# STATEMENT

by

Assoc. Prof. Vlayko Emilov Vodenicharov, MD, PhD

Department of Epidemiology and Hygiene

Medical University - Sofia

member of the scientific jury, according to Order No. R-109-191/16.04.2025 of the Rector of MU – Varna "Prof. Dr. Paraskev Stoyanov", in view of report No. 102-852/28.03.2025 and the decision under Protocol No. 243/09.04.2025 of the Faculty Council of the Faculty of Public Health and report No. 104-604/10.04.2025 at MU – Varna

<u>Subject:</u> procedure for the defense of a dissertation by Dr. Zlatina Yordanova Pandelieva on the topic:

"Management of Health and Safety Working Conditions in the Specialized Hospital for Active Treatment in Obstetrics and Gynecology 'Prof. Dr. D. Stamatov' Varna"

> With scientific supervisors: Prof. Dr. Teodora Dimitrova, MD Prof. Dr. Tsanko Paunov, MD

Presented for public defense before a scientific jury for awarding the educational and scientific degree "Doctor" in the field of higher education "7. Healthcare and Sports", professional direction "7.1. Medicine", in the scientific specialty Hygiene (incl. occupational, communal, school, radiation, etc.).

## Brief biographical data:

Dr. Zlatina Pandelieva graduated in medicine from the Medical University – Varna in 2003. She holds two specialties – in pediatrics (in 2010) and in neonatology (in 2017). Dr. Pandelieva has been working in the neonatology department of MBAL "St. Anna – Varna" since 2010. In 2017, she began working in the neonatology department at SHOGAT "Prof. Dr. D. Stamatov" in Varna, of which she has been the head since 2023. In 2016, she successfully completed a master's degree in health management and social

medicine. Since 2025, she has been an assistant at the Department of Obstetrics and Gynecology at the Medical University – Varna "Prof. Dr. Paraskev Stoyanov".

### Relevance and significance of the topic:

The main topic of the dissertation is the provision of healthy and safe working conditions in the professional environment of a specialized obstetrics and gynecology hospital. Risk groups to which doctors and midwives are exposed – biological, ergonomic, organizational, psychosocial – are examined. The topic is particularly relevant in the context of the COVID-19 pandemic, which highlighted the need for sustainable measures to protect health workers under conditions of increased risk to their health and safety.

### Structure and content:

The dissertation consists of 151 pages, including 13 tables, 56 figures, and 3 appendices. The literature review covers 64 pages, objectives and tasks -1 page, materials and methods -2 pages, results -40 pages, discussion -8 pages, conclusions and contributions -5 pages. The bibliography is extensive and includes 207 sources.

The literature review offers a systematic and in-depth analysis of existing scientific research and established theoretical frameworks related to the provision of healthy and safe working conditions in a hospital environment. The main emphasis is placed on the identification of occupational risks faced by healthcare workers, as well as on the evaluation of the effectiveness of different systems for ensuring occupational health and safety.

The aim of the dissertation is clearly defined – to identify the main risks and opportunities for improving healthy and safe working conditions in the medical institution. The tasks set to achieve the goal are precisely formulated. The study includes doctors and midwives from a specialized obstetrics and gynecology hospital. Documentary, qualitative and quantitative sociological methods, indoor air quality measurements, and comprehensive statistical analysis were used.

The present study shows that despite the successful management of a number of occupational risks in the healthcare environment, certain threats, such as exposure to infectious agents and psychosocial stress, continue to dominate. Methodological analysis shows that subjective assessment of the work environment and psycho-emotional stress have a significant impact on work capacity and stress levels among medical professionals. Experience, organizational conditions, and awareness of responsibility toward patients contribute to differences in self-assessed stress.

The discussion emphasizes the need for regular risk assessments, effective communication, adequate training, and active participation of management and staff. The

conclusions logically follow from the analysis, and the recommendations emphasize the management of occupational risks.

The dissertation makes a significant contribution to the conduct of risk assessment in a hospital environment. Key achievements include the development of a methodology for mental health assessment, the introduction of air monitoring in operating rooms, the creation of a risk assessment questionnaire, and an integrated analysis of the work environment in obstetric-gynecological operating rooms.

The abstract consists of 67 pages and accurately presents the structure and content of the dissertation.

#### Conclusion:

The dissertation titled "Management of Health and Safety Working Conditions in the Specialized Hospital for Active Treatment in Obstetrics and Gynecology 'Prof. Dr. D. Stamatov' Varna" is a relevant and completed scientific product, which gives me grounds to give my positive evaluation for awarding Dr. Zlatina Pandelieva the educational and scientific degree "Doctor" in the scientific specialty "Hygiene (incl. occupational, communal, school, radiation, etc.)", at the Department of Hygiene and Epidemiology, Medical University – Varna "Prof. Dr. Paraskev Stoyanov".

Sofia

05.06.2025

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

Assoc. Prof. Vlayko Vodenicharov, MD, PhD