

STATEMENT

by

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External member of the Scientific Jury, according to the Order No. RD - 377/21.12.2021 of the Rector of the University "Prof. Dr. Asen Zlatarov", Burgas.

Subject: Competition for the academic position of Associate Professor in the field of higher education 7. Health and Sport, professional field 7.4 Public Health, scientific specialty Social Medicine, Health Care Organization and Pharmacy, for the needs of the Faculty of Public Health and Health Care at the University "Prof. Dr. Asen Zlatarov", Burgas, announced in the State Gazette, issue 87/ 19.10.2021.

Only one candidate participated in the competition: **senior assistant professor Varvara Andonova Pancheva, MD**, lecturer at the Department of Rehabilitation and Marine Medicine, Faculty of Rehabilitation and Marine Medicine, University "Prof. Dr. Asen Zlatarov", Burgas.

I. Candidate's career profile

Varvara Andonova Pancheva acquired a degree in Nursing in 1985 in the Institute for training health professionals with secondary special education – Burgas. In 2003 she graduated as a Bachelor of Economic Management with specialization in Health Management at the University "Prof. Dr. Asen Zlatarov". Later she graduated with two Master's degrees in Health Management (2009) and Health Care Management (2011) at the same university. In 2019 she received the educational and scientific degree "Doctor" in the scientific specialty Social Medicine and Organization of Health Care and Pharmacy at the Faculty of Medicine, MU-Sofia.

The career path of sen. asst. prof. V. Pancheva started in 1985 as a nurse. She worked as a senior nurse in the Medical Center "El Masri" Ltd. She was a head nurse in the Medical Center "Nadezhda 1" Ltd, Chernomorets. Since 1994 she has been appointed as a lecturer at the Medical College of Burgas. In the period 2009-2016 she held the position of Deputy Director of the Medical College.

In 2012 she became assistant professor in the Department of Health and Social Care, and since 2020 she has been a senior assistant professor in the Department of Rehabilitation and Marine Medicine at the Faculty of Public Health and Health Care, University "Prof. Dr. A. Zlatarov", Burgas.

Educational and career development of sen. asst. prof. Varvara Pancheva, MD undoubtedly prove that she has considerable teaching experience and is establishing herself as a competent specialist in her professional field. The candidate in the competition is continuously improving her qualifications as a lecturer and scientist. She actively participates in the academic life of the Faculty of Public Health and Health Care as Scientific Secretary of the General Assembly of the same Faculty, member of the Faculty Council of the Faculty of Public Health and Health Care and of the Department of Rehabilitation and Marine Medicine at the University "Prof. Dr. A. Zlatarov", Burgas.

Fluent in Russian (level B1/B2) and German (level A1).

The professional biography of the candidate in the competition sen. asst. prof. V. Pancheva shows a solid educational background and experience in the field of health care,

which fully corresponds to the direction of the announced competition.

II. General description of the materials submitted for the competition

Sen. asst. prof. Varvara Pancheva, MD has prepared the documentation for the competition correctly and accurately. All the necessary documents stipulated in the Development of Academic Staff in the Republic of Bulgaria Act, the Regulations for its implementation and the Regulations for the conditions and procedure for the acquisition of scientific degrees and the holding of academic positions at the University „Prof. Dr. Asen Zlatarov“, Burgas have been submitted, which enables a precise quantitative and qualitative assessment of the candidate's overall academic development.

III. Assessment of the candidate's scientific papers

Sen. asst. prof. Varvara Pancheva, MD participated in the competition with a total of 34 scientific papers. The works after the dissertation defense, which are subject to review, are 31 in total and are related to the profile of the announced competition. They include:

- Monographs - 2 independent.
- Publications and reports published in non-refereed peer-reviewed journals or published in edited collective volumes – 26 (6 of which independent and 10 - first author).
- Textbooks and teaching aids - 3.

In her publications, the candidate appears as the sole author in six publications and first author in ten publications. The remaining publications are co-authored. The co-authorship with other colleagues in some of the publications is a confirmation of the qualities of sen. asst. prof. V. Pancheva to work in the conditions of an interdisciplinary team. The co-authorship with other colleagues in some of the publications is a confirmation of the qualities of the sen.as. V. Pancheva for working within an interdisciplinary team. It is noteworthy that the distribution of scientific works by years is quite even, which speaks for a purposeful and well-planned scientific development of the candidate. The list of publications is described correctly and the necessary supporting material is attached.

Sen. asst. prof. V. Pancheva submits for review two independent monographs.

The monograph “Improving Health Wellbeing in Patients with Diabetes Mellitus” is of great practical and applied importance. The world practical experience on the problem is thoroughly studied and the development and modern trends in the organization of health care for patients with diabetes are traced. Own studies on the quality of health care offered methodological guidelines for planning, monitoring and evaluating nursing care for patients with diabetes.

The second monograph, “Guidelines for Improving Hospital Nursing”, is a synthesis of the candidate's scientific pursuits and her extensive practical experience in health care. It presents a concept of health care quality, basic methods and tools in nursing practice. Unresolved problems in the legal and regulatory framework concerning the organization and management of nursing care in hospital care are highlighted. Specific guidelines are given for the application of innovative methods, tools and approaches to improve the system of nursing care organization and improve their quality.

The works of sen. asst. prof. V. Pancheva, MD contain certain scientific contributions to medical theory and practice, and cover a wide range of scientific issues. They are directed to actual and significant problems in the field of health care and are entirely on the specialty of the announced competition. An objective and fair account of the scientific contributions in several leading areas of research is presented, which I fully accept. The scientific contributions

(scientific-theoretical, scientific-applied and scientific-confirmatory) can be conventionally divided into several main areas:

- I. Health promotion and disease prevention - prevention of socially significant diseases and prevention of their complications, education and health awareness of patients and their relatives;
- II. Integrated medical and social care for people with chronic diseases;
- III. Quality of health and nursing care;
- IV. Quality of medical education and training of health care professionals;

From the analysis of the presented scientific papers, I would emphasize the following contributions related to **health promotion and disease prevention**. Guidelines for the development of a Diabetes Prevention Programme are proposed in relation to the lack of a National Programme at this stage. An education programme for patients with type 2 diabetes has been developed, with the potential to adapt to the needs of patients with other chronic diseases. The experience of obesity prevention through health education of students in Burgas schools is shared. Preventive measures and interventions to regulate overweight and obesity are proposed. Awareness of diabetic patients about risk factors for diabetic complications is studied. A comparative analysis of pre- and post-training outcomes was done to increase their health literacy. The benefit of the study was seen in increased health awareness, personal motivation and responsibility for patients' own health.

Significant contributions are related to **integrated medical and social care for people with chronic diseases and to the quality of health care**. A tool has been developed and proposed for the study of medico-social problems in patients with chronic diseases. A model for the implementation of integrated care for patients with diabetes is developed, with the possibility of adapting it to other chronic diseases of social significance. An integrated approach to the treatment and prevention of diabetic polyneuropathy is proposed, combining high-quality nursing care with the tools of physical medicine (including thalassotherapy).

Contributions to the **quality of medical education and the professional training of health care professionals** are relevant and valuable in the current context. E-learning materials and resources for the training of students of the specialty "Nurse" and a comprehensive theoretical and practical model for training students and trainees in health care have been developed with emphasis on: innovation in the organization of the learning process; formation and application of research approach in training and in working in a multidisciplinary team. The importance of professional orientation and motivation as fundamental factors for quality training and formation with a view to full professional realization is studied.

• *Scientific activity*

Sen. asst. prof. V. Pancheva, MD has 19 participations in scientific forums, including 2 national and 15 international congresses and conferences, which is a prerequisite for the popularization of her scientific production. She actively works with students, providing scientific and methodological assistance to those who are willing to participate in scientific forums.

• *Participation in project implementation and management*

The candidate in the competition has participated in the implementation of 14 projects, 4 national under the operational programme Human Resources Development of the Ministry of Education and Science and 10 in the University.

• *Reflection (citation) of the candidate's publications in national and foreign*

literature (publication image).

In the reference for citations a total of 30 citations are presented, of which 13 in monographs and collective volumes with scientific peer-review. The necessary supporting material is provided.

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

With regard to the compliance with the minimum national requirements and the requirements of the Regulations on the conditions and procedure for the acquisition of scientific degrees and the occupation of academic positions at the University "Prof. Dr. Asen Zlatarov", Burgas from the submitted to me list and evidence material with scientific papers and citations, it is clear that the **sen. asst. prof. Varvara Pancheva not only meets but also exceeds the required number of points in the individual groups of indicators.**

Table 1. Minimum points required by group of indicators for degrees and academic positions:

Group of indicators	Content	Associate Professor (number of points) minimum required national points	Associate Professor, acc. to the Regulations of the University „Prof. Dr. Asen Zlatarov“, Burgas	Completed Varvara Pancheva (number of points)
A	Indicator 1	50	50	50
B	Indicator 2	-	-	-
C	Indicator 3 or 4	100	100	100
D	Sum of indicators 5 to 9	200	220	542.5
E	Sum of indicators 10 and 12	50	60	215
F	Sum of indicators from 13 to the end		20	102.8

IV. Assessment of teaching and learning activities

From the submitted documents it is evident that sen. asst. prof. Varvara Pancheva has more than 25 years of scientific and teaching experience at the University "Prof. Dr. Asen Zlatarov", Burgas. The submitted official reference shows a high teaching load - 539 hours on average for the last three academic years, which significantly exceeds the regulatory requirements. She is a leading lecturer in 7 academic disciplines and conducts 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. 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. Participates in the training in health care and pre-medical care in Spa Academy Primoretz.

V. Critical comments and recommendations

I have no critical notes and recommendations to the submitted set of documents and to the candidate's teaching and research activities.

I wish her a successful development of the scientific fields to which she has directed her research interest.

VI. Conclusion

On the criteria for assessment of candidates for the academic position of Associate Professor at Prof. Dr. "Asen Zlatarov University", Burgas, sen. asst. prof. Varvara Pancheva, MD meets the scientific-metric indicators by exceeding significantly the necessary minimum national requirements.

Taking into account the above, I vote positively with inner conviction and I propose the members of the Honorable Scientific Jury to give a positive vote to Varvara Pancheva, MD for the award of the academic position of Associate Professor in the scientific specialty Social Medicine, Organization of Health Care and Pharmacy, professional field 7.4. Public Health, field of higher education 7. Health Care and Sport for the needs of the University "Prof. Dr. Asen Zlatarov", Burgas.

16.02.2022, Plovdiv

Prepared by:

/Prof. Dr. Bianca Yornyova/

