

STATEMENT

by Prof. Dr. Hristina Tancheva Milcheva, MD
Faculty of Medicine, Thracian University, Stara Zagora
Faculty of Public Health and Health Care, University "Prof. Dr. Asen Zlatarov", Burgas

Member of the Scientific Jury appointed by Order No. 377/21.12.2021
of the Rector of the University "Prof. Dr. Asen Zlatarov", Burgas

Subject: procedure for holding an academic position of Associate Professor in the scientific specialty Social Medicine and Organisation of Health Care and Pharmacy, professional field 7.4 Public Health, field of higher education 7. Health Care and Sport (competition announced in State Gazette No. 87/19.10. 2021)

One candidate participates in the competition: Senior Asst. Prof. Varvara Andonova Pancheva, MD

Pursuant to the above mentioned Order, I have been appointed to draw up a Statement based on the analysis of the documentation submitted by the candidate, in accordance with the requirements and criteria of the the Development of Academic Staff in the Republic of Bulgaria Act and the Regulations for the Development of the Academic Staff of the University "Prof. Dr. Asen Zlatarov", Burgas.

Biographical details of the candidate:

Varvara Andonova Pancheva has a basic degree in Nurse — General Profile, a Bachelor's degree in Business Management and a Master's Degree in Business Management and Health Care Management. Her professional experience is in the healthcare system, where she has worked for 9 years and in the medical education system, where she continues to work until now. Her academic development started at the Medical College, where she was a lecturer and Deputy Director and continued at the Faculty of Public Health and Health Care at the University "Prof. Dr. Asen Zlatarov", Burgas. She teaches students majoring in the professional field of Health Care at the Faculty of Public Health and Health Care and the Medical College, Burgas. The candidate holds certificates for a number of successfully completed courses in relation to her professional activity. She has participated in 4 national and 10 university projects. She has a good command of German and Russian.

Assessment of the candidate's research activity:

1. Quantification:

The candidate, Sen. Asst. Prof. Varvara Andonova Pancheva, participated in the competition with a total of 31 titles, 26 of which are scientific papers, after defending a dissertation, 4 are related to her dissertation, 2 independent monographs, and two co-authored teaching aids and e-lecture course for nurses. Of the 26 scientific publications presented — 12 are in Bulgarian scientific journals and 14 - in international journals, 2 in English.

In 6 of the scientific publications the candidate is an independent author, in 10 of them she is the first author. All publications are peer-reviewed and indexed. There are 29 citations in the scientific journals and 1 review of a monographic work. The candidate has participated in 2 Bulgarian and 17 international conferences.

Current issues in the field of health care and public health, diabetes mellitus and other diseases, traumas and rehabilitation, health promotion, medical pedagogy and health management are discussed and analysed in the presented scientific papers.

Quantitatively, the candidate fully meets the national requirements for the indicators (from A to F) and in some of the indicators she exceeds them many times over, as well as the requirements set out in the Regulations for Development of the Academic Staff of the University "Prof. Dr. Asen Zlatarov", Burgas.

2. Research strands and contributions from scientific work:

The thematic areas and contributions from the scientific works of Varvara Andonova Pancheva mentioned by the candidate can be summarised in 5 main areas:

- 1. Health promotion and disease prevention — prevention of socially significant diseases and prevention of their complications, education and informed health literacy of patients and their relatives; (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 training of healthcare 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 scientific research activity of Sen. Asst. Prof. Varvara Andonova Pancheva, MD is in the subject area of the competition. In all the above areas, the candidate addresses key

issues related to the quality of health care, health promotion, medical education and health management.

The publications on the problems of patients with diabetes mellitus, which are within the scope of the candidate's dissertation, stand out with particular emphasis. An in-depth study of the world's practical experience has been made, tracing the development and modern trends in the treatment of diabetes and presenting own studies on the quality of healthcare in Bulgaria for diabetes mellitus.

An **Integrative model** is proposed with options for applying integrated care to achieve better quality, complexity, comprehensiveness, increasing the satisfaction of patients with diabetes mellitus and their quality of life. A practical and applied toolkit has been developed and proposed: diabetes control programme; educational programme for patients with diabetes mellitus and methodological guidelines for the preparation, planning, control and evaluation of nursing care for patients with diabetes.

There is a special emphasis on research on the quality of health and nursing care. The candidate has presented her own concept of health care quality and basic methods and tools in nursing practice. Unresolved problems in the legal framework concerning the organisation and management of hospital nursing care have been identified. Specific guidelines are given for the application of innovative methods, tools and approaches to improve the system of nursing care organisation to improve their quality.

A reference for the participation of the candidate in Projects — 4 national educational and 10 university research projects is presented.

The candidate also presents a Reference for scientific consulting to 3 students, with presentations at scientific conferences.

Contributions from the scientific works of the Sen. Asst. Prof. Varvara Andonova Pancheva, MD, have theoretical cognitive, methodological, scientific-experimental and practical character in the mentioned areas. The presented so far is the basis for a convincingly positive evaluation of the candidate's scientific and research activity.

Assessment of the candidate's training and teaching activity:

The candidate Sen. Asst. Prof. Varvara Andonova Pancheva, MD has a pedagogical

experience, certified by the enclosed References for teaching workload for the period from 2015 to the present at the University “Prof. Dr. Asen Zlatarov”, Burgas. She teaches students in the professional field Health Care with a Bachelor’s degree in various professional qualifications — Nurse, Midwife, Medical Assistant, Master’s degree in Balneo, SPA and Wellness Management and Professional Bachelor’s degree in speciality Rehabilitator and Pharmacist Assistant.

She lectures on 14 subjects, exercises and seminars on 8 subjects of the said specialties and conducts clinical practice of the students in specialty Nurse, Medical Assistant and Medical Rehabilitation and Ergotherapy. She participated in the development of 14 curricula in the subjects she teaches. She is a member of the Quality Committee, the Faculty Council, the Accreditation and Post-Accreditation Control Committee, the Committees for the Preparation of Educational Documentation and the Attestation Committee. The Teaching Workload Report presented shows that the candidate’s teaching workload exceeds that set out in the regulations for the relevant category of teaching workload.

Varvara Andonova Pancheva is the Scientific Secretary of the General Assembly of the Faculty of Public Health and Health Care, of the GA of same faculty and of the Department of Rehabilitation and Maritime Medicine at the University “Prof. Dr. A. Zlatarov”, Burgas.

On the basis of the submitted documentation, I can conclude that Varvara Andonova Pancheva is competent, consistent professional with versatile scientific interests, and I give my convincing **positive assessment** of her teaching and learning activities.

Conclusion:

On the basis of the mentioned contributions and the documentation provided, as well as the management, research and teaching experience of Sen. Asst. Prof. Varvara Andonova Pancheva, **I give her a high positive assessment and my positive vote “YES”** for the award of the academic position of Associate Professor.

I strongly suggest that the Honourable members of the Scientific Jury should elect **Sen. Asst. Prof. Varvara Andonova Pancheva, MD for the academic position of Associate Professor** in the scientific specialty Social Medicine and Organisation of Health and Pharmacy, professional field 7.4 Public Health, field of higher education 7. Health Care and Sport for the needs of Faculty of Public Health and Health Care, University “Prof. Dr. Asen Zlatarov”, Burgas. (competition announced in State Gazette No 87/19.10. 2021).

22.01.2022, Stara Zagora

Prepared by:

Prof. Dr. Hristina Milcheva, MD