

Ektor Kappatos-Koutroumpas

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EDUCATION

University of Aberdeen

MSc Clinical Nutrition (E-learning)

Sept 2020 – Oct 2022

Hellenic Mediterranean University

BSc Nutrition and Dietetics: 6.58/10

Sitia, Greece
Sept 2013 – May 2019

Ptychio (Degree) Project: ‘The effectiveness of school intervention in the prevention and control of childhood obesity’.

European Society of Clinical Nutrition (ESPEN)

ESPEN European Diploma in Clinical Nutrition and Metabolism (blended)

Nov 2017 – Sept 2021

National and Kapodistrian University of Athens

Certification Health and Stress Management (E-learning): 93/100

Athens, Greece
May 2019 – 11 Nov 2019

Nutrilab

Certification Behavior Modification Techniques and Weight Control (E-learning)

Athens, Greece
June 2020 – 30 Sept 2020

Stanford University

Rebuilding Our Relationship with Food

Dec 2022

Life academy

Certification FODMAPS ADVANCED LEVEL

Dec 2022

Life academy

Certification FODMAPS

Nov 2022

University of Colorado Boulder & University of California San Diego

Gut Check: Exploring Your Microbiome (E-learning)

Sept 2021

University of Copenhagen

Non-Alcoholic Fatty Liver Disease – The Essentials (E-learning)

Sept 2021

Wageningen University

Nutrition and Health: Human Microbiome (E-learning)

Dec 2021

Yale University

Certification The Science of Well-Being (E-learning)

11.06.2020

Empori University

Certification (E-learning) Weight Management: Beyond Balancing Calories

18.07.2020

The University of Edinburgh

Certification (E-learning) Sit Less, Get Active

02.04.2020

PRACTICAL TRAINING

SCG College

Athens, Greece

Dietitian

Dec 2022- Present

- Served as a Sports Nutrition Professor in *Training, Sports, and Health* master program.
- I offered education classes to coaches about a comprehensive review of the sports nutrition science. I participated in one class per semester to teach Sports Nutrition I and Sports Nutrition II.
- I offered my guidance as a mentor in nutrition-related subjects in student's dissertations.

Self-employment

Athens, Greece

Dietitian

May 2021 – Present

- Offered dietary services as a freelancer as a part-time job.

Greek Army

Athens, Greece

Dietitian

Oct 2019 – Aug 2020

- Served as a dietitian in a military hospital for nine months in a rehabilitation and recovery unit, treating patients with musculoskeletal disorders, injuries, and neurological problems, for example, strokes, MS, and ALS. Improved nutrition status and helped to treat malnutrition and dysphagia on a routine basis.
- Offered dietary advice in cases including obesity, overweight, gastrointestinal diseases, diabetes, and cardiovascular disease.
- Completed advanced military training.

Alexandra General Hospital of Athens

Athens, Greece

Trainee Clinical Dietitian

Nov 2017 – 30 Apr 2018

- Carried out dietary assessments of oncology patients and developed a dietary plan (together with Clinical Nutritionist).
- Helped several patients with dysphagia and cachexia to improve their nutrition status and to have a better quality of life.
- Offered dietary advice during 1:1 meetings with outpatients with a range of conditions such as type 2 diabetes, obesity and cardiovascular disease, including elderly and pregnant individuals.
- In some cases of diabetes, obesity and perioperative nutrition support, successfully implemented intense weight loss plan or radically improved the health status of patients, reversed diabetes, and reduced the risk of complication relating to surgery.

CONFERENCES

ESPEN 2021 Virtual Congress

European Society for Clinical Nutrition and Metabolism

9 – 14.09.2020

15th Panhellenic Medical Conference for Obesity

Athens, Greece

Hellenic Medical Association for Obesity

13 – 15.05. 2021

Hellenic College for Metabolic Diseases

Athens, Greece

17 – 19.12.2020

ESPEN 2020 Virtual Congress

European Society for Clinical Nutrition and Metabolism

19 – 21.09.2020

Nutrition 2020 Annual Nutrition Meeting

American Nutrition Society

01 – 04.06.2020

15th Conference of Nutrition & Dietetics & 4th Conference of Clinical Nutrition & Metabolism

Athens, Greece

National Board for Dietitians and Nutritionists	13 – 15.12. 2019
5th Conference of ESoDiMeSO European Society of Diabetes, Metabolic Syndrome and Obesity Hellenic Atherosclerosis Society	Athens, Greece 20 – 21.10. 2018
16th Panhellenic Conference for Diabetes Hellenic Association for Diabetes	Athens, Greece 14 – 17.03. 2018
12th Panhellenic Medical Conference for Obesity Hellenic Medical Association for Obesity	Athens, Greece 01 – 03.03. 2018
7th Panhellenic Symposium of Working Groups Hellenic Atherosclerosis Society	Athens, Greece 01 – 02.12. 2017
14th Conference of Nutrition & Dietetics & 3th Conference of Clinical Nutrition & Metabolism National Board for Dietitians and Nutritionists	Athens, Greece 24 – 26.11. 2017
13th Conference of Nutrition & Dietetics & 2th Conference of Clinical Nutrition & Metabolism National Board for Dietitians and Nutritionists	Athens, Greece 27 – 29.11. 2015
Nutrition and Wellness in Prevention of Diabetes Hellenic Mediterranean University	Sitia, Greece 26.7. 2015

SKILLS, ACTIVITIES & INTERESTS

Languages: Greek: native language; English: fluent (holder of IELTS: 6.5, October 2019); French: Elementary;

Sports: Tennis, boxing, football, basketball