

## STANDPOINT

BY ASSOCIATE PROFESSOR PAVLINA PENKOVA TENEVA, PHD  
TRAKIA UNIVERSITY – MEDICAL COLLEGE STARA ZAGORA

“Health Care” Department

on the dissertation of Petya Georgieva Krumova

under the title

**Ethical aspects of the health care provided by nurses to elderly and older people**

Scientific supervisors

Assoc. Prof. Emiliya Georgieva, PHD

Assoc. Prof. Veselina Slavova, PhD

For the purpose of awarding the educational and scientific degree of “PhD” in Higher education area: 7. Healthcare and Sport, Professional field 7.4. Public health and scientific specialty: Health care management.

### *Procedure data*

Ms Petya Georgieva Krumova, under the order No.P-109-207 dated 12.05.2022 by the Rector of Medical university “Prof. Dr. Paraskev Stoyanov” – town of Varna, was enrolled as a doctoral candidate in independent study course of Doctoral programme of “Health care management” to Health Care Department at Sliven Affiliate of the Medical University – Varna, to acquire the educational and scientific degree of “Doctor” in Higher education area: 7. Healthcare and Sport, Professional field 7.4. Public health, under Doctoral programme: Health care management.

During a Departmental Council of “Health Care” Department at Sliven Affiliate of the Medical University – Varna on 29.11.2023 the readiness of the PhD candidate for public defense was established and a proposal for the composition of the Scientific Jury was made.

I present this standpoint in my capacity as a member of Scientific Jury elected and voted by Academic Board of Medical University – Varna (MoM No. 82/12.02.2024) and appointed under order No. P-109-52 dd 15.02.2024 by the Rector of Medical University – Varna to hold a procedure for defense of dissertation titled “**Ethical aspects of the health care provided by nurses to elderly and older people**” prepared by *Petya Georgieva Krumova*, a doctoral student in “Health Care” Department at Sliven Affiliate of the Medical University – Varna. According to MoM No. 1/26.02.2024 from the first meeting of the Scientific Jury, I was appointed to prepare a standpoint on the dissertation.

The set of materials submitted on soft and hard copy has been prepared in accordance with the Development of Academic staff in the Republic of Bulgaria Act (DASRBA) and Regulations on Academic Staff Development at Medical University – Varna.

The dissertation “**Ethical aspects of the health care provided by nurses to elderly and older people**” proposed for defense is the result of the purposeful long-term work of *Petya Krumova* as a researcher on the basis of her professional qualification “nurse” and her professional realization.

### ***Education and training***

After completion of her basic medical education, specialty “Nurse” in Medical College at Trakia University, Stara Zagora, *Petya Krumova* continued her professional development and training in a sustainable manner. In 2006 she obtained a Bachelor's degree in Health Care at the Higher Medical Institute – Plovdiv. In 2009 she finished her Master's degree in Defense and Security Economics at the University of National and World Economy – Sofia. *Petya Krumova* continued her education in Medical University of Sofia and in 2014 graduated also as a Master in Health Care Management

### ***Professional realization***

The professional development of *Petya Krumova* as a nurse started in 2000 as a perioperative nurse at “University Multidisciplinary Hospital for Active Treatment - Stara Zagora” EAD, and in the period 2008-2014 she worked as a Senior nurse in the Operating room. From 2018 to 2021 she was a Senior nurse in the Operating room of Multidisciplinary Hospital for Active Treatment TRAKIA EOOD - Stara Zagora.

Her ***academic development*** was initiated in 2014 when she was appointed as a lecturer in Health Care at the Medical College of Trakia University – Stara Zagora and continues up to the moment as a PhD student in an independent form of study at Sliven Affiliate of the Medical university “Prof. Dr. Paraskev Stoyanov” – town of Varna. Health Care Dept. On 12.05.2022 *Petya Georgieva Krumova* was enrolled as a candidate in independent study course under the Doctoral Programme of “Health Care Management” at “Health Care” Department – Sliven Affiliate of the Medical university “Prof. Dr. Paraskev Stoyanov” – Varna. She teaches classes in the academic disciplines of Health Care for all specialties at Medical College – Stara Zagora, and Clinical Practice to the specialties Rehabilitator and Medical Cosmetologist. The PhD student has two scientific publications *related to dissertation*, she uses English and Russian.

### ***Characteristics of the dissertation***

The dissertation developed by *Petya Krumova* is 146 pages in length, having the standard structure for the professional field and including: introduction, first chapter “Literature review”; second chapter “Objective, tasks, methodology and organization of the study”; third chapter “Results of own research”; fourth chapter “Model for introduction of ethical nursing care in a home for elderly people”; conclusion; opinions; suggestions; contributions; bibliography and appendices. The content corresponds to the topic and reflects the results of the research completed by the PhD student. The bibliographical reference contains 173 titles, of which 56 - in cyrillic, 105 – in Latin and 12 – from Internet.

### ***Relevance of the topic and appropriateness of the objectives and tasks set***

In the recent years the clearly pronounced demographic, economic and social crisis has faced the healthcare professionals with a number of challenges upon provision of accessible, qualitative and sustainable long-term care services for elderly people. The topic of this dissertation is actual and represents a societally significant problem with marked contemporary relevance and scientific significance. The elderly people represent a vulnerable population group that requires support and special health care. The role of nurses as key upon providing treatment and care for these patients is clearly highlighted.

Emphasis is placed on the basic ethical challenges – respecting the autonomy of patients, equity upon provision of treatment and respecting their dignity and life quality. The problem of ensuring a higher quality of the services offered in existing specialised institutions for the elderly and the aged is addressed, given the shortage of medical professionals in the field of health care and health care in general. The problem of ensuring a higher quality of the services offered in the existing specialised institutions for the elderly and older people is addressed, given the shortage of medical professionals in the field of health care and health protection in general.

### ***Literature review***

In the literature review, the problem is thoroughly discussed and has a good cognitive value. Structurally, the review is developed in seven sections and addresses different aspects of the problem under study.

The first section is dedicated to the '*ethics of care in nursing*' and older people who are the subject of care. The main signs of the aging process and the factors that influence the quality of the health care provided are presented in detail.

The second part of the literature review presents the demographic situation in Bulgaria. The factors that adversely affect the dynamics of population ageing and the processes influencing the demographic development of the population are discussed.

In the third part, normative documents regulating and protecting the rights of the elderly and the older people are examined.

The fourth part presents a comparative analysis of the codes of ethics in nursing for the care of the elderly and older people in Bulgaria, the code of the American Nurses Association, the Code of Professional conduct for nurses in the United Kingdom. Common points in the ethics codes in nursing are outlined.

The fifth part of the review is dedicated to the promotion and implementation of ethical standards upon taking care of elderly and older people. Biological changes that occur during the aging process are briefly presented – those are related to vision, hearing, the locomotive apparatus, endocrine, respiratory, excretory and cardiovascular systems, cognitive and other changes. The care provided for elderly people in Bulgaria and the countries like Austria, Germany, Norway, the Netherlands, and Turkey is reviewed.

The sixth part is devoted to "*conversation*" as a key factor in any good relationship and effective communication. The main models of conversation are discussed – paternalistic model, autonomous model, partnership model, negotiating model, business model and preventive model.

The last, seventh, part reflects the motivation and attitude of Nurse specialty students to work with elderly and older people.

The literature review and bibliographic reference demonstrate the broad awareness of the doctoral student on the topic under consideration.

### *Methodology and organization of the study*

The methodology of the scientific research is described in detail and correctly, by the aim is to investigate, study, analyze and evaluate the ethical aspects of health care provided by nurses to elderly and older people, according to the demographic situation in the country and the medical and social problems in geriatrics. To achieve the aim, five main objectives and three research hypotheses were set.

The methodology is presented in detail. The study includes 303 individuals divided into three groups:

- **First group** – nurses practicing in institutions providing health care for elderly and older people in Stara Zagora district (n = 55).
- **Second group** – persons aged over 65 accommodated in these institutions (n = 100).
- **Third group** – third- and fourth-year nurse students in the above mentioned universities (n = 148).

The stages of the study are thoroughly described and presented in tabular form. Three types of anonymous questionnaire cards were developed, containing open and closed questions. The study was conducted after obtaining permission from the Research Ethics Committee of the Medical University of Varna. All participants had signed and informed consent.

The research methods in the study – documentary, sociological and statistical – were adequately applied. Descriptive evaluation methods, hypothesis testing methods, and correlation analysis were applied for the statistical presentation of the results, in order to establish the relationship between the quantitative and qualitative variables studied. Data was graphically illustrated via tables, bar and pie charts implemented in MS Excel.

**The third chapter** of the dissertation presents the results obtained from the own research, revealing the actual state of the problem in practice. The presented results are logically formed and structured. Comprehensive analysis of the data from the three questionnaire surveys of a total of 303 individuals is made.

Based on the comparative analysis of the survey results among nursing students and practitioners, three conclusions are drawn.

**In the fourth chapter** of the dissertation lecturer Krumova presents a schematic model for the introduction of ethical and nursing care in a nursing home based on ethical norms of conduct and respect to human rights. It aims to achieve respect of autonomy, cooperation, support and holistic care to improve the life quality of the elderly and older people. Consideration is made of eight sequential stages for the implementation of the model of ethical nursing care in elderly home, and the expected benefits from its practical application.

On the basis of the literature sources investigated and the results of her own research, lecturer Petya Krumova has made seven suggestions. 4 outlined contributions of theoretical and cognitive nature and 3 of practical and applicable nature make a particularly good impression.

The abstract reflects the dissertation work in a synthesized form, contains the main information and gives a complete picture of its objectives and tasks, results achieved, conclusions drawn and contributions of a scientific nature. It is richly illustrated with tables and figures.

On the basis of the research carried out, the doctoral student prepared her scientific thesis, as well as two publications, where she is the sole author of the first, and the first author of the second

co-authored publication, which proves her personal involvement in the investigations carried out, the results obtained and the contributions made.

To summarize, I believe that the dissertation under title **“Ethical aspects of the health care provided by nurses to elderly and older people”** is an in-depth and sufficiently comprehensive study, in which the doctoral student has made a detailed analysis of the problem.

The thesis meets all the requirements of the Development of Academic staff in the Republic of Bulgaria Act (DASRBA), the Regulations of DASRBA application and Regulations on Academic Staff Development at Medical University – Varna for the acquisition of the educational and scientific degree of “PhD”, which makes it reasonable to give my POSITIVE VOTE and to recommend the esteemed Scientific Jury to award lecturer Petya Georgieva Krumova the educational and scientific degree of “PhD” in Higher education area: 7. Healthcare and Sport, Professional field 7.4. Public health and scientific specialty: Health care management.

10<sup>th</sup> April 2024  
Stara Zagora

Member of Scientific Jury:  
(Assoc.Prof. Pavlina Penkova Teneva, PhD)

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