

**REVIEW**

*from*

**Assoc. Prof. Albena Nikolaeva Andonova, PhD**  
**Faculty of Medicine,**  
**Trakia University – Stara Zagora**

**REGARDING:**

competition for the academic position "Associate Professor" in the field of higher education 7. "Healthcare and Sports", in the professional field 7.4. "Public Health" and the scientific specialty "Social Medicine and Organization of Healthcare and Pharmacy", for the needs of the University "Prof. Dr. Asen Zlatarov", published in the State Journal, issue 87 / 19.10.2021 and on the website of the University on 20.10.2021.

According to the Order of the Rector № ПД - 377 / 21.12.2021 of the Rector of the University "Prof. Dr. Asen Zlatarov" I have been appointed an external member of the scientific jury for the competition. After reviewing the submitted documents, I found what follows:

The only candidate in the announced competition is **Chief Assistant Professor Varvara Andonova Pancheva, PhD**, Lecturer in the Department of Rehabilitation and Marine Medicine, FPHHC /Faculty of public health and health care/, University "Prof. Dr. Asen Zlatarov". The candidate has submitted, within the legal deadline, documents and evidence in full compliance with the requirements of the Regulations for the development of the academic staff of the University "Prof. Dr. Asen Zlatarov".

**I. Biographical data. professional path**

Chief Assistant Professor Varvara Andonova Pancheva, PhD graduated in: 1985 from ITHPSSE / Institute for training of health personnel with secondary special education/, Burgas, specialty Nurse - general profile; 1995 Medical College-Burgas, higher medical education, specialty Nurse; 2003 acquires Bachelor's degree in Business Management with a specialization in Health Management; 2009 Master of Health Management; 2011 Master's degree in Health Care Management, the last three of which are at the University "Prof. Dr. Asen Zlatarov". In 2019 has defended the ESD "Doctor" in Social Medicine and Organization of Health and Pharmacy issued by MU-Sofia, Faculty of Public Health.

The professional path of Chief Assistant Professor Varvara Pancheva started as a nurse in DMD, Burgas in 1985, from 1990 to 1994. works in MHAT - Burgas. In 2016 she was the head nurse of the Medical Centre Nadezhda 1 OOD, Chernomorets, and in 2017 she becomes a senior nurse at DCC El Masri OOD, Burgas.

Her teaching career began at the Medical College, Burgas, and later at the Medical College at the University "Prof. Dr. Asen Zlatarov" (1994 to 2009). From 2009 to 2012 is Deputy Director of the Ministry of Culture and Senior Lecturer; in the period 2012-2016 is Deputy Director of the Ministry of Culture and assistant in the Ministry of Culture, PHC, and

Department of Health and Social Care and Department of Physiotherapy, Rehabilitation and Balneology. In the period 2016 until 2019 continues to be an assistant, and from 2020 to this day she is senior assistant.

**Postgraduate training:**

1. MU Sofia, 2017 - qualification course in "Methodology of Scientific Research - Object of Dissertation Thesis and Medical Statistics";
2. University "Prof. Dr. A. Zlatarov "BURGAS, 2014. - qualification course "Development of curricula, plans and programs related to the credit accumulation and transfer system (ECTS)";
3. PU "P. Hilendarski"- 2010 - qualification course "Innovative educational technologies and distance learning";
4. University "Prof. Dr. A. Zlatarov - BURGAS, 2009 - qualification course" Development of electronic forms of distance learning in the system of the University "Prof. Dr. A. Zlatarov", BURGAS.

She speaks Russian and German.

She is a member of the Bulgarian Scientific Society of Public Health (BSSPH).

## **II. General description of the materials submitted in the competition.**

For her participation in the competition Chief Assistant Professor Varvara Pancheva, PhD, submitted: dissertation and abstract on "Integrative model for diabetes control and prevention of its complications" and 3 publications related to the dissertation, a total of 29 publications.

She is an independent author of 6 publications, for 10 of which she is the first author, 2 of them are in English, 12 publications in Bulgarian, 14 in international publications are referenced and indexed in secondary world-famous databases. She has participated in 2 Bulgarian and 17 international conferences.

2 monographs are presented.

Textbooks, manuals, teaching books - 3 pcs.

1. Textbook co-authored with 50% participation (7 topics): Vassilev V., V. Pancheva "Modern methods for diagnosis and treatment of complications of diabetes and innovative approaches to learning - Practical guide", "Baltika-2002" Burgas, 2020, ISBN 978-619-7353-19-8.

2. Practical guide in co-authorship with 25% participation (3 topics from pages 68-95 inclusive / 28 pages /): M. Stoycheva, V. Vassilev, A. Grozeva, V. Pancheva, J. Gavrailov, Zl. Ivanova, S. Shopova, 2015, Medico-social rehabilitation of diabetes mellitus and its complications, Burgas, University "Prof. Dr. A. Zlatarov", 112 pages, ISBN 978-619-7123-34-0.

3. Lecture course for e-learning of students in speciality "Nurses", 2009 - Basic principles of nursing. The specific role of the nurse in modern medical practice. Nursing process. Nursing diagnosis Protocol and plan for nursing care - <http://cms.btu.bg> After the theoretical part in the appendix: Protocol for health care in patients with colon tumour; Technical sheet for stoma processing; Technical slip for conducting a proper hygienic diet regime by a patient with a stoma; Technical slip for the patient to change the collector bag; Nursing file standard.

Varvara Pancheva, PhD is a participant in 14 projects, 4 which by the Ministry of Education, Youth and Science under OP "Human Resources Development" and 10 internal for the university.

She has been the reviewer of 1 monograph.

29 citations are presented.

The scientometric indicators for Chief Assistant Professor Pancheva exceed the required ones according to the regulations of the University "Prof. Dr. Assen Zlatarov" to hold the academic position of "Associate Professor".

### **III. Evaluation of the candidate's scientific works.**

The scientific interests of Chief Assistant Professor Pancheva are in the field of Public Health and Health Care. They have a practical focus in order to improve the health and quality of life of people, organization and management of work in health care, as well as to increase the professional competence of students in the learning process.

They can be grouped into several thematic areas:

1. Health promotion and disease prevention - prevention of socially significant diseases and prevention of their complications, training and informed health literacy of patients and their environment; (1, 3, 4, 7, 8, 11, 12, 13, 24, 27, 28, 29, 34, 35);
2. Integrated medical and social care for people with chronic diseases; (1, 3, 11, 22, 23, 30);
3. Quality of health and nursing care; (1, 2, 3, 4, 5, 6, 9, 10, 12, 14, 16, 17, 21, 22, 23, 24, 25, 26, 30, 31, 32, 33, 34);
4. Quality of medical education and professional training of health care professionals; (2, 3, 4, 9, 10, 12, 15, 17, 18, 19, 20, 31);
5. Health management and health care management. (1, 2, 6, 16, 17, 21, 22, 23, 25, 26, 30).

The candidate's research interests and publications are mainly focused on the promotion of health knowledge, training and quality of life of patients with diabetes and the role of the nurse in providing highly effective quality integrated health care. The quality of medical education and professional training of students and health care management are also of scientific interest to Chief Assistant Professor Pancheva, PhD

Her rich professional experience, education, qualifications and training as a professional and lecturer are reflected in scientific publications, monographs and textbooks that contribute to improving the quality of life of patients, organization of health care and assisting students in their professional training.

The main contributions that are derived from the overall research activities of Chief Assistant Professor Pancheva, PhD can be summarized as follows:

1. A toolkit for research of medical and social problems in patients with chronic diseases has been developed and guidelines for optimizing the model of health care for patients with diabetes in pre-hospital care have been proposed;
2. A model for integrated care for patients with diabetes has been created;
3. Guidelines were proposed for the preparation of a Diabetes Prevention Program in connection with the currently missing National Program and training program with a methodological focus for patients with type 2 diabetes;

All three have the ability to adapt to other socially significant diseases and chronic diseases;

4. Tools for improving the quality and safety of nursing care in hospitals were developed and proposed;

5. Methods and means are proposed for: increasing the motivation of the learners; to increase health education and informed health literacy of patients; improving the quality of medical education and the professional knowledge, skills and competencies of healthcare professionals;

6. Promotion of the experience from the use of complex multidisciplinary approaches in the care for increasing the health well-being and improving the quality of life of patients with rare, chronic and socially significant diseases;

7. Proposals have been made for better communication and interaction in the health team, with patients, with various institutions, with governmental and non-governmental structures in terms of information security, training, improving the quality of health care for prevention and prevention of socially significant diseases;

8. The role of patient organizations and the possibilities for using this resource through their integration into the multidisciplinary team for application of innovative approaches in prevention and prevention and integrated care is studied.

#### **IV. Monographs.**

Chief Assistant Professor Pancheva, PhD participated in the competition with 2 independent monographs:

1. Pancheva V., "Increasing health well-being in patients with diabetes mellitus" - monograph, "Baltika-2002" Burgas, 2020, ISBN 978-619-7353-23-5
2. Pancheva V., "Guidelines for improving hospital nursing" - monograph, "Baltika-2002" Burgas, 2020, ISBN 978-619-7353-24-2

#### **V. Citations.**

29 citations have been noted, 13 of them in monographs and collective volumes with scientific review, and 2 are in foreign editions according to a reference prepared by Chief Assistant Professor Pancheva, PhD.

#### **VI. Teaching and methodology activities**

Chief Assistant Professor Pancheva, PhD has the required study load, even in the last two academic years twice exceeds the required.

She conducts training (lectures, exercises, internships and undergraduate internships) for students:

- AQD "Bachelor" in the following majors: "Nurse", "Midwife", "Medical Rehabilitation and Occupational Therapy", "Rehabilitator", "Medical Assistant";
- AQD "Master", major "Balneo, SPA and Wellness Management";
- AQD "Master" major "Rehabilitator", major OMHR /Organization and management of hotels and restaurants/ and OMTS /Organization and management of touristic services/ in the College of tourism, major "Management of travel agency and tour operator activities".

She has provided scientific and methodological assistance to students to participate in scientific forums.

She is a member of university, faculty and college committees:

- Quality;
- Certification;
- Accreditation for post-accreditation control;
- For preparation of educational documentation - qualification characteristics, curricula, study programs.

She has been a scientific Secretary of the General Assembly of the Faculty of Public Health, the Faculty of Health and the Department of Rehabilitation and Marine Medicine at the University "Prof. Dr. A. Zlatarov "Burgas.

She has participated in the development of 10 curricula:

1. "Health Care", specialty "Balneo, SPA and Wellness Management", AQD "Master"
2. "Health Promotion", specialty "BSU", AQD "Master"
3. "Emergency Medicine", specialty "Medicine", AQD "Master"
4. Nursing care, specialty "Nurse", Bachelor's degree;
5. "Pre-medical assistance", special Rehabilitator, Bachelor's degree
6. "Disaster Medicine" - specialty "Rehabilitator", Bachelor's degree;
7. MBS, special "Assistant. Pharmacist ", Bachelor's degree;
8. "Health care and pre-medical care", specialty "MRE", Bachelor's degree;
9. Internship and pre-diploma internship, specialty "Medical Rehabilitation and Occupational Therapy", Bachelor's degree;
10. "Providing first aid", special "OMHR", AQD "Prof. Bachelor" - part-time education;
11. "Providing first aid" special "OMHR", AQD "Prof. Bachelor". full-time education;
12. "Providing first aid" special "OMTS", AQD "Prof. Bachelor". part-time courses;
13. "Providing first aid" special "OMTS", AQD "Prof. Bachelor". full-time education;
14. "Providing first aid" for those working in the field of services and tourism - ADQ.

## VII. Conclusion

The overall research, teaching and teaching activities of Chief Assistant Professor Varvara Pancheva, PhD fully comply with CDASRB / the Code on the Development of the Academic Staff in the Republic of Bulgaria/ and Section III / Section IV of RACDASRB / Rules of application of the Code on the Development of the Academic Staff in the Republic of Bulgaria/ - Conditions and procedure for holding an academic position "Associate Professor" and the Regulations for holding an academic position. Associate Professor "and" Evaluation Criteria "(part of the Regulations for the structure and activities of the University" Prof. Dr. Assen Zlatarov ") in the scientific specialty" Social Medicine and Organization of Healthcare and Pharmacy ", 7." Health and Sports ", professional field 7.4. "Public Health" for the needs of the University "Prof. Dr. Asen Zlatarov.

*Based on the above, I strongly give a positive vote and invite the esteemed members of the scientific jury to support the candidacy of Assistant Professor Varvara Andonova Pancheva, PhD and to award the academic position of "Associate Professor" in "Social Medicine and Organization of Health and Pharmacy".*

4<sup>th</sup> February 2022

Review prepared by

Stara Zagora

/Assoc. Prof. Albena Andonova PhD/