




PERSONAL INFORMATION

Konstantina Poulianiti

-  Aristeidi Pappa 28, 42100 Trikala (Greece)
-  (+30) 6975584990
-  poulianitikon@gmail.com
-  https://www.researchgate.net/profile/Konstantina_Poulianiti

WORK EXPERIENCE

05/02/2020–Present

Researcher in the research project entitled: "Creation of biofunctional chocolate products by adding, entrapped in microemulsions, extracts of aromatic and medicinal plants produced by innovative technology (deeply fusible solvents)" funded by the Operational Programme Competitiveness, Entrepreneurship and Innovation 2014-2020, RESEARCH - CREATE - INNOVATE (MIS 5030461)

Quality control and evaluation of physicochemical characteristics of the extracts.

Production of microemulsions

Designing and preparation of the innovative final products

Dissemination and publication of the results

Business or sector University of Thessaly, Department of Food Science, Karditsa, Thessaly, Greece

05/08/2019–Present

Researcher in the research project entitled "Use of pulsed electric field to extract valuable components from plant material" funded by the Operational Programme Competitiveness, Entrepreneurship and Innovation 2014-2020, RESEARCH - CREATE - INNOVATE (MIS 5030455)

Assessment of optimal conditions of pulsed electric field method (intensity, frequency, duration) for the enhanced extraction of high-value bioactive compounds from plant materials

Sample pre-treatment for analytical method development, purification and selective isolation and recovery of target compounds

Dissemination and publication of the results

Business or sector University of Thessaly, Department of Food Science, Karditsa, Thessaly, Greece

30/03/2020–31/08/2020

Postdoctoral Teaching Fellowship

Design and Teaching Undergraduate Laboratory Courses in "Biochemistry"

Business or sector University of Thessaly, Department of Food Science, Karditsa, Thessaly, Greece

07/10/2019–31/01/2020

Postdoctoral Teaching Fellowship

Design and Teaching Undergraduate Laboratory Courses in "General Chemistry"

Business or sector University of Thessaly, Department of Food Science, Karditsa, Thessaly, Greece

01/01/2018–28/02/2019

Researcher at HEAT-SHIELD project: Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. (EU Horizon 2020 grant, no. 668786).

- Assessment of heat stress on health and productivity of European workers under current and future climatic scenarios.
Dissemination and exploitation of the results.
Project Management
Business or sector Fame Lab, School of Sports Science, University of Thessaly, Greece
- 01/04/2018–13/06/2018 **Researcher at ICI-THROUGH project: Intersectoral collaboration for innovation in non-invasive techniques to estimate human brown adipose tissue activity. (EU Horizon 2020 grant, no. 645710).**
- Assessment of non-invasive techniques to estimate human brown adipose tissue activity.
Dissemination and exploitation of the results.
Project Management
Business or sector Fame Lab, School of Sports Science, University of Thessal
- 07/03/2017–31/08/2017 **Researcher at HEAT-SHIELD project: Integrated inter-sector framework to increase the thermal resilience of European workers in the context of global warming. (EU Horizon 2020 grant, no. 668786).**
- Assessment of heat stress on health and productivity of European workers under current and future climatic scenarios.
Dissemination and exploitation of the results.
Project Management
Business or sector Fame Lab, School of Sports Science, University of Thessaly, Greece
- 01/09/2016–31/01/2017 **Researcher at GI-Neu project: Impact of colostrum based nutraceuticals on functional gastrointestinal disorders. (EU FP7- funded grant no. 324476).**
- Assessment of colostrum based nutraceuticals on functional gastrointestinal disorders
Dissemination and exploitation of the results
Business or sector Fame Lab, School of Sports Science, University of Thessaly, Greece, Institute for Research and Technology I.RE.TE.TH, Centre for Research & Technology, CERTH, Greece
- 01/04/2013–30/11/2015 **Researcher at MUSCLE FUN THALES project: Mechanisms of muscle functions: Fatigue and Oxidative Stress. (EU funded grant no. 377260)**
- Assessment of the effects of uremia in muscle atrophy and oxidative stress in an animal model of rabbits.
Dissemination and exploitation of the results
Project Management
Business or sector Muscle Physiology and Biochemistry Lab, School of Sports Science, University of Thessaly, Greece
- 15/05/2012–31/12/2012 **Researcher at MUSCLE FUN THALES project: Mechanisms of muscle functions: Fatigue and Oxidative Stress. (EU funded grant no. 377260)**
- Assessment of the effects of uremia in muscle atrophy and oxidative stress in an animal model of rabbits.
Dissemination and exploitation of the results

Project Management

Business or sector Muscle Physiology and Biochemistry Lab, School of Sports Science, University of Thessaly, Greece

01/12/2008–30/11/2010 **Quality Control Manager**

Testing raw materials and finished dairy products for quality assurance
 Reviewing and validating the food safety management system
 Preparing and participating in audits
 Developing and maintaining a quality manual
 Collaborating with the product development team
 Developing and Managing recall plans

Business or sector LA FARM S.A Dairy Industry, Trikala, Greece

01/10/2007–Present **External Evaluator of Investment Proposals for EU Funding**

National Register of Certified Evaluators of Investment Proposals for EU Funding

Business or sector EFEPAE (Intermediary Management Body of Operational Program “Competiveness and Entrepreneurship”), Athens, Greece

EDUCATION AND TRAINING

11/07/2012–20/07/2017 **Doctor of Philosophy**

School of Physical Education & Sport Science, University of Thessaly, Greece

Thesis Title: Mechanisms of muscle function: The effects of uremia on biochemical profile and redox status.
 EU funded research project THALES Fellowship

01/10/2010–03/07/2012 **Master of Science**

Exercise & Health, School of Physical Education & Sport Science, University of Thessaly, Greece

Thesis Title: The acute effects of active and passive smoking of tobacco and electronic cigarette on redox status.

10/10/2001–15/10/2006 **Diploma in Chemical Engineering**

School of Chemical Engineering, National Technical University of Athens

Thesis Title: Extraction of natural dyes from selected plant sources and dyeing of recycled paper pulp.

PERSONAL SKILLS

Mother tongue(s) Greek

Foreign language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1
Certificate of Proficiency in English					

Spanish	B2	B2	B2	B2	B2
State Language Certificate B2					
Italian	B2	B2	B2	B2	B2
B2 Diploma B2					

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
Common European Framework of Reference for Languages - Self-assessment grid

ADDITIONAL INFORMATION

Published Book Chapters

1. «Manual for the physical assessment of special populations: Laboratory and Field testing for the scientific support of health training programs», Hellenic Academic, Ebooks, ISBN: 978-960-603-114-4, Chapter 12: «Biochemical testing and evaluation», K. Poulianiti, A. Kaltsatou, A. Karioti, C. Karatzaferi.
2. «Manual for the physical assessment of athletes: Laboratory and Field testing for the scientific support of competitive sports », Hellenic Academic Ebooks, ISBN: 978-960-603-496-1, Chapter 10: «Biochemical testing and evaluation», A. Karioti, K. Poulianiti, C. Karatzaferi.

Refereed Journal Publications

1. Evidence of Blood and Muscle Redox Status Imbalance in Experimentally Induced Renal Insufficiency in a Rabbit Model. Poulianiti K.P., Karioti A., Kaltsatou A., Mitrou G.I., Koutedakis Y., Tepetes K., Christodoulidis G., Giakas G., Maridaki M., Stefanidis I., Jamurtas A.Z., Sakkas G.K., Karatzaferi C., *Oxidative Medicine and Cellular Longevity* (2019), [IF: 4.93].
2. Heat Waves Occurrence and Outdoor Workers' Self-assessment of Heat Stress in Slovenia and Greece. Pogacar T., Žnidaršič Z., Kajfež Bogataj L., Flouris A.D., Poulianiti K.P., and Crepinšek Z. *International Journal of Environmental Research and Public Health*(2019), [IF: 2.14].
3. Evidence of functional deficits at the single muscle fiber level in experimentally induced renal insufficiency. Mitrou G.I., Sakkas G.K., Poulianiti K.P., Karioti A., Tepetes K., Christodoulidis G., Geeves M.A., Koutedakis Y., Stefanidis I., Karatzaferi C. (2018), *Journal of Biomechanics*, [IF: 2.43].
4. Metabolic energy cost of workers in agriculture, construction, manufacturing, tourism, and transportation industries. Poulianiti K.P., Havenith G., Flouris A.D. *Ind Health* (2018). doi: 10.2486/indhealth.2018-0075, [IF: 1.11].
5. Functional responses of uremic single skeletal muscle fibers to redox imbalances. Mitrou G.I., Poulianiti K.P., Koutedakis Y., Jamurtas A.Z., Maridaki M.D., Stefanidis I., Sakkas G.K., Karatzaferi C. *Hippokratia*. (2017). 20(4):264-267, [I.F. 0.6].
6. Systemic Redox Imbalance in Chronic Kidney Disease: A systematic review. Poulianiti K.P., Kaltsatou A., Mitrou G.I., Jamurtas A.Z., Koutedakis Y., Maridaki M., Stefanidis I., Sakkas G.K., Karatzaferi C. *Oxidative Medicine and Cellular Longevity* (2016), doi: 10.1155/2016/8598253, [I.F. 4.5].
7. Antioxidant responses following active and passive smoking of tobacco and electronic cigarettes. Poulianiti K.P., Karatzaferi C, Flouris A.D., Fatouros I.G., Koutedakis Y., Jamurtas A.Z. *Article, Toxicology Mechanisms and Methods* (2016), doi:10.1080/15376516.2016.1196281, [I.F. 1.5].
8. Intra-renal hemodynamic changes after habitual physical activity in patients with chronic kidney disease. Kaltsatou A., Karatzaferi C, Mitrou G.I., Poulianiti K.P., Sakkas G.K. *Review, Current Pharmaceutical Design* (2016), [I.F. 3.5].
9. Uremic myopathy: is oxidative stress implicated in muscle dysfunction in uremia? Kaltsatou A., Sakkas G.K., Poulianiti K.P., Koutedakis Y., Tepetes K., Christodoulidis G., Stefanidis I., Karatzaferi C. *Review, Journal of Frontiers in Physiology* (2015), doi:org/10.3389/fphys. 2015.00102, [I.F. 3.5].
10. Acute impact of active and passive electronic cigarette smoking on serum cotinine and lung function. Flouris A.D., Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Kostikas K., Tzatzarakis M, Hayes A., Tsatsakis A.M., Koutedakis Y. *Article Inhalation Toxicology* (2013), doi: 10.3109/08958378.2012.758197, [I.F. 2.67].
11. Acute effects of electronic and tobacco cigarette smoking on complete blood count. Flouris A.D., Poulianiti K.P., Chorti M.S., Jamurtas A.Z., Kouretas D., Owolabi E.O., Tzatzarakis M.N., Tsatsakis A.M., Koutedakis Y. *Food and Chemical Toxicology* (2012), doi: 10.1016/j.fct.2012.07.025, [I.F. 2.39].

Published Journal Abstracts

1. Tzatzarakis M.N., Tsioglou K.I., Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Koutedakis Y., Flouris A.D., Kyriakakis M., Tsatsakis A. (2013). Acute and short term impact of active and passive tobacco and electronic cigarette smoking on inflammatory markers. *Toxicology Letters*; 221S: S86
2. Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Kostikas K., Tzatzarakis M.N., Viniadis D., Koutedakis Y., Flouris A.D., Tsatsakis A.M. (2012). Effects of active and passive electronic and tobacco cigarette smoking on lung function. *Toxicology Letters*; 211S: S64.

3. Kouretas D., Poulianiti K.P., Chorti M.S., Jamurtas A.Z., Kostikas K., Tzatzarakis M.N., Koutedakis Y., Flouris A.D., Tsatsakis A.M. (2012). Effects of electronic cigarette and tobacco cigarette smoking on complete blood count. *Toxicology Letters*; 211S: S64.

Refereed Scientific Conference Presentations

1. Mapping loss of labour productivity resulting from climate change in Europe. P. Bosch, A. Flouris, K. Poulianiti. 4th European Climate Change Adaptation conference, Lisbon, Portugal, 28–31 May, 2019.
2. Effects of chronic renal disease on acto-myosin kinetics. C. Karatzaferi, G. Mitrou, G.K. Sakkas, K.P. Poulianiti, I. Stefanidis, M.A. Geeves. 4th International Scientific Meeting and 5th MC Meeting of COST Action CM1306, Zagreb, Croatia, March 21-24, 2018.
3. An examination of the effects of acto-myosin dissociation kinetics characteristics in 'uremic' skeletal muscle. C. Karatzaferi, G. Mitrou, G.K. Sakkas, K.P. Poulianiti, I. Stefanidis, M.A. Geeves. 62nd Annual Meeting Biophysical Society, San Francisco, California, USA, Feb 17-21, 2018.
4. Oxidative stress following running at maximal aerobic speed: influence of inclination. G. Theofilidis, A. Kaltsatou, K.P. Poulianiti, A. Stavropoulos-Kalinoglou, Y. Koutedakis, G. Bogdanis, C. Karatzaferi, 6th Congress of Exercise Biochemistry and Physiology, Athens, Greece, Nov 4-6, 2016.
5. Acute redox effects on maximal and submaximal force generation in single muscle cells. G.I. Mitrou, K.P. Poulianiti, Y. Koutedakis, A.Z. Jamurtas, M. Maridaki, I. Stefanidis, G.K. Sakkas, C. Karatzaferi, 8th Conference of the Hellenic Crystallographic Association (HeCrA), Athens, Greece, Oct 7-9, 2016.
6. Functional responses of single psoas muscle fibres to redox imbalances. G.I. Mitrou, K.P. Poulianiti, G.K. Sakkas, A.Z. Jamurtas, V. Sideris, G. Giakas, C. Karatzaferi, 45th European Muscle Conference, Montpellier, France, Sept 2-6, 2016.
7. Systemic and muscle specific redox and biochemical status in chronic kidney disease K.P. Poulianiti, A. Kaltsatou, A. Karioti, A. Jamurtas, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi. 44th European Muscle Conference, Warsaw, Poland, September 21 – 25, 2015
8. Skeletal muscle and blood oxidative stress in a chronic kidney disease animal model. G. Sakkas, K. Poulianiti, A. Kaltsatou, A. Karioti, M. Maridaki, I. Stefanidis, A. Jamurtas, Y. Koutedakis, C. Karatzaferi. 52nd ERA-EDTA Congress, London, UK, May 28-31, 2015.
9. Skeletal muscle and blood oxidative stress in a chronic kidney disease model. K.P. Poulianiti, A. Karioti, A. Kaltsatou, A. Jamurtas, K. Tepetes, G. Christodoulidis, Y. Koutedakis, I. Stefanidis, G.K. Sakkas, C. Karatzaferi, 4th Congress of Exercise Biochemistry and Physiology, Trikala, Greece, Oct 24-26, 2014.
10. Improving analyses outcomes in popular oxidative stress assays. A. Karioti, K. P. Poulianiti, A. Jamurtas, C. Karatzaferi. 4th Congress of Exercise Biochemistry and Physiology, Trikala, Greece, Oct 24-26, 2014
11. Aorta contractility and redox status in cardiac muscle and blood. C. Malavaki, K.P. Poulianiti, A. Karioti, A. Kaltsatou, I. Aidonidis, G. Christodoulidis, K. Tepetes, G. Sakkas, I. Stefanidis, A. Hatziefthimiou, C. Karatzaferi, 4th Congress of Exercise Biochemistry and Physiology, Trikala, Greece, Oct 24-26, 2014. (2^o Βραβείο καλύτερης παρουσίαισης).
12. Effect of acidosis on maximal isometric tension of uremic permeabilized fibres. G.I. Mitrou, A. Karioti, K.P. Poulianiti, G. Christodoulidis, K. Tepetes, A. Tsiokanos, Y. Koutedakis, I. Stefanidis, G.K. Sakkas, C. Karatzaferi, 4th Congress of Exercise Biochemistry and Physiology, Trikala, Greece, Oct 24-26, 2014.
13. The effects of uremia on rabbit skeletal muscle redox status. K.P. Poulianiti, A. Karioti, A. Kaltsatou, G.I. Mitrou, A. Jamurtas, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi, 43rd European Muscle Conference, Salzburg, Austria, Sept 10-14, 2014.
14. Effects of uremia on force-pCa relationship of permeabilized single fibers. G.I. Mitrou, G.K. Sakkas, A. Karioti, K.P. Poulianiti, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, M.A. Geeves, C. Karatzaferi, 43rd European Muscle Conference, Salzburg, Austria, Sept 10-14, 2014.
15. The effects of uremia on redox status of animal model of nephropathy. K.P. Poulianiti, G.I. Mitrou, A. Jamurtas, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi, 3th Congress of Exercise Biochemistry and Physiology, Athens, Greece, Nov 8-9, 2013.
16. The effects of uremia on isometric force generation of single muscle fiber-first observations. G.I. Mitrou, K.P. Poulianiti, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi, 3th Congress of Exercise Biochemistry and Physiology, Athens, Greece, Nov 8-9, 2013.
17. Observations on the effects of uremia on redox status. K.P. Poulianiti, G.I. Mitrou, A. Jamurtas, I.

- Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi, 42nd European Muscle Conference, Amsterdam, Netherlands, Sept 21-25, 2013.
18. Observations on the effects of uremia on isometric force. G.I. Mitrou, K.P. Poulianiti, I. Stefanidis, K. Tepetes, G. Christodoulidis, Y. Koutedakis, G.K. Sakkas, C. Karatzaferi, 42nd European Muscle Conference, Amsterdam, Netherlands, Sept 21-25, 2013.
19. Acute and short term impact of active and passive tobacco and electronic cigarette smoking on inflammatory markers. Tzatzarakis M.N., Tsitoglou K.I., Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Koutedakis Y., Flouris A.D., Kyriakakis M., Tsatsakis A. 49th Congress of the European Societies of Toxicology, Interlanken, Switzerland, September 1-4, 2013
20. Electronic cigarette and tobacco cigarette smoking: do they affect lung function? Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Kostikas K., Tzatzarakis M.N., Tsatsakis A.M., Koutedakis Y., Flouris A.D. (2012). WONCA Europe Conference. July 4-7, Vienna, Austria.
21. Electronic cigarette: is secondhand smoke harmful? Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Kostikas K., Tzatzarakis M.N., Tsatsakis A.M., Koutedakis Y., Flouris A.D. WONCA Europe Conference, Vienna, Austria, July 4-7, 2012.
22. Active and passive electronic cigarette and tobacco cigarette smoking: effects on complete blood count. Poulianiti K.P., Chorti M.S., Koutedakis Y., Jamurtas A.Z., Flouris A.D. WONCA Europe Conference, Vienna, Austria, July 4-7, 2012.
23. Effects of active and passive electronic and tobacco cigarette smoking on lung function. Chorti M.S., Poulianiti K.P., Jamurtas A.Z., Kostikas K., Tzatzarakis M.N., Viniadis D., Koutedakis Y., Flouris A.D., Tsatsakis A.M. 48th Congress of the European Societies of Toxicology. Stockholm, Sweden, June 17-20, 2012
24. Effects of electronic cigarette and tobacco cigarette smoking on complete blood count. Kouretas D., Poulianiti K.P., Chorti M.S., Jamurtas A.Z., Kostikas K., Tzatzarakis M.N., Koutedakis Y., Flouris A.D., Tsatsakis A.M. 48th Congress of the European Societies of Toxicology. Stockholm, Sweden, June 17-20, 2012

INTERNATIONAL WORKSHOPS

Participation in COST CM1306 WORKSHOP, Modern methodology to study movement & mechanism of molecular machines, CFEL, Hamburg, Germany (2015).