

# RALLOU LYMPERI



## PERSONAL DATA

Date of birth: 25/05/1972

Address: 12 Ariovarzanou str., 111-43 Athens Greece

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## STUDIES

- 1995: Degree in Midwifery, Faculty of Health and Caring Professions, Department of Midwifery
- 2003: Postgraduate Degree in “Health Care Management (MSc)”, School of Social Sciences, Hellenic Open University

## PROFESSIONAL EXPERIENCE

- March 2006-today: Midwife-Secretary-Administrator in Hellenic Midwives Association
- 2000-2006: Speaker in a School Programme for Teenagers on the subject “Teenagers and Education of Health”
- 1996-1999: Midwife in “MITERA” private Maternity Hospital, Athens

## EDUCATIONAL EXPERIENCE

- 2012-today: Course leader – Midwifery lecturer of the BSc (Hons) Midwifery programme of University of Wales offered by Aegean Omiros College.
- 2004 -2012: Teaching staff, Technological Educational Institution of Athens, Faculty of Health and Caring Professions, Department of Midwifery on the subject of «Midwifery Care I-Support of Breastfeeding».
- 2004 - 2006: Teaching staff of Military Nursing

School in the subject «Midwifery & Gynecological Care»

## SEMINARS& CONTINUING EDUCATION

1. 5th seminar for “kardiotokography “ 3rd Department of Obstetrics and Gynecology of Athens University Medical School ,2006
2. 1st seminar in the neonatal resuscitation, Alexandra Hospital Athens, 1st Department of Obstetrics and Gynecology of Athens University Medical School 2007 ( 30h)
3. 2nd seminar for “Natural Childbirth” Hellenic Midwives Association & Ministry of Health 2006-07 (60 hours)
4. 21st Breastfeeding seminar, ELENA VENIZELOU Hospital, 2007 (40 h)
5. 1st seminar “Pelvic floor and perineum during Pregnancy- Labor” Alexandra Hospital Midwives Association of Athens in collaboration with Hellenic Society of Urogynecology and reconstructive pelvic surgery, 2008
6. 1st Breastfeeding seminar, LITO Hospital, Midwives Association of Athens, 2008 (40h)
7. 2nd Breastfeeding seminar, Alexandra Hospital , Midwives Association of Athens, 2009 (40h)
8. 1st Breastfeeding Seminar, Korinthos, Midwives association of Nauplio, 2010
9. 3rd Breastfeeding seminar, MITERA Hospital , Midwives Association of Athens,2010 (40h)
10. 2010: Vocational training in “Prebirth Psychology” Hellenic Union of Prebirth Psychology in collaboration with International Society of Prenatal & Perinatal Psychology && Medicine, 290 hours
11. 4th Breastfeeding seminar of Midwives

Association of Athens, 2011 (40h)

12. 2nd seminar of breastfeeding, , midwives association of Nauplio, 2011

13. 1st seminar on perinatal psychological health, by the Midwives Association of Nauplio, Tripolis 2012

14. Patients' safety and quality improvement in health services, by the Ministry of Health and the World Health Organization, Athens 21-22/9/2012

Lectures & oral presentations

International conferences

- Fani Pechlivani, Rallou Lymperi "Can only some of the 10 steps for successful Breastfeeding improve the rate of Exclusive Breastfeeding during hospital stay? ICM Triennial Congress, Durban, 19-23 June 2011

## GREEK CONFERENCES

- Lymperi R., Support of breastfeeding mothers after leaving the maternity hospital, 11th Panhellenic Congress of Obstetrics and Gynaecology, 2009

- Speaker at the 1st, 2nd, 3rd Breastfeeding seminar of Midwives Association of Athens "Support of Breastfeeding mothers" 2007,2008,2009

- Speaker at the 1st breastfeeding seminar of Midwifery Department of Technological Educational Institution of Athens, 2010

- Lymperi R. Psychological Elaborations of Breastfeeding Breastfeeding seminar of Midwives Association of Nafplio, 2010

Lymperi R., Loss During Pregnancy or in the Newborn Period, Lecture in the 1st Perinatal Psychological Health seminar, Tripolis 2012

- Lymperi R., Psychological effects of perinatal loss, Oral presentation in the 12th panhellenic conference of Midwifery, Crete 2012

## PUBLICATIONS

- Lymperi R. The role of the midwife in abortion and miscarriage, Eleftho (4) 4/1999
- Lymperi R. The transition in the way of perception of illness from traditional to modern societies, Eleftho (9) 2/2004
- Lymperi R. Translation: Position Statement of International Confederation of Midwives Midwifery: An autonomous profession, Eleftho (11) 3/2006
- Vitor Varela, Gloria Seguranyes, Malfa Kalliope, Niki Panagiotou, Rallou Lymperi, ICM Southern Europe Region: New Goals and Priorities in Midwifery Education and Practice, a New Plan for Action, Journal of the International Midwives Association, Volume 20-Number 2, p28, June 2007
- Michael Moros, Rallou Lymperi Eleftho magazine: a historical review from 1957 to nowadays. Eleftho (15) 2/2010
- Lymperi R. Breastfeeding: psychological effects, Eleftho (11) 1/2011

## LANGUAGES

First Certificate in English, University of Cambridge, December 1987

### Moreover

- Member of Management Committee alternate of European Action COST (Cooperation for Science & Technology) (IS 0907) "Childbirth Cultures, Concerns, and Consequences: Creating a dynamic EU framework for optimal maternity care" 2010-2014
- Member of the Editorial Board of ELEFTHO (Scientific & Professional Magazine – Official journal of Greek Midwives)
- Writer of educational notes for the subject «Midwifery & Gynecological Care» in Military Nursing School.