

REVIEW

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Subject: Participation in the competition for the appointment of an academic position „Associate Professor” in the scientific specialty Social Medicine and Organization of Health Care and Pharmacy for the needs of the Department of Rehabilitation and Marine Medicine, University “Prof. Dr. Asen Zlatarov”, Burgas, announced in State Gazette, issue 87/19.10.2021.

The only candidate in the competition is Varvara Andonova Pancheva, Senior Assistant Professor at the Faculty of Public Health and Health Care, University “Prof. Dr. Asen Zlatarov”, Burgas.

I. Analysis of the candidate's career profile.

In 1985 Varvara Andonova Pancheva acquired the specialty “Nurse” at the Institute for Training of Health Professionals - Burgas. In 2003 she received a Bachelor's degree in Economic Management with specialization in Health Management at the University “Prof. Dr. Asen Zlatarov”, Burgas. Later she graduated from the same university with two Master's degrees. In 2019, she defended the scientific degree “Doctor” in the scientific specialty Social Medicine and Organization of Health Care and Pharmacy at the Faculty of Public Health, the Medical University - Sofia.

She started her professional career in 1985 as a nurse. In 1994 she was appointed as a lecturer at the Medical College of Burgas. In 2012 she became an assistant professor at the Department of Health and Social Care, and in 2020 she became a senior assistant professor at the Department of Rehabilitation and Marine Medicine at the Faculty of Public Health and Health Care, the University “Prof. Dr. A. Zlatarov”, Burgas.

Varvara Pancheva has almost 20 years of experience as a university lecturer and researcher in the field of health care, socially significant diseases, health promotion, education and health awareness of patients and their relatives. In

addition, she has ten years of experience in management as Deputy Director of Medical College of Burgas, as senior nurse at the Medical Center "El Masri" Ltd, Burgas and head nurse at Medical Center "Nadezhda 1" Ltd, Chernomorets.

In an effort to continuously upgrade her knowledge, she participates in various national training courses - Research Methodology; Development of Curriculum Content, Plans and Programmes linked to the Credit Transfer and Accumulation System; Innovative Educational Technologies and Distance Learning; Development of e-forms of Distance Learning, etc.

Sen. Asst. Prof. Pancheva is a Scientific Secretary of the GA of the Faculty of Public Health and Health Care, of the Faculty Counsel and of the Department of Rehabilitation and Marine Medicine at the University „Prof. Dr. Zlatarov“, Burgas.

She is fluent in Russian (level B1/B2) and German (level A1).

II. General description of the materials submitted in the competition

The materials submitted by the candidate for the competition provide the full range of information necessary for a quantitative and qualitative assessment of overall academic development. Detailed and clearly organized documentation is provided in the form of references, lists and supporting material. A total of 34 scientific papers are submitted for peer review: 29 publications, 2 monographs and 3 textbooks and teaching aids. A total of 31 are subject to peer review. Three publications related to the dissertation are not peer-reviewed.

1. Assessment of the candidate's scientific papers for the overall academic development

The scientific production of V. Pancheva covers and repeatedly exceeds the minimum national requirements and those of the University "Prof. Dr. A. Zlatarov", Burgas for the academic position of Associate Professor (Table 1).

Table 1. Minimum points required by indicator group for the position of Associate Professor

Indicators	Regulations of the University "Prof. Dr. Asen Zlatarov", Burgas	Varvara Pancheva
Indicator A	50	50
Indicator B	-	-
Indicator C	100	100
(C) 3. Habilitation paper - monograph	-	100
Indicator D	220	542.5
(D) 5. Published monograph not submitted as a major habilitation paper	-	100
(D) 8. Publications and reports in non-peer-reviewed journals	-	442.5
Indicator E	60	215
(E) 11. Citations in monographs and peer-reviewed collective works	-	130
(E) 12. Citations or reviews in non-peer-reviewed scientific journals	-	85
Indicator F	20	102.8
(F) 16. Participation in national scientific and educational projects	-	60
(F) 21. Teaching aids	-	12.8
(F) 22. Training in student of associate, specialist's and doctor's degree	-	30

The publication activity of the candidate is distributed evenly over the years, which is evidence of consistency and persistence in research activity and is an expression of upward scientific development.

V. Pancheva's research activity can be systematized in four main directions:

1. Health promotion and disease prevention - prevention of socially significant diseases and prevention of their complications, education and health awareness of patients and their relatives

- Guidelines are proposed for the development of a Diabetes Prevention Programme in relation to the lack of a National Programme at this stage.
- A training programme for patients with type 2 diabetes has been developed,

adaptable to the needs of patients with other chronic diseases.

- A study was made of the role of patient organizations and the opportunities for their participation in a multidisciplinary team for the implementation of innovative approaches in prevention, prophylaxis and integrated care.
 - The experience of obesity prevention through health education of third to fifth grade students in Burgas schools is shared.
 - A complex of rehabilitation measures for prevention and prophylaxis of complications and improvement of the quality of life of patients with diabetes mellitus is proposed.
 - Preventive measures and interventions are proposed to regulate overweight and obesity.
 - A study was made of diabetic patients' awareness of the impact of physical activity on disease control as well as their physical culture and habits, as a result of which a kinesitherapeutic complex was developed to reduce the risk of hypodynamics.
 - The awareness of diabetic patients regarding risk factors for diabetic complications was studied. A comparative analysis of the results before and after health literacy training was made. The benefit of the study was seen in increased health awareness, personal motivation and responsibility for patients' own health.
 - After studying the organization of the activities on the control and prevention of nosocomial infections in the medical institutions in Bulgaria and the analysis of the established national and international standards, a package of practical guidelines for the management of the activities on the prevention and control of nosocomial infections was proposed for the management nurses.
 - Shared positive experiences in the rehabilitation and care of a patient with amyotrophic lateral sclerosis - attending to the specific needs for a patient with a rare disease to increase survival; using the resource of residual health to perform activities of daily living and improve quality of life.
 - A treatment algorithm combining kinesitherapy, therapeutic massage, natural physical factors, quality nursing care and osteoporosis prevention has been developed.
- 2. Integrated medical and social care for people with chronic diseases**
- A tool for the study of medico-social problems in patients with chronic diseases is developed and proposed.
 - Proposals are made to change the model of care for patients with diabetes in

pre-hospital care, based on an analysis of their organization, with the possibility of adapting it to other socially significant diseases.

- A model for the implementation of integrated care for patients with diabetes, with the possibility of adapting it to other chronic socially significant diseases, is developed.
- The place and the role of the Regional Non-Profit Association "Diabetes Care", Burgas are analyzed. As a result, some practical-applied aspects in the medico-social prevention of diabetes and its complications are highlighted.
- A complex approach to the treatment and prevention of diabetic polyneuropathy is proposed, combining high-quality nursing care with the means of physical medicine (including thalassotherapy).

3. Quality of health and nursing care

- A toolkit for improving the quality and safety of health care with a focus on nursing care in hospital is developed and proposed.
- Promoting the experience of using complex multidisciplinary approaches in care to improve the health well-being and quality of life of patients with rare, chronic and socially significant diseases.
- New approaches, methods and means have been introduced through the use of natural physical factors to optimize the quality of health care for the prevention of diabetic polyneuropathy - development of a package of practical-applied guidelines designed for patients and their relatives; expansion of the methodology for the application of physical methods for the prevention of diabetic neuropathy.
- An improved model of health care for patients with diabetes mellitus is proposed.
- A personalized health care approach has been introduced as part of a rehabilitation program to improve quality of life and prolong survival for a child with a disability suffering from the rare disease Lesch-Nyhan syndrome.

4. Quality of medical education and professional training of health care professionals

- A comprehensive theoretical and practical model for training students and trainees in health care is developed with emphasis on: innovations in the organization of the learning process; formation and application of a research approach in training and working in a multidisciplinary team.

- An analysis was made of the status and dynamics of some essential signs concerning the quality of training and preparation for professional realization of trainee nurses from University "Prof. Dr. A. Zlatarov", Burgas.
- The status and trends of the "professional education - professional realization" relationship of health care professionals are analyzed.
- The significance of professional orientation and motivation as fundamental factors for quality vocational training and formation with a view to full professional realization is studied.
- The preparation, experience and competence of the health care professionals from the medical establishments in the city of Burgas for rendering first / emergency aid, as well as the need to increase the professional skills and abilities in connection with the care of burn patients were studied.

2. Assessment of monographs

The candidate submits two monographs for review.

The monograph "Improving the health of patients with diabetes" is extremely interesting and of great practical and applied importance. An in-depth study of world practical experience has been made, tracking the development and modern trends in the organization of health care for patients with diabetes. Own studies on the quality of diabetes health care offered in our country are presented. A new approach has been proposed and a model has been designed with the possibilities of implementing complex and comprehensive integrated care to achieve a better quality of life and increase the satisfaction of patients with diabetes. A practical and applied tools have been developed and proposed, which include a diabetes control programme; training programme for patients with diabetes and methodological guidelines for planning, monitoring and evaluation of nursing care for patients with diabetes.

The second monograph "Guidelines for Improving Hospital Nursing" is an expression of the combination of the candidate's long experience as a scientific researcher and her practical experience in the healthcare system.

A concept for the quality of health care, basic methods and tools in nursing practice is presented. Unresolved issues in the legal framework concerning the organization and management of nursing care in hospital care have been identified. Specific guidelines are given for the implementation of innovative

methods, tools and approaches to improve the system of organization of nursing care to improve their quality.

3. Reflection (citation) of the candidate's publications

There are 30 positive citations, and the interest in the scientific works of the candidate is mainly from Bulgarian researchers.

4. Project activity

V. Pancheva participated in the realization of 4 under the operational programme Human Resources Development of the Ministry of Education and 10 intra-university projects.

She has made 21 appearances with reports in national and international scientific forums.

III. Complex, qualitative assessment of the educational, methodological and teaching activities

V. Pancheva has more than 25 years of teaching experience. She is a leading lecturer in 7 disciplines and participates in the conduct of exercises in a total of 9 disciplines. Participates in the training of students from the Faculty of Public Health and Health Care, Medical College and College of Tourism, teaching in one Master's, four Bachelor's and 4 Professional Bachelor's programmes. Actively participates in the training of trainees and postgraduate training at the Faculty of Public Health and Health Care and in the preparation of over 20 curricula for various educational degrees and specialties. Provides scientific and methodological assistance to students participating in scientific forums. She was invited as a guest lecturer at High School "Ivan Vazov", Burgas to students from a specialized class Performing Thermal Procedures in Balneological and Other Recreational Centers in two consecutive school years (2010/2020 and 2020/2021). Participates in the training in health care and pre-medical care in Spa Academy Primoretz.

She has high audience occupancy - 539 hours on average for the last three school years, which significantly exceeds the regulatory requirements.

IV. Critical notes and recommendations

I have no critical notes on the candidate's scientific and pedagogical activities.

V. Overall assessment of the candidate's compliance with the mandatory conditions and quantitative criteria and scientometric indicators

The volume and quality of the presented scientific papers fully meets the requirements for holding the academic position "Associate Professor" according to the Regulations on the structure and activities of the University "Prof. Dr. A. Zlatarov", the Development of the academic staff of the Republic of Bulgaria Act and the Regulations for its implementation. The scientific work of Varvara Pancheva has undoubted contributions to the protection of public and individual health.

VI. Conclusion

Varvara Pancheva is an established and authoritative specialist with a wide range of professional and scientific interests, as well as extensive teaching experience. Her research activity is focused on current medico-social problems. Her scientific works contain valuable theoretical, methodological and scientific-applied contributions. On the basis of all the above, I confidently give my positive vote and propose to the Honorable Scientific Jury to award Varvara Pancheva the academic position of Associate Professor in the scientific specialty of Social Medicine and Organization of Health Care and Pharmacy.

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/Prof. Dr. M. Semerdzhieva, MD/