

STANDPOINT

by Assoc. Prof. Teodora Nikolaeva Evtimova, PhD
Department of Health Care, Shumen Affiliate,
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regarding the defense of a doctoral dissertation entitled:

“Clinical Nursing Observation of Patients with Complications of Type 2 Diabetes Mellitus”

by Yuliyana Hristova Georgieva

doctoral candidate in an independent form of study

for the award of the educational and scientific degree “Doctor”

in the field of higher education: 7. Health Care and Sports, professional field

7.4. Public Health, specialty: “Health Care Management”

Pursuant to Order No. R-109-527 of 23rd December, 2025 issued by the Rector of the Medical University - Varna, I have been appointed as an internal member of the Scientific Jury, and pursuant to Minutes No. 1 of 5th January, 2026 of the Scientific Jury first meeting - to prepare an opinion within the procedure for awarding the educational and scientific degree “Doctor” to Assistant Professor Yuliyana Hristova Georgieva, a doctoral candidate in an independent form of study in the doctoral program “Health Care Management.”

Information on the procedure

Yuliyana Hristova Georgieva was enrolled by Order of the Rector of the Medical University – Varna No. R-109-437/10th October, 2023 as a doctoral candidate in an independent form of study in the doctoral program “Health Care Management” at the Department of Health Care, Shumen Affiliate of the Medical University - Varna, with scientific supervisor Prof. Silvia Borisova, PhD, DSc.

Minutes certifying the successful completion of the doctoral minimum examinations dated 25th June, 2025 have been submitted, in implementation of Order No. R-109-248/2nd June, 2025 of the Rector of the Medical University - Varna, as well as documentation certifying proficiency in a foreign language at a minimum level B1, in accordance with Order No. R-100-734/20th September, 2024.

Based on the decision of the Department Council of the Department of Health Care, Shumen Affiliate, regarding readiness for public defense dated 4th December, 2025, Yuliyana Hristova Georgieva was disenrolled with the right to defense by Order No. R-109-527/23rd December, 2025.

All required documents, stipulated in the Act on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for the Development of the Academic Staff at the Medical University - Varna, have been duly submitted.

Biographical Data and Professional Development of the Doctoral Candidate

Yuliyana Hristova Georgieva was born in 1972 in the city of Ruse. She completed post-secondary medical education in the Nursing specialty (General Profile) at the Post-Secondary Medical Institute in Ruse (1993). She obtained a Master’s degree in Health Care Management

at the Medical University – Sofia (2018). She graduated from Sofia University “St. Kliment Ohridski” with a Bachelor’s degree in Social Pedagogy (2000) and a Master’s degree in Social Activities (2002).

Her professional career as a nurse began in 1994 at the United District Hospital – Ruse, First Polyclinic. Subsequently, she worked at DCC 1 – Ruse Ltd. as a Head Nurse.

Since 2021, following a competitive selection procedure, she has been appointed as an Assistant Professor at Angel Kanchev University of Ruse, Faculty of Public Health and Health Care, Department of Health Care. She conducts practical classes in disciplines included in the curriculum of the Nursing specialty, as well as clinical practice and pre-graduation internship.

Yuliyana Georgieva has participated in international and national conferences, projects, and seminars. She has publications in the Health Care Journal and in electronic proceedings of scientific forums.

She is a member of the Bulgarian Association of Health Care Professionals, the Bulgarian Public Health Association, and the European Public Health Association (since 2020).

General Overview of the Dissertation

The dissertation presented by Yuliyana Georgieva comprises 242 pages and follows the standard structure for the relevant professional field. It is organized into five chapters: I. Literature Review - Relevance and Theoretical Foundations (65 pages); II. Aim, Objectives, Material and Methods of the Study (24 pages); III. Results and Discussion (66 pages); IV. The Nurse in the Comprehensive Monitoring of Patients with Type 2 Diabetes Mellitus - an Integrated Model and Practical Algorithm (49 pages); V. Conclusions, Recommendations, and Contributions (3 pages), followed by a bibliography and six appendices. A good balance between the individual parts of the dissertation has not been achieved, as the extensive literature review predominates at the expense of the other sections. In Chapter IV, there is a discrepancy between the title and the content.

The scientific work and its results are illustrated by 69 figures, 28 tables, and 5 diagrams. The bibliography comprises 249 literature sources, of which 36 are in Cyrillic and 213 in Latin script.

Relevance of the Topic

The doctoral candidate has focused her scientific interest on a significant problem of both medical and socio-economic importance. The nursing process plays a key role in the early detection of changes in glycemic control, in risk assessment, and in patient education for self-monitoring and behavioral change. This forms the basis of the research focus of the present dissertation - optimizing clinical nursing observation in patients with Type 2 diabetes mellitus.

The literature review presented in **Chapter I** is structured into four parts, which trace the main aspects related to the problem studied by the doctoral candidate. A review is provided of the global and national prevalence of Type 2 diabetes mellitus, outlining negative trends of a sustained increase in incidence and mortality from the disease, affecting increasingly younger age groups.

Effective planning of prevention and clinical nursing observation of patients plays a crucial role in the early detection of complications associated with Type 2 diabetes mellitus -

disability, prolonged incapacity for work, significant economic burden, and psychosocial consequences.

The essence and objectives of clinical nursing observation are presented in a retrospective perspective through the theoretical and conceptual models of Nightingale, Henderson, Roper-Logan-Tierney, Orlando, Peplau, Watson, Orem, and Roy.

In contemporary nursing theory for patients with Type 2 diabetes mellitus, conceptual models support nurses in developing an individualized approach based on observation, self-care, and adaptation to the chronic disease.

Doctoral candidate Yuliyana Georgieva outlines the profile of the nurse providing health care to patients with diabetes, characterized by high professional competence and the provision of emotional and educational support to the patient. The nurse has a coordinating role within a multidisciplinary team (physicians, dietitians, psychologists, and rehabilitation specialists).

A comparative analysis is conducted of best practices in monitoring and prevention of complications of Type 2 diabetes mellitus in Israel, Ireland, the USA, the United Kingdom and the Netherlands, Australia, and Bulgaria.

In developing the literature review, the author relies on a sufficient number of sources, which she skillfully analyzes, demonstrating an in-depth knowledge of the research perspectives of other authors on the chosen problem.

In **Chapter II**, the aim, objectives, and methodology of the scientific study are presented. The aim of the dissertation is clearly and precisely defined as follows: *“To analyze and evaluate the role of the nurse in the clinical monitoring and care of patients with complications of Type 2 diabetes mellitus in an outpatient setting (practice), with a view to improving nursing practice and enhancing patient self-management and quality of life.”*

Eight objectives are formulated to achieve this aim. Four working hypotheses are proposed, corresponding to the stated objectives. The subject, object, and scope of the study are presented accurately.

The research design includes both theoretical and empirical investigations. The general study population comprises **260 respondents**, divided into three groups:

- **Patients with Type 2 diabetes mellitus aged over 40 years (n=180);**
- **Nurses with professional** experience in the care of patients with Type 2 diabetes mellitus and active involvement in outpatient monitoring and patient counseling (**n=70**);
- **Experts** – physicians - endocrinologists, recognized specialists with high qualifications and practical experience in the diagnosis, monitoring, and follow-up of patients with Type 2 diabetes mellitus (**n=10**).

The study was conducted using author-developed instruments-questionnaires, the brochure “I Control Diabetes”, a Health Status Monitoring Card, a Blood Glucose and Blood Pressure Self-Monitoring Diary.

An interventional program entitled “I Control Diabetes” was developed with the aim of improving self-management of Type 2 diabetes mellitus and increasing the effectiveness of nursing care in an outpatient setting.

The dissertation presents the results obtained from the author’s own research after statistical processing in **Chapter III**. The socio-demographic characteristics of the studied respondent groups are presented with regard to age, marital status, education, employment, and income. Indicators influencing patients’ health status and deficits in patient education related to blood

glucose self-monitoring, nutrition, physical activity, and behavior in hypo- and hyperglycemic conditions are examined.

A professional profile of nurses is constructed, highlighting their role as key participants in the processes of clinical monitoring, education, and support of patients with Type 2 diabetes mellitus.

The analysis of the results shows:

- Professional experience is of essential importance for the quality of health care provided, the effectiveness of follow-up, and the nurse's ability to support patients in adhering to the therapeutic regimen;
- The professional confidence of the nurse is a key component in the provision of high-quality care for patients with Type 2 diabetes mellitus;
- The majority of nurses express satisfaction with the activities they perform - 85.71% (n=60);
- There is a need for additional training to ensure effective performance of counseling and preventive activities for patients with Type 2 diabetes mellitus.

In order to ensure the quality of health care, the main activities performed by nurses when working with patients with Type 2 diabetes mellitus reflect the actual content of nursing practice and provide an opportunity to assess the extent to which contemporary standards of diabetes care are applied in practice.

Of particular importance for the analysis of the results is the expert assessment provided by endocrinologists in response to the conducted in-depth interviews, namely their unanimous opinion that the professional competencies of nurses are sufficient with regard to standard health care, but insufficient for the effective prevention of complications in patients with Type 2 diabetes mellitus.

In **Chapter IV**, following the analysis of literature sources and the results of her own research, the doctoral candidate proposes an **Integrated model of nursing care for patients with complications of Type 2** diabetes mellitus, as well as a practical approach for its implementation.

This model is presented under different titles:

- ✓ Integrated Model of Nursing Care for Patients with Complications of Diabetes Mellitus (p. 167);
- ✓ Integrated Model of Nursing Care (p. 169);
- ✓ Integrated Model of Nursing Care for Patients with Type 2 Diabetes Mellitus (p. 169), which does not comply with the accurate and consistent style required in a scientific work.

Within the **Integrated Model of Nursing Care for Patients with Complications of Type 2 Diabetes Mellitus**, a **Health Status Monitoring Card**, a **Self-Monitoring Diary**, and the **informational brochure "I Control Diabetes"** were developed.

The clinical experience of Assistant Professor Yuliyana Georgieva, as a nurse working with patients with Type 2 diabetes mellitus, has been applied in the developed **interventional program "I Control Diabetes"**. The program is structured into five modules and was implemented at the Diabetes Center of DCC 1 – Ruse Ltd. over a period of six months, with patients divided into two groups: an experimental group of 15 patients, among which the author's educational program, individual and group nursing consultations, and systematic follow-up according to developed algorithms were applied; and a control group of 15 patients,

in whom standard medical and nursing care was provided without intervention. The design, instruments, and methodology of the pilot testing are described.

After completion of the author's experimental study, the following conclusions can be formulated for the patients in the experimental group:

- A statistically and clinically significant improvement in physical activity among participants in the experimental group was established;
- A significant positive change was also observed in dietary behavior as a modifiable factor for optimizing glycemic control;
- The clinical and laboratory indicators in the experimental group show that, at the end of the experiment, all measured parameters are within or close to the reference values;
- Adequate management of a case of diabetic ketoacidosis;
- Strong and stable correlations were identified between:
 - ✓ HbA1c and arterial blood pressure;
 - ✓ blood glucose levels at different times of the day;
 - ✓ body weight and arterial blood pressure;
 - ✓ glycemic parameters and the risk of late complications.

The data from the study of the experimental group are not presented in a clearly structured manner, which makes them difficult to comprehend. The graphical presentation of Figures 56 to 69 (excluding Figures 57 and 64) is entirely illogical with regard to the “before and after” and “at the beginning—at the end” of the experiment.

In **Chapter V**, nine conclusions are formulated, deriving from the conducted theoretical and empirical research. They are correctly analyzed and relevant to the objectives set in the dissertation.

The results of the scientific study outline contributions of both theoretical, and applied and practical nature, which I accept with the exception of the applied and practical contribution stating that “*practical algorithms and tools for systematic and targeted nursing intervention have been developed - a model for outpatient clinical monitoring and control of patients with complications of Type 2 diabetes mellitus; a model for conducting structured educational sessions; the informational brochure ‘I Control Diabetes’; algorithms for nursing activities in the clinical monitoring of patients with complications of Type 2 diabetes mellitus,*” - as such algorithms have not been developed in the dissertation.

The Abstract of the dissertation structured in accordance with the requirements, developed in a volume of 74 pages, and illustrated with figures and tables. It fully reflects the content of the dissertation, emphasizing the most important results and conclusions of the study.

Publications Related to the Topic of the Dissertation

In connection with the dissertation, two full-text publications related to the topic of the dissertation have been presented.

In these publications, the doctoral candidate is the first author (either individually or as part of a co-authorship), which demonstrates the research interests of Assistant Professor Yuliyana Georgieva.

Conclusion

The dissertation entitled “Clinical Nursing Observation of Patients with Complications of Type 2 Diabetes Mellitus” is a focused scientific work that examines the competencies and activities of nurses as part of a multidisciplinary team, with the aim of improving health care for patients with Type 2 diabetes mellitus.

Despite the critical remarks noted, the dissertation complies with the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria, its Implementing Regulations, and the Regulations for the Development of the Academic Staff of the Medical University - Varna.

Based on the above, I give my **positive assessment** and propose that the esteemed Scientific Jury award Assistant Professor Yuliyana Hristova Georgieva the educational and scientific degree “Doctor (PhD)” in the field of higher education: 7. Health Care and Sports, professional field 7.4. Public Health, specialty “Health Care Management.”

20th January, 2026

Standpoint prepared by

Assoc. Prof. Teodora Evtimova, PhD

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