

STATEMENT

by

Prof. Dr. Violeta Boyanova Tsvetkova, lecturer at NBU, scientific field 7.4. Public Health,
regarding

participation in a competition for the academic position of "Associate Professor", in the professional field 7.5. Nursing Care, announced in the State Gazette No. 100 of 01.12.2023, with the sole candidate Momchil Kostov Baev, holding a doctorate degree in social medicine and pharmacy.

I. Assessment of compliance with the minimum national requirements and the requirements of the New Bulgarian University

The candidate for the academic position of "Associate Professor" largely meets the minimum requirements – both national and those of NBU in particular.

He has successfully defended a dissertation in social medicine and healthcare, a habilitation thesis with an extremely topical theme on the quality of life of medical professionals in Bulgaria, a sufficient number of scientific publications in refereed journals, sufficient activity in the field of healthcare organization, participation, and leadership in projects of national significance. From the presented report, it is evident that Momchil Baev has a total of 819.3 points from the scale for minimum requirements.

II. Research (creative) activity and results

1. Evaluation of the monographic work, creative expressions, or other publications corresponding in volume and integrity to a monographic work, including an assessment of the scientific and scientific-applied contributions of the author.

For the competition, Momchil Baev has presented a monographic work on the topic "Quality of Life and Mental Health of Medical Professionals in Bulgaria". The topic is extremely topical due to the peculiarities of our times - going through various stages and categories of health reforms and the challenges faced by different categories of health professionals. The author presents a comprehensive picture of the work environment, professional realization, the balance between professional and personal life, as well as the opportunities for creating a supportive environment and public initiatives to improve the mental health of this category of professionals. The problems of stress and burnout syndrome in the medical profession, mental disorders among different medical professionals are examined sequentially and in depth. The influence of fatigue and compassion, emotional resilience, and strategies for overcoming psychotraumatic impacts in the profession are discussed. The author has detailed the concepts of quality of life assessment and the methods for its measurement. Some results of his research are quite disturbing - for example, 17.4% of the surveyed medical professionals share that their surrounding environment is too unhealthy, and 33% have little opportunity for rest and recreation. About 40.9% have serious sleep problems, and around 30% consider that they have a standard of living below or slightly below the average level for the country.

The candidate's monograph examines in depth both the elements of the quality of life of medical professionals and the factors leading to disturbances in the mental health of professionals. It is impressive that Dr. Baev is exceptionally well acquainted with the policies and challenges facing Bulgarian healthcare. This gives him the opportunity to recommend interventions and policies for improving the mental health and thereby the quality of life of medical professionals in Bulgaria.

2. Assessment of contributions in the other submitted publications.

From the presented report on Dr. Baev's publications, it is evident that the candidate presents a total of 9 articles in refereed periodicals - 4 in foreign and 5 in Bulgarian ones. In 7 of these cases, he is the leading author.

The topics are invariably related to public health issues, characteristics of vaccination status and problems during COVID-19, healthcare for Roma women in Bulgaria, healthcare, and policies for migrants, etc. In summary, the candidate's publications are sufficient, the topics are invariably related to healthcare problems, and the professional preparation and adequate proposals for improving work in this area are very impressive. Since graduating from Veliko Tarnovo University, Momchil Baev has attended and successfully completed 8 courses - both domestically and abroad - for postgraduate qualification on these issues.

He has actively participated with presentations in 32 scientific and applied events domestically and internationally.

3. Assessment of the results from participation in research and creative projects and the application of the obtained results in practice.

Momchil Baev has been the leader or coordinator of national and international projects with significant practical contributions to the development and prevention of important socially significant diseases. For example, one project result is the developed "Practical Guide for HIV Prevention among Youth", improving the work of paramedics among the Roma population, etc.

II. Administrative and public activity.

The candidate for the academic position of "Associate Professor" has an exceptionally active public service. He is a member of 14 organizations of public benefit, including the National Society for Epidemiology of Infectious and Non-Infectious Diseases, the Global Youth Coalition on AIDS, and others. He is an active member of 8 non-governmental organizations in Bulgaria and abroad, as well as a consultant to the Ministry of Health on issues of HIV/ AIDS, and other significant social diseases.

Conclusion:

I confidently propose to the members of the Scientific Jury to vote positively and for the Academic Council of NBU to elect Dr. Momchil Baev as "Associate Professor" in the field of 7.5 Nursing Care because:

- he meets the national and NBU's requirements for this academic position;

- his habilitation work has a topical and well-defended theme;
- he has a sufficient number of publications in domestic and foreign journals;
- he has a very active and high-quality public beneficial service in the field of healthcare.

Date: 27.03.2024

Signature:

Prof. Dr. Violeta Boyanova