

REVIEW

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Appointed as an external member of a scientific jury by Order No. P-109-52/15.02.2024 of the Rector of the MU "Prof. Dr. P.Stoyanov" Varna

Regarding: Holding a meeting on the procedure for acquiring the educational and scientific degree "Doctor" with candidate Petya Georgieva Krumova - doctoral student in an independent form of study in the doctoral program "Health Care Management", professional direction 7.4. Public health with a dissertation on the topic: "Ethical aspects of health care provided by nurses for the elderly and the old people" at the MU "Prof. Dr. Paraskev Stoyanov" - Varna, Sliven Branch, Department of "Health Care".

Actuality of the dissertation:

The dissertation work developed by Petya Krumova on the topic: "Ethical aspects of health care provided by nurses for the elderly and the old people" discuss the problems that arise for nurses related to social, psychological and mental changes in the elderly. Demographic indicators show an increase in the elderly population worldwide, which correspondingly leads to an increase in the needs of care for the elderly. The leading aspects of this care from the point of view of the professional ethics of nursing are related to preserving the autonomy of the patient, respecting the dignity of the person, taking into account the choice of the person and professionally supporting people in making decisions. Ensuring quality health care for the elderly and the old people requires ensuring access to medical and social services, creating an environment for the elimination of social isolation and discrimination, as well as assistance in improving the quality of life.

Structure of the dissertation:

The dissertation is structured in four chapters: first chapter – literature review; second chapter - purpose, tasks, methodology and organization of the study; third chapter – results of own studies; chapter four – introducing a model for ethical nursing care in a nursing home. The volume of the dissertation includes 146 standard pages, and the results are graphically presented in 52 figures, 11 tables and 3 appendices. The literature used covers 173 titles, of which 56 are in Cyrillic and 117 are in Latin.

The literature review presents the theoretical foundations of ethics in patient care and, more specifically, the ethical aspects of care for the elderly and the old people. A demographic characterization of the country's population and their rights has been made. The doctoral student conducted a comparative analysis of nursing codes of ethics, drawing out the guiding principles in the American Nurses Association code of ethics and the UK code of professional conduct. The concepts and theories of the ethics of care in general, as well as the possibilities for establishing ethical standards in the care of the elderly and old people, are analyzed. The organization of care for the elderly in Austria, Germany, Turkey, the Netherlands, Norway and Bulgaria is described. The doctoral student pays special attention to communication models in the implementation of health care for the elderly.

The second chapter includes: the purpose, tasks, methodology and organization of the study. The objective is clearly formulated, corresponding to the topic chosen by the doctoral student and aimed at analyzing the ethical aspects of health care provided by nurses to the elderly and the old people. The tasks are 5 in number and are specifically aimed at achieving the goal. 5 hypotheses were formulated. The research methodology presents the subject and object of the study, as well as criteria for inclusion and exclusion of respondents. The scope of the study covers a total of 303 persons, divided into three groups:

nurses, elderly people over 65 years of age from institutions on the territory of the city of Stara Zagora and students from the "nursing" specialty /third and fourth year/ from Trakia University and MU-Varna, Sliven Branch. The types of the conducted research are described, which include: first stage - researching the actuality of the problem and formulating the main goal, tasks, working hypotheses and choosing appropriate methods and means; second stage - preparation of the study; third stage – conducting the survey; fourth stage – development, analysis and summarization of the obtained results.

The methods used are: documentary method; sociological method - survey; statistical methods – descriptive methods and analysis methods; hypothesis testing methods. The toolkit used was developed by the doctoral student and fully allows for in-depth research and analysis of health care problems for the elderly.

The results are presented graphically and analytically in the third chapter. The opinion of 55 nurses who care for the elderly and old people in an institutional setting was analyzed. The data show that half of the nurses included in the study are over 60 years old. There are no nurses aged between 20 and 30 in the study group, and in the 31 to 40 age group the relative proportion of respondents is only 1.82%. These results indicate a serious demographic crisis among nurses who care for the elderly and the old people in the country's institutions. A significant share of nurses – 43.64% stated that they are not sufficiently prepared to care for the elderly and the elderly. According to the respondents, the leading knowledge, skills and qualities that nurses need to provide care for the elderly and the elderly are: communication skills, skills to respect the individual, skills to provide special health care, etc. According to the nurses, insufficient staff is a significant problem of the institutions for providing care for the elderly and the old people.

Half of the users of institutional care for the elderly and the old people were over 75 years of age in the subjects. Patients are generally satisfied with

the care provided by nurses, but a significant number of them prefer to receive care in a home environment.

The students definitely have a very low motivation and attitude towards professional realization in an institution for caring for the elderly and the old people - those who wish to do so are 15.54% of the studied group. There is definitely a need for more training and preparation of students in the undergraduate program of study, as well as the provision of more clinical practice.

Based on the results of the research, a "Model for the introduction of ethical nursing care in a home for the elderly" was developed. The aim of the model is to ensure respect for the autonomy of the person, cooperation and support, comprehensive care and improvement of the quality of life of the elderly and old people. The expected benefits of implementing the model in practice are described.

A scientific style and language is used to reveal the problematics regarding the ethical aspects of nursing care for the elderly and the old people.

Contributions of the dissertation:

The contributions of the dissertation are of a theoretical-cognitive and practical-applied characteristic:

- A comparative analysis of Bulgarian and foreign literary sources was carried out in relation to normative documents related to the ethical aspects of health care provided by nurses for the elderly.

- Good practices of health care for the elderly in different countries are described in terms of ethical standards and ethical treatment of the patient.

- The leading problems of health care for the elderly and the old people, accommodated in institutions in the territory of Stara Zagora region, have been studied, regarding the provision of nursing staff and compliance with ethical norms.

- The main reasons and decision-making for admission to an institution and use of services in a nursing home are analyzed.

- The main factors for increasing the motivation and attitudes of nurses for professional realization in a health care institution for the elderly and the old people have been studied.

- A model has been developed for the introduction of ethical nursing care for persons housed in institutions providing care for the elderly and the old people, in accordance with world professional ethical standards.

- Questionnaires have been developed to assess the individual needs and health status of elderly people in a nursing home.

The conclusions are analytically and synthetically presented, defining the main problems of nursing care given to elderly and old people in institutional settings and the need to introduce ethical standards in practice. The doctoral student has skills in using scientific data and information, their processing, analysis and presentation.

The abstract of the dissertation work includes the main elements of the conducted research. The doctoral student presents 2 publications related to the topic of the dissertation.

Biographical data for the doctoral student

Petya Krumova graduated with a degree in "nursing" in 2000 at Trakia University - Stara Zagora. In 2006, she graduated the Bachelor's degree in health care at the Medical University of Plovdiv. P. Krumova completed two master's programs - the first was in Economics of Defense and Security at UNSS in 2009, and the second was in 2014 in Health Care Management at the Faculty of Public Health of MU-Sofia. The professional realization of the doctoral student began as an operating nurse in UMBAL - Stara Zagora, and from 2008 to 2014 she was a senior nurse of an operating block in UMBAL, Stara Zagora. From

2014 to 2018, she was a teacher at Trakia University - Stara Zagora, as well as from 2021 to the present.

Conclusion

In conclusion, I believe that the dissertation work on the topic: "Ethical aspects of health care provided by nurses for the elderly and the old people" fully meets the requirements of the Regulations for the Development of the Academic Staff at the Medical University of Varna, therefore I give a positive assessment and offer to the members of the scientific jury to decide on the awarding of the educational and scientific degree "doctor" to Petya Georgieva Krumova in the professional direction 7.4. Public health and scientific specialty "Management of health care".

25.04.2024

Reviewer:

Prof. G. Tchaneva, PhD

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