

that the described immunohistochemical finding, compared to the available evidence of pronounced lower limb pruritus, was closest to dermatopathic lymphadenitis. Therapy with furosemide, cefuroxime, chloropyramine hydrochloride, desloratadine was started, with the patient responding well and symptoms stabilised. The above case is an example of dermatopathic lymphadenitis. As a result of the therapy, significant clinical, laboratory and subjective improvement of the patient was achieved.

**Key words:** dermatopathic lymphadenitis, benign, pruritus, oedema, erythroderma, lymphedema, biopsy

## **HEALTH CARE MANAGEMENT & NURSING AND OBSTETRIC CARE**

### **PLENARY LECTURE**

#### **NURSES' PROFESSIONAL DEVELOPMENT WITH THE PARTICIPATION OF A SUPERVISOR AND A MENTOR**

**Sonya K. Toncheva**

*Medical University "Prof. Dr. Paraskev Stoyanov",  
Varna,  
Bulgaria*

#### **Corresponding Author:**

Sonya K. Toncheva  
Medical University "Prof. Dr. Paraskev Stoyanov"  
55, Prof. Marin Drinov Str.  
Varna, 9002  
Bulgaria  
*e-mail: toncheva2960@abv.bg*

#### **Summary**

The aim of this study was to define the roles of the supervisor and the mentor and suggest a Model of nursing clinical supervision which could be applied in Bulgaria and a Model of nurses' professional development with the participation of a supervisor and a mentor. A complex of methods was used, which guarantees the plausibility of results- literature review was conducted, a documentary method was used along with a medico-sociological study encompassing: *nursing students' mentors*, employees of UMHAT "St. Marina" AD and MHAT "St. Anna", UMHAT "Alexandrovska" and MHAT at MMA – Sofia, University Multiprofile Hospital "Georgi Stranski"- Pleven (n=189); experts' opinion (chief nurses from different cities in the country) (n=31) holding a Master's degree in Healthcare Management and academics teaching nursing students (n=42), regarding the need for the preparation of supervisors and the implementation of clinical supervision in nursing practice. Based on the studied opinion and the conducted review of documents,

regulating nursing training and practice, a Model of nursing clinical supervision, which could be applied in Bulgaria, was suggested. A Model and a Cycle of professional development (stages) with the support of a supervisor and a mentor were developed and grounded in evidence. The contemporary requirements for higher quality and effectiveness in either the process of training or the independent nursing professional activity impose a new review of the principles, tasks and criteria for successful mentorship and the application of supervision.

## ORAL PRESENTATIONS

### TIME BUDGETING OF PROFESSIONALISTS IN HEALTH CARE

**Makreta T. Draganova,  
Eleonora N. Mineva**

*Department of Public Health Sciences,  
Faculty of Public Health,  
Medical University – Pleven,  
Bulgaria*

#### **Corresponding Author:**

Makreta T. Draganova  
Department of Public Health Sciences,  
Medical University – Pleven  
1, St. Kl. Ohridski Str.  
Pleven, 5800  
Bulgaria  
*e-mail: makreta\_99@yahoo.com*

#### **Summary**

Effective time management has a positive impact on productivity, on the quality of work done, and on the level of stress. In order to manage time effectively, it is necessary to know how and for what to use it. This is done through periodic time budgeting. This study aimed to explore the time budgeting of healthcare professionals for 24 hours and to analyze the application of balanced time utilization. Data was collected by completing a specially designed form, allowing participants to determine the total duration of activities in hours/minutes within 24 hours (N.Radev). The participants were students in the specialty “Healthcare Management” at the

Medical University-Pleven. Data were processed by using IBM SPSS Statistics v. 24.0. One-third of the surveyed persons - 37.5% (18) reported working for more than 8 hours a day, and 13 of them – working 9 to 14 hours. For most participants, only one hour of the day could be free time, which included training, public affairs, culture, sports, tourism, among others. It could be concluded that these healthcare professionals are the “diamonds” of our healthcare system. Balancing skills and making the right decisions are crucial to the health of people who are professionals on care for people.

**Key words:** time budget, healthcare professionals, balanced time recovery

### MIDWIVES’ OPINION ON CONTINUING EDUCATION

**Petya I. Dilova,  
Silviya S. Aleksandrova-Yankulovska<sup>1</sup>**

*Department of Midwifery,  
Medical University – Pleven,  
Bulgaria,  
<sup>1</sup>Department of Public Health Sciences,  
Medical University – Pleven,  
Bulgaria*

#### **Corresponding Author:**

Petya I. Dilova  
Department of Midwifery,  
Medical University – Pleven  
1, St. Kl. Ohridski Str.  
Pleven, 5800  
Bulgaria  
*e-mail: petya\_dilova@abv.bg*

#### **Summary**

Continuous professional education contributes to the safe and effective practice. Ongoing professional development should cover technical, scientific, regulatory and ethical developments and motivate professionals to participate in lifelong learning. The Professional Association of Nurses and Midwives organises, coordinates, and conducts, registers and monitors continuing the education of midwives in Bulgaria. This study aimed at studying and analysing midwives’ attitude towards

continuing education and represents a part of a bigger project on the quality of care provided by midwives and perspectives for its development in Bulgaria. An originally developed individual self-administered questionnaire was distributed among 60 midwives from 14 maternity care units in Central-North Bulgaria. We found low activity in the forms of continuing education – only 48.3% of the respondents. According to 36.7% of the respondents, professional qualifications increase when there is an opportunity; 18.3% paid attention to the crucial benefits of the training, 26.7% did not increase their skills due to lack of financial means, and 15% – did not regard continuing education as necessary. Only 15% participated in scientific midwifery forums. Statistically significant differences in the opinions expressed by age and type of medical establishment in all matters were not found ( $p>0.05$ ). Continuing education must be consistent with the needs of midwives and contribute to the improvement of the quality of care. Midwives' commitment to continuous education can be increased by factors like improved access, usage of modern technologies in education, and direct consideration of qualification for payment.

**Key words:** midwife, continuing education, quality of care

### **ASSESSING THE LEVEL OF KNOWLEDGE IN YOUNG ROMA GIRLS AGE 12-13 ABOUT THE RISKS OF EARLY PREGNANCY**

**Mirela P. Petrova,  
Evgeniya K. Dimitrova**

*Department of Therapeutic Care,  
Faculty of Health Care,  
Medical University – Pleven,  
Bulgaria*

**Corresponding Author:**

Mirela P. Petrova  
Department of Therapeutic Care,  
Medical University – Pleven  
1, St. Kl. Ohridski Str.  
Pleven, 5800  
Bulgaria  
e-mail: [mimi\\_f\\_10@abv.bg](mailto:mimi_f_10@abv.bg)

### **Summary**

According to the Bulgarian academy of sciences during the last 60 years, the Roma community has doubled- from 2.6% to 4.09%. The main reason for these statistics is the young age of the Roma girls who get pregnant and give birth. Also the number of children they have. Aim of the study is to assess the level of knowledge in young Roma girls age 12-13 about the risks of early pregnancy for the mother and the child. Materials and Methods: Documental method- research of available literature regarding the problem; Survey method- for the project, a survey was done. The study included ten questions that are suitable for the age and educational features of the target group; Statistical method- analyses of the data was done with software products such as MS Office, SPSS Statistics Version 24 and Excel. Results: The survey included 25 Roma girls in 5 and six grades in Ivan Vazov High School-Vurshets. The team that worked with the girls was from a midwife, teacher, Roma mediator and parents (mothers) of the girls that participated in the survey. Some of the respondents think that it is normal for a girl age 17-18 to get pregnant for the first time. Eight of them believed that the normal age for a girl to get pregnant for the first time is the age 19-20 but for 7 of the correspondents that age is under 15. Sixteen girls knew that early pregnancy holds risks for the mother and the child is large. Conclusion: The young Roma girls that took part in the survey are not aware enough for the risks of early pregnancy both for the mother and the child.

**Key words:** Roma girls, risks of early pregnancy, education

### **PREVENTION OF HUMAN PAPILOMA INFECTIONS BY VACCINES**

**Elitsa I. Stoyanova,  
Mariela St. Kamburova<sup>1</sup>**

*Department Of Midwifery,  
Faculty Health Care,  
Medical University – Pleven,  
Bulgaria  
Department of Public Health Science,  
Faculty Public Health,*

*Medical University—Pleven,  
Bulgaria*

**Corresponding Author:**

Elitsa I. Stoyanova  
Department of Midwifery,  
Medical University – Pleven  
1, St. Kl. Ohridski Str.  
Pleven, 5800  
Bulgaria  
*e-mail: evil\_eli@abv.bg*

**Summary**

Cervical carcinoma is the second most common oncological disease in women in active age. In 1976, the relationship between cervical neoplasia and human papillomavirus (HPV) was discovered by Prof. Tsur Hausen. Based on his evidence, various prophylactic programs have been developed. Vaccines designed to reduce the spread of human papillomavirus infection have been created and introduced. The impact of the vaccines is to reduce the morbidity and mortality of cervical cancer. The report aimed to present the positive effect of the HPV vaccine on women's health. A critical review and detailed analysis of literature and articles were made. The HPV vaccine was licensed in 2006. The vaccines first listed on the market were 2-valent. In Europe and in Bulgaria, the vaccines were available from 2007 on. Since 2015, a 9-valent HPV vaccine is applicable in the USA. We expect it in Bulgaria in 2019. M. Arbyn and L. Xu from Belgium Cancer Center in Brussels declare in 2018 that vaccines protect cervical dysplasia of grade 2 or 3 (CIN2 or CIN3) and carcinoma in situ. William T. Basco, Jr. proved the positive effect of 4-valent and 9-valent vaccines in 2019. Taking into consideration the data in the analyzed sources, we can conclude that the application of the HPV vaccines has a positive effect. Regular and proper prevention by early diagnosis and adequate and timely treatment are crucial for reducing HPV and cervical cancer morbidity and mortality.

**Key words:** human papilloma virus, vaccine, cervical cancer

**NURSE STUDENTS' KNOWLEDGE  
ASSESSMENT ABOUT CORE  
COMPETENCIES IN ONCOLOGY  
PATIENT CARE**

**Polya T. Gergova,  
Stela L. Georgieva<sup>1</sup>  
Aneliya G. Simeonova**

*Department of Nursing Surgical Care,  
Faculty of Health Care,  
Medical University – Pleven,  
Bulgaria*

*<sup>1</sup>Department of Public Health Sciences,  
Faculty of Public Health,  
Medical University – Pleven,  
Bulgaria*

**Summary**

Care for patients with oncological diseases is a specific area of competence in nursing. Given the high incidence of cancer rates in our country, there stands at the forefront the need for well-trained health care professionals to take care of the patients. The aim of the study was to explore nursing students' knowledge assessment about acquired core competencies in oncology patient care after training in nursing care for patients with oncological diseases, and to suggest recommendations for improving the training. An anonymous survey was conducted among second-year student nurses. Respondents were 44 students, aged 20 – 41. The survey data were processed with SPSS Statistics 24. The study was conducted in June 2019. It was found that the majority of students believed that nurses must have specific competencies to care for patients with oncology diseases (95.45%). Less than half of them estimated their knowledge as good (43.18%), as very good (27.27%), excellent (15.91%), satisfactory (9.09%), and unsatisfactory (4.55%). According to a significant part of the students, they were not prepared for complete oncology patient care (77.27%). The respondents set their core competencies for oncology patients as satisfactory on the following topics: prophylaxis of oncological diseases (45.45%), principles of pain control (31.82%), psychological and deontological aspects of the nurse-oncological patient relationship (31.82%), and administering diet to patients undergoing

cytotoxic therapy (25%). In order to ensure quality and safe nursing care for patients with oncological diseases, it is essential to master specific competencies during basic training. Timely updating of nursing competencies with European Union and Global standards for professional nursing, both during the training and in a professional working environment, is necessary. Nursing is a global profession, and nurse competence is central to patient care outcomes, so it is also internationally important that nurses have good competence.

**Key words:** nurse students' assessment, core competencies, oncology nursing care

### **MAIN CHARACTERISTICS OF SEXUAL BEHAVIOR OF HIGH SCHOOL STUDENTS**

**Spaska T. Petrova,  
Petya I. Viagova,  
Antoaneta J. Dimitrova<sup>1</sup>**

*Department of Health Care,  
Medical University – Sofia,  
Students, Specialty “Midwives”,  
Bulgaria*

<sup>1</sup>*Department of Health Care,  
Medical University – Sofia,  
Bulgaria*

Corresponding Author:  
Spaska T. Petrova  
Department of Health Care,  
Medical University – Sofia  
15, Akademik Ivan Evstratiev Geshov Blvd.  
1431, Sofia  
Bulgaria  
*e-mail: s.t.petrova@abv.bg*

### **Summary**

The characteristics of sexual behaviour are an accurate indicator of an individual's level of sexual culture. In today's dynamic and fast-growing world, questions about adolescent health education are incredibly significant. Sexual behaviour of students is an important factor both in shaping them as full-fledged individuals and in the emergence of many medical, psychosocial and pedagogical problems. The purpose of this study was to study the main characteristics of the

sexual behaviour of students. The basic method was a survey of 54 students between 15 and 19 years old, attending Prof. Konstantin Irechek Secondary School in Sofia. The inquiry was conducted in March 2019, by an anonymous poll containing 11 questions. We used statistical methods for analysis and presentation of the results. The results indicated a tendency to decrease in the age of starting sexual life and a liberalization to its free forms. There was a lack of knowledge and understanding of the use of contraceptives and careless attitude towards the risk of unwanted pregnancy and sexually transmitted infections. There was insufficient awareness about the health and sexual education of students. Given the results from the survey, we conclude that it is necessary to improve the level of knowledge of high school students on health and sexual behaviour. Family- and school environment, medical professionals and the whole society have a crucial role to play in shaping, building and enhancing the sexual culture of adolescents.

**Key words:** sexual behaviour, students, awareness

### **SATISFACTION OF STUDENTS OF PROFESSIONAL COMMUNICATION AND MENTORING OF WORKING MIDWIVES**

**Lubica Kr. Nencheva,  
Natalia G. Manasieva,  
Iliana Iv. Sokolova<sup>1</sup>**

*Student midwives,  
Health Care Department,  
Medical University – Sofia,  
Bulgaria*

<sup>1</sup>*Health Care Department,  
Medical University – Sofia,  
Bulgaria*

### **Corresponding Author:**

Lubica Kr. Nencheva  
Health Care Department,  
Medical University – Sofia,  
15, Akademik Ivan Evstratiev Geshov Blvd.  
1431, Sofia  
Bulgaria  
*e-mail: lubicanencheva88@abv.bg*

## Summary

Effective professional mentoring and communication between students and midwives during their practical training are critical components in building mutual trust and relaxed atmosphere. Midwives are people who know how to provide this support and their positive attitude in different case situations is key to the successful completion of practice. The present study aimed to establish the level of satisfaction of the students from professional communication and mentoring with the working midwives during practical training. An empirical sociological survey was conducted using an anonymous questionnaire containing 11 questions. In the period February – April 2019, 65 student midwives at the Medical University – Sofia, Faculty of Public Health, and Department of Health Care were interviewed. Statistical methods for analysis and presentation of the results were used. The results showed a certain degree of dissatisfaction among respondents due to the level of professional communication with midwives. Efficient, professional communication, attention and attitude are factors improving the quality of practical training of students. This, in turn, will lead to the construction of qualified future professionals.

**Key words:** students, midwives, satisfaction, communication, attitude

## POSTER

### **PRE-GRADUATE PRACTICE TRAINING IN THE HEALTHCARE MANAGEMENT PROGRAMS AT MEDICAL UNIVERSITY – PLEVEN: THE RELATIONSHIPS WITH THE MENTORS**

**Milena K. Saleva,  
Makreta T. Draganova**

*Department of Public Health Sciences,  
Faculty of Public Health,  
Medical University – Pleven,  
Bulgaria*

## Corresponding Author:

Milena K. Saleva  
Department of Public Health Sciences,  
Medical University – Pleven  
1, St. Kl. Ohridski Str.  
Pleven, 5800  
Bulgaria  
e-mail:msaleva@abv.bg

## Summary

Pre-graduate training in healthcare programs is important for the formation of practical skills. The acquisition of two professional qualifications - Healthcare Manager and Lecturer in the relevant speciality requires specific competences. A key point for the effective realization of pre-graduate training is relationships and cooperation with mentors. The study aimed to explore the students' opinion on the relationships and collaboration with the mentors during the pre-graduate practice. A survey was conducted among 118 trainees in Healthcare Management bachelor and master degree programs in three academic years. The results from the survey showed that students of both the bachelor and master degree programs were satisfied with their collaboration with the mentors. Also, more than 90 % of the respondents highly appreciate their relationships with mentors. There were some unsatisfactory assessments among masters on the collaboration with mentors. Over 20% of the respondents were not satisfied with the way they were accepted in the training bases. Despite the overall satisfaction with relationships and collaboration with mentors, 74% of respondents considered it necessary to organize mentoring courses on topical issues of healthcare management and pedagogy. These results are a prerequisite for future in-depth studies on the relationship between trainees and mentors.

**Key words:** pre-graduate training, mentors, relationships and collaboration