

## ILENIA PIRAS

E-MAIL: ilenia\_78it@yahoo.it

### PROFESSIONAL EXPERIENCE

2023 - Nurse at ASL Cagliari in the Clinical Trials Sector - SC General Affairs, RPCT and ICT relations at the Medical Directorate PO Microcitemico "A. Cao" (ongoing)

2009 - Nurse in charge of nursing coordination at ASL Cagliari (formerly ATS Sardegna and ASL 8 Cagliari) in the Acceptance and Emergency Medicine and Surgery (Emergency Room and OBI) at PO SS. Trinità

2007 - Nurse at ASL 8 Cagliari in the Emergency Department of P.O. Marino.

2002 - Nurse at ASL 8 Cagliari in the Orthopaedics Division of P.O. Marino

2002 - Nurse at the University Hospital of Monserrato in ward Block C

### EDUCATION AND TRAINING

2022 - PhD in Biomedical Sciences at the University of Sassari

2018 - Level I University Master's Degree in Critical Care and Health Emergency at the University Niccolò Cusano

2017 - Second Level University Master's Degree in Management and Direction of Health Authorities - MADIMAS at the LUM Jean Monnet School of Management

2010 - Master's Degree in Nursing and Midwifery Sciences at the University of Cagliari

2008 - Degree in Nursing at the University of Sassari

2006 - University Master's Degree in Nursing Management for Coordination Functions at the University of Rome Tor Vergata

2001 - University Diploma in Nursing at the University of Cagliari

### UNIVERSITY TEACHING

Since 2005 to date, contract appointments as lecturer and/or tutor in the Degree Course in Nursing, in the CdL Midwifery, in the CdL Neurophysiopathology Techniques, in the CdL Medical Radiology, Imaging and Radiotherapy Techniques, in the CdL Psychiatric Rehabilitation Techniques, in the CdL Nursing and Midwifery Sciences and in the CdL Medicine and Surgery of the Faculty of Medicine and Surgery, at the University of Cagliari:

From 01/10/2024 to 30/09/2025 - Teaching activity on the subject: Clinical Nursing (Cagliari Channel I year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2024/2025

From 01/10/2024 to 30/09/2025 - Teaching activity on the subject: Nursing Sciences (2nd year I semester) (course title: Degree in Medical, Image and Radiotherapy Radiology Techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8.00 teaching hours - year/course AA 2024/2025

From 01/10/2024 to 30/09/2025 - Teaching activity on the subject: General clinical and paediatric nursing sciences (I year I semester) (Course title: Degree in Midwifery - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - year/courses AA 2024/2025

From 01/10/2024 to 30/09/2025 - Teaching activity on the subject: Nursing First Aid Techniques (2nd year I semester) (Course title: Degree in Neurophysiology Techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - years/courses AA 2024/2025

From 01/10/2023 to 30/09/2024 - Teaching activity on the subject: Clinical Nursing (Cagliari Channel I year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA

From 01/10/2023 to 30/09/2024 - Teaching activity on the subject: Nursing Sciences (2nd year I semester) (course title: Degree in Medical, Image and Radiotherapy Radiology Techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8.00 teaching hours - year/courses AA

From 01/10/2022 to 30/09/2023 - Teaching activity on the subject: Clinical Nursing (Cagliari Channel I year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2022/2023

From 01/10/2022 to 30/09/2023 - Teaching activity on the subject: Nursing Sciences (2nd year I semester) (course title: Degree in Medical, Image and Radiotherapy Radiology Techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8.00 teaching hours - years/courses AA 2022/2023

From 01/10/2022 to 30/09/2023 - Teaching activity on the subject: General clinical and paediatric nursing sciences (I year I semester) (course title: Degree in Midwifery) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16.00 teaching hours - year/course AA 2022/2023

From 01/10/2021 to 30/09/2022 - Teaching activity on the subject: Nursing Sciences (2nd year II semester) (course title: Degree in Medical, Image and Radiotherapy Radiology Techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8.00 teaching hours - year/course AA 2021/2022

From 01/10/2021 to 30/09/2022 - Teaching activity on the subject: Nursing Sciences (3rd year I semester) (course title: Degree in Medical, Image and Radiotherapy Radiology Techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8.00 teaching hours - year/course AA 2021/2022

From 01/10/2021 to 30/09/2022 - Teaching activity on the subject: Clinical Nursing (Cagliari Channel I year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2021/2022

From 01/10/2020 to 30/09/2021 - Teaching activity on the subject: Clinical Nursing (Cagliari Channel I year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2020/2021

From 01/10/2019 to 30/09/2020 - Teaching activity on the subject: Clinical Nursing, Care Relationships and Therapeutic Education (Cagliari Channel I year) (Course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2019/2020

From 01/10/2019 to 30/09/2020 - Teaching activity on the subject: Intensive Care Nursing Territorial Emergency Nursing (Channel B Cagliari III year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2019/2020

From 01/10/2019 to 30/09/2020 - Teaching activity on the subject: Nursing Sciences (3rd year) (Course title: Degree in Medical radiology, imaging and radiotherapy techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8.00 teaching hours - Year/courses AA 2019/2020

From 01/10/2019 to 30/09/2020 - Teaching activity on the subject: Organisation of the clinical-assistance structure (2nd year) (course title: Master's Degree in Nursing and Midwifery Sciences) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2019/2020

From 01/10/2018 to 30/09/2019 - Teaching activity on the subject: Clinical Nursing, Care Relationships and Therapeutic Education (Cagliari Channel I year) (Course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2018/2019

From 01/10/2018 to 30/09/2019 - Teaching activity on the subject: Intensive Care Nursing Territorial Emergency Nursing (Channel B Cagliari III year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2018/2019

From 01/10/2018 to 30/09/2019 - Teaching activity on the subject: Nursing Sciences (3rd year) (course title: Degree in Medical radiology, imaging and radiotherapy techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8,00 teaching hours - year/courses AA 2018/2019

From 01/10/2018 to 30/09/2019 - Teaching activity on the subject: Organisation of the clinical-assistance structure (2nd year) (course title: Master's Degree in Nursing and Midwifery Sciences) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2018/2019

From 01/10/2017 to 30/09/2018 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester- Nuoro channel) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - year/courses AA 2017/2018

From 01/10/2017 to 30/09/2018 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester- channel A Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - year/courses AA 2017/2018

From 01/10/2016 to 30/09/2017 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester- Nuoro channel) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - year/courses AA 2016/2017

From 01/10/2016 to 30/09/2017 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester - channel A Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - year/courses AA 2016/2017

From 01/10/2015 to 30/09/2016 - Teaching activity on the subject: Intensive Care Nursing Territorial Emergency Nursing (Nuoro Channel III year) (Course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - year/courses AA 2015/2016

From 01/10/2015 to 30/09/2016 - Teaching activity on the subject: Nursing of physical and mental disabilities (3rd year I semester - channel A Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 32,00 teaching hours - year/courses AA 2015/2016

From 01/10/2015 to 30/09/2016 - Teaching activity on the subject: Methodology of the organisation of care processes and regulation of professional practice (3rd year I semester - channel A Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2015/2016

From 01/10/2015 to 30/09/2016 - Teaching activity on the subject: Methodology of the organisation of care processes and regulation of professional practice (3rd year I semester - Nuoro channel) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2015/2016

From 01/10/2014 to 30/09/2015 - Teaching activity on the subject: Nursing Intensive Care Nursing Territorial Emergency Nursing (Nuoro Channel 3rd year) (Course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 24.00 teaching hours - years/courses AA 2014/2015

From 01/10/2014 to 30/09/2015 - Teaching activity on the subject: Nursing relationship and therapeutic education (3rd year I semester - Nuoro Channel) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - years/courses AA 2014/2015

From 01/10/2014 to 30/09/2015 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester- channel A Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - year/courses AA 2014/2015

From 01/10/2014 to 30/09/2015 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester- channel B Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - year/courses AA 2014/2015

From 01/10/2014 to 30/09/2015 - Teaching activity on the subject: Nursing Sciences (3rd year) (course title: Degree in Psychiatric Rehabilitation Techniques) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8,00 teaching hours - year/courses AA 2014/2015

From 01/10/2013 to 30/09/2014 - Teaching activity on the subject: Management Laboratory (2nd year I semester) (course title: Laurea Magistrale Scienze Infermieristiche ed Ostetriche) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8,00 teaching hours - year/courses AA 2013/2014

From 01/10/2013 to 30/09/2014 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester- channel B Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - years/courses AA 2013/2014

From 01/10/2013 to 30/09/2014 - Teaching activity on the subject: Nursing of physical disabilities (3rd year I semester- Nuoro channel) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 16,00 teaching hours - years/courses AA 2013/2014

From 01/10/2012 to 30/09/2013 - Teaching activity on the subject: Management Laboratory (2nd year I semester) (course title: Master of Science Degree in Nursing and Midwifery) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 8,00 teaching hours - year/courses AA 2012/2013

From 01/10/2012 to 30/09/2013 - Teaching activity on the subject: Clinical Nursing applied to the pathologies of the locomotor apparatus (3rd year I semester - channel B Cagliari) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 18,00 teaching hours - years/courses AA 2012/2013

From 01/10/2012 to 30/09/2013 - Teaching activity on the subject: General Nursing Sciences applied to Emergency Care (title of the course: Master's Degree I level in Critical Area and Health Emergency) - Organiser: University of Sassari (address: Piazza Università, 21, 07100 Sassari) - N. 11,00 teaching hours - years/courses AA 2012/2013

From 01/10/2011 to 30/09/2012 - Teaching activity on the subject: Clinical Nursing applied to the pathologies of the locomotor apparatus (3rd year I semester - Nuoro channel) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 18,00 teaching hours - years/courses AA 2011/2012

From 01/10/2010 to 30/09/2011 - Teaching activity on the subject: Clinical Nursing A (I year II semester) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 30,00 teaching hours - year/courses AA 2010/2011

From 01/10/2009 to 30/09/2010 - Teaching activity on the subject: Clinical Nursing A (I year II semester) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 37,00 teaching hours - year/courses AA 2009/2010

From 01/10/2008 to 30/09/2009 - Teaching activity on the subject: Clinical Nursing A (1st year 2nd semester) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 37.00 teaching hours - year/courses AA 2008/2009

From 01/10/2004 to 30/09/2005 - Teaching activity on the subject: First Aid (1st year) (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 30.00 hours of teaching - year/courses AA 2004/2005

From 01/10/2017 to 30/09/2018 - Teaching activity on subject: Tutor teaching Nursing Traineeship (course title: Degree in Medicine) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 30.00 teaching hours - years/courses AA 2017/2018

From 01/10/2016 to 30/09/2017 - Teaching activity on subject: Tutor Teaching Nursing Internship (course title: Degree in Medicine) - Organising body: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 30.00 teaching hours - years/courses AA 2016/2017

From 01/10/2007 to 30/09/2008 - Teaching activity on the subject: Tutor BLS (Basic Life Support Defibrillation), first and third year students (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 60.00 teaching hours - years/courses AA 2007/2008

From 01/10/2006 to 30/09/2007 - Teaching activities on the subject: Didactic Tutor, 1st year students (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 60.00 hours of teaching - years/courses AA 2006/2007

From 01/10/2005 to 30/09/2006 - Teaching activity on the subject: Didactic Tutor, 1st year students (course title: Degree in Nursing) - Organiser: University of Cagliari (address: Via Università 40, 09124 Cagliari) - N. 60.00 hours of teaching - years/courses AA 2005/2006

## SCIENTIFIC PUBLICATIONS

Galletta M, **Piras I**, Canzan F, Dal Santo L. Cognitive Flexibility and Professional Identity in Nursing Students: The Modeling Role. *J Nurs Educ.* 2024 Nov;63(11):764-772. doi: 10.3928/01484834-20240628-01. Epub 2024 Nov 1. PMID: 39510085.

Portoghese I, Galletta M, Leiter MP, **Piras I**, Lecca LI, Puligheddu M, Campagna M. Factor Structure, Psychometric Properties, and Measurement Invariance of the Pandemic Experiences and Perceptions Scale Among Italian Hospital Workers. *Med Lav.* 2024 Oct 24;115(5):e2024033. doi: 10.23749/mdl.v115i5.16053. PMID: 39450634; PMCID: PMC11562670.

**Piras I**, Portoghese I, Tusconi M, Minafra F, Lecca M, Piras G, Contu P, Galletta M. Professional and personal experiences of workplace violence among Italian mental health nurses: A qualitative study. *AIMS Public Health.* 2024 Dec 6;11(4):1137-1156. doi: 10.3934/publichealth.2024059. PMID: 39803858; PMCID: PMC11717544.

**Piras I**, Usai V, Contu P, Galletta M. Vicarious trauma, coping strategies and nurses' health outcomes: An exploratory study. *AIMS Public Health.* 2024 Oct 17;11(4):1071-1081. doi: 10.3934/publichealth.2024055. PMID: 39802564; PMCID: PMC11717540.

Galletta M, Piazza MF, Meloni SL, Chessa E, **Piras I**, Arnetz JE, D'Aloja E. Patient Involvement in Shared Decision-Making: Do Patients Rate Physicians and Nurses Differently? *Int J Environ Res Public Health.* 2022 Oct 31;19(21):14229. doi: 10.3390/ijerph192114229. PMID: 36361109; PMCID: PMC9656720.

**Piras I**, Piazza MF, Piccolo C, Azara A, Piana A, Finco G, Galletta M. Experiences, Emotions, and Health Consequences among COVID-19 Survivors after Intensive Care Unit Hospitalization. *Int J Environ Res Public Health.* 2022 May 21;19(10):6263. doi: 10.3390/ijerph19106263.

Galletta M, **Piras I**, Finco G, Meloni F, D'Aloja E, Contu P, Campagna M and Portoghese I (2021) Worries, Preparedness, and Perceived Impact of Covid-19 Pandemic on Nurses Mental Health. *Front. Public Health* 9:566700. doi: 10.3389/fpubh.2021.566700

Portoghese I, Galletta M, Meloni F, **Piras I**, Finco G, D'Aloja E and Campagna M (2021) Dealing With COVID-19 Patients: A Moderated Mediation Model of Exposure to Patients Death and Mental Health of Italian Health Care Workers. *Front. Psychol.* 12:622415. doi: 10.3389/fpsyg.2021.622415

Portoghese, I., Meloni, F., Galletta, M., **Piras, I.**, D'Aloja, E., Finco, G., & Campagna, M. (2021). Concerns, Perceived Impact, Preparedness in Coronavirus Disease (COVID-19) Pandemic and Health Outcomes among Italian Physicians: A Cross-Sectional Study. *Journal of primary care & community health*, 12, 21501327211000245

Sardo, S., Galletta, M., Coni, E., Gonzalez, C. I., **Piras, I.**, Pia, G., ... & Finco, G. (2020). Nurses Behavior Regarding Pain Treatment in an Emergency Department: A Single-Center Observational Study. *Journal of Pain Research*, 13, 2355.

Mura P, Serra E, Marinangeli F, Patti S, Musu M, **Piras I**, Massidda MV, Pia G, Evangelista M, Finco G. Prospective study on prevalence, intensity, type, and therapy of acute pain in a second-level urban emergency department. *J Pain Res.* 2017 Dec 12;10:2781-2788. doi: 10.2147/JPR.S137992

Melis G, Pia G, **Piras I**, Tusconi M. Mental disorders and HIV infection in the emergency department: epidemiology and gender differences. *Internal and Emergency Medicine*, December 2014. ISSN 1828-0447

Melis G, Pia G, **Piras I**, Tusconi M. Acute intoxication with drugs of abuse and psychopharmacological medications in the emergency room - the situation in Cagliari, Italy. *Medicina Internacia Revuo*, Junio 2014: 26th volume, number 102; 4-9. ISSN 0465 5435.

Chierici E, **Piras I**. The management of the surgical site in cranial neurosurgery: evidence from the nonshaved method. *NEU, Journal of Nursing Education - periodical of the National Association of Neuroscience Nurses*, 2012: 2; 10-16.

## PARTICIPATION IN CONGRESSES

Reports, oral and poster presentations at approximately 30 congresses and conferences (national and international)

I authorise the processing of my personal data pursuant to Legislative Decree 196 of 30 June 2003 and Article 13 GDPR

Cagliari, 17/04/2025

Ilenia Piras