

REFERENCE

From Assoc.Prof. Silviya Ivanova Filkova, Ph.D

Member of the Scientific Jury according to the Order № P-109-51/15.02.2024 of the Rector of Medical University "Prof. Dr. Paraskev Stoyanov" – Varna

Subject: Ivelina Dragieva Dobрева from the specialty Medical Laboratory Technician at the Medical College of Trakia University Stara Zagora for the acquisition of the educational and scientific degree "Doctor" in the field of higher education 7. "Health and Sport", professional field 7.4 Public Health, in the scientific specialty "Health Care Management", about:

"Social-psychological and diagnostic approach of the medical laboratory technician as part of a multidisciplinary team for the treatment of patients with SARS-COV-2"

On the basis of Protocol No. 1/26.02.2024 from the first meeting of the Scientific Jury I am appointed to prepare a review.

In the enclosed by the senior prep. Ivelina Dobрева documents and materials in electronic and paper form have complied with the requirements of the Academic Staff Development Act of the Republic of Bulgaria, the Regulations for the Implementation of the Academic Staff Development Act in the Republic of Bulgaria and the Regulations for the Development of Academic Staff at the Medical University - Varna.

Brief biographical data

Ivelina Dobрева graduated in Medical Laboratory Technician at the IPHC, Sofia. She graduated from Medical Laboratory in Plovdiv in 1990. In 1995 she graduated with a semi-university degree in the same specialty at the Medical University of Plovdiv. In 2011 she obtained a Bachelor's degree in Health Care Management at the Medical Faculty of Thracian University - Plovdiv. She graduated from the University of Stara Zagora. In 2015 she obtained a Master's degree in Health Care Management at Medical University in Stara Zagora. Master's degree in Health Care Management.

Ivelina Dobрева's professional experience started in 1990 as a medical laboratory technician in the Clinical Laboratory at the URH Stara Zagora for six years. At the end of 1996 she started working at the Central Clinical Laboratory at the University Hospital "Prof. In 1996, she started working at the St. Stanislav Clinical Hospital in Sofia. Kirkovich" in Stara Zagora for a period of 10 years. In 2006 she was appointed to the position of Medical Laboratory Technician at the Clinical Laboratory of the Medical Center "Rhythm" in Stara Zagora. Medical Assistant. In 2012, until now, she has been working as a Medical Laboratory Technician at the Clinical Laboratory of MC-MK Beroe EOOD in Stara Zagora. She is also a medical doctor at the University of Stara Zagora.

The teaching career of the PhD student began in 2011 as a lecturer in the specialty of Medical Laboratory Technician at the Medical College of the Trakia University – Stara Zagora. In 2016 she received the scientific title of senior lecturer.

Clinical Laboratory and Clinical Practice.

She participated in the Erasmus programme in 2013 at the Medical College of the University of Latvia, in the Republic of Macedonia at the University of Shtip. In the Republic of Macedonia in 2018 at the University of St. Kliment Ohridski in Bitola and in the University of Gotse Delchev - Shtip in 2019.

He has over 30 publications and 14 project participations.

Relevance and importance of the topic

Following several Chinese outbreaks affecting vast regions in China, in which a state of emergency was declared due to new, unknown viruses, the spread of a new type of virus called COVID-19 (or in some cases Coronavirus) was announced in early 2020. According to the World Health Organization (WHO), the disease caused by the new corona virus, 2019-nCoV (SARS-CoV-2) is now officially called COVID-19. Due to the possibility of the virus spreading to countries with less developed healthcare, WHO has declared the COVID-19 outbreak a Public Health Emergency of International Concern (PHEIC). Neither vaccines nor specific treatments for this disease are available at this time. The Global Coronavirus Emergency continues until 05 May 2023. WHO officially ends the pandemic caused by COVID-19, which lasted officially 3 years and 2 months.

The prevalence of COVID-19 and the measures taken to contain it and to cope with the health and deepening economic crisis worldwide determine the enormous medical and social importance of the problem discussed in the dissertation of Prof. Prep. Ivelina Dobрева. As the PhD student shares, scientific studies have found that the COVID-19 pandemic is affecting the mental health of the population and health care professionals.

Research and analysis of this issue is key to providing optimal, effective and preventive interventions for those most at risk, which requires identifying needs and developing and offering new or additional health services. There is a need to apply a specific social-psychological and diagnostic approach to patients and medical laboratory technicians as part of the multidisciplinary team for the management of patients with SARS-COV-2. Additional training as well as the inclusion of a psychologist in multidisciplinary medical teams working in high-risk environments is appropriate.

Structure and content of the dissertation

The scientific thesis submitted for review is structured according to the modern standards adopted in our country and the requirements of the Medical University Prof. Dr. "Paraskev Stoyanov" - Varna regarding the dissertation for the award of the degree "Doctor". The dissertation is written in 159 pages. It includes literature review (51 pages), aim, objectives, methods, materials, organization of the study (8 pages), results and analysis (64 pages), Approaches to improve and maintain mental health of medical laboratory assistants (11 pages), conclusion, conclusions, recommendations and contributions. The work is illustrated using 16 tables, 52 figures and 3 appendices. 152 references are cited, of which 66 in Cyrillic and 86 in Latin.

Aim, objectives, hypotheses.

The aim of the dissertation is precise and clearly formulated: to investigate the need for a social-psychological and diagnostic approach of the medical laboratory technician as part of a multidisciplinary team for the diagnosis and treatment of patients with Sars-Cov-2.

To achieve it, five specific and realistic tasks are set, which are based on three hypotheses about the presence of tension and anxiety on the part of patients and medical laboratory technicians.

Material, Methods, Instrumentation.

The subjects of the study were the mental health of patients and medical staff, and the need for a specific approach by the medical laboratory technician as part of a multidisciplinary team.

The subjects were 200 study participants divided into three groups:

- First group - physicians and nurses - working with inpatients and outpatients with Sars-Cov-2 (n=50) from the city. S-Sov-Sov;
- Second group - medical laboratory technicians performing laboratory tests on patients with Sars-Cov-2 in Stara Zagora (n=50). Stara Zagora (n=50);
- Third group - patients undergoing Sars-Cov-2 treatment in outpatient or inpatient settings in Stara Zagora (N=50). Stara Zagora (n=100).

Self-developed questionnaires for each of the surveyed groups are attached, which include open and closed questions.

Results and discussion

The results of the dissertation are presented in accordance with the objectives.

From the analysis of the results obtained, it is clear that during the pandemic, working in a risky environment, health workers undertook their daily duties relatively calmly and responsibly. However, nearly half of the health professionals surveyed felt that additional training was needed for an appropriate behavioural approach by health professionals towards COVID-19 patients.

The survey results show that the majority of the multidisciplinary team members believe that the medical laboratory technician has a logistical and organizational role for the diagnosis that contributes to a faster identification of the patient's condition. All the professionals interviewed shared a sense of respect for the work of the medical laboratory technician and expressed their appreciation for the effective collaboration between members of the multidisciplinary team, viewing their job duties as an opportunity to achieve higher therapeutic outcomes for patients.

All interviewees have had to give COVID-19 test results to patients and have witnessed anxious reactions from them, expecting compassion and advice.

The survey found that just over two-thirds of medical laboratory technicians were worried about their frontline jobs during the COVID-19 pandemic. Almost all had experienced stress to varying degrees. Increased workload was reported for all medical laboratory technicians

surveyed. Feeling of nervousness as a result of negative experiences during the pandemic was found in 82.00% of the surveyed laboratory technicians.

These results suggest the need to implement approaches that would contribute to reducing the level of stress and anxiety of medical laboratory technicians not only in the context of a health crisis (such as the COVID-19 pandemic), but also in their daily work.

An original contribution of the PhD student is not only the definition of a problem, but to overcome it she proposes approaches to improve and maintain the mental health of medical laboratory technicians. A significant part of the dissertation work of the senior precep. Ivelina Dobрева is the development and presentation of a Model for the Prevention of Mental Health of Medical Laboratory Technicians with the purpose of analyzing and assessing the mental health of medical laboratory technicians and implementing preventive measures to combat occupational stress.

On the basis of the studied literature, the results of his own research and his professional experience, S.L. Ivelina Dobрева synthesized recommendations and proposals arising from the results, directed to the Ministry of Health, to the BAHP and the Medical Universities and to the management of the specialty "Medical Laboratory Technician" in the Medical Colleges.

I accept the contributions of a theoretical-cognitive and practical-applied nature, which are eight in total. In my opinion, the main merits of the dissertation are the developed model of prevention of mental health of medical laboratory technicians and an algorithm for its implementation and the proposed thematic units for the PGS of medical laboratory technicians to build a specific social-psychological approach to patients during laboratory control.

The dissertation is written in good language, precise in terms of terminology. Technically, the dissertation is formatted according to accepted requirements.

Publications on the dissertation topic

In connection with the dissertation, the PhD student presents two real publications that meet the criteria set out in the regulations for the development of the academic staff of Medical University Varna. They are published in the proceedings of scientific conferences, present the real achievements of the PhD student and contribute to the promotion of the results of the study among the scientific community.

Evaluation of the abstract

The abstract faithfully reproduces the thesis. It has been prepared in 68 standard pages and is composed of the required components accurately representing the structure and content, contributions and publications of the thesis.

Conclusion

The paper presented by S. L. Ivelina Dobрева scientific work is distinguished by its topicality and originality. It has a complex and original character. It is thorough and has potential for practical applicability. Through the peer-reviewed dissertation and the presented publications st. prep. Ivelina Dobрева demonstrates knowledge of the topic and skills of analysis of scientific theses and author's interpretation.

In conclusion, the dissertation meets the requirements of the Law for the Development of Academic Staff in the Republic of Bulgaria, the Regulations for the Implementation of the Law for the Development of Academic Staff in the Republic of Bulgaria and the Regulations for the Development of Academic Staff at the Medical University - Varna, therefore, I confidently give my positive assessment and propose to the distinguished members of the Scientific Jury to vote positively for the award of the Ph. Ivelina Dragieva Dobрева the degree of Doctor of Education and Science in the field of higher education "7. Health and Sport", professional field "7.4 Public Health", scientific specialty "Health Care Management".

10.04.2024г.

Member of the Scientific jury:

Assoc. Prof. Silviya Filkova, Ph.D

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