreal, QB, Canada (May 22-24, 2015).
- Papaconstantinou, E.**, Coffey, S., Graham, L., Moreau, E., & Zitzelsberger, H. *Coping, Perceived Stress Eating patterns, and Sleep Characteristics (CoPES) of 4th year undergraduate Nursing and Medical laboratory Science students in Practicum*. The Annual International Conference on Nursing (ATINER), Athens, Greece, May 2015 (Presentation).
- Papaconstantinou, E.**, Hodnett, E., & Stremler, R. The Relax to Sleep Study: A pilot RCT. The 28th Annual Meeting of the Associated Professional Sleep Societies, Minneapolis, MN, USA, June 2014.
- Papaconstantinou, E.**, Hodnett, E., & Stremler, R. A behavioural-educational intervention to promote pediatric sleep during hospitalization and beyond: A pilot RCT. Biennial Paediatric Nursing Conference, Pediatric Nurses Interest Group, Toronto, ON, Canada, May 2014 (Poster).
- Papaconstantinou, E.**, Hodnett, E., & Stremler, R. The Relax to Sleep study: A pilot RCT. Pediatric Sleep Medicine Conference, Amelia Island, FL., USA, November 2013 (Young Investigator Presentation).
- Papaconstantinou, E.**, Hodnett, E., & Stremler, R. A behavioural-educational intervention to promote pediatric sleep during hospitalization and beyond: A pilot RCT. 6th Conference of the Canadian Sleep Society, Halifax, NS, Canada. October 2013 (Poster).
- Papaconstantinou, E.**, Hodnett, E., & Stremler, R. Promoting pediatric sleep during hospitalization. Connaught Global Challenge International Symposium, Toronto, ON, Canada. September 2012 (Poster).
- Papaconstantinou, E.**, Hodnett, E., & Stremler, R. The acceptability, feasibility, and effectiveness of the Relax to Sleep program on sleep during pediatric hospitalization and beyond: A pilot randomized, controlled trial. First International Symposium on Nursing Intervention Research, Montreal, QB, Canada. April 2011.
- Peisachovich, E., **Papaconstantinou, E.**, Anyinam, C., Coffey, S., Nicholson, M. E., Robbio, R., Marasco, G., Page-Cuttrara, K., and Chiovitti, R. Knowledge Translation Meets Evidence-Based Practice: Utilizing Technology to Promote Uptake of Best Practice Guidelines. Registered Nurses Association of Ontario Post Olympic Conference, Nurses: The Solution in Health Care Transformation, Nanjing, China, October 2008.
- Anyinam, C., Coffey, S., Chiovitti, R., Nicholson, M.E., Marasco, G., Peisachovich, E., **Papaconstantinou, E.**, Robbio, R., and Page-Cuttrara, K. Creating a Virtual Nursing Learning and Mentorship Community. Registered Nurses Association of Ontario Post Olympic Conference, Nurses: The Solution in Health Care Transformation, Nanjing, China, October 2008.
- Coffey, S., Fucile, W., Anyinam, C., Marasco, G., Peisachovich, E., **Papaconstantinou, E.**, Robbio, R., Page-Cuttrara, K., Nicholson, ME, Falk-Rafael, A. Yankou, D., Beagrie, L., & Chiovitti, R. Creating an Online Nursing Community. Forging Ahead...Evidence to Innovations Conference, Toronto, Canada. March 2008.
- Papaconstantinou, E.**, Peisachovich, E., Anyinam, C., Coffey, S., Harnanansign, D., Falk-Rafael, A., Nicholson, M. E., and Marasco, G. The 10-Minute Translation: Utilizing Technology to Make Best

Practice Guidelines Come Alive. Education for Patient-Centered Practice, Canadian Association of Schools of Nursing Educators (CASN) Conference, Kingston, ON, Canada, November 2007.

Anyinam, C., **Papaconstantinou, E.**, & Coffey, S. Understanding and expressing the human experience of health and illness. The integration of the arts into nursing education. The 2nd International Conference on the ARTS in Society, Kassel, Germany, August 2007.

Anyinam, C. & **Papaconstantinou, E.** Professional socialization in second-degree nursing students. University of Toronto First International Symposium on Excellence in Second-Entry Baccalaureate Nursing Education: Best Practices Locally & Globally, Toronto, ON, Canada. October 2006.

Koroll, D., Harwood-Lunn, L, **Papaconstantinou, E.** & Robbio, R. Using clinical simulation in a caring curriculum. RNAO 3rd International Conference: Embracing the Future of Nursing: Education Tomorrow's Nurses, Toronto, ON, Canada, October 2006.

Abstracts accepted for presentation at meetings and symposia

Coffey, S., Graham, L., de la Rocha, A., Chorney, D., Cumming, K., **Papaconstantinou, E.**, Mairs, S., Zitzelsberger, H. Vogel, E., & Sproul, S. Moving Simulation out of the lab and into Mainstream Nursing Education Practices. EduLearn 2014: 6th International Conference on Education and New learning Technologies, Barcelona, Spain, July 2014.

D. TEACHING ACTIVITIES

(Note: Indicate in each case whether you had major responsibility for the design of a course.)

1. Undergraduate courses taught

Courses Taught: UOIT

2014-Present	HLSC2801: Child and Adolescent Health** NURS4700: Nursing Synthesis* HLSC3601: Interprofessional Health Care Teams
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Previous Courses Taught:

University of Toronto

2013	NUR350 Introduction to Nursing Practice NUR370Y Pathophysiology and Pharmac-Therapeutics NUR470Y Integrative Nursing Practicum PHM230H1 Health Assessment for Pharmacists
2012	NUR350 Introduction to Nursing Practice NUR370Y Pathophysiology and Pharmac-Therapeutics NUR470Y Integrative Nursing Practicum
2011	NUR350 Introduction to Nursing Practice

York University

2009	NUR4900 Integrated Practicum** NUR2930 Health Assessment* NURS3900 Medical Surgical Nursing**
2008	NUR2930 Health Assessment* NUR3900 Medical Surgical Nursing**

2007	NUR4110 Integrated practicum NURS2930 Health Assessment*
2006	NURS4110 Integrated practicum NURS4130 Client Centered Care NURS3410 Medical Surgical Nursing
2005	NURS 3410 Medical Surgical Nursing*
2004	ADMS4750 Current Issues for Health Care professionals* (Sessional Course Director)

McMaster University (Part-time)

2005	N1F04 and N1G04 Introduction to Nursing and Health I & II Problem Based Learning
2004	N2L03 Guided nursing Practice I HS1A06 Biochemistry HS1HH3 Human Anatomy & Physiology I & II

Centennial College (Contract)

2005	NSE012 Nursing Practice I
2004	NSE012 Nursing Practice I

Seneca College (Contract)

2004	NRS220 Nursing Professional Practice NRS320 Nursing Professional Practice
2003	NRS220 Nursing Professional Practice NRS320 Nursing Professional Practice

*Courses substantially revised

**Courses developed

2. Graduate courses taught

3. Thesis/Projects supervised. Indicate whether primary or secondary supervisor.

(i) Masters Students:

Current: Dhalia Albar: The relationship between parental sleep patterns and child sleep patterns in parents of autistic children. (Thesis Supervisor)

Current: Sarah Parks-Quinn: TBD. (Thesis Co-Supervisor)

Current: F. Soomro: The effects of a Jeopardy-type educational game in increasing knowledge related to proper oral hygiene practices and the prevention of plaque in rural school-aged children in Pakistan (Thesis Advisory Committee Member).

Current: Paige Stewart: The relationship of moderate physical activities on sleep quality and quantity among persons with dementia. (Thesis Advisory Committee Member)

(ii) Doctoral Students: Name, Thesis topic, Dates, including periods of supervision

(iii) Postdoctoral Fellows: Name, Topic, Dates

(iv) Undergraduate Students:

Current: Evan Keys: The Quick Resource Tool (QRT) for Nurses in a busy Emergency Department. (Research Practicum Supervisor).

Current: Rayona: Prescription antibiotic use in children admitted to the emergency department at a small community hospital (Research Practicum Co-Supervisor).

4. Other Teaching and Lectures Given

NCLEX Prep Workshops: Pediatrics

E. SERVICE AND ADMINISTRATIVE POSITIONS

(Indicate period of service, role (i.e., Chair, Voting Member), Group/Organization/Committee name)

1. University Service

UOIT

2014-Present	Ad hoc member REB for Clinical Trials Research
2014	Undergraduate Research Award FHS Committee
2014-Present	PD Funding Committee
2014-Present	Nursing Graduation Committee
2013-Present	member, Faculty of Health Sciences Council
2013-Present	member, Nursing Program Committee
2013	member, Faculty Retreat Planning Committee
2013-Present	member, Use of Technology in the Program Committee

York University

2007-2009	member, Nominations Committee
2006-2009	member, Student Affairs Committee
2006-2009	member, Student Awards Committee
2006-2009	member, Research Committee

2. Professional Service (include major consultancies)

3. Clinical Service

4. Community Service

5. Other Service Activities

F. OTHER RELEVANT INFORMATION

[July 2014]