

Резюме на научните трудове на английски език

Г7. Publications and reports published in scientific journals, referenced and indexed in internationally renowned databases with scientific information

Г7-1. V. Madzhova, S. Hristova, A. Zabunov, P. Mancheva- Health promotion activities of the general practitioner in type 2 diabetics with overweight, General Medicine Journal, year IX, issue 1, pp.29-33; MU - Sofia, Central Medical Library - Sofia, ISSN: 1311-1817. 2007

Abstract: The high prevalence of type 2 diabetes among the Bulgarian population makes encounters with diabetic patients by general practitioners a daily routine. Personal doctors are faced with the challenge of educating their patients on changing their lifestyle. This would lead to a reduction in behavioral risk factors and a decrease in the number of diabetes complications. Normalizing body weight will provide better blood sugar control and reduce early complications. Often, this recommendation is neglected or underestimated in the health promotion activities of general practitioners. The authors of this review systematize advice for weight reduction in type 2 diabetics and lifestyle changes in two groups: directed directly to general practitioners, and recommendations to patients. These pieces of advice are the basis of health promotion carried out by family doctors and should remain leading in their daily work with type 2 diabetic patients. The goal is to improve nutrition, achieve optimal body weight, and motivate diabetics to adopt a healthy lifestyle.

Г7-2. P. Mancheva, V. Madzhova, A. Zabunov, S. Hristova, St. Tomcheva - Assessment of motivation for learning among medical students during health reform in Bulgaria, General Medicine Journal, year IX, issue , pp.3-6; MU - Sofia, Central Medical Library - Sofia, ISSN: 1311 -1817, 2007

Abstract: A study was conducted over a period of 10 months among students and medical interns at the Medical University - Varna, regarding their motivation for learning following healthcare reform in our country. Through an individual anonymous survey, their academic motivation was assessed using A. Velev's questionnaire, which contained eleven statements: 7 for high academic motivation and 4 for low. According to the results obtained, students' academic motivation is divided into 3 degrees - weak, moderate, and strong. Differences in motivation were also noted among students in different courses and medical interns. Half of the surveyed students (49.3%) have "strong academic motivation," which is indicative of the quality of medical education at MU - Varna, but it is also a predictive factor for their academic success. First and second-year students are well motivated to study medicine. There is a slight decrease in motivation among third-year students and an increase among fourth-year students up to 87.5% and among medical interns - 86.6%. Our students emphasize that they seek real and lasting knowledge in the disciplines taught, especially those with a practical focus, rather than just increasing their theoretical knowledge.

Г7-3. I. Momcheva, I. Kazmin, S. Hristova, V. Madzhova - Osteoarthritis and immunity, Rheumatology Journal, issue 1/2021, p.44

Abstract: Low-grade inflammation is part of the pathogenesis of osteoarthritis (OA) from its earliest stages and contributes to accelerating the degenerative process. The innate immunity plays a leading role in it. Activation of the innate immune response starts with stimulation of cell membrane receptors for the detection of pathogen-secreted molecules - PAMPs (Pathogen-Associated Molecular Patterns). However, PAMPs can also be activated through endogenous damage-associated molecular patterns (DAMPs). Toll-like receptors (TLRs) are among the DAMPs group. Disruption of matrix homeostasis during OA is an example of the activation of these receptors in chronic damage. The complement system is a key element of innate immune defense. It is one of the serum enzymatic systems, whose function is antigen opsonization. Complement receptors on cell membranes adhere to objects targeted for phagocytosis. C3R activates both the complement cascade itself and the cell's oxygen metabolism, which is essential for phagocytosis. Cartilage damage products released during joint degeneration are a separate class of potent complement modulators. Complement fractions bind to complement receptors on the cell membranes of chondrocytes and synoviocytes through TLR. The complement system is involved in multiple processes during osteoarthritic disease: chondrocyte degeneration, ECM degradation, low-grade inflammation in the arthritic joint, cell lysis, imbalanced bone remodeling, osteophyte formation, and reparative processes like neoangiogenesis. Studies will show whether maintaining balanced complement activation can be a future therapeutic strategy for treating OA and preventing its progression

Г7-4 M. Ivanova, S. Dimitrov, S. Hristova, Al. Dimitrov, Vl. Kadinov, R. Stoilov- Comparative characteristics of patients with non-radiographic axial spondyloarthritis and ankylosing spondylitis. Rheumatology, 2018, issue 3

Abstract: We studied the comparative health status of patients with non-radiographic axial spondyloarthritis (nr-axSpA) and ankylosing spondylitis (AS), as different stages of the same disease, using standardized tools for clinical assessment and inflammatory biomarkers. We also evaluated gender differences in clinical parameters in the two subgroups of axSpA and compared them according to the level of disease activity. Our results reflect a high degree of similarity in clinical manifestations, inflammatory biomarkers, comparable impairments in physical function, but more severely impaired spinal mobility and worsened quality of life in the more advanced stages of the disease and especially in the presence of activity.

Г7-5 V. Dokov, S. Hristova, V. Madzhova-"Clinico-morphological characteristics of male breast diseases and possibilities for screening". General Medicine, 2006, Volume VII, issue 4, p. 31-34; MU - Sofia, Central Medical Library - Sofia, ISSN: 1311-1817

Abstract: According to statistical data, the number of patients with malignant diseases is constantly increasing. Neoplasms are the second leading cause of death after cardiovascular diseases, and breast carcinoma is the most common malignant tumor in women and the second most common among all oncological diseases. Although less common (1% of all breast carcinomas), the disease is also diagnosed in men, with age over 50 being a risk factor. In this review, the authors focus on the existing pathology of the breast, and specifically on breast carcinoma in men, using literature data and their own study of biopsy material. The most common pathological process in biopsy material in patients with complaints is gynecomastia, followed by infiltrating ductal carcinoma, with the process often being unilateral. Detecting neoplasms at an early stage, when treatment is more successful, is a major diagnostic challenge. The study shows that the period from symptom onset to seeking medical help is about 1 year. Although breast pathology is rarer in men, screening is necessary for them too, especially since the male breast is accessible for inspection and palpation during routine examination.

Г7-6 P. Mancheva, V. Madzhova, A. Zabunov, S. Hristova-"Significance of the problem of increased alcohol consumption for general medical practice and the need for early diagnosis". General Medicine, 2006, Volume VIII, issue 3, p. 44-47; MU - Sofia, Central Medical Library - Sofia, ISSN: 1311-1817

Abstract: Alcoholism is a significant problem in general practice, as it is one of the most common causes of early death in the age group 25-45, and Bulgaria ranks 7th in the world in alcohol consumption. The general practitioner plays a key role in the early diagnosis of alcoholism. Often, clinical examination is the only method used, although every systematically taken history should include a screening test for alcoholism.

Г8. Publications and reports published in non-refereed journals with scientific review or published in edited collective volumes.

Г8-1 S. Hristova, V. Madzhova, A. Zabunov, P. Mancheva, St. Tomcheva, S. Galcheva, V. Yotova, "Is obesity a problem in childhood for general medical practice", Medinfo, 2008, Issue 1, Year III, p. 46-48:

Abstract: Obesity is a multifactorial disease characterized by excess fat tissue and represents a serious health and social problem, especially among children. In Bulgaria, between 17-25% of children and adolescents are overweight, and 2-10% are obese. The high percentage of obese children leads to an increased risk of chronic diseases such as diabetes and hypertension in later life. Studies show a tendency for a decrease in overweight among girls, but the number of boys with obesity remains high. Although the body mass index (BMI) is a widely accepted method for assessing obesity in adults, in children it should be recalculated according to age. Prevention and treatment of childhood obesity require a change in the dietary habits of the whole family and increased physical activity. General practitioners play a key role in the early detection and prevention of childhood obesity, but current efforts in Bulgaria are insufficient.

Г8-2 A. Zabunov, V. Madzhova, P. Mancheva, S. Hristova. "Delivering bad news through the eyes of the doctor", Health Management Magazine, Issue 2, 2008, p. 26-29;

Abstract: Bad news (BN) is any disappointing and unexpected information that negatively changes a patient's outlook on the future. It is most commonly associated with terminal illnesses, such as tumors or chronic diseases, disability or a burdensome, painful, or expensive treatment plan. In "Decorum," Hippocrates advises doctors to "play the devil" when delivering BN to prevent worsening the patient's health. This practice continues to be accepted as a rule by the majority of modern medical specialists. The way BN is communicated to the patient can significantly change emotions, beliefs, and attitudes towards family, medical personnel and society. The modern approach to patient autonomy places a new emphasis on honest disclosure and discussion of the diagnosis, prognosis, and treatment options to make informed health decisions in line with the individual's value system. The aim of the study was self-assessment of 178 physicians regarding their competence in delivering

BN and the need for further training. In the study group, 76 were general practitioners (GPs), 47 were physicians from other specialties working in outpatient and hospital medical care, and 55 were resident physicians. The data show that optimization of training for all categories of physicians is needed to improve their communication skills, as 38% of surveyed GPs, 60% of other specialists, and only 13% of resident physicians feel confident in delivering "bad news" to patients.

Г8-3. V. Madzhova, S. Hristova, A. Zabunov, P. Mancheva, St. Tomcheva Patient management of obesity - where do we most often go wrong in our approach to them, Medinfo magazine, 2008, pp.4, pp. 8-10;

Summary: Obesity is a serious problem in modern lifestyle, reaching epidemic proportions. According to WHO, around 1 billion people worldwide are overweight, with 300 million suffering from obesity. The trend of increasing numbers of children and young people with this issue is alarming. In Bulgaria, 49% of the population is overweight or obese, with 10-12% of children aged 14-18 affected. Obesity leads to serious health problems such as diabetes, heart diseases, hypertension, and cancer, causing psycho-social discomfort. Genetic predisposition explains 60% of obesity, but interaction with environmental factors is key. The main factors include improper diet, unhealthy eating patterns, and low physical activity. Addressing the issue requires lifestyle and diet changes, reducing calorie intake, and increasing physical activity. Doctors should provide personalized advice and support to patients to achieve and maintain a healthy weight.

Г8-4. V. Madzhova, S. Hristova, A. Zabunov, P. Mancheva, St. Tomcheva Behavioral change in lifestyle - a patient-oriented approach in overweight patients in general medical practice, Health Economics and Management magazine, 2008, pp.4, pp. 3-6;

Summary: Today, around 1 billion people worldwide are overweight, with around 300 million suffering from obesity due to unhealthy lifestyles, increased intake of high-calorie foods, and decreased physical activity. More and more adolescents and active adults are affected by this issue. Building quality health services focused on overweight and obese patients requires a new health-promoting approach in medical practice. This approach places the patient at the center of care and makes them an active participant in the team of

specialists. Effective communication between doctor and patient, adequate preparation of the doctor, and appropriate information for the patient are necessary for its implementation. The new approach in overweight patients involves developing an individual model for behavioral change in lifestyle based on the patient's desires and criteria for their ideal weight. The importance of health and overweight in their value system is crucial in this patient-centered approach, focusing on individuality rather than traditional diets. The developed program is tailored to the patient's time constraints, taste preferences, affordability, and other characteristics of their lifestyle and habits.

Г8-5. P. Mancheva, V. Madzhova, A. Zabunov, S. Hristova, "Assessment of antimicrobial agents in general medical practice", Medinfo Magazine, 2008, pp.10, pp. 40-44;

Summary: Antimicrobial agents have revolutionized medicine as they have enabled the adequate treatment of many diseases that were previously difficult and even lethal to treat. These drugs can sometimes cause various adverse reactions, hence basic clinical principles must be followed when using them. Aligning antimicrobial therapy with the needs of general medical practice requires continuous updating of the knowledge of General Practitioners. There are numerous factors complicating the correct selection of antimicrobial agents.

Г8-6. P. Mancheva, V. Madzhova, A. Zabunov, J. Ruseva, S. Hristova: The social phenomenon of "euthanasia" - a pioneering change in understanding the mission of medicine; Scripta Scientifika Medica, 2011; vol. 43(4), 349-352: Medical University - Varna

Summary: Medical control of dying and death is one of the most discussed topics in moral, deontological, and legal aspects, both in medical circles and in the public space. Changes in the healthcare system and general medical practice over the past decade, along with the widespread popularization of the European Charter of Human Rights, necessitate a reevaluation of the legal consciousness of Bulgarian doctors. Discussions on euthanasia are part of the broader theme of the patient's right to a dignified death, enshrined in the European Charter of Human Rights. The legal consciousness of doctors is essential in realizing patient rights and translating legal provisions into concrete behavior. The value-normative

orientations and attitudes of doctors, the social group, and the society are crucial as structural elements of the psychological component of legal consciousness. The European and global practice and the development of social relations in our country create a social need for the legal regulation of the phenomenon of euthanasia.

Г8-7. A. Zabunov, V. Madzhova, P. Mancheva, S. Hristova, J. Ruseva, G. Gerova, J. Petrova- Nutritional status, habits, and behavior of adolescents (10-14 years old) in an individual practice for General Medical Practice and the role of General Practitioners in preventing overweight and obesity; Scripta Scientifika Medica, 2011; vol. 43(4), 101-104; Medical University - Varna

Summary: Obesity is the most common metabolic disorder among adolescents with serious socio-medical effects in their future lives, such as an increased risk of chronic degenerative and socially significant diseases like diabetes in 25%, hypertension, gout, metabolic syndrome, etc. In about 80% of cases, obesity occurs between the ages of 7-8 and usually has a complex etiology - genetic predisposition, nutrition, lack of physical activity, endocrine disorders, psycho-emotional factors including chronic distress, etc. Obesity is a global trend with serious social dimensions related to the difficult treatment and the need to involve the family along with a wide interdisciplinary team of specialists. Prevention appears to be the most appropriate approach, involving early screening, educational programs for children and their parents to prevent overweight and obesity, as well as inclusion in individual programs for effective treatment of those already obese. The goal of the study is to investigate the nutritional status, habits, behavior, and knowledge of students aged 10-14 in an individual General Medical Practice in Varna, with a view to developing a future interventional health-promoting program, as well as the place and role of General Practitioners in its implementation.

Г8-8. J. Ruseva, V. Madzhova, P. Mancheva, S. Hristova, A. Zabunov - Back pain in children and adolescents - diagnostic problems, treatment, and prevention in general medical practice. Scripta Scientifika Medica, 2011; vol. 43(4), 21-23; Medical University - Varna

Summary: Data on child healthcare in recent years show a high prevalence of spinal deformities in childhood and adolescence. Addressing these health-promoting problems in general medical practice and making them a priority in public healthcare requires the formation of broad and dynamic teams of physiotherapists, orthopedic specialists, kinesiotherapists, and general practitioners. The issue of back pain in school-age children requires flexible management and an appropriate preventive and therapeutic approach, which is determined by the risk factors in the daily activities at home and in the students' social environment. The primary role in the health-promoting education of the patient and the development of motor habits lies with the General Practitioner as the leader of the team, given their close contact with students and their families. The goal of the review is to draw the attention of family doctors to early diagnosis, prevention, and treatment of the "back pain" problem in children and adolescents. Adequate measures need to be taken for the prevention and treatment of the more common and neglected back pain in children and adolescents.

Г8-9. J. Ruseva, S. Furtunov, M. Mihaylova, V. Madzhova, S. Hristova - "Modern diagnostic and therapeutic methods in adenotonsillar hypertrophy in children", Journal "Pediatric and Infectious Diseases", 2018, Vol. X, issue 2, pp. 9-12

Summary: The interest of the medical scientific community in the diverse medicosocial characteristics of adenotonsillar pathology among children in recent decades is fueled by its increasing frequency on a global scale. Timely diagnosis and the correct therapeutic approach by general practitioners and pediatricians are crucial for preventing complications from adenotonsillar hypertrophy. The aim of this review is to present the modern diagnostic and therapeutic possibilities for adenotonsillar hypertrophy in childhood. Literature sources on the topic published in the last 10 years were analyzed. Adenotonsillar hypertrophy is a common pathology in childhood, especially in children aged 3 to 6 years, often associated with frequent acute tonsillitis. Acute tonsillitis in children often recurs and leads to hypertrophy of the palatine tonsils. Tonsillar hypertrophy and adenoid vegetation, in turn, contribute to the chronicity of the condition and lead to various complications: recurring serous otitis, recurring

acute otitis media, and chronic sinusitis. The role of tonsillar hypertrophy in the development of different sleep-disordered breathing conditions is undeniable. Tonsillar hypertrophy is associated with the syndrome of sleep-disordered breathing and its most severe manifestation - obstructive sleep apnea. These conditions are an extremely serious problem both in children and adults. Early diagnosis and correct therapeutic management in children with adenotonsillar hypertrophy prevent the development of complications related to chronic inflammation and sleep-disordered breathing. Addressing the diagnostic and therapeutic challenges in this pathology requires an individualized approach to each child.

Г8-10. S. Hristova, V. Madzhova, A. Zabunov, P. Mancheva - "Specificities of ethnic groups in Bulgaria affecting the communicative approach of general practitioners", Journal "Health Economics and Management", 2006, Vol. VI, issue 3 (21), pp. 32-38

Summary: The health reform in Bulgaria led to radical changes in the relationship between general practitioners (GPs) and their patients. In Bulgaria, there are over 30 ethnic communities, with the largest being Bulgarians, Turks, and Roma. For a good communicative approach by the doctor, it is necessary to understand the ethnic differences in our population. The aim of the study is to analyze the opinions of GPs regarding their behavior towards patients from different ethnic groups to reveal the characteristics in the communicative approach to them. The analysis of the data showed that the existing differences in ethnic groups in our country are due to low levels of education, low general and health culture, language barriers, ethnic prejudices, and lack of responsibility and feedback from the doctor. The characteristics of ethnic groups require additional training for medical students and GPs in communicative skills as a prerequisite for adequate health-promoting activities. Efforts are needed from GPs, the entire medical community, the media, various health and non-governmental organizations in our country to improve the reproductive health of the Roma ethnicity and promote health among them.

Г8-11. P. Mancheva, V. Madzhova, A. Zabunov, S. Hristova - "The essence and significance of disability in the context of general medical practice", Journal "Health Policy and Management", 2009, issue 4, pp. 38-42

Summary: Disability is a serious problem in Bulgaria that affects general medical practice, as the mandatory legal process for presenting and preparing patients for expert medical assessment is carried out by general practitioners (GPs), significantly exhausting their resources from directions provided by the NHIF. In recent years, the number of disabled people in Bulgaria has been alarmingly increasing, with their privileged status directly corresponding to the gradual "ideologization of disability" and "positive discrimination". The status of "disabled" should be awarded based on a complex, biopsychosocial approach, as disability assessment and/or impairments and their results generate serious personal-psychological, socio-economic, and socio-political consequences. The aim of this review is to update knowledge and adequacy of GP actions in assessing the health and mental condition of their patients who wish to be certified or re-certified as disabled in front of the NHIF.

Г8-12. P. Mancheva, V. Madzhova, A. Zabunov, S. Hristova - "The necessity of counseling patients with chronic mental illness in general practice", Journal "Health Policy and Management", 2009, issue 5, pp. 37-39

Summary: Chronic mental illness (CMI) and psycho-social rehabilitation of resulting disability pose a significant problem for general practice in Bulgaria, as it is a tough trial for the patient, their family, and society. Health reform still does not offer enough out-of-hospital care institutions, rehabilitation, and social integration for chronically mentally ill individuals, due to the lack of developed programs for providing psychological, emotional, financial, and informational support. This makes patients long-term dependent on various health and social services, often burdening their families and, in particular, their general practitioners (GPs). Psychological counseling as a form of short-term psychotherapy enables family doctors in a team with psychiatrists to help address these problems.

Г8-13. P. Mancheva, V. Madzhova, A. Zabunov, S. Hristova - "Analysis of the euthanasia issue and palliative care in general medical practice in different European countries", Journal "Health Policy and Management", 2010, Vol. 10, issue 3, pp. 85-90

Summary: Palliative medicine is a specialized medical activity aimed at prolonging and improving the quality of life of patients by removing or influencing the distressing symptoms caused by the disease or specific treatment. Achieving this in general practice requires a broad team, including general practitioners alongside a large number of different medical and non-medical specialists. The team-based work of GPs in our country often involves the question of "for" or "against" euthanasia, given the individual's right to a free choice. This dilemma has been of increasing global concern in the last 30 years, with the main problems in its legal regulation revolving around the legalization and specific forms of legitimizing procedures guaranteeing human rights. Legal analysis of the phenomenon reveals arguments "for" and "against" euthanasia that have arisen during ethical, religious, and political discussions. The theoretical and legislative normative thought in our country is placed in a classical framework of the past century, but the evolution of our society towards a liberal model raises complex ethical issues like euthanasia. The pressing need to address the issue represents an epoch-turning shift in perspective and change in the way we understand the mission of medicine, treatment, and attitudes towards the patient and the disease.

Г8-14. V. Madzhova, S. Hristova, A. Zabunov, P. Mancheva - "The role of general practitioners in preserving and improving the health of the elderly population", Compilation "Aging and Health", Publication of the Population Study Center, Sofia, pp. 272-281

Summary: Demographic data for Bulgaria show that 22.3% of the population is above working age, and people over 65 years old comprise about 17%. This trend is observed in other European countries, with around 37% of Europe's population expected to be over 60 years old by 2050. The elderly population is heterogeneous in terms of age and health status, ranging from relatively healthy to very sick individuals. The growing number of elderly people and their specific health problems require special attention from general practitioners (GPs). These patients have unique needs related to physical, mental, and social changes that come with age. Proper nutrition plays a key role in improving the health of the elderly. Imbalanced and insufficient nutrition can lead to nutritional deficits that complicate

accompanying diseases. Necessary guidelines can be provided by GPs to improve the quality of life of the elderly and reduce the risk of diseases.

Г8-15. S. Hristova, V. Madzhova, A. Zabunov, P. Mancheva - "Health problems and behavior in patients of different ethnic backgrounds in Bulgaria", Journal "Medical Magazine", 2006, Vol. XV, issue 11-12, pp. 14-15

Summary: The health status of the population in Bulgaria is strongly influenced by demographic and socio-economic factors, with differences in ethnic belonging playing an important role. Reforms in the healthcare system have radically changed access to medical care and the relationships between general practitioners (GPs) and their patients. Roma and Turks often suffer from respiratory diseases, viral hepatitis, gastrointestinal diseases, and parasitic infections. Roma are more affected by chronic diseases and disabilities compared to Bulgarians. Low levels of education and language barriers hinder communication with medical staff. A leading cause of the low health status among Roma and Turks is poverty and the associated adverse living conditions. The health of ethnic groups in Bulgaria is significantly affected by socio-economic conditions, educational levels, and access to health services. General practitioners must be well informed and prepared to respond to the specific health needs of different ethnic groups to improve the overall health of the population.

Г8-16. V. Todorova, V. Madzhova, S. Hristova - Features and prevention of contrast-induced nephropathy in patients in general practice. Practical Medicine Journal, 2006, Volume XXXVII, Issue 2, pp. 15-23;

Abstract: Patients receiving radiographic contrast for diagnostic or intravenous procedures are at risk of developing contrast-induced nephropathy (CIN). It occurs in 2-10% of individuals exposed to intravenous radiographic contrast agents and leads to significant morbidity and mortality. Despite improvements in the chemical structure of contrast agents, they are the third leading cause of acute kidney injury. Clinically, CIN is most commonly defined as a sudden decrease in renal function following the administration of radiographic contrast, with an increase in creatinine of 25% or 44 $\mu\text{mol/L}$ within 48 hours after injection of contrast material. This review discusses the mechanisms involved in pathogenesis, clinical signs, frequency, and risk factors for CIN. High risk factors include pre-existing renal

insufficiency and diabetes mellitus. Congestive heart failure, dehydration, hypotension, contrast volume, ionic and high-osmolar contrast agents, repeated examinations at short intervals, abdominal imaging, age, smoking, hypercholesterolemia, and nonsteroidal anti-inflammatory drugs (NSAIDs) are associated with a lower risk. Low-osmolar contrast agents are less nephrotoxic than high-osmolar contrast agents and cause fewer osmotic side effects such as pain and warmth. Non-ionic dimeric contrast agents, which are iso-osmolar to plasma, have fewer hemodynamic side effects and lead to greater opacification of the urinary tract compared to low-osmolar contrast agents. The nephrotoxicity of iso-osmolar contrast agents is low. Although there is relatively much literature dedicated to CIN, questions regarding the clinical significance, risk with modern radiological techniques and contrast agents, optimal prophylactic regimens, and screening criteria prior to prescribing contrast imaging are still not clarified. The authors discuss the strategies that have been explored to prevent the development of renal dysfunction following the administration of contrast materials.

Г8-17. P. Mancheva, V. Madzhova, A. Zabunov, S. Hristova - "Disability and palliative care". Health Policy and Management Journal, 2010, Volume 10, Issue 5, pp. 46-48;

Abstract: Palliative medicine (PM) in Bulgaria is directly related to the care of patients with permanently reduced functionality. In recent years, the number of disabled individuals in our country has been increasing, which is directly related to polymorbidity in individuals over 65 years of age, demographic shifts, poverty, increasing unemployment, and problems in the healthcare system. The need for providing palliative care to them is a serious problem in Bulgaria, concerning the quality of services offered in the healthcare system, and general medical practice. In global medical practice, there is a possibility for palliative care (PC) to be provided by an organized network of healthcare facilities providing assistance to patients at the end of life.

Г8-18. P. Mancheva, A. Zabunov, V. Madzhova, S. Hristova - Algorithm for the behavior of the general practitioner in patients with back pain. Medinfo Journal, 2006, Issue 6, pp. 5-8;

Abstract: The problem of acute and chronic back pain is considered a significant health and economic factor that affects a large part of the population, especially in working age. The authors emphasize that the disease not only represents a common occurrence but is also characterized by a high percentage of economic losses caused by temporary disability and severe disability, as well as the consumption of significant healthcare resources for diagnosis and treatment. The importance of adapting the approach to the individual patient is highlighted, focusing on the importance of health-promoting education. This education plays a key role in preventing back pain by emphasizing proper care of the spine and its lumbar region. Statistical data from various countries illustrating the scale of the problem and its impact on society and the economy have been provided. Different terminologies and diagnostic aspects of back pain are also discussed, as well as different degrees of severity and symptoms according to different classification systems. Finally, a systemic approach is called for in the treatment and management of back pain, including coordinated action between different medical specialists to improve therapy outcomes and prevent chronic cases.