

## STATEMENT

*By Prof. Ivanka Kostova Stambolova, PhD*

*Medical University-Sofia*

*Faculty of Public Health*

*"Prof. Dr. Tsekomir Vodenicharov, PhD",*

*Department of Health Care*

*Appointed to participate in a scientific jury by Order No. R 109- 257/23.12.2025*

*of the Rector of MU-Varna, as an external member*

on dissertation work for awarding the educational and scientific degree of "doctor"

in the doctoral program "Health Care Management" in the field of higher education 7. Health and Sports, direction 7.4. Public Health

of **Yuliana Hristova Georgieva**

**Form of doctoral studies:** independent preparation

**Department:** "Health Care" Shumen Branch

**Topic:** "Clinical nursing monitoring of patients with complications of type 2 diabetes mellitus"

**Scientific supervisors:** Prof. Silvia Borisova Dimitrova, D.Sc.

### **1. General presentation of the procedure and the PhD student**

The presented set of materials by Yuliana Georgieva is in accordance with the Procedure for acquiring the "doctor degree" at the Medical University of Varna and the Regulations on the terms and conditions for acquiring scientific degrees and occupying academic positions at the Medical University of Varna and includes all specified documents.

The doctoral student has attached two publications on the topic. The documents are arranged according to the requirements, correctly and clearly.

### **2. Brief biographical data of the doctoral student**

Yuliyana Hristova Georgieva was born in 1972 in the city of Ruse. She graduated from the Medical Institute of Ruse, specialty "General Nurse" in 1993. In the period 1997-2000, she graduated from the Faculty of Primary and Preschool Pedagogy of Sofia University "St. Kliment Ohridski" specialty "Social Pedagogy" with a Bachelor's degree, and then a Master's degree in Social Activities. In 2018, Georgieva obtained a Master's degree in "Healthcare Management" at the Faculty of Public Health of the Medical University of Sofia.

Her professional internship and career as a nurse began in 1994 at the United Regional Hospital - Ruse, First Polyclinic, and later worked at "DKC 1 - Ruse" EOOD as a head nurse.

In 2021, after a competition, she was appointed as an assistant professor at the University of Ruse "A. Kanchev", FOSZG, Department of "Health Care". She participates in the training of students in the specialty "nursing". She prepares and conducts practical classes/exercises in two academic disciplines. She participates in international/national conferences, has participated in two projects and seminars. Yuliana Hristova has 22 publications in Bulgarian journals and electronic collections of reports from scientific forums. In October 2023, she was enrolled as a doctoral student in an independent form of study in the doctoral program "Health Care Management", with the topic of the dissertation "Clinical Nursing Monitoring of Patients with Complications of Type 2 Diabetes Mellitus".

Member of the Bulgarian Association of Healthcare Professionals. Since 2020, she has been a member of the Bulgarian Association of Public Health, the Union of Scientists in Bulgaria and the European Association of Public Health. She speaks Russian at level B1.

### **Overall assessment of the dissertation work**

The presented dissertation work in terms of structure, volume and type is fully consistent and meets the legal requirements and the requirements of MU-Varna. The dissertation work is presented on 270 pages and is illustrated with 28 tables, 69 figures, 5 diagrams and 6 appendices. The bibliography includes 249 literary sources - 36 in Cyrillic and 213 in Latin. The dissertation work was discussed at an extended Departmental Council of the Department of Health Care, Shumen Branch, Medical University - Varna.

### **3. Relevance of the topic and appropriateness of the goals and objectives**

The choice of a topic by the doctoral candidate related to reducing the risks of complications of type 2 diabetes mellitus for the patient in an outpatient setting is relevant and significant. The study of health care for these patients is of interest and contributes to monitoring the condition and factors that determine the occurrence and overcoming of disabilities for the patient from diabetes and maintaining his quality of life with this disease for a longer period of time. The widespread prevalence of this socially significant disease over the last decade determines the important role of health care specialists in the prevention, treatment and reduction of the number and type of complications from it.

### **4. Knowledge on the problem**

The importance of the problem concerning complications for patients with type 2 diabetes in outpatient treatment has a significant relationship with their quality of life, the degree of disability and public health care costs. This provoked the author's interest in this topic, as well as her observations and participation in the process of managing health care for outpatient patients with this disease.

The author demonstrates a serious interest and motivation to study the problem in outpatient settings. The information collected and analyzed through it allows for specific steps to be taken to improve health care for diabetic patients. Her training and many years of professional experience allow her to carry out this useful study and to take the necessary actions and measures to resolve it and improve the situation.

### **5. Research methodology**

The author conducted her own study with a total of 110 respondents - specialist doctors, nurses and patients, studied in more than 15 health centers in the city of Ruse.

The purpose of the study is clearly and precisely formulated. Eight tasks corresponding to the purpose are indicated, which are specific and realistic. Four hypotheses are formulated. The sample that is covered ensures representativeness of the results, in accordance with the purpose. The methods are described in detail, but I do not find the ones used in the study and described in the content of the dissertation work, methods of expert assessment, in-depth interview and experiment. The various and complementary methods used allow for in-depth analysis and interpretation of the results and guarantee their significance and credibility. The participation of the doctoral candidate in the conducted study is leading. The work reflects the author's competence in terms of knowledge of the socio-medical and pedagogical approaches to scientific work and compliance with the guidelines of the scientific supervisor. The statistical approaches applied to analyze the results are precise.

The methodology meets the requirements for such a scientific work.

## **6. Characteristics and evaluation of the dissertation work and contributions**

The dissertation work is structured as follows: introduction, four chapters, conclusion and conclusions, recommendations and contributions; bibliography, appendices. The author has two publications in connection with the dissertation work.

The literature review is within 50 pages, well-formed and structured. The literature review demonstrates the doctoral student's good knowledge of the topic, demonstrating systematicity, relevance and comprehensive scope of the issues under consideration.

Chapters two and three describe the purpose, tasks, hypotheses and methodology of the study. It is comprehensive and scientifically sound. Two questionnaires for patients were used, one for healthcare professionals and one for specialist physicians. The research instrument was developed independently by the dissertation candidate for the purposes of the study. The study was approved by the Research Ethics Committee of the Medical University of Varna.

Chapter four present the results of the study conducted with the individual groups of respondents. The results of the study with the four groups of respondents are presented sequentially. Their demographic characteristics, gender, marital status, education are described, and an analysis of the results of the survey of doctors and patients, as well as an interview with nurses, is presented. Deficits in the training of patients with diabetes and their opportunities for self-control of the disease are identified, and the need for additional training within the framework of health care is deduced. The analysis is well structured and richly illustrated. The discussion follows the logic of the study and competently comments on the results. In the discussion, the doctoral candidate makes a detailed analysis of the results of her own study.

I give a very good assessment of the style and language used by the author. The results obtained and their discussion correspond to the hypotheses, goals and tasks formulated by the doctoral student, and the analysis of the presented results allows for logically reaching important conclusions.

Nine conclusions are formulated that arise correctly and logically from the analysis of the results. The conclusions are specific, including a numerical result, but at the same time comprehensive, and reflect the most important conclusions obtained from the study. Six recommendations are made with a specified addressee.

## **7. Evaluation of the publications and personal contribution of the doctoral student**

The contributions defined by the doctoral student are significant and directly correspond to the conclusions made. I accept the original methodological and scientific-applied contributions formulated by Yuliana Georgieva. This dissertation work represents a targeted study of the quality of health care for patients with complications of type 2 diabetes and the improvement of the quality of life of these patients. I highly appreciate the proposed "Integrated model of nursing care for patients with type 2 diabetes mellitus", "Information brochure "I control diabetes" and the approved author's interventional program to it, the implementation of which could increase the security and quality of medical care and care and self-care for patients with this disease, reducing complications and the deteriorated quality of life of patients.

## **8. Personal participation of the doctoral student**

The participation of the doctoral student in the preparation and implementation of the scientific research is leading and was achieved thanks to her initiative, communicativeness and responsibility for the work. The conclusions and contributions of the dissertation formulated by Yuliana Georgieva are both her personal merit and the competent guidance of her scientific supervisor.

## **9. Abstract**

The abstract in terms of volume /75 pages/ and content fully meets the requirements for preparing such a work. Its content and layout fully reflect the entire dissertation work. The abstract meets the requirements regulated in the Regulations for the Development of the Academic Staff of MU - Varna.

In conclusion: The dissertation work of Yuliana Georgieva provides important scientific facts and results for medical science and health care for patients with complications of type 2 diabetes mellitus.

The contributions of the dissertation work to professional medical practice enrich scientific knowledge in the field of health care and are practically significant.

**As a member of the scientific jury of Yuliana Hristova Georgieva, I give a POSITIVE EVALUATION of the dissertation work and support the acquisition of the educational and scientific degree "doctor" by the candidate.** I believe that the dissertation work presented by Yuliana Georgieva on the topic: "Clinical nursing monitoring of patients with complications of type 2 diabetes mellitus" in terms of relevance, conformity of the methodology, quality of the results obtained and significance of the scientific contributions, meets all the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for the Implementation of the Act on the Development of the Academic Staff of the Bulgarian Medical University - Varna and the Regulations for the Development of the Academic Staff of the Bulgarian Medical University - Varna.

The presented materials and dissertation results fully comply with the specific requirements of the Bulgarian Medical University - Varna for the acquisition of the "PhD" degree.

The presented dissertation demonstrates that the doctoral student Yuliana Georgieva possesses the necessary scientific knowledge and professional skills in a doctoral program in "Public

Health", by demonstrating qualities and skills for the preparation, implementation and presentation of an independent scientific study.

Due to the above, I give my **positive assessment** of the conducted research, presented in the above-reviewed dissertation, abstract, achieved results and contributions and I propose to award the educational and scientific degree "doctor" to **Yuliana Hristova Georgieva**.

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

20.01.2026.

prof. Ivanka Stambolova, PhD