

Educational and scientific degree "Doctor"

OPINION

From Prof. Ivanka Stambolova, MD

Regarding the dissertation of **Rumyana Nikolova Laleva**

On the thesis: "Obstetric care for women after childbirth - approaches and opportunities to optimize the role of the midwife" for the award of educational and scientific degree "Doctor" in higher education 7. Health and sports, professional field 7.4. Public health, scientific specialty "Health Care Management"

By Order № P-109-591 / 29. 12. 2021 of the Rector of MU Varna, I was elected a member of the Scientific Jury, and by Protocol №1 / 05. 01. 2022 I was appointed to prepare an opinion on procedure for the acquisition of educational and scientific degree "Doctor" with candidate assistant Rumyana Nikolova Laleva.

Details of the procedure

By order of the Rector of MU-Varna №109-134 / 27.03.2020. RumyanaLaleva is enrolled as a doctoral student in independent preparation for the acquisition of educational and scientific degree "Doctor" in the field of higher education 7. Health and sports, professional field 7.4. Public health, scientific specialty "Health Care Management". A protocol for successfully passing the doctoral minimum exam on the basis of an Order of the Rector of the Medical University of Varna with № P-109-145 / 16.04.2021 was presented. and R-109-144 / 16.04.2021. Based on the Protocol of the Constitutional Court № 240 / 06.12.2021. and a decision of the Department Council of the Department of Health Care on the readiness of the doctoral student for public defense and the Scientific Jury, RumyanaNikolovaLaleva was expelled with the right to defense.

Brief data on the professional development and qualification of the doctoral student

RumyanaLaleva was born on January 7, 1969. in the town of Kavarna. In 1990 she successfully graduated as a midwife in Varna and has worked consecutively in the Obstetrics and Gynecology Department of the Tervel Municipal Hospital and the Vinitsa home for medical and social care for children. In the period 1997-2015. works consecutively as a midwife in the pediatric ward, maternity ward and department of pathological pregnancy in Specialized Hospital in Obstetrics and Gynecology for Active Treatment"Prof. Dr. D. Stamenov"- Varna. Laleva studied in the bachelor's program in "Health Care Management" at the Medical University of Varna from 2008-2011, and then graduated successfully with a master's degree in the same specialty.

Since 2015 RumyanaLaleva has been appointed a lecturer in the practice of midwives in the Department of Health Care, and since March 2018. holds the position of "assistant" in the same department of MU Varna.

Assistant professor Laleva leads practical classes and internships in a number of disciplines: Philosophy and introduction to nursing and obstetrics - theoretical foundations; Special care for pregnant women with normal and pathological pregnancies; Special care for mothers with normal and pathological births; Special care for women with normal and pathological puerperium; Special care for pregnant and postpartum women in anesthesiology and intensive care; Special care for pregnant women, women in labor and gynecologically ill women with infectious diseases; Special care for pregnant and postpartum women with surgical diseases; Special care for pregnant women, women in labor and gynecological patients with somatic diseases; Special care for gynecological diseases and Obstetric and nursing care for women with cancer.

He has a high publishing activity - 26 publications in Bulgarian and foreign magazines. Member of scientific societies: Bulgarian Association of health care professionals, Българската асоциация по обществено здраве, Bulgarian Scientific Society of Public Health, ABA, EUPHA. Certified with the first and second certificate, she has participated in over 30 postgraduate courses. He speaks Russian. Level A1 and English B2.

Assistant professor Laleva is distinguished by excellent professional and personal qualities - ethics, responsibility, creativity, communication skills, teamwork skills and computer skills.

In 2020 has acquired a specialty in "Public Health" at MU - Varna.

Main characteristics of the dissertation

The scientific work contains 190 standard pages, adequately structured in five chapters, followed by conclusions, recommendations and contributions. The work is richly illustrated with 81 figures, 15 tables and 10 appendixes. The bibliographic list includes 178 literature sources, of which 110 in Cyrillic, 50 in Latin and 18 online sources.

Relevance of the thesis

Women's and children's health have always been the focus when analyzing and evaluating public health. The demographic results from the last national census in our country in 2021 reinforce worrying trends of declining birth rates and an aging population. These are the most significant reasons to confirm that the topic developed in the dissertation is extremely important and relevant. During pregnancy, every woman prepares for the moment when she will have to take care of the child, and this preparation should take place with the active participation of a medical professional - a midwife. Caring for a newborn at home after the birth of a child requires parents to acquire new knowledge and skills that are often underestimated when monitoring pregnancy. The choice of many young people to have a child in recent years is difficult for a number of reasons. One of them is the lack of support and assistance in raising a newborn. The role and place of the midwife in these important first steps in parenthood is undeniable. In this sense, the scientific work of the author is significant and relevant.

Purpose, tasks and evaluation of results and contributions

The goal and tasks are clearly and precisely formulated. Ten tasks relevant to the goal have been formulated and implemented. The formulated working hypotheses are specific and clear. Serious and well-organized work has been done with regard to our own research. The study included three groups of respondents, collected according to the requirements and adequate tools were developed. The research methods used are diverse and complementary, so that they allow for objective collection and analysis of the data obtained. The main part of the research was conducted independently by the author.

After an in-depth analysis of literature sources on the problem, the main tasks and organizational forms for providing obstetric care for mothers and newborns in our country, historically and currently, both in our country and in EU countries. The legislative base on this issue is also analyzed. The conducted research and the obtained results are reliable and interesting. Appropriately reliable informative indicators are used. The applied correlation techniques and comparative analyzes between the groups of respondents make it possible to establish that the current organization of postnatal care in our country creates preconditions for omissions and problems regarding the health of the mother and the newborn. The role and trust in the midwife has been proven, as well as the need for regulated care. The conclusions made confirm the formulated hypotheses as a whole.

I accept the doctoral student's contributions, which are of theoretical-cognitive, practically-applied and methodological significance.

In connection with the dissertation, four publications were made, one of which abroad.

From the review of the presented materials I can conclude that the conducted dissertation research and publications are the result of personal participation of the doctoral student, and that the conclusions and contributions are entirely due to her.

Abstract

The presented abstract is prepared according to the requirements, with high quality of the illustrative material, its volume is completely sufficient and reflects correctly and fully the dissertation.

Conclusion

The dissertation of Rumyana Nikolova Laleva contains scientific and applied results, which represent an original contribution to science and meet all the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for the application of the Law on the Development of Academic Staff in the Republic of Bulgaria and the regulations of the Medical University in Varna. The presented materials and dissertation results fully comply with the specific requirements adopted in connection with the Regulations of MU - Varna for application of the Law on the Development of Academic Staff in the Republic of Bulgaria.

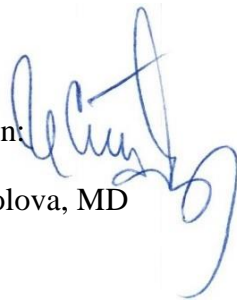
The dissertation shows that PHD student Romyana Nikolova Laleva has in-depth theoretical knowledge and professional skills in the scientific specialty "Health Care Management", demonstrating qualities and skills for independent research.

Due to the above, I confidently give my positive assessment of the research, presented by dissertation, abstract, results and contributions and propose to the esteemed scientific jury to award the educational and scientific degree "Doctor" to Assistant Romyana Nikolova Laleva in a doctoral program in science Health Care Management.

26.01.2022

Prepared the opinion:

Prof. Ivanka Stambolova, MD

A handwritten signature in blue ink, appearing to read 'I. Stambolova', is written over a light blue rectangular stamp. The signature is fluid and cursive.