

## **REVIEW**

**from**

**Prof. Dr. Biyanka Lyubchova Tornyova**

**Deputy Dean of the Faculty of Public Health, Medical University - Plovdiv**

External member of the Scientific Jury, according to Order No. R 109-114/22.03.2024. of the Rector of the Medical University "Prof. Dr. Paraskev Stoyanov" - the city of Varna to determine the members of the scientific jury for the procedure.

**Subject:** Competition for the occupation of the academic position "Assoc. Professor" in the field of higher education 7. Health care and sports, professional direction 7.4. Public health, scientific specialty "Health Care Management" for the needs of the Department "Health Care" of the Veliko Tarnovo Branch of the Medical University "Prof. Dr. Paraskev Stoyanov" - city of Varna, announced in the State Gazette, no. 7 /23.01.2024.

Only one candidate participated in the competition: Ch. Assistant Professor Zhana Georgieva Pavlovska, PhD., lecturer at the Veliko Tarnovo Branch of the Medical University "Prof. Dr. Paraskev Stoyanov" - city of Varna.

### **I. Career profile of the candidate**

Ch. Assistant Professor Zhana Pavlovska, Ph.D. obtained secondary medical education in the specialty "Midwife" at the Institute for Health Personnel (IHP) "Dr. Nencho Nikolaev" in Varna in 1983, and in 1995 a semi-higher education in the same specialty at the PMI "Dr. Varban Genchev" Veliko Tarnovo. In the period 1997-2000, she studied at the HMI - Pleven and obtained a bachelor's degree in the specialty "Health care" /now "Health care management"/ and a professional qualification "Health care manager and a teacher in practice".

She completed a master's program in the specialty "Health care management" at the Medical University-Pleven in 2007. In 2020, she successfully defended her dissertation on the topic: "Continuing training of midwives - innovative educational approaches" and obtained the educational and scientific degree "doctor" in the scientific specialty "Health Care Management".

Zh. Pavlovska began her professional activity in 1983 as a midwife in the Branch Polyclinic – the village of Resen, region. Veliko Tarnovo. Until 2015, the candidate in the competition worked consecutively in the neonatology and gynecology department of MOBAL "Dr. St. Cherkeзов" Veliko Tarnovo, and from 2011-2015 she was the senior midwife of OG Department.

In the period 2015 - 2021, she held the position of "assistant" in the Department of "Health Care" of the Veliko Tarnovo Branch at the Medical University "Prof. Dr.



Paraskev Stoyanov" - the city of Varna, and from 2021 until now she is a chief assistant professor in the same department.

The educational and career development of the candidate in the competition undoubtedly prove that she has considerable professional experience and is establishing herself as a competent specialist in her field. Ch. Assistant Professor Zhana Pavlovska, PhD. constantly improves her qualifications as a teacher and a scientist. This is evidenced by the diplomas and certificates from trainings and from scientific forums in the country and abroad, attached to the documents. The candidate has participated in 54 courses to improve her qualifications.

She is a member of authoritative scientific and professional organizations. She is the chair of the Regional Board of BAPZG (Bulgarian Association of Healthcare Professionals) - Veliko Tarnovo from 2003 to the present. She is the winner of the prestigious award, the statuette of Leseskepra for 2014 - first place at the national level in the category "Health care manager".

Ch. Assistant Professor Zhana Pavlovska is also a member of the Regional Health Care Commission for the compilation of a Regional Health Card and is a coordinator in the Regional Coordination Council for several national programs: National Program for Primary Prevention of Cervical Cancer 2012-2016; 2021-2024; National program for the prevention and control of HIV and sexually transmitted infections in the Republic of Bulgaria 2021-2025; National program for the prevention and control of viral hepatitis 2021-2030.

She speaks Russian and English at B1 level.

The professional and career development of Ch. Assistant Professor Zhana Pavlovska, PhD so far are in the field of the scientific specialty for which the competition has been announced. The accumulated long-term experience, professional qualification and results of her work are a positive prerequisite for academic growth.

## **II. General description of the submitted materials for the competition**

It is noticeable that Ch. Assistant Professor Zhana Pavlovska, PhD has correctly and precisely prepared the documentation for the competition. All the necessary documents provided for in the Law on the Development of the Academic Staff in the Republic of Bulgaria, the Rules for its Application and the Rules for the Terms and Conditions for Acquiring Scientific Degrees and Holding Academic Positions at the Medical University "Prof. Dr. Paraskev Stoyanov" - the city of Varna, which enables a precise quantitative and qualitative assessment of the overall academic development of the candidate.

Attached is the necessary evidentiary material for the publication activity and official references for citations of the scientific works. In addition to the required documents, the evidentiary material also contains additional references, certificates, etc., certifying all circumstances related to the qualification, professional activity and achievements of



the candidate. A declaration of originality and credibility of the scientific works is presented.

### **III. Evaluation of scientific works, habilitation work and scientific activity of the candidate**

#### *General characteristics of the presented scientific works*

Ch. Assistant Professor Zhana Pavlovska is presented in the current competition with a scientific production sufficient in volume and content, which corresponds to the attached evidence.

The papers that are subject to review in this procedure are distributed as follows:

#### **PUBLICATION ACTIVITY**

**on ch. assistant professor Zhana Pavlovska (independently or in co-authorship)**

<b>SCIENTIFIC PAPERS</b>	<b>NUMBER</b>
<b>Total number of posts</b>	<b>30</b>
Dissertation work	1
Dissertation Related Publications	4
Monographs	
• independent	1
• monograph chapter	1
Publications and reports published in refereed peer-reviewed journals and indexed in world famous databases	2
Publications and reports published in non-refereed peer-reviewed journals or published in edited collective volumes	21
Independent or first author	19
Second	6
Third and next	1

Publications related to the defense of the dissertation work are not reviewed.

It is noteworthy that the distribution of scientific works by year is quite even, which speaks of a purposeful and well-planned scientific development of the candidate. A significant part of the presented publications are in established specialized scientific publications. The list of publications is correct and the necessary supporting material is attached.

The candidate in the competition is the independent or first author of 72% of the scientific works. The co-authorship with other colleagues in some of the publications is a confirmation of the qualities of Ch. Assistant Professor Zhana Pavlovska, Ph.D. to seek common points of contact and cooperation in the work of an interdisciplinary team. Zhana Pavlovska's works contain certain scientific contributions to medical theory and practice, and cover a wide range of scientific issues. They are aimed at current and



significant problems in the field of public health and health care, and are entirely in the specialty of the announced competition.

An objective and correct reference is presented to the scientific contributions in several leading directions of scientific research activity, which I fully accept. They are a reflection of the research and teaching activities of ch. assistant professor Pavlovska and confirm her erudition and competence. They can be summarized in the following main areas:

√ **Continuing education of midwives in Bulgaria - comparative characteristics, regulation, organization, problems, innovative educational approaches.**

There are a number of publications in this direction [A1.; D8.2.; D8.3.], which reflect the long-term work and research interest of Ch. Associate Professor Pavlovska to the problems of continuing education of midwives in Bulgaria. The publications have original theoretical, methodological and practical contributions. The leading motives for the participation of midwives in continuing education and the attitudes of students for inclusion in the process concerning their professional growth have been studied. An analysis was made of the legal documents in force in Bulgaria and Europe, regulating the continuing training of midwives and the safety of midwifery practices. The international experience in 30 European countries regarding the regulation, organization, accreditation, financing and promotion of continuing education of midwives was studied. A model for evaluating continuing education of midwives is theoretically justified and the need to introduce uniform accreditation of continuing education is proven.

√ **History of the midwifery profession and midwifery education in Bulgaria, professional realization of the midwife.**

Particularly significant are the scientific contributions of cognitive significance in the works concerning the history of the midwifery profession and midwifery education in Bulgaria [B3.; D7.1; D7.2; D8.1.;1.; 2.; 3.; 13.; 14].

A historical review of midwifery care and midwifery practices in the Bulgarian lands was made. The regulation and organization of the profession after Liberation (1878) is described. A generalized professional image of the midwife is presented, characterized by marked independence, determination and expediency, built thanks to the high demands on this profession in our country. The biographies of the first certified midwives who worked in post-liberation Bulgaria are of interest. The regulation of midwifery education in Bulgaria and the chronology of training of midwives have been examined in detail. All training institutions for midwives are presented, as well as the opportunities to upgrade the education. Attention is paid to the professional organizations of midwives, the first independent organization "Midwife", the subsequent mergers in progressive unions to the modern organizations - BAPZG and ABA. The problems and difficulties that midwives have in terms of professional realization, motivation and adaptation to the profession have been identified.



The monographic work "The midwifery profession in Bulgaria - historical development, education and implementation" made an original contribution in this direction. It is dedicated to the historical development of the midwifery profession in Bulgaria from ancient times to the present day. Special attention is paid to the professional development and realization of midwives in Bulgaria. A brief overview of continuing midwifery education in Bulgaria was made, which as a regulation and organization meets the criteria, European strategies and policies.

✓ **Stress during the training of students of the "Midwife" and "Nurse" specialties.** Contributions to medical-pedagogical theory and practice stand out in publications [5, 6, 7, 8]. The causes, manifestations and techniques for overcoming stress in first-year students have been identified. Variable levels of stress were found across semesters and majors, from "anxiety and worry all the time" to "severe anxiety"; the leading causes of stress related to upcoming exams and the learning process; the predominant manifestations of stress – emotional and physiological. The techniques used to overcome stress have been studied. Exam preparation strategies at established levels of stress among students were investigated. The need to develop an "Adaptation Program" in order to support the assimilation of permanent knowledge, create habits of independent work, proper time planning and create sustainable interest in the chosen profession has been proven. The dependence of the achieved results on the stress resistance of the studied students was studied. An indirect dependence was established, which is explained by internal factors (type of higher nervous activity, temperament, experience, value orientation, motivation) and external factors (environment, learning environment), some of which can be successfully influenced through successful adaptation, training, mental regulation and self-regulation.

✓ **Healthy nutrition during pregnancy and lactation**

Special attention in the scientific research of the candidate in the competition is devoted to healthy nutrition during pregnancy and lactation [D9.; 15.; 16.]. The main nutrients are presented in detail - proteins, fats, carbohydrates, as well as biologically active substances necessary during pregnancy and for the growing fetus. The energy needs during each trimester of pregnancy are indicated. The need for higher amounts of certain vitamins and micronutrients during pregnancy has been substantiated; the need for adequate energy intake, necessary for lactogenesis and to meet the energy needs of the newborn through mother's breast milk. Advice is given on healthy eating and lifestyle during pregnancy. Publications in this area have informative and practical contributions.

✓ **Health care for the elderly**

Particularly significant are the scientific contributions from the conducted analyzes reflected in works concerning health care problems for the elderly [D8.4.; 9]. Serious health problems and significantly reduced independence have been found in elderly people over 80 years old. The need for daily specialized medical assistance at home has been proven. Scientific-applied and practical-applied contributions are made by the



results obtained from own studies, regarding the needs of medical and social services for elderly people in home conditions among the most vulnerable groups - elderly people living alone, the elderly and the disabled. An assessment of the most necessary needs was made by differentiating the needs and taking into account the complex nature of the needs arising from the age and individual characteristics of the individual.

#### √ **Varia**

Contributory results in this direction are of a theoretical, scientific-applied and practical-applied nature. Developments related to various medical problems are included here, in the author groups of which Zhana Pavlovska took an active part.

The influence of the health and sexual culture on the reproductive intentions of students, as well as the influence of the sexual debut on the subsequent intimate experiences of the individual, has been studied [D8.5.; 10.].

The main directions are defined and the charitable activity of the women's societies that arose in the middle of the 19th century is presented. The candidate in the contest examines the problems related to supporting girls' education, raising the educational level of Bulgarian women, the refugee issue, the creation and maintenance of the first kind of maternity home - "The House of the Lihus" [11.].

Documentary historical sources have been studied, providing information on the origin and development of the pharmacy business in Tarnovo, proving that the first pharmacies in Bulgaria were established there [12.].

Literary and documentary historical sources providing information on the emergence of the concept of "mental injury" have been studied. A historical overview of the origin, formation and development of the doctrine of the problem during the various stages was made [4.].

The candidate in the competition has a profile created in "Google Scholar", ResearchGate and ORCID, where there is international visibility for her works in Bulgarian and international journals, an indicator of her publication image and the relevance of the issues she works on.

#### ● **Scientific activity**

Ch. Assistant Professor Zhana Pavlovska, PhD has 35 participations in scientific forums, of which 20 - in national forums, 7 - in international forums and 8 in national forums with international participation, which guarantees popularization of its scientific production.

#### ● **Participation in project implementation and management**

The candidate in the competition participates in 4 national projects, two of which are financed by the Operational Program "Human Resources Development":

1. Project BG05M90P001-2.012 "Continued support for deinstitutionalization for children and youth" under the operational program "Development of human resources" 2014 - 2020.



2. 2. BG05M2OP001-2.013-0001 "Student practices - phase 2" under the Operational Program "Science and Education for Intelligent Growth" in the 2020-2021 and 2021-2022 academic year.
3. "Social inclusion" for those working in maternity wards and working directly with babies and young children with disabilities, Ministry of Health, 2014.
4. Mentor and trainer of newly admitted midwives and nurses under the project "Closer to work" under the operational program "Development of human resources" 2013-2014.

The projects in which ch. assistant professor Zhana Pavlovska, are in the field of medical and social problems when working with children with disabilities; support for children and young people; midwife training and student placements.

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

The total number of noticed citations in Bulgarian and foreign scientific sources is 9, distributed in the following categories:

- Citations in monographs and collective volumes with scientific review - 3
- Citations in non-refereed journals with scientific review - 6.

Citations in Bulgarian and foreign authoritative publications confirm the quality of the realized scientific production of the participant in the competition.

The candidate in the competition has attached a correct list of citations.

#### **IV. Assessment of teaching and learning activities**

Ch. Assistant Professor Zhana Pavlovska teaches students of the "Midwifery" specialty at the Veliko Tarnovo Branch. In accordance with the competences she has, she conducts lecture courses and practical exercises on the academic disciplines - "Philosophy and introduction to nursing and midwifery care. Theoretical foundations' I and II part; Special care for women giving birth with normal and pathological birth; Special care for women with normal and pathological puerperium; SG in pregnant and parturient women in anesthesiology and intensive care; Special care for children in neonatology and pediatrics; Special care for pregnant women, women in labor and gynecological patients with infectious and venereal diseases; Special care for pregnant women and mothers with surgical diseases; Special care for pregnant women, women in labor and gynecological patients with somatic diseases; Obstetric and nursing care for women with cancer and Special care for gynecological diseases.

Participates in the development and updating of the curricula for the "Midwife" specialty of the Bachelor's College of Medical Sciences, as well as in the conduct of semester and state exams.

The presented official reference points to a high academic load per year (715 hours on average, for the last 5 years), including lectures, exercises, pre-diploma internship and clinical practice, and covers the set norm of 360 academic hours. hours per academic



year for ch. assistant. This proves that the competition is provided with the necessary study load. It is clear from the provided documentation that Ch. Assistant Professor Zhana Pavlovska, PhD actively participates in the preparation for program accreditation of the "Midwife" specialty.

## V. Personal impressions

I do not know the candidate in the competition personally, but from the documentation I have, I am left with the impression that she is a thorough researcher and a competent teacher, dedicated to her profession. She has invested a lot of energy and strength in her professional development and has achieved significant results. Her academic career to date is a natural result of her overall scientific and teaching activities.

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

## VI. Compliance with the minimum requirements for the scientific and teaching activity of the candidates for the academic position "" by professional direction 7.4. Public Health

With regard to compliance with the minimum national requirements and the requirements of the Regulations on the terms and conditions for acquiring scientific degrees and holding academic positions at the Medical University "Prof. Dr. Paraskev Stoyanov" - city of Varna / for occupying the academic position of "associate professor" in the field of higher education 7. "Health care and sports, by professional direction 7.4. Public health, in the scientific specialty "Management of health care"/ from my presented list and evidentiary material with scientific works, and the citations, it is clear that ch. Associate Professor Zhana Pavlovska meets the requirements and not only meets the standards in the individual groups of indicators, but in some indicators even exceeds the requirements.

**Table 1 Minimum required points by groups of indicators for academic position "Assoc. Professor"**

A group of indicators	Content	National minimum requirements for the academic position "Associate Professor"	Candidate Points
A	Indicator 1	50 т.	50
B	Indicator 2	-----	---
V	Indicator 3 or 4	100 т. (Includes Habilitation thesis - monograph)	100
G	Sum of indicators 5 to 9	200 т.	522,5
D	Sum of indicators 10 to 12	50 т.	70



## VII. Conclusion

Ch. Associate Professor Zhana Pavlovska is an erudite teacher, scientist and expert in the field of health care management, with significant scientific contributions and output. Professional development and authority, scientometric indicators for research activity and teaching work prove that Ch. Assistant Professor Zh. Pavlovska fully complies with the requirements of the ZRASRB, the Regulations for its application and the Regulations for the development of the academic staff for the occupation of the academic position "Associate Professor" at the Medical University "Prof. Dr. Paraskev Stoyanov" - city of Varna.

The overall assessment of the professional development, teaching and learning activity and scientific contributions is a reason to give a positive vote and to confidently suggest to the respected members of the Scientific Jury to vote positively ch. assistant professor Zhana Georgieva Pavlovska, PhD to occupy the academic position "Associate Professor" in the scientific specialty "Health Care Management", professional direction 7.4. Public health, field of higher education 7. Health care and sports.

05. 06. 2024  
city of Plovdiv

Prepared the review:

/prof. Dr. Biyanka Tornyova/

Заличено на основание чл. 5,  
§1, б. „В“ от Регламент (ЕС)  
2016/679