

**UNIVERSITY OF THESSALY  
SCHOOL OF HEALTH SCIENCES  
PHYSIOTHERAPY DEPARTMENT**



**CURRICULUM VITAE**

**GARYFALLIA K. PEPERA**

**ASSISTANT PROFESSOR IN CARDIOVASCULAR  
PHYSIOTHERAPY/CARDIAC REHABILITATION**

**DEPUTY DIRECTOR OF CLINICAL EXERCISE  
PHYSIOLOGY AND REHABILITATION LABORATORY**

2022

**PERSONAL INFORMATION****Work Address**

University of Thessaly  
School of Health Sciences  
Physiotherapy Department  
3<sup>rd</sup> Km Old National Road Lamia–  
Athens, Lamia, 35131 Greece  
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**E-mail:** gpepera@uth.gr

**Home Address**

Mpelogianni 16, Lamia, 35100, Greece

**Current Position:**

Assistant Professor in Cardiovascular  
Physiotherapy / Cardiac Rehabilitation,  
Physiotherapy Department, University of  
Thessaly

Deputy Director of Clinical Exercise  
Physiology and Rehabilitation  
Laboratory, Physiotherapy Department,  
University of Thessaly

**EDUCATION**

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| PhD | Doctor of Philosophy in Sport & Exercise Medicine, Research Area:<br><b>Cardiac Rehabilitation</b><br><br>Department of Biological Sciences, University of Essex, Colchester,<br>United Kingdom<br><br>Title: Assessments of functional capacity in cardiac rehabilitation.<br><br>Supervisor: Dr. Gavin Sandercock. | 2011 |
| MSc | Master of Science in Medicine & Science in Sport & Exercise<br>(Therapy),  | 2005 |

Glasgow University, Strathclyde University & Glasgow Caledonian University, Glasgow-United Kingdom.

Thesis: Relationship between muscle fiber conduction velocity and lactate threshold during cycle exercise in humans

Supervisor: Prof. Richard Ferguson & Prof. Andrea Macaluso.

BSc Physiotherapy Department, Technological Educational Institute of Lamia, Greece 2003

Thesis (research): Evaluation of Evaluation of a physiotherapy protocol in patients with Parkinson's disease

Supervisor: Prof Vasiliki Sakellari, Dr Dimitrios Avdelidis

## TRAINING COURSES & SEMINARS WITH EXAMS

2009 BACR (British Association for Cardiac Rehabilitation) Phase IV exercise Instructor Training programme in Cardiac Rehabilitation. Level 4 Qualification recognised by Skills Active and the Register of Exercise Professionals Specialist training for exercise professionals who prescribe and deliver exercise programmes as part of the overall long-term management of individuals with heart disease. Phase IV Cardiac Rehabilitation course Certificate with viva, written exams and written case study. London, United Kingdom

2008 Immediate Life support (ILS) course, Resuscitation Council (UK), The London Clinic, London, United Kingdom.

**SEMINARS – COURSES - WORKSHOPS**

2006	The Theoretical Foundations and Principles of Biomedical Acupuncture
2011	Diabetes & Vascular Disease: Clinical Experience - Diagnosis and Treatment of Diabetic Foot
2011	Clinical Ergospirometry Exercise, Exercise and Rehabilitation, Hellenic Society of Ergospirometry Exercise, Exercise and Rehabilitation (ELERGA)
2011	Early mobilization & rehabilitation after ICU hospitalization, Hellenic Society of Ergospirometry Exercise, Exercise and Rehabilitation (ELERGA)
2015	15th Clinical Training Seminar: 'Cardiopulmonary Fatigue Testing, Exercise and Cardiopulmonary Rehabilitation' by the Hellenic Society of Ergospirometry Exercise, Exercise and Rehabilitation (ELERGA),
2015	1st Seminar 'Cardiovascular Physiotherapy - Rehabilitation Programs: Organizing and Implementing' Department of Cardiovascular and Respiratory Physiotherapy - Rehabilitation (TKAFA), Panhellenic Physiotherapy Association
2015	3rd Seminar 'Respiratory Physiotherapy - The Path from Scientific Data to Clinical Practice' of the Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association
2016	4th Seminar 'Physiotherapy in Cardiovascular, Respiratory & Critically Ill Patients: From Theory to Practice' of the Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation(TKAFA), Panhellenic Physiotherapy Association

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| 2016 | 5th Seminar 'Contemporary Practice in Respiratory and Cardiovascular Physiotherapy' of the Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association   |
| 2017 | Basic Cardiopulmonary Resuscitation (BLS) and Automatic External Defibrillator (AED) Seminar, 5th Regional Cardiology Conference, Division of Central Greece, of the Hellenic Society of Cardiology and the Hellenic Society of Cardiac Thoracic Surgeons, Lamia. |

## LANGUAGES

- Greek (Native)
- English

FIRST CERTIFICATE IN ENGLISH, UNIVERSITY OF CAMBRIDGE (1996)  
TOEFL (2004)

## COMPUTER DRIVING LICENCE

**EUROPEAN COMPUTER DRIVING LICENCE (ECDL)** (MS WINDOWS 98 GR, MS WORD 2000 GR, MS EXCEL 2000 GR, MS ACCESS 2000 GR, MS POWER POINT 2000 GR, MS INTERNET 5.0 & OUTLOOK EXPRESS GR).

## UNDERGRADUATE ACADEMIC/TEACHING EXPERIENCE

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| Sept 2021 - Current | Assistant Professor, Physiotherapy Department, University of Thessaly, Modules: Physiotherapy in Cardiovascular Diseases, Clinical Physiotherapy in the Cardiovascular & Respiratory System, Modules: Physiotherapy in Cardiovascular Diseases, Clinical Physiotherapy in the Cardiovascular & Respiratory System, Therapeutic exercise in special populations, Electro-Physical Agents in Physiotherapy. |
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Sept 2020 - 2021	Assistant Professor, Physiotherapy Department, University of Thessaly, Modules: Physiotherapy in Cardiovascular Diseases, Clinical Physiotherapy in the Cardiovascular & Respiratory System, Electro-Physical Agents in Physiotherapy, Clinical Physiotherapy of Musculoskeletal System
April 2019 - 2020	Assistant Professor, Physiotherapy Department, University of Thessaly, Modules: Physiotherapy in Cardiovascular Diseases, Respiratory Physiotherapy, Electro-Physical Agents in Physiotherapy
2018- April 2019	Part-time Assistant Professor/Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Clinical Physiotherapy in the Cardiovascular & Respiratory System, Electro-Physical Agents in Physiotherapy, Physiotherapy of Musculoskeletal System, Clinical Neurological Physiotherapy
2017-2018	Part-time Assistant Professor/Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Clinical Physiotherapy in the Cardiovascular & Respiratory System, Electro-Physical Agents in Physiotherapy, Physiotherapy of Musculoskeletal System, Clinical Neurological Physiotherapy
2016-2017	Part-time Assistant Professor/Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Clinical Physiotherapy in the Cardiovascular & Respiratory System, Electro-Physical Agents in Physiotherapy, Physiotherapy of Musculoskeletal System
2015-2016	Part-time Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Electro-Physical Agents in Physiotherapy, Physiotherapy of Musculoskeletal System

2014-2015	Part-time Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Clinical Physiotherapy in the Cardiovascular & Respiratory System, Electro-Physical Agents in Physiotherapy, Physiotherapy of Musculoskeletal System
2013-2014	Part-time Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Respiratory Physiotherapy, Electro-Physical Agents in Physiotherapy, Clinical Physiotherapy of Musculoskeletal System
2012-2013	Part-time Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Physiotherapy in Cardiovascular Diseases, Physiotherapy in the Cardiovascular & Respiratory System
2011-2012	Part-time Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Clinical Physiotherapy of Musculoskeletal System
2007-2008	Part-time Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Physiotherapy in Cardiovascular Diseases, Physiotherapy in the Cardiovascular & Respiratory System
2006-2007	Part-time Lecturer, Department of Physiotherapy, Technological Educational Institute of Sterea Ellada. Modules: Physiotherapy in Cardiovascular Diseases, Clinical Physiotherapy of Musculoskeletal System

#### POSTGRADUATE ACADEMIC/TEACHING EXPERIENCE

Sept 2019-Febr 2020	Teaching in MSc Program in Advanced Physiotherapy, University of Thessaly, General Department
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	Module: Cardiorespiratory Limitations – Performance and Rehabilitation
March 2021-current	Teaching in the Postgraduate Program "Advanced Physiotherapy" of the Department of Physiotherapy, University of Thessaly. Module: Pulmonary and Cardiovascular Rehabilitation
April 21, 2021	Teaching in MSc Program 'Therapeutic Exercise', Physiotherapy Department, University of Patras Module: Special Issues of Exercise & Rehabilitation. Teaching: Cardiac Rehabilitation
October 23, 2021	Teaching in the Postgraduate Program 'Diagnostic and Therapeutic Approach to Diabetic Foot' of the Department of Medicine, University of Thessaly. Lecture in the course: Diabetes mellitus - Epidemiology, Pathophysiology - Systematic complications - Treatment.
November 20, 2021	Teaching in the Postgraduate Program 'Rehabilitation Sciences' of the University of Patras. Teaching unit in the course: Special Topics in Physiotherapy Rehabilitation.

### MSc Supervision

1. Research project's title: 'Evaluation physiotherapists' knowledge in basic cardiopulmonary resuscitation according to the European guidelines of 2010'. Lilios Andreas.

Joint supervision with Professor Xanthos Theodoros on MSc Student at National and Kapodistrian University of Athens, Medical School, Post-graduate Study Program (MSc) "Cardiopulmonary Resuscitation".

2. Research project's title: 'The reliability and validity of the assessment of functional capacity through tele-monitoring in patients with Diabetes mellitus type 2'. Research



Project of the postgraduate student Karanassiou Evmorfia at the Physiotherapy Department, University of Thessaly (2022).

3. Research project's title: 'The effect of a supervised telerehabilitation program on patients with type 2 diabetes'. Research project of the postgraduate student Blioumpa Christina at the Physiotherapy Department, University of Thessaly (2022)
4. Research project's title: Correlation of time of exposure to electronic devices and body composition, with muscle strength and mechanisms of knee injury in young basketball players. Research project by postgraduate student Aleksandar Stogilkovic at the Physiotherapy Department, University of Thessaly (in progress).
5. Modeling the associations between cardiorespiratory fitness and muscle strength with cardiometabolic profile and sedentary behavior in young school-aged basketball athletes. Research project by postgraduate student Eleni Karagianni at the Physiotherapy Department, University of Thessaly (in progress)
6. Offloading of the diabetic foot with chronic neurotrophic Charcot osteoarthropathy. A case series. Research work by postgraduate student Gygurtakis Spyridon (in progress)  
Joint supervision on MSc Student at Faculty of Medicine - University of Thessaly, Postgraduate Study Program (MSc) "Diagnostic and therapeutic approach to Diabetic Foot".

### PhD Supervision

1. Research project's title: 'Telerehabilitation in Cardiovascular Diseases'. PhD student: Antoniou Varsamo, University of Thessaly (in progress)

### BSc Supervision with Research Projects

Supervision of 25 Undergraduate Final Year Projects, where 7 are Research Projects

**Professional Experience**

Sept 2008 – Sept 2010	Cardiac Rehabilitation Instructor in Cardiac Rehabilitation Clinic-Phase IV of Essex University and General Hospital in Colchester, United Kingdom (part –time, Bursary)
July 2008 – April 2012	Private Practice, Physiotherapy, Lamia, Greece
Febr. 2014 – July 2014	Private Practice, Physiotherapy, Lamia, Greece
March 2018 – June 2018	Private Practice, Physiotherapy, Lamia, Greece

## Research Laboratories

Febr. 2018 - current

Deputy Director of Clinical Exercise Physiology and Rehabilitation Laboratory, Physiotherapy Department, University of Thessaly

## THESIS

1. Pepera G. 2003. Physiotherapy protocol evaluation in patients with Parkinson's disease. Department of Physiotherapy, Technological Educational Institute, Lamia, Greece
2. Pepera G. 2005. Relationship between muscle fiber conduction velocity and lactate threshold during cycle exercise in humans. University of Glasgow, Strathclyde University and Glasgow Caledonian University, United Kingdom.
3. Pepera G. 2011. Assessments of functional capacity in cardiac rehabilitation. Department of Biological Sciences, Section: Sport and Exercise Medicine, University of Essex, United Kingdom.

## INTERNATIONAL PUBLICATIONS

1. **Pepera G**, McAllister J, Sandercock G (2010). Long-term reliability of the Incremental Shuttle Walking Test in clinically stable cardiovascular disease patients. *Physiotherapy*, 96 (3), 222-227.
2. Papanagnou G, Peperas G, **Pepera G**, Antonoulas A (2009). Usefulness of echocardiography in differentiation of ischemic from non-ischaemic dilated cardiomyopathy. *European Journal of Heart Failure supplements*, 8 (2), ii220. DOI: 10.1093/eurjhf/hfp082

3. Peperas G, Antonopoulos E, Papanagnou G, **Pepera G**, Antonoulas A (2009). Abnormal Heart Rhythms and Treatment in Wolff-Parkinson-White Syndrome (case report). *Journal of Cardiovascular Electrophysiology supplements*, 20 (s1), S107.
4. **Pepera G**, Ingle L, Sandercock G.(2010). Simple determinants of six-minute walk test performance in heart failure patients. *Heart Surgery Forum supplements*, 13(s1), S57.
5. Peperas G, **Pepera G**, Karanasios A, Rizos L, Antonopoulos E, Papanagnou G, Antonoulas A (2010). Acute coronary syndrome after adrenaline infusion. *Heart Surgery Forum supplements*, 13(s1), S88.
6. Peperas G, **Pepera G**, Rizos L, Karanasios A, Antonoulas A, Papanagnou G (2010). Disserting aortic aneurysm in woman with predisposing risk factors. *Heart Surgery Forum supplements*, 13(s1), S80.
7. Peperas G, **Pepera G**, Karanasios A, Rizos L, Papanagnou G, Antonoulas A (2010). Acute coronary syndrome in young female of reproductive age –Case study. *Heart Surgery Forum supplements*, 13(s1), S89.
8. **Pepera G**, Sandercock G (2011). Normative values for functional capacity testing in cardiac patients and the influence of anthropometric measures on performance. *Journal of Sports Sciences*, 29 (s2), S76.
9. **Pepera GK**, Sandercock GR, Sloan R, Cleland JGF, Ingle L, Clark AL (2011). Influence of step length 6-minute walk test performance in patients with chronic heart failure. *Physiotherapy*, 98 (4), 330-334.
10. Cardoso F, Ahlmody M, **Pepera G**, Sandercock G. (2011). Changes in aerobic capacity over 8 weeks of cardiac rehabilitation assessed using maximal treadmill exercise testing. *Journal of Sports Sciences*, 29 (s2), S39. DOI:10.1080/02640414.2011.609363
11. Sandercock GRH, Cardoso F, Almodhy M, **Pepera G** (2013). Cardiorespiratory fitness changes in patient receiving comprehensive outpatient cardiac rehabilitation in the United Kingdom: a multicentre study. *Heart*, 99 (11), 785-90.

12. **Pepera GK**, Cardoso F, Taylor MJ, Peristeropoulos A, Sandercock GR (2013). Predictors of the shuttle walking test performance in patients with cardiovascular disease. *Physiotherapy*, 99(4):317-22.
13. Sandercock GRH, Cardoso F, Almodhy M, **Pepera G** (2013). Authors' correspondence: Cardiorespiratory fitness changes in patients receiving comprehensive outpatient cardiac rehabilitation in the UK: a multicentre study (2013). *Heart*, 0:1. doi:10.1136/heartjnl-2013-304085
14. **Pepera GK**, Bromley PD, Gandercock GRH (2013). A pilot study to investigate the safety of exercise training and exercise testing in cardiac rehabilitation patients. *British Journal of Cardiology*, 20, 78.
15. Cardoso FMF, Almodhy M, **Pepera G**, Sandercock GRH. (2014). Predictors of performance, centile curves and normative data in incremental shuttle walk test in cardiac patients at entry in cardiac rehabilitation. *European Journal of Preventive Cardiology*; 21, S143. (doi:10.1177/2047487314534585)
16. Almodhy M, Sandercock GRH, **Pepera G**. (2014). Factors predicting changes in the cardio-respiratory fitness of the cardiac rehabilitation patients. *European Journal of Preventive Cardiology*; 21(1):S105.
17. **Pepera G**, Ingle L, Sandercock GR (2015). Predictors of the 6-minute walk test in patients with chronic heart failure. *British Journal of Cardiac Nursing*, 10 (9), 454-459.
18. **Pepera G**, Ingle L, Peperas G, Sandercock GR. (2016). Reference equations for the six-minute walk test in heart failure patients. *European Journal of Heart Failure supplements*, 18 (s1), 520.
19. Peperas G, **Pepera G**, Tousoulis D. (2016). Short-to-mid term effects of Levosimendan on biochemical and clinical parameters in patients with congestive heart failure. *European Journal of Heart Failure supplements*, 18 (s1), 274-275.
20. Spinou A, **Pepera G**, Peristeropoulos A, Christakou A, Laoutaris I (2016). Development, management and leadership in cardiorespiratory physiotherapy: a case study from Greece. *Physiotherapy*, 102S, eS100.

21. Cardoso FM, Almodhy M, **Pepera G**, Stasinopoulos DM, Sandercock GR (2017). Reference values for the incremental shuttle walk test in patients with cardiovascular disease entering exercise-based cardiac rehabilitation *Journal of Sports Sciences*, 11, 1-6.
22. **Pepera G**, Xanthos E, Liliou A, Xanthos T (2019). Knowledge of Cardiopulmonary Resuscitation among Greek physiotherapists. *Monaldi Archives for Chest Disease*; 89 (3):1124.
23. **Pepera G**, Sandercock G (2021). Does turning affect shuttle walking test performance in cardiovascular disease patients? a narrative review. *Critical Reviews™ in Physical and Rehabilitation Medicine*, 33 (1), 15-27. doi: [10.1615/CritRevPhysRehabilMed.2021037594](https://doi.org/10.1615/CritRevPhysRehabilMed.2021037594)
24. **Pepera G**, Zogka P (2021) Comparison of heart rate response and heart rate recovery after step test among smoker and non-smoker athletes. *African Health Sciences Journal*, 21 (1), 105-11. <https://dx.doi.org/10.4314/ahs.v21i1.15>
25. Batalik L, **Pepera G**, Papathanassiou J, Rutkowski S, Líška D, Batalikova K, Hartman M, Felšoci M, Dosbaba F. (2021). Is the Training Intensity in Phase Two Cardiovascular Rehabilitation Different in Telehealth versus Outpatient Rehabilitation? *Journal of Clinical Medicine, Special Issue "New Insights from Cardiopulmonary Exercise Testing and Cardiac Rehabilitation"* 10(18):4069. DOI: [10.3390/jcm10184069](https://doi.org/10.3390/jcm10184069)
26. Xerri de Caro J. (2021). Proceedings from the 5th European Congress on Physiotherapy Education organised by the Europe Region of World Physiotherapy. *Physiotherapy Theory and Practice*, 37(s1), 1-51. Region of World Physiotherapy.  
  
ID 253 – Physiotherapy students' perceptions toward the use of social Networking and e-Learning. **Pepera G**, Dimitriadis Z, Spanos S, Paras G, Kortianou E, Strimpakos N, Kapreli E, pp.37. <https://doi.org/10.1080/09593985.2021.1899351>
27. **Pepera G**, Mpea C, Krinta K, Peristeropoulos A, Antoniou V (2021). Effects of multicomponent exercise training intervention on hemodynamic and physical function in older residents of long-term care facilities: a multicenter randomized clinical

- controlled trial. *Journal of Bodywork and Movement Therapies*, 28, 231-237. DOI: <https://doi.org/10.1016/j.ibmt.2021.07.009>
28. Winnige P, Filakova K, Jakub H, Dosbaba F, **Pepera G**, Papathanasiou J, Batalik L, Grace SL (2021). Validity and reliability of the Cardiac Rehabilitation Barriers Scale in the Czech Republic (CRBS-CZE): Determination of key barriers in East-Central Europe. *International Journal of Environmental Research and Public Health*, 18 (24), 13113. DOI: <https://doi.org/10.3390/ijerph182413113>
29. Stefanakis M, Batalik L, Papathanasiou J, Dipla L, Antoniou V, **Pepera G** (2021). Exercise-based cardiac rehabilitation programs in the era of COVID-19: A critical review. *Reviews in Cardiovascular Medicine*, 22 (4): 1143-1155. DOI: <https://doi.org/10.31083/j.rcm2204123>
30. **Pepera G**, Tribali M, Papathanasiou J, Batalik L (2022). Epidemiology, risk factors and prognosis of cardiovascular disease in the Coronavirus Disease 2019 (COVID-19) pandemic era: a systematic review. *Reviews in Cardiovascular Medicine*, 23 (1): 28. DOI: <http://doi.org/10.31083/j.rcm2301028>
31. Pepera G, Antoniou V and Batalik L. Peer Review Report For: Are behaviour change techniques and intervention features associated with effectiveness of digital cardiac rehabilitation programmes? A systematic review protocol [version 1; peer review: 2 approved]. *HRB Open Res* 2021, 4:88 (<https://doi.org/10.21956/hrbopenres.14543.r31218>)
32. **Pepera G**, Hadjiandrea S, Iliadis I, Sandercock GRH, Batalik L (2022). Associations between cardiorespiratory fitness, fatness, hemodynamic characteristics, and sedentary behaviour in primary school-aged children *BMC Sports Science, Medicine and Rehabilitation*, 14 (1): 16. DOI: <https://doi.org/10.1186/s13102-022-00411-7>
33. **Pepera G**, Dimitriadis Z, Antoniou V, Strimpakos N, Kapreli E (2022). Evaluation of physiotherapy students' attitudes and engagement with social networking and eLearning systems: Implications for education and training. *International Journal of Technology Enhanced Learning*, 14 (3), 231-242. DOI: 10.1504/IJTEL.2021.10043467.

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34. Palagkas P, Lagou I.M, **Pepera G** (2022). Cardiac Rehabilitation and innovative therapeutic approaches after mitral valve surgery. *Archives of Hellenic Medicine*, 39(2):197-207.
35. Batalik L, Filakova K, Radkovcova I, Dosbaba F, Winnige P, Vlazna D, Batalikova K, Felsoci M, Stefanakis M, Liska D, Papathanasiou J, Pokorna A, Janikova A, Rutkowski S, **Pepera G**. (2022). Cardio-oncology rehabilitation and telehealth: Rationale for future integration in supportive care of cancer survivors. *Frontiers in Cardiovascular Medicine*, 9:858334. <https://doi.org/10.3389/fcvm.2022.858334>
36. Stefanakis M, Batalik L, Antoniou V, **Pepera G**. (2022). Safety of home-based cardiac rehabilitation: A systematic review. *Heart & Lung*, 55: 117-126. <https://doi.org/10.1016/j.hrtlng.2022.04.016>
37. **Pepera G**, Sandercock GRH (2022). Incremental shuttle walking test a useful tool to assess functional capacity in cardiac rehabilitation patients: a review of current evidence-based. *International Journal of Therapy and Rehabilitation*. <https://doi.org/10.12968/ijtr.2021.0046>
38. Batalik L, Filakova K, Dosbaba F, **Pepera G**, Papathanasiou J, Felsoci M, Janikova A (2022). Efficacy of remotely monitored cardiac rehabilitation in patients after cancer treatment: A pilot study. *European Journal of Preventive Cardiology*, 29 (S1). <https://doi.org/10.1093/eurjpc/zwac056.239>.
39. Antoniou V, Xanthopoulos A, Giamouzis G, Davos K, Batalik L, Stavrou V, Gourgoulialis K, Kapreli E, Skoularigis J, **Pepera G** (2022). Efficacy, Efficiency and Safety of a Cardiac Telerehabilitation Program Using Wearable Sensors in Coronary Heart Disease Patients: The TELEWEAR-CR study protocol. *BMJ open* 12:e059945. [doi:10.1136/bmjopen-2021-059945](https://doi.org/10.1136/bmjopen-2021-059945)
40. Antoniou V, Davos C, Kapreli E, Batalik L, Panagiotakos D, **Pepera G** (2022). Effectiveness of home-based cardiac rehabilitation, using wearable sensors, as a multicomponent, cutting-edge intervention: a systematic review and meta-analysis. *Journal of Clinical Medicine*, 11(13), 3772. <https://www.mdpi.com/2077-0383/11/13/3772>.



41. **Pepera G**, Krinta K, Mpea C, Antoniou V, Peristeropoulos A, Dimitriadis Z (2022). Randomized Controlled Trial of Group Exercise Intervention for Fall Risk factors Reduction in nursing home residents. *Canadian Journal on Aging*, 42 (1). <https://doi.org/10.1017/S0714980822000265> [IF: 2.138, SJR: 0.537].
42. Batalik L, **Pepera G**, Su J.J. (2022). Cardiac telerehabilitation improves lipid profile in the long term: Insights and implications. *International Journal of Cardiology*. <https://doi.org/10.1016/j.ijcard.2022.08.055>
43. Batalik L, Filakova K, Sladeckova M, Dosbaba F, SU JJ, **Pepera G** (2022). The cost-effectiveness of telehealth exercise-based cardiac rehabilitation intervention: A systematic review. *European Journal of Rehabilitation Medicine* (submitted).
44. **Pepera G**, Karanasiou E, Blioumpa C, Antoniou V, Kalatzis K, Lanaras L, Batalik L (2022). Tele-assessment of Functional Capacity through the Six-Minute Walk Test in Patients with Diabetes Mellitus Type 2: Validity and Reliability of Repeated Measurements. *Sensors* (submitted).
45. Blioumpa C, Karanasiou E, Antoniou V, Batalik L Kalatzis K, Lanaras L, **Pepera G** (2022). Efficacy of a supervised home-based telerehabilitation program in patients with type 2 diabetes: A single blind randomized controlled trial. *Journal of Telemedicine and Telecare* (submitted).
46. Grigoriadou A, Skamagkoulis F, Grigoriadis K, Mourikis S, **Pepera G** (2022). Soft Drink Straw as an Alternative Device of Creating Positive Expiratory Pressure in Thoracic Surgery Patients. *Canada Physiotherapy* (submitted).
47. Antoniou V, Pasias K, Loukidis N, Exarchou-Kouveli K, Panagiotakos D, Grace SL, **Pepera G** (2022). Translation, Cross-Cultural Adaptation, and Psychometric Validation of the Greek version of the Cardiac Rehabilitation Barriers Scale (CRBS-GR): What are the barriers in South-East Europe? (submitted).

**NATIONAL PUBLICATIONS**

1. **Pepera G**, Ferguson R, Macaluso A, Farina D. (2008). Assessment of muscle fiber conduction velocity from surface EMG signals in vastus lateralis and relationship of it with lactate threshold and VO<sub>2</sub>max in athletes. *Hellenic Sports Medicine*, 3 (1), 58-68.
2. **Pepera G**, Ferguson R, Macaluso A, Farina D (2008). Changes in muscle fiber conduction velocity and lactic acid concentration during high-intensity exercise. *Hellenic Physiotherapy*, 11 (4), 217-225.
3. Liliou A, Xanthos E, **Pepera G** (2014). Evaluation physiotherapists' knowledge in basic cardiopulmonary resuscitation according to the European guidelines of 2010. *Hellenic Physiotherapy*, 17 (1), 31-40.
4. **Pepera G**, Peristeropoulos A, Apostolopoulou Z, Chionidou O, Laoutaris I (2015). Secondary prevention through cardiac rehabilitation: guidelines for physical activity and exercise programs. *Hellenic Cardiology Review*, 56 (5), 456-467.
5. Tribali M, **Pepera G** (2016). Metabolic Benefits of Aerobic Exercise in Heart Failure. *Heart & Vessels*, 2, 110-114.
6. Chalari I, Karatzanos L, Nanas S, **Pepera G**. (2018). Effect of intermittent exercise on cardiorespiratory endurance in patients with heart failure. *Physiotherapy*, 21 (1-4), 69.
7. Zogka P, **Pepera G**. (2018). Cardiovascular adaptations in sports. *Physiotherapy*, 21 (1-4), 61.
8. Palagkas P, Lagou I.M, **Pepera G**. (2022). Cardiac Rehabilitation and innovative therapeutic approaches after mitral valve surgery. *Archives of Hellenic Medicine*, 39(2):197-207.

## SCIENTIFIC BROCHURES DEVELOPMENT

1. Brochures of recommendations (4) on the application of therapeutic exercise by the Physiotherapist in the "Prevention of Colon Cancer" for the National Pilot Program for the Prevention and Promotion of Elderly People's Health-EPIONI, Kapreli E, Kortianou E, Poulis I, **Pepera G**, Argyrou St (2018)  
 Brochure 1. Colon-preventive information  
 Leaflet 2. Assessment of barriers, stages of behavior change, motivation  
 Leaflet 3. Assessment of physical activity  
 Brochure 4. Recommendations for exercising and enhancing physical activity
2. Cardiac Rehabilitation Guide for Patients with Cardiovascular Diseases "Cardiac Rehabilitation: Physical Activity in COVID-19 Pandemic Conditions" (2021). **Pepera G**, Deli Z, Kitixis P, Kotzamanidou A, Koukiou A, Lato K, Parintas I, Stamelaki M, Cojocari DV.

## PRESENTATIONS IN CONFERENCES

- |      |  |   |
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| 2008 | <i>"Physiotherapeutic intervention in patients with Parkinson's disease".</i> <b>Pepera G</b> , Sakellari B, Rizos Ch, Avdelidis D, Gioftsos G, Kyriakakis V. International Scientific Conference on Physiotherapy on: Evaluation and Therapeutic Exercise, Panhellenic Association of Physiotherapists.   | Poster<br>Presentation<br>Thessaloniki,<br>Greece |
| 2008 | <i>'Evaluation of Muscle Fiber Conductivity Speed Using an Electromyography on the Vastus Lateralis Muscle and its Relation to Anaerobic Lactic Threshold and VO2max in Athletes'</i> <b>Pepera G</b> , Macaluso A, Farina D. International Scientific Conference on Physiotherapy on: Evaluation and Therapeutic Exercise, Panhellenic Association of Physiotherapists. | Poster<br>Presentation<br>Thessaloniki,<br>Greece |

2008	<i>'Reliability of the Modified Shuttle Walk Test in Phase IV Cardiac Rehabilitation clients'</i> . <b>Pepera G</b> , Sandercock G. 7th Annual Graduate Forum organized by the Department of Biological Sciences of Essex University.	Poster Presentation Colchester, United Kingdom
2009	<i>'Usefulness of echocardiography in differentiation of ischemic from non-ischaemic dilated cardiomyopathy'</i> . Papanagnou G, Peperas G, <b>Pepera G</b> , Antonoulas A. International Annual Congress of Heart failure, Congress organized by the Heart Failure Association of the ESC (European Society of Cardiology) with the Annual Congress of the European Section of the International Society for Heart Research 2009.	Poster Presentation Nice, France
2009	<i>"Case of septic shock from Plasmodium Falciparum"</i> . <b>Pepera G</b> , Giasis D, Pepera G, Chararis C, Mole I. 9th Panhellenic Congress of Preventive Medicine.	Oral Presentation Athens, Greece
2009	<i>"Aortic aneurysm separation in a woman with predisposing risk factors (case report)"</i> . <b>Pepera G</b> , Rizos L, Karanassios A, Pepera G, Tsiantis I, Kefalas K, Gerogiannis D, Antonoulas A, Papanagnou G. 1st Panhellenic Conference of Prehospital Cardiology.	Poster Presentation Loutraki, Greece
2009	<i>"Acute coronary syndrome in a young woman (23 years) - Case report"</i> . <b>Pepera G</b> , Rizos L, Karanassios A, Pepera G, Tsiantis I, Kefalas K, Gerogiannis D, Antonoulas A, Papanagnou G. 1st Panhellenic Conference of Prehospital Cardiology.	Poster Presentation Loutraki, Greece

2009	<i>'Biomechanical predictors of the modified shuttle walking test performance in patients with cardiovascular disorders'</i> . <b>Pepera G</b> , Sandercock G. 8th Annual Graduate Forum organized by the Department of Biological Sciences of Essex University.	Oral Presentation Colchester, United Kingdom
2009	<i>Long-term reliability of the Modified Shuttle Walking Test in clinically stable cardiovascular disease patients'</i> . <b>Pepera G</b> , McAllister J, Sandercock G. BACR (British Association for Cardiac Rehabilitation) Annual Conference 2009.	Poster Presentation Birmingham, United Kingdom
2009	<i>'Abnormal Heart Rhythms and Treatment in Wolff-Parkinson-White Syndrome'</i> . Peperas G, Antonopoulos E, Papanagnou G, <b>Pepera G</b> , Antonoulas A. 11 <sup>th</sup> International Workshop on Cardiac Arrhythmias.	Poster Presentation Venice, Italy
2010	<i>'Predictors of six-minute walk test performance in heart failure patients'</i> . <b>Pepera G</b> , Sandercock G, Ingle L. EuroPrevent 2010, theme: 'Cardiovascular Prevention- A Lifelong Challenge', Congress organized by the ESC (European Society of Cardiology).	Poster Presentation Prague, Czech Republic
2010	<i>'Simple determinants of six-minute walk test performance in heart failure patients'</i> . <b>Pepera G</b> , Ingle L, Sandercock G. 5th International Meeting of the Onassis Cardiac Surgery Center, theme: 'Current trends in Cardiology and Cardiac Surgery', Eugenides Foundation Congress Center.	Oral Presentation Athens, Greece
2010	<i>"Disserting aortic aneurysm in woman with predisposing risk factors"</i> . Peperas G, <b>Pepera G</b> , Rizos L, Karanasios A, Antonoulas A, Papanagnou G. 5th	Poster Presentation

	International Meeting of the Onassis Cardiac Surgery Center, theme: 'Current trends in Cardiology and Cardiac Surgery', Eugenides Foundation Congress Center.	Athens, Greece
2010	<i>'Acute coronary syndrome in young female of reproductive age –Case study'</i> . Peperas G, <b>Pepera G</b> , Karanasios A, Rizos L, Papanagnou G, Antonoulas A. 5th International Meeting of the Onassis Cardiac Surgery Center, theme: 'Current trends in Cardiology and Cardiac Surgery', Eugenides Foundation Congress Center, Athens, Greece. (Poster Presentation)	Poster Presentation Athens, Greece
2010	<i>'Acute coronary syndrome after adrenaline infusion'</i> . Peperas G, <b>Pepera G</b> , Karanasios A, Rizos L, Antonopoulos E, Papanagnou G, Antonoulas A. 5th International Meeting of the Onassis Cardiac Surgery Center, theme: 'Current trends in Cardiology and Cardiac Surgery', Eugenides Foundation Congress Center, Athens, Greece. (Poster Presentation)	Poster Presentation Athens, Greece
2010	<i>'Influence of anthropometric and gait parameters on the modified shuttle walking test performance in patients with cardiovascular disorders'</i> . <b>Pepera G</b> , Peristeropoulos A, Taylor M, Sandercock G. BACR (British Association for Cardiac Rehabilitation) Annual Conference 2010, theme: 'Hard to reach or easy to miss? Improving access to our services'	Poster Presentation Liverpool, United Kingdom
2011	<i>'Normative values for functional capacity testing in cardiac patients and the influence of anthropometric measures on performance'</i> . <b>Pepera G</b> , Sandercock G. BASES (The British Association of Sport and Exercise	Poster Presentation

	Sciences) Annual Conference 2011, theme: 'Fatigue: An Interdisciplinary Approach'	Colchester, United Kingdom
2011	<i>'Changes in aerobic capacity over 8 weeks of cardiac rehabilitation assessed using maximal treadmill exercise testing'</i> Cardoso F, Ahlmody M, <b>Pepera G</b> , Sandercock G. BASES (The British Association of Sport and Exercise Sciences) Annual Conference 2011, theme: 'Fatigue: An Interdisciplinary Approach'	Poster Presentation Colchester, United Kingdom
2013	<i>'Predictors of performance in the incremental shuttle-walking test at entry to cardiac rehabilitation'</i> . Cardoso F, Almodhy M, <b>Pepera G</b> , Sandercock GRH. BACPR (British Association for Cardiac Rehabilitation) Annual Conference 2013, theme: 'Back to the future'. Advances in Cardiovascular Prevention and Rehabilitation'	Oral Presentation Birmingham, United Kingdom
2014	<i>'Factors predicting changes in the cardio-respiratory fitness of the cardiac rehabilitation patients'</i> Almodhy M, Sandercock GRH, <b>Pepera G</b> . EuroPrevent 2014, theme: 'Global Cardiovascular Health'	Poster Presentation Amsterdam - Netherlands
2014	<i>'Predictors of performance, centile curves and normative data in incremental shuttle walk test in cardiac patients at entry in cardiac rehabilitation'</i> Cardoso FMF, Almodhy M, <b>Pepera G</b> , Sandercock GRH. EuroPrevent 2014, theme: 'Global Cardiovascular Health'	Poster Presentation Amsterdam - Netherlands
2014	<i>Predictors of test performance and change in exercise capacity measured by incremental cycle ergometry before and after cardiac rehabilitation'</i> . Cardoso F,	Oral Presentation

	Pinto R, Hombrados J, <b>Pepera G</b> , Sandercock G. British Cardiovascular Society (BCS) Annual Conference 2014, theme: 'Tomorrows World'	Manchester, United Kingdom
2014	<i>'Knowledge of Greek physiotherapists in basic life support according to European Guidelines 2010'</i> . Xanthos S, Liliou A, <b>Pepera G</b> . 24th Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF)	Oral Presentation Athens, Greece
2015	<i>'Prognostic values of functional capacity in heart failure patients'</i> . <b>Pepera G</b> , Ingle L, Peperas G, Sandercock G. 16th Panhellenic Heart Failure Conference of the Heart Failure Association.	Oral Presentation Athens, Greece
2015	<i>'Helping interpretation and improving patient understanding of Incremental shuttle-walking test performance in pre-rehabilitation'</i> . Cardoso FMF, Almodhy M, <b>Pepera G</b> , Sandercock GRH. BACPR Exercise professionals Group Spring Study Day, theme: Expanding our Horizons in Cardiovascular Prevention and Rehabilitation,	Oral Presentation Birmingham, United Kingdom
2016	<i>'Comparison of physical fitness and cardiovascular function in athletes, smokers and non-smokers'</i> . Zogka P, <b>Pepera G</b> . 25th Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF)	Oral Presentation Athens, Greece
2016	<i>'Changes in aerobic capacity and factors affecting the participation of cardiac rehabilitation patients'</i> . Halari I, Serafeim N, Karatzanos L, <b>Pepera G</b> . 25th Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF)	Oral Presentation Athens, Greece



2016	<i>'Physical activity and factors affecting it in patients with myocardial infarction in the coronary heart disease unit'</i> . Tzamalīs C, Papanagnou G, Rizos L, <b>Pepera G</b> . 25th Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF)	Oral Presentation Athens, Greece
2016	<i>"Reference equations for the six-minute walk test in heart failure patients"</i> <b>Pepera G</b> , Ingle L, Peperas G, Sandercock GR. Heart Failure 2016, theme: 'Featuring the 3rd World Congress on Acute Heart Failure	Poster Presentation Florence, Italy
2016	<i>"Short-to-mid term effects of Levosimendan on biochemical and clinical parameters in patients with congestive heart failure"</i> Peperas G, <b>Pepera G</b> , Tousoulis D.  Heart Failure 2016, theme: 'Featuring the 3rd World Congress on Acute Heart Failure	Poster Presentation Florence, Italy
2016	<i>"Development, management and leadership in cardiorespiratory physiotherapy: a case study from Greece"</i> . Spinou A, <b>Pepera G</b> , Peristeropoulos A, Christakou A, Laoutaris I. 4th European Congress of the ER-WCPT on Physiotherapy Education, Practice, Research and Management - Advancing Physiotherapy – Demonstrating Value and Impact	Poster Presentation Liverpool, United Kingdom
2017	<i>'Effect of Intermittent Exercise Training on Cardiopulmonary Resistance in Patients with Heart Failure'</i> . Chalari M, Karatzanos L, Nanas S, <b>Pepera G</b> . 25th Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF)	Poster Presentation Athens, Greece

2017	Cardiovascular adaptations in sports Zogka P, <b>Pepera G</b> . 26th Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF).	Poster Presentation Athens, Greece
2018	<i>'Evaluation of cardiovascular function in athletes of different sports'</i> . Zogka P, <b>Pepera G</b> . 4th International Conference on Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Thessaloniki.	Poster Presentation Thessaloniki, Greece
2019	<i>'Exercise-Based Cardiac Rehabilitation and Improvements in Cardiorespiratory Fitness'</i> . <b>Pepera G</b> , Cardoso F, Almodhy M, Sandercock GR. 40th Panhellenic Cardiology Conference of the Hellenic Society of Cardiology	Poster Presentation Ioannina, Greece
2019	<i>'The effectiveness of group intervention exercise in Community-Dwelling Older Adults'</i> Mpea Ch, Krinda A, Peristeropoulos A, <b>Pepera G</b> . 28th Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF)	Oral Presentation Athens, Greece
2020	<i>'Physiotherapy students' perceptions towards the use of social networking and e-Learning platform'</i> <b>Pepera G</b> , Dimitriadis Z, Spanos S, Paras G, Kortianou E, Strimpakos N, Kapreli E. 5th European Congress European Region WCPT: Physiotherapy Education, Leuven.	Oral Presentation Dubai (online)
2020	<i>'High school type and A levels grades as factors for academic performance in Greek physiotherapy students. A pilot study'</i> Spanos S, <b>Pepera G</b> , Paras G, Kanellopoulos A, Trigkas P, Poulis I, Kapreli E. 5 <sup>th</sup>	Oral Presentation Dubai (online)

	European Congress European Region WCPT: Physiotherapy Education, Leuven.	
2020	'Investigation of the effectiveness of an improvised alternative positive expiratory pressure device in cardiac surgery patients. Grigoriadou A, Skamagoulis F, Grigoriadis K, Peperas C, Dougenis D, <b>Pepera G</b> . 41st Panhellenic Cardiology Conference of the Hellenic Society of Cardiology (JSC), Athens.	Poster Presentation Athens, Greece
2020	"Associations of cardiorespiratory fitness and muscle strength with cardiometabolic risk factors and sedentary behavior in school children". Iliadis I, Chatziandrea S, Peperas C, <b>Pepera G</b> . 41st Panhellenic Cardiology Conference of the Hellenic Society of Cardiology.	Poster Presentation Athens, Greece
2020	'Exercise as a secondary prevention in patients with coronary heart disease' Stefanakis ME, Fanos A, <b>Pepera G</b> , Papandreou GM. 34th Panhellenic Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F).	Oral Presentation Athens, Greece (Online)
2020	'The effect of exposure time on electronic devices on the cardiorespiratory capacity of children aged 7-12 years' Iliadis I, Chatziandrea S, <b>Pepera G</b> . 34th Panhellenic Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F).	Oral Presentation Athens, Greece (Online)
2020	'Modern methods and techniques of rehabilitation after mitral valve surgery' Palagas T, Lagou I, Pepera G. 34th Panhellenic Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F).	Oral Presentation Athens, Greece (Online)
2020	'Investigation of a more appropriate instruction for the use of an improvised alternative positive expiratory	Oral Presentation

	pressure device in thoracic surgery patients'. Grigoriadou A, Skamagoulis F, Grigoriadis K, Dougenis D, <b>Pepera G</b> . 34th Panhellenic Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F).	Athens, Greece (Online)
2020	'Obstacles and incentives for green exercise as a means of preventing and treating chronic non-communicable diseases: GreenHealthWalks Project'. Vourazanis E, Argyrou S, Pepera G, Strimpakos N, Bilika P, Kapreli E. 34th Panhellenic Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F).	Oral Presentation Athens, Greece (Online)
2021	"Multidimensional exercise training on hemodynamic and physical function responses in older long-term care residents: A multicenter randomized clinical controlled trial". <b>Pepera G</b> , Krinta K, Mpea C, Grigoriadou A, Antoniou V, Peristeropoulos A, Dimitriadis Z. World Confederation for Physical Therapy (WCPT) Congress, Dubai.	e-Poster Presentation Dubai (Online)
2021	'Safety of exercise testing and exercise training for cardiac patients, in a supervised community-based cardiac rehabilitation programme'. <b>Pepera G</b> , Bromley P, Iliadis I, Sandercock G. World Confederation for Physical Therapy (WCPT) Congress.	e-Poster Presentation Dubai (Online)
2021	'Soft drink straw as an alternative device of creating positive expiratory pressure (PEP) in thoracic surgery patients'. Grigoriadou A, Skamagkoulis F, Grigoriadis K, Dougenis D, <b>Pepera G</b> . <i>World Confederation for Physical Therapy (WCPT) Congress</i> .	e-Poster Presentation Dubai (Online)

2021	“Cardiorespiratory fitness and muscular strength of Greek primary schoolchildren in relationship to obesity and sedentary time”. Iliadis I, Chatziandrea S, <b>Pepera G</b> . World Confederation for Physical Therapy (WCPT) Congress.	e-Poster Presentation  Dubai (Online)
2021	‘Teleassessment of functional capacity through the six minute walkinh test in patients with type 2 diabetes: Validity and reliability of repeated measurements. Karanasiou E, Blioumpa Ch, Antoniou B, Kalatzis K, Lanaras L, Pepera G. 35th Panhellenic Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F).	Oral Presentation, Athens, Greece
2022	‘Efficacy of remotely monitored cardiac rehabilitation in patients after cancer treatment: A pilot study’. Batalik L, Filakova K, Dosbaba F, <b>Pepera G</b> , Papathanasiou J, Felsoci M, Janikova A. Annual Congress ESC Preventive Cardiology 2022.	Poster Presentation,  Prague Czech Republic.
2022	‘The effect of telerehabilitation on glucose control, exercise capacity, muscle strength and psychosocial status in patients with type 2 diabetes: A randomized controlled trial’. Blioumpa Ch, Karanassiou E, Antoniou V, Koukiou A, Kalatzis K, Lanaras L, <b>Pepera G</b> . 20th Panhellenic Diabetes Congress, Hellenic Diabetes Association.	Oral Presentation, Athens, Greece
2022	‘Reliability and validity of functional capacity assessment through the use of teleassessment methods in type 2 diabetes mellitus under Covid-19 pandemic conditions’. Karanassiou E, Blioumba Ch, Antoniou V, Michailidou Th, Kalatzis K, Lanaras L, <b>Pepera G</b> . 20th Panhellenic Diabetes Conference, Hellenic Diabetes Society.	Oral Presentation, Athens, Greece

2022	The effect of a supervised telerehabilitation on patients with type 2 diabetes mellitus under COVID-19 pandemic conditions: A randomized controlled clinical trial. Blioumpa Ch, Karanassiou E, Antoniou V, Kitixis P, Lanaras L, Kalatzis K, <b>Pepera G</b> . 30th Annual Panhellenic Physiotherapy Conference of the Panhellenic Association of Physiotherapists (PSF).	Oral Presentation, Thessaloniki, Greece
2022	'The effectiveness of cardiovascular telerehabilitation with the use of wearable sensors as an innovative, multifactorial intervention: A systematic review'. Antoniou V, Kapreli E, Davos K, <b>Pepera G</b> . 30th Annual Panhellenic Physiotherapy Conference of the Panhellenic Association of Physiotherapists (PSF).	Oral Presentation, Thessaloniki, Greece
2022	'Reference equation for predicting performance in the six-minute walk test through tele-evaluation in patients with type 2 diabetes'. Karanassiou E, Blioumpa Ch, Antoniou V, Avdoula E, Kalatzis K, Lanaras L, <b>Pepera G</b> . 30th Annual Panhellenic Physiotherapy Conference of the Panhellenic Association of Physiotherapists (PSF).	Poster Presentation, Thessaloniki, Greece
2022	'Reliability of the Greek version of the Cardiac Rehabilitation Barriers Scale in patients with coronary artery disease.' Loukidis N, Pasias K, Antoniou V, Exarchou-Kouveli K, Panagiotakos D, <b>Pepera G</b> . Annual Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F).	Poster Presentation, Athens, Greece

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| 2022 | Blioumpa C, Karanassiou E, Antoniou V, Lanaras L, Kalatzis K, Pepera G. The effect of a combined tele-supervised exercise program on functional capacity, muscle strength, glycemic and somatometric profile of overweight patients with type 2 diabetes mellitus. Annual Conference of the Hellenic Scientific Society of Physiotherapy (E.E.E.F). | Oral Presentation, Athens, Greece |
| 2022 | Loukidis N, Pasias K, Antoniou V, Exarchou-Kouveli K, Peperas G, Panagiotakos D, Pepera G. Cross-cultural Adaptation, reliability investigation of the Cardiac rehabilitation barriers Scale in patients with coronary artery disease. International congress of cardiology, Hellenic Society of Cardiology (HCS)                                   | Oral Presentation, Athens, Greece |

## INVITED PRESENTATIONS IN CONFERENCES

- 2007** *'Breathing mechanics and respiratory muscle function'*. Invited Speaker. 17th Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens.
- 2011** *'Assessment of Cardiovascular fitness'*. Invited Speaker. 25th Annual Conference of Physiotherapy, Hellenic Scientific Society of Physiotherapy (EEEEF), Athens.
- 2012** *'Therapeutic Exercise in Metabolic Disorders (Diabetes, Obesity)'*. Invited Speaker. 2nd Annual Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens
- 2013** *'Personalized interdisciplinary rehabilitation program in patients after the Intensive Care Unit'*. Invited Speaker.  
National Association of Nurses of Greece and Emergency and Intensive Care Unit
- 2014** *'Guidelines for Cardiac Rehabilitation'*. Invited Speaker. 24th Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens.
- 2017** *'Exercise prescription for secondary prevention in Cardiovascular Diseases'* 5th Regional Cardiology Conference, Division of Central Greece, of the Hellenic Society of Cardiology and the Hellenic Society of Cardiac Thoracic Surgeons, Lamia.
- 2019** *'Exercise prescription for secondary prevention of coronary heart disease. The role of the physiotherapist'* Invited Speaker. 40th Panhellenic Cardiology Conference of the Hellenic Society of Cardiology, Ioannina.
- 2019** *'Cardiac rehabilitation in Greece and Europe. Motivation for participation, new prospects'*. Invited Speaker. 29th Panhellenic Conference of



- Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens.
- 2021** 'Remote cardiovascular rehabilitation during pandemic conditions'. Invited Speaker. 40th Panhellenic Cardiology Conference of the Hellenic Society of Cardiology (HSC), Athens.
- 2022** "Secondary prevention through Cardiac Rehabilitation". Conference of the Department of Physiotherapy of the University of Thessaly, in collaboration with the 5th Ministry of Health and the Municipality of Lamia, in Lamia on the topic: "Physiotherapy in Primary Health Care Offer - Possibilities - Prospects".

## INSTRUCTOR IN WORKSHOPS

- 2015** *'Functional Capacity Assessment with 6-Minute Walk test and Shuttle Walk Test'*. Seminar. Pepera G.  
1<sup>st</sup> seminar, Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association, Athens
- 2016** *'Continuous vs intermittent exercise training in chronic heart failure patients'*. Pepera G.  
4<sup>th</sup> seminar, Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association, Athens
- 2016** *'Functional Capacity evaluation of cardiac patients'* Pepera G.

- 5<sup>st</sup> seminar, Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association, Crete
- 2017 *'Exercise prescription in Phase IV Cardiac Rehabilitation'* Pepera G, Dimaki N.
- 27th Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens
- 2018 *'Introduction to Phase 3 (Adaptation Phase) of Cardiac Rehabilitation. Organizing and prescribing personalized exercise programs'* Pepera G, Dimaki N.
- 28th Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens

#### SCIENTIFIC EXPERIENCE OF COMMITTEE ORGANIZATION

- 2015 15th Clinical Training Seminar: 'Cardiopulmonary Fatigue Testing, Exercise and Cardiopulmonary Rehabilitation' by the Hellenic Society of Ergospirometry Exercise, Exercise and Rehabilitation (ELERGA) Roundtable discussion on "Exercise as a Cardiovascular Rehabilitation: From Theory to Practice".
- 2015 1st Seminar of the Department of Cardiovascular and Respiratory Physiotherapy - Rehabilitation (TKAFA), Panhellenic Physiotherapy Association Cardiovascular Physiotherapy - Rehabilitation Programs: Organizing and Implementing.  
Member of Organizational & Scientific Seminar Committee  
Member of Chair Board and Coordinator
- 2015 3rd Seminar 'Respiratory Physiotherapy - The Path from Scientific Data to Clinical Practice' of the Department of Cardiovascular and

	<p>Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association.</p> <p>Member of Organizational &amp; Scientific Seminar Committee.</p> <p>Member of Chair Board and Coordinator</p>
2016	<p>4th Seminar 'Physiotherapy in Cardiovascular, Respiratory &amp; Critically Ill Patients: From Theory to Practice' of the Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association.</p> <p>Member of Organizational &amp; Scientific Seminar Committee.</p>
2016	<p>5th Seminar 'Contemporary Practice in Respiratory and Cardiovascular Physiotherapy' of the Department of Cardiovascular and Respiratory Physiotherapy-Rehabilitation (TKAFA), Panhellenic Physiotherapy Association.</p> <p>Member of Organizational &amp; Scientific Seminar Committee.</p> <p>Member of Chair Board.</p>
2017	<p>27th Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens, on "Physiotherapy in Europe: An Autonomous Clinical Approach".</p> <p>Evaluation Committee for Oral and Poster Presentations Member of Chair Board and Coordinator of session: Physiotherapy of Cardiovascular Diseases. Prevention, Rehabilitation, Interdisciplinary Collaboration</p>
2017	<p>27th Panhellenic Conference of Physiotherapy of the Panhellenic Association of Physiotherapists (PSF), Athens, on "Physiotherapy in Europe: An Autonomous Clinical Approach". Member of Chair Board (Oral presentations)</p>
2018	<p>28th Annual Panhellenic Conference of Physiotherapists of the Panhellenic Association of Physiotherapists (PSF), Athens, on 'Newest technological achievements in the service of therapeutic exercise. Telerehabilitation. Member of the Scientific Committee of the Conference.</p>

- 2018 28th Annual Panhellenic Conference of Physiotherapists of the Panhellenic Association of Physiotherapists (PSF), Athens, on 'Newest technological achievements in the service of therapeutic exercise. Telerehabilitation.  
Board member in session "New Technologies in Cardiovascular, Respiratory, and Critically Ill Patients"
- 2019 33rd Congress of the Hellenic Scientific Society of Physiotherapy (EEEEF), Athens, on 'Physiotherapy in all levels of health care. A two-way dynamic relationship. Board Member in session: Modern physiotherapy data in the heart failure patient.
- 2019 29th Annual Hellenic Conference of Physiotherapy of the Hellenic Association of Physiotherapists (PSF), Athens, on 'Exercise and Physical Activity in Rehabilitation. What, where and when.  
Member of the Scientific Committee of the Conference.  
Member of Chair Board in Cardiorespiratory session
- 2022 30th Annual Panhellenic Physiotherapy Conference of the Panhellenic Association of Physiotherapists (PSF), Thessaloniki.  
Member of the Scientific Committee of the Conference
- 2022 30th Annual Panhellenic Physiotherapy Conference of the Panhellenic Association of Physiotherapists (PSF), Thessaloniki.  
Member of the Scientific Committee of the Conference  
Member of Chair Board and Coordinator: 'Cardiac Rehabilitation: Existing Applications, New Perspectives and Interdisciplinarity'.
- 2022 30th Annual Panhellenic Physiotherapy Conference of the Panhellenic Association of Physiotherapists (PSF), Thessaloniki.  
Member of Chair Board and Coordinator of session: 'Cardiac Rehabilitation: Existing Applications, New Perspectives and Interdisciplinarity'.

**REVIEWER IN PEER REVIEW JOURNALS**

- Reviewer in Physiotherapy
- Reviewer in Aging Clinical and Experimental Research
- Reviewer in Medical Research Archives
- Reviewer in Journal of Biology and Medicine
- Reviewer in Physiotherapy Theory and Practice
- Reviewer in Applied Sciences
- Reviewer in International Journal of Environmental Research and Public Health
- Reviewer in Biomedicines
- Reviewer in International Journal of General Medicine
- Reviewer in Journal of Personalized Medicine
- Reviewer in Risk Management and Healthcare Policy
- Reviewer in Journal of Clinical Medicine
- Reviewer in Medicina
- Reviewer in Nutrients

**MEMBERSHIP IN SCIENTIFIC SOCIETIES**

- Member of Panhellenic Physiotherapy Association (AM 4019)
- Founding Member and Vice Chairman of the Board of Directors of Panhellenic Physiotherapists' Association Section of Cardiovascular and Respiratory Physiotherapy – Rehabilitation (TKAFA), Panhellenic Physiotherapy Association
- Member of British Cardiovascular Society: British Association for Cardiovascular Prevention and Rehabilitation (BACPR)
- Member of European Association of Preventive Cardiology (EAPC)

- Member of the Working Group 'Prevention and Rehabilitation' of the Hellenic Society of Cardiology

## AWARDS AND BURSARIES

1. Award for the best presented project at International Conference on Physiotherapy, 30-31/05 και 1/06/2008. Research Project titled: Assessment of muscle fiber conduction velocity from surface EMG signals in vastus lateralis and relationship of it with lactate threshold and VO2max in athletes. **Pepera G**, Ferguson R, Macaluso A, Farina D.
2. Essex University Work Bursary for 2 years, as Cardiac Rehabilitation Instructor in Cardiac Rehabilitation Clinic-Phase IV of Essex University and General Hospital in Colchester, United Kingdom (2008-2010). **Pepera G**.
3. Essex University Bursary to attend BACR (British Association for Cardiac Rehabilitation) Annual Conference 2009, Birmingham, United Kingdom. **Pepera G**.
4. Essex University Bursary to attend EuroPrevent 2010 conference, theme: 'Cardiovascular Prevention- A Lifelong Challenge', Congress organized by the ESC (European Society of Cardiology), Prague, Czech Republic. **Pepera G**.
5. Essex University Bursary to attend BACR (British Association for Cardiac Rehabilitation) Annual Conference 2010, theme: 'Hard to reach or easy to miss? Improving access to our services', Liverpool, United Kingdom. **Pepera G**.
6. Shortlisted for Outstanding Poster Award within the policy, strategy and influencing - service evaluation: Spinou A, **Pepera G**, Peristeropoulos A, Christakou A, Laoutaris I (2016). European Region - World Confederation of Physical Therapy Congress, Liverpool, UK.
7. 'Obstacles and incentives for green exercise as a means of prevention and treatment of chronic non-communicable diseases: GreenHealthWalks Project" Vourazanis E, Argyrou S, **Pepera G**, Stribakos N, Bilika P, Kapreli E. (2020 ). Award for the best Free

Communication at the 34th Scientific Conference of the Hellenic Scientific Society of Physiotherapy (EEEEF).

8. 'The effect of exposure time on electronic devices on the cardiorespiratory capacity of children aged 7-12 years' Iliadis I, Hatzianandrea S, **Pepera G.** (2020). Award for the best Research Presentation by Undergraduate students at the 34th Scientific Conference of the Hellenic Scientific Society of Physiotherapy (EEEEF).
9. 'Cardiorespiratory fitness and muscular strength of Greek primary schoolchildren in relation to obesity and sedentary time' Iliadis I, Chatziandrea S, **Pepera G.** (2021). Award for Best Research in the Field of Pediatric Physiotherapy at the World Physiotherapy Congress 2021, Dubai online (Out of 1180 papers, 38 physiotherapists from 20 countries were selected and awarded): World Physiotherapy subgroup Outstanding poster presentation of Physical Therapists in Paediatrics (IOPTP).
10. Karanasiou E, Blioumpa Ch, Antoniou B, Kalatzis K, Lanaras L, **Pepera G** (2021). 'Teleassessment of functional capacity through the six minute walking test in patients with type 2 diabetes: Validity and reliability of repeated measurements. Award for the best Research Presentation at the 35th Scientific Conference of the Hellenic Scientific Society of Physiotherapy (EEEEF).
11. Loukidis N, Pasias K, Antoniou B, Exarchou-Kouveli K, Panagiotakos D, Pepera G (2022). 'Reliability of the Greek Version of the Barriers Investigation Scale'. Award for the best Poster Student Announcement at the 36th Scientific Conference of the Hellenic Scientific Society of Physiotherapy (EEEEF).