

Opinion

by Assoc. Prof. Daniela Ivanova Popova, PhD

Regarding: Dissertation for the award of the educational and scientific degree "Doctor"

Topic: "Management of Pain Syndrome in Gynecological Practice"

Submitted by: Zoya Kirilova Goranova

Doctoral program: Health Care Management, Professional Field 7.4 Public Health

Supervisors: Assoc. Prof. Valya Dimitrova, PhD; Prof. Paraskeva Mancheva, DSc

Pain syndrome in gynecological practice represents a serious medical and social problem that significantly affects the psycho-emotional state, daily motor activities, and overall quality of life of women. The causes and mechanisms underlying the onset and characteristics of pain are diverse, necessitating an interdisciplinary approach to its management. In this context, the present dissertation is of high scientific and practical importance, as the problem affects a large part of the patient population and h...

The dissertation presented by the doctoral candidate consists of 207 pages. It is correctly structured, in accordance with the requirements for such academic work. It includes 20 figures, 17 graphs, 46 tables, and 8 appendices. The bibliography comprises 236 references (19 in Cyrillic, the rest in Latin script).

The literature review is comprehensive and demonstrates that the doctoral candidate is well acquainted with the scientific literature, covering the essence, classification, theories of etiology, and clinical manifestations of dysmenorrhea. Pain and its mechanisms in dysmenorrhea are analyzed, along with conventional and unconventional methods of pain management, with a particular focus on acupuncture and moxibustion. Special emphasis is placed on pain according to Chinese medicine theory, mechanisms of a...

The aim of the study is correctly and precisely formulated.

The objectives, nine in total, are clearly defined. Two working hypotheses are presented.

A total of 44 patients with pain syndrome due to dysmenorrhea were studied, voluntarily selected and divided into two groups – experimental and control – according to the methods of the experimental design. The study was approved by the Ethics Committee of Scientific

Research (ECNR MU Varna) and conducted over a two-year period. Procedures were carried out in outpatient conditions at the "Ambulatory for Non-conventional Methods for Beneficial Impact on Individual Health" – Sofia (a health care facility f...

The dissertation provides a detailed analysis of the physiological features and pathology of the female organism during reproductive age, as well as an analysis of therapeutic principles in gynecology, particularly in relation to dysmenorrhea, from the perspective of Chinese medicine. It also describes therapeutic program options according to Chinese medicine, including acupuncture, moxibustion, auriculotherapy, as well as preventive measures. The methodology for composing therapeutic prescriptions and t...

The results and analyses are presented in detail. Appropriate statistical methods were applied. Data were processed using IBM SPSS Statistics 23.0 and MS Excel 2010. Discussion and analysis of results are thorough.

The study demonstrates that Chinese medicine methods for the management of dysmenorrhea are effective and require scientifically substantiated and broader application to address pain and discomfort in women with this problem.

The analysis confirms the undeniable therapeutic effect of acupuncture, moxibustion, and auriculotherapy. Initially, patients from the experimental group experienced significant pain and required analgesics. After the therapeutic program, they no longer experienced pain and did not require medication. The sequential elimination of pain (all participants pain-free) is remarkable and suggests that treatment was directed at the underlying causes of dysmenorrhea in these women, following individualized princ...

The dissertation concludes with five summaries that encapsulate the results of this in-depth study. Both research hypotheses are confirmed.

The most significant contributions of this doctoral dissertation, without diminishing the value of others, with theoretical-scientific and practical-applied significance, include:

- Defining the essential features and main characteristics of pain syndrome, specifically dysmenorrhea, based on an extensive review of specialized literature (about 95% Chinese and American sources).
- For the first time in Bulgarian research practice, an analysis of the physiological features and pathology of the female organism in reproductive age, and an analysis of therapeutic principles according to Chinese medicine, is presented.
- For the first time, therapeutic program options based on Chinese medicine, including preventive measures for dysmenorrhea, are discussed.
- Compilation of a specialized Chinese medical dictionary with detailed explanations of terms, facilitating the reading of specialized texts.
- Development and validation of an original therapeutic algorithm and structured

methodology, depending on the differentiated syndrome of the patient, for the treatment of dysmenorrhea with acupuncture, moxibustion, and auriculotherapy, based on classical Chinese medicine principles.

- For the first time in educational practice, a conceptual model has been developed to optimize the role of the midwife in managing pain syndrome in gynecology through Chinese therapeutic methods – acupuncture, moxibustion, and auriculotherapy.
- Valuable recommendations for clinical practice and educational practice are provided.

In relation to this dissertation, four publications by Zoya Kirilova Goranova are presented, in full compliance with the minimum national requirements.

CONCLUSION: I confidently give my positive evaluation of this dissertation, as it presents scientific results that contribute to science, kinesitherapeutic, and midwifery practice. I found no evidence of plagiarism, and the dissertation meets the minimum national requirements for scientific activity to obtain the educational and scientific degree "Doctor."

Therefore, I vote positively for the award of the educational and scientific degree "Doctor" in the doctoral program "Health Care Management", Professional Field 7.4 Public Health, to Zoya Kirilova Goranova.

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Sofia

Prepared

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/ Assoc. Prof. Daniela Popova, PhD /