

**СПИСЪК С РЕЗЮМЕТА НА ТРУДОВЕТЕ
НА ПЕТЯ СТАНКОВА КАСНАКОВА, ДМ
СЛЕД ЗАЩИТА НА ДОКТОРСКА ДИСЕРТАЦИЯ**

**I. Резюмета на публикации в научни издания, реферирани и
индексирани в световноизвестни база данни с научна информация**

1. **Kasnakova P**, Mihaylova A, Djurdjev B, Tornyova B. Randomized controlled trial of multidisciplinary rehabilitation therapy using mobile applications in cases of ankle fractures. *European Journal of Translational Myology* (2022), 32(2): 10471. **IF (2022):2,2**

Abstract

A multidisciplinary approach to rehabilitation in patients with ankle fractures is needed to return to their daily activities. Mobile health applications can improve or optimize the rehabilitation process. The purpose of this study is to monitor the efficiency of a modified and validated rehabilitation scheme for the functional rehabilitation of the lower limbs. The subjects of the study are patients in the post-immobilization and post-operative period. The algorithm of procedures administered to the patients were performed by physiotherapists and monitored via mobile apps. The results show a reduction of the swelling and the pain, overcoming the muscular imbalance, enhanced stabilization, correct way of walking, and an improved quality of life of the patients with ankle fractures. Despite a certain trend towards residual deficit, the implementation of kinesitherapeutic means creates the necessary background on the basis of which specialized methods can be applied – joint-mobilizing techniques and passive stretching, for the purpose of the full recovery of the functions of the lower extremity. The application of mobile apps optimizes the recovery process and increases access to rehabilitation.

Key words: Ankle fractures; multidisciplinary rehabilitation; physical therapy; telerehabilitation

2. **Kasnakova P**. Influence of distance learning on the motivation of health care students for practical work. *Journal of Environmental Protection and Ecology*. 22 (5): 2186–2194. (2021). **IF (2020): 0,507**

Abstract

The aim of the present study is to investigate the impact of distance learning on the motivation of health care students for practical work in a COVID-19 pandemic. Logical units of observation are 293 students from the professional field “Health Care” from the first (42.3%), from the second (37.5%) and third (20.2%) year. An anonymous online survey was conducted among students from medical colleges in Plovdiv, Sofia, Varna and Pleven. The opinion of 80 employers in Southern Bulgaria on the knowledge, skills and professional training of health care graduates in 2020 was also studied. Students indicate that they are insufficiently motivated to participate in distance learning (52.90%), prefer to have the opportunity to choose a learning platform and independent pace of work (38.22%) with some guidance from the teacher. The trainees successfully organise their tasks over time (45.73%) and deal with the scientific literature for the preparation of papers, term papers, health projects and more (61.43%). Despite the positive motivation of students at the end of distance learning, 69.96% prefer to study in a real learning environment.

Keywords: distance learning, motivation, practical work.

3. Kasnakova P, Kilova K. Recovery and rehabilitation of patients with COVID-19 and post-COVID-19 syndrome. *Kuwait Medical Journal*. 2021;53(3):346-7. **IF (2020): 0,076**

Abstract

The therapy of “post-COVID-19 syndrome” requires a multidisciplinary team, an individualized approach and long-term rehabilitation. Recovery and rehabilitation after COVID-19 are aimed specifically at overcoming the consequences of the disease by strengthening the respiratory, nervous and cardiovascular systems through treatment and rehabilitation procedures. The complex program includes pulmonary rehabilitation to increase lung capacity and overall metabolic effects. Complex rehabilitation is part of the whole treatment plan and includes many physical and rehabilitation activities, health care, healthy behavior, training and prevention of complications of patients after infection.

Key words: coronavirus infection, treatment plan

4. Kilova K, Kitova T, Kasnakova P. Telemedicine in help of rehabilitation in the conditions of COVID-19. *Health Policy and Technology*. 2021, 10(2), 100508. **IF (2021): 5,211**

Abstract

Telerehabilitation offers many new opportunities to provide rehabilitation services in alternative ways and in different clinical settings. Telerehabilitation helps physiotherapists by providing them with continuous feedback and monitoring of their patients. Telerehabilitation allows them to provide quality health care; to monitor the progress of therapy; to make real-time online consultations; to perform a physical assessment of the condition; to plan a targeted physical therapy program. At the level of health services, telerehabilitation allows telerehabilitation specialists to: 1) adapt the intensity, frequency and duration of rehabilitation programs according to the needs of patients; 2) increasing the efficiency of care; 3) reducing waiting lists, thus increasing the sustainability of services; 4) provision of adequate and continuous services for both acute and chronic conditions.

5. Kasnakova P, Dragusheva S, Ivanova S. Tracing the Effect of Functional Rehabilitation for Improving the Quality of Life of Patients with Stroke. *Iranian Journal of Public Health*. 2020 May;49(5):1006. **IF (2020):1,429**

Abstract

Bulgaria has one of the highest rates of cerebrovascular disease incidence and mortality in the world. Cerebrovascular diseases are a significant socio-medical problem, which leads to high mortality and disability rates worldwide. From 68 patients with stroke with severe or moderate degree of impairment were chosen 47: 18 women (38.29 % ± 11.46 %) at average age of 63 and 29 men (61.71 % ± 9/03) at average age of 65. The other 21 patients had slight stroke incidence without paretic change and were not object of this study as the disability in these cases is not high. The studied group was treated following the basic therapeutic program, which corresponds to the medical standards for quality health care.

6. Papathanasiou J, Boyadjiev N, Dimitrova D, **Kasnakova P**, Tsakris Z, Tsekoura D, Dionyssiotis Y, Masiero S. The effect of group-based cardiac rehabilitation models on the quality of life and exercise capacity of patients with chronic heart failure. *Hellenic Journal of Cardiology*. 2017 Nov 1;58(6):432-5. **IF (2017):1,890**

Abstract

Our analysis verifies previous findings, which suggest that CR models can improve both QoL and functional capacity of patients with CHF. However, the improvement was greater in the m-Ullevaal group; a finding that indicates a superiority of this CR model in the Bulgarian population. Despite the development of several invasive and pharmacological interventions, patients with chronic heart failure (CHF) suffer from reduced functional capacity and low quality of life (QoL) because of their inability to perform activities of daily living (ADL), mainly due to excess dyspnea and fatigue. Our analysis verifies previous findings, which suggest that CR models can improve both QoL and functional capacity of patients with CHF.

7. **Kasnakova P**, Mihaylova A, Bakova, D. Modern requirements for distance training of medical specialists in conditions of the Covid-19 pandemic. *INTED2022 Proceedings*, 2022:7401-7406

Abstract

The emergence of the COVID-19 pandemic on a global scale has necessitated changes in people's lifestyles, working conditions, crisis management, restructuring of various areas based on new information and communication technologies, the attitude and approach of society and business to the processes of globalization. In order to limit the spread of coronavirus infection, training in higher medical schools is transferred to a remote electronic environment for medical professionals. The aim of the research is to study the student's opinion about the specific characteristics and possibilities of distance learning in the conditions of the COVID-19 pandemic. Material and methods: An anonymous online survey was conducted in November 2021 among students studying medicine, dentistry, pharmacy and health care. 322 students from all training courses, including trainees, took part. A sociological method was used - the questionnaire was structured in three panels: organization of distance learning, assessment of training in a pandemic and personal assessment of the pandemic situation. Results and discussion: The students indicate that 44.4% are insufficiently motivated to approach distance learning, as 61.1% believe that it is a good form of training in an emergency but prefer the traditional training option. For 75.3% of the respondents, the training of medical specialists is well organized after the announcement of the pandemic and mainly the difficulties in 38.9% are mainly of a technical nature related to the distance learning platforms. 25.3% of the respondents claim that a large part of the subjects cannot be conducted in an electronic environment. 82.6% of the students successfully organize the activities in a digital environment and have very good communication with teachers, the technical department and others. Students are satisfied with the theoretical training, focusing on active learning methods - discussions, clinical cases, case studies. Despite their positive attitude towards distance and hybrid learning, they prefer to learn in a real learning environment, to have the opportunity to gain professional experience, practical skills and key competencies, to build the right approach to the patient during clinical internships and practices. Conclusion: Due to the COVID-19 crisis, the need for greater use of modern technologies in medical education and training, adaptation of pedagogy and development of digital skills was largely realized. It is necessary to develop new medical programs and innovative teaching methods for the formation of practical skills in students of medical specialties to work in remote and hybrid environments.

Keywords: distance learning, medical specialists

8. Mihaylova A, Hadzhieva B, Papanov S, **Kasnakova P.** Challenges of a distance learning for health care students - our experience at Medical University of Plovdiv, Bulgaria. *INTED2022 Proceedings 2022:7654-7658*

Abstract

Restrictive measures related to COVID-19 have forced universities in Bulgaria to switch to distance learning. The remote form of education introduced at the Medical University - Plovdiv necessitated distance lectures, practical classes and exams, causing a digital leap in medical education. The challenges for students, teachers, technical support are many, but one of the main priorities of the university is to improve the quality of education, including in the electronic environment. The aim of the study is to analyze and evaluate the organization and conduct of distance learning and to analyze the opinion and attitude of students about the digital platforms used. Material and methods: An anonymous survey was conducted among 236 students from eight different health care specialties at the Medical College at MU Plovdiv. The survey was conducted online and included specific questions and a semi-structured interview about the digital platforms used. Results and discussion: At the Medical University - Plovdiv was provided the opportunity to use several electronic platforms by students (Microsoft Teams, Moodle, edo.mup.bg, e-mail and communication apps). The leading platform is Microsoft Teams - a virtual classroom for online training and correspondence with students. During the lesson there is an active written, audio and video communication between the teacher and the students and probably that is why the majority of students prefer this platform. Moodle is also a widely used platform for building a virtual learning environment, which implements constructive learning theory and offers a range of functionalities for building learning with a focus on the student with synchronous and asynchronous capabilities. 13.1% of students rate distance learning as a very good form of education, 28% - good, 34.3% - satisfactory and 24.6% do not approve of this form of education. The results of the study present the attitude of students and compare the forms of education - traditional and distance, which allows us to build specific approaches to improve the environment and improve the quality of education. 45.3% of the respondents prefer face-to-face training, 21.2% are for distance learning, and 33.5% choose hybrid training. Conclusion: The interactive approach to distance learning requires the creation of partnerships between the parties in the educational process in order to implement effective cognitive communication between all. In e-learning, teacher and student are separated in time and place - there is no or very limited live contact. A significant challenge is that not all subjects can be fully adapted to electronic platforms, as they require the acquisition of practical skills and habits, especially in practical work in a real professional environment with patients. The problem of how effective distance learning of medical professionals is from conducting in a real clinical setting remains debatable, especially for practical training.

Keywords: distance learning, electronic platforms, health care students

9. Vakrilov N, Vakrilova Becheva M, Kirkova-Bogdanova A, Tornyova B, Bozhkova M, **Kasnakova P,** Ivanova S. Debate as an interactive method of education in secondary schools in Bulgaria for increasing motivation and formation of key competencies of students in biology and health education. *EDULEARN22 Proceedings 2022:3175-3182*

Abstract

During the school years 2014/2015 and 2015/2016, with the participation of 685 students from 7th, 8th, 9th grade, from four schools in Bulgaria, six summary lessons in biology from the sections 'Animal Kingdom', 'Sustainable Development and Healthy Lifestyle' and

'Biotic and Abiotic Factors' were held in the form of a debate. We conducted a pedagogical experiment in the two successive school years. These two cross-sectional studies had two stages each: In the first stage, a survey was conducted with 13 questions, examining the opinion of the students after conducting biology lessons through the interactive form of debate. We explored the change in motivation by taking into account interest, attitude and communication. In the second stage, we investigated through applied didactic tests the degree of increase in students' competencies as a result of the application of the interactive form of debate. The overall analysis of the study shows that non-traditional methodology for learning through debate is of interest to students and increases their motivation for learning, and hence the success, quantity, quality and durability of their acquired key competencies in science, learning skills and skills for sustainable development and healthy living.

Keywords: debate, students, biology and health education, motivation, key competencies.

10. Argilashki D, Mihaylova A, Hadzhieva B, **Kasnakova P**, Koleva N, Semerdzhieva M, Bakova D. Factors and conditions affecting children's immunity - a survey among parents. *Journal of IMAB - 2022; vol.28 (Supplement 12 SEEC & 32 IMAB); Section Varia., 12-123*

Abstract

The purpose of the study is to investigate parents' awareness of different methods of immunostimulation in children and their impact on the health status of their children. An anonymous survey was conducted among 353 parents of children in the age group 3 - 7 years, whose children attend kindergarten or preschool groups in primary school. The questionnaire was designed to identify factors influencing the development of immunity in preschool children based on their lifestyle and health status and the role of the parent regarding the development of immunity in their children. Adequate combined application of immunostimulating agents and methods, increasing the knowledge of parents regarding their application, the role of doctors, pharmacists and other medical specialists, the attitude of teachers or educators towards correct compliance with their application, are key moments for improving both general health and mental health status and the quality of life of the children.

11. **Kasnakova P**, Mihaylova A, Bakova D, Becheva M. Training and role of the parent - a key factor for proper healthy development of preschool children, *ICERI2021 Proceedings, 2021:1578-1584*.

Abstract

Preschool age is defined as a period of intensive physical and mental development and is one of the most important periods in the formation of the child's organism. At this age, the foundations of physical and mental health are built, the motor abilities necessary for effective participation in various forms of physical activity are developed, the foundations of healthy behavior and lifestyle are laid. Aim: The purpose of this study is to determine the behavior and role of parents in shaping the health status of their children in early childhood with a view to elaboration of a sustainable health-preventive program for harmonious health, physical and mental development. Material and methods: The study involved 120 parents who completed a specially designed direct individual questionnaire, including many aspects of children's lifestyles related to health, eating habits, physical activity, behavior and others. A diagnostic was performed of 120 children in the kindergarten "Zdravets" in 2019/2020 aged 4 -7 years. The main anthropometric indicators of the children were measured. Results and discussion: According to the parents, the most of children ($55,83\pm 6,02\%$) have a proper diet, with a large

part provided by kindergartens. 44,16±6,82% do not follow a certain regimen and eat repeatedly and indiscriminately. The behavior of parents is very important for the health and development of children. The survey shows that 24,16±7,94% of children do not eat breakfast, on holidays the choice of food is determined by their taste preferences in 51,66±6,34%, but only for 30,83±7,59% of the usefulness of food. Consumption of "fast food", pasta, confectionery and carbonated beverages has significantly increased, especially in the pandemic situation associated with Covid 19. Impaired metabolism affects the appetite, and this dependence is realized through the functioning of the psycho-neuro-endocrine-immune system. The role of food supplements and homeopathic medicines as an appropriate regulator is important. More than half of the parents state that the physical activity of the children is "low", they do not spend enough time outdoors with their children and do not play sports in sports clubs outside the kindergarten. Worrying is the fact that children spend more than 2-3 hours a day in front of various electronic devices. Parents point out the internet, television and magazines as the main source of information for building proper eating habits and behavior for a healthy lifestyle. The role of the GP (General practitioner), the nurse and the teacher in the kindergarten is insufficient. Conclusions: In the complex of preventive measures for children in the first place is parental care and ensuring a healthy lifestyle. An optimal approach for the proper physical and mental development of children can be ensured through early screening by medical professionals and offering adequate training programs for children and parents. The role of parents for proper healthy development in early childhood is confirmed. Acknowledgments: This study is supported by a research project of Medical University of Plovdiv № HO-7/2020 on "Application of immunostimulatory methods to improve the quality of life in children from 4 to 7 years of age"

Keywords: Preschool age, parental role, healthy behavior.

12. Dragusheva S, Petleshkova P, **Kasnakova P**, Stoeva T. Development and improvement of professional skills and qualities of future nurses during their pre-graduation traineeship. *Journal of IMA-Annual Proceeding Scientific Papers. 2021 Oct 11;27(4):4025-9.*

Abstract

The choice of an occupation is an important step in everyone's life. The greatest risk that a wrong choice entails is for the person to be forced to do a job he/she does not enjoy. So careers advice is a vital prerequisite for a successful career. Experience shows that an effective career is directly dependent on the successful choice of an occupation. The performance of various tasks during the pregraduation traineeship of future nurses will make them feel satisfied with the profession they have chosen and will act as a stimulus for them to practice the said profession. Aim: This study aims to verify the formation and improvement of professional skills and qualities of the nurses-to-be during their pre-graduation traineeship. Material and methods: We have surveyed the opinions of trainee nurses, students majoring in 'Nursing', as well as those of their mentors in the university hospitals and clinics. Results and discussion: It is a positive fact that for the surveyed students, the most important is the moral qualities that correspond to the moral values in the nursing profession. The fact that the respondents' rate as most significant moral qualities, such as honesty, integrity, responsibility, responsiveness and empathy, can serve as grounds for positive forecasts concerning the future development of the students, provided their further development is organized correctly. Conclusion: We have established that professional skills and qualities are developed and improved during the pre-graduation traineeship of the future nurses.

Keywords: professional skills, competencies and qualities, future nurses, pre-graduation traineeship

13. Mihaylova A, **Kasnakova P**, Shopova D, Gesheva Y, Bakova D, Semerdzhieva M. The Covid-19 Pandemic - Challenges Facing Training at the Medical University – Plovdiv. *Journal of IMAB - 2021; Supplement 31 IMAB & 11 SEEC; 13-16*

Abstract

With the introduction of the state of emergency the training process passed into a remote electronic environment for training medical professionals. The purpose of this article is to present some major challenges for training at the Medical University - Plovdiv in the context of the COVID-19 pandemic. Material and Methods: An anonymous survey was conducted involving 340 students from the MU of Plovdiv. Results: The respondents are convinced that professional skills are absolutely necessary for their formation as medical specialists. Students indicate their relationships with their teachers as “excellent” (26.47%). Participation in additional practical training in a real work environment will contribute to successful professional realization (69.41%) Conclusion: Despite the difficult situation for students and teachers, it managed to maintain one of the main priorities of the Medical University - Plovdiv related to the continuous improvement of the quality of education in all forms, including in the electronic environment.

Keywords: COVID-19, challenges, e-learning

14. **Kasnakova P**, Ivanova S. Patient-centered approach to pharmaceutical care in the recovery of patients with post-Covid syndrome. *Pharmacia 2021, 68(2): 381–385.*

Abstract

The possibilities for pharmaceutical care in the recovery of patients with post-COVID syndrome in the context of a patient-centered approach have been explored. The global COVID-19 pandemic has necessitated a reorientation of the concept of providing healthcare to patients with COVID and post-COVID syndrome in patient-centered treatment and rehabilitation. Maximum recovery in holistic practice adopts a broader view of the patient’s health, disease and treatment process. Applying a patient-centered approach to patients who have had a coronavirus infection will lead to many benefits, both in terms of the quality of health and pharmaceutical care, and in increasing their satisfaction with their quality of life.

Keywords: pharmaceutical care, Covid-19, immunostimulants, therapy

15. Mihaylova A, **Kasnakova P**, Gueorguiev S, Petkova-Gueorguieva E, Peykova L. Cost analysis of neonates after prenatal corticosteroid prophylaxis of Respiratory Distress Syndrome, *Pharmacia (Buigaria) 2020; 67(4): 209-214*

Abstract

Preterm birth is a vital global health-economic problem. Health disorders provoked by it generate a high neonatal mortality rate. Prenatal corticosteroid prevention aims to reduce postnatal complications in premature infants. This survey covered two basic baby groups: work group of 89 premature infants that had been subjected to prenatal corticosteroid prophylaxis and a control group of 78 premature babies without prenatal prevention. The analysis of the pharmacoeconomic aspects of prenatal corticosteroid prevention enabled the comparison of clinical and therapeutic results, treatment costs, therapeutic expenditures, shortterm therapeutic effect, benefits and sequences from premature infants’ therapy. The analysis of clinical data obtained during this survey enabled the conclusion that when analyzing the combined effect of Dexamethasone prophylaxis, gestation week at birth and the age of the mother of premature infants with RDS, respiratory obstruction occurrence was mediated by the earlier gestation week at birth, older mother’s age and, at this background, it was restricted to a certain extent by

prenatal corticosteroid administration. Conclusions: Prenatal corticosteroids cause reduction of premature infants' treatment costs. The implementation of a smaller number of dexamethasone applications leads to smaller expenditures for premature infants' treatment and care compared to those that have more dexamethasone applications.

Keywords: preterm birth, prenatal corticosteroid prophylaxis, health costs, premature neonates, RDS

16. Kasnakova P, Mihaylova A, Traykova N, Petleshkova P. A study of the effect of combined application of a physiotherapeutical program with therapeutic fit balls in cases of chronic pain in the lumbar area. *Biomedical Research* 2019;30 (2): 238-240

Abstract

Objective: To investigate the efficiency of the combined application of a physiotherapeutical program with fit-ball exercises in cases of chronic pain in the lumbar area. **Subjects and method:** 38 out-patients aged 39 to 67, with chronic pain in the lumbar area (dating back from 5-7 years, with last exacerbation 5-6 weeks prior to the patients' inclusion in the study), participated in the study. The patients were divided into two groups-a test group in whose physiotherapy program fit-ball exercises were included, and a control group performing standard analytical exercise routines. The pain was reported in the Visual Analogue Scale of Pain Intensity (VASPI). Muscular testing was performed at the beginning and at the end of the physiotherapy program. The physiotherapy rehabilitation program was implemented once a day during the out-patients' procedures in medical centres, and three time a week-at home. **Results and discussion:** At the end of the period of monitoring the condition of the patients, changes in the nature of the pain were reported in both groups: with initial levels of VASPI 3.50 for both groups, at the end of the treatment program the level reported by the test group was VASPI 2.00, and VASPI 3.00- by the control group. The continuous physiotherapy program including fit-balls leads to an improvement of the movements and a reduction of the dysfunction in cases of chronic pain in the lumbar area of the spine. The exercise programs using fit-balls performed at home enhance the functional capacity of the lumbar spine.

Keywords: Exercise balls/fit-balls, Chronic pain in the lumbar area of the spine

17. Kasnakova P, Mihaylova A, Petleshkova P, Traykova N, Tornyova B. Purposeful physical activity – Basic strategy for the prophylaxis and treatment of diabetes and diabetic polyneuropathy. *Biomedical Research* 2019; 30 (2): 346-350

Abstract

Diabetes mellitus type 2 is a socially significant disease due to its high incidence rate on a global scale. The causes are rooted mainly in the changes in eating habits, the sedentary way of life, the low energy expenditure leading to obesity, the ageing population, as well as urbanization. Diabetes mellitus type 2 is a chronic, lifelong condition that requires continuous complex health care and the motivated involvement of a well-trained patient in order for the risk of long-term complications to be reduced. The first step in the treatment entails a change in the way of life. The most significant preconditions in the strategy for prophylaxis and treatment of diabetes mellitus type 2 and the long-term complications include systematic medicamentous therapy in combination with a good control of the condition, physical rehabilitation and physiotherapy with an active exercise routine, strict control of the body weight and healthy eating habits through a balanced diet, as well as limiting any bad habits for the purpose of optimizing the patient's way of life. The aim of the primary and secondary physiotherapeutic prophylaxis is the strengthening of the organism achieved through adequate physical exercise, sports, heliotherapy and air procedures, aquatic therapy and balneotherapy.

The medical and social impact of diabetic polyneuropathy and the effect of exercise on the condition call for basic physical rehabilitation routine designed to improve the quality of life of patients with diabetes mellitus.

Keywords: Prophylaxis, Treatment, Diabetes mellitus type 2, Physical rehabilitation, Physiotherapeutic prophylaxis.

18. Petleshkova P, Krasteva M, Pacheva I, Dragusheva S, Vilmosh N, **Kasnakova P**, Parahuleva N. Possibilities of arnica D30 for reducing the procedural pain in the neonatal period. Research Article - *Biomedical Research* (2019);30 (4):681-685

Abstract

It is known that control of procedural pain in newborns is an ethical act and requires treatment. It includes homeopathic agents used in certain clinical conditions in neonatology. The purpose of this prospective study is to determine the effect of administration of the preparation of Arnica D30 to reduce the severity of procedural pain induced by pricking the heel of the newborn in neonatal screening. Performed in a clinical study of 124 full-term infants aged 72-84 hours divided into two groups: the first group (A) n=67 infants, that do not apply anesthesia and a second group (B) n=57 infants receiving Arnica D30 in the form of an oral solution three times on the day of the procedure and a time in the range 12-24 hours after the procedure. The results are reported in: 30th sec. and the 5th minute after the puncture of the heel. The same indices were followed in the interval 12-24 hours after the screening. The 30th second after the penetration in the heel in Group A and Group B children did not reveal any credible differences on any of the scale indicators as well as the overall assessment of the severity of procedural pain. Comparison between the two groups of the 5th minute after the procedure found lower estimates in group B (with analgesia). These differences between the groups are also valid for the overall score, which showed lower levels for those who have received an Arnica. The use of Arnica D30 affects the severity of procedural pain in neonates.

Keywords: Newborn, Procedural pain, Nonpharmacological methods of treatment, Homeopathy.

19. **Kasnakova P**, Ivanova S, Ivanov K, Petkova-Gueorguieva E, Gueorguiev S, Madzharov V, Mihaylova A, Petleshkova P. Conservative therapy options for the treatment of coxarthrosis in the early stage of the condition. *Biomedical Research* 2018; 29 (14): 2997-3001.

Abstract

Aim: Arthrosis of the hip joint is a condition that is becoming more and more common-it affects 1% of the population and constitutes a serious problem for their working efficiency and active way of life. The deforming arthrosis limits the functional capacity of the affected patients, worsens their quality of life and leads to incapacitation of the patients. The treatment of patients with coxarthrosis has to be planned and carried out comprehensively, in accordance with the pathological findings, the stage, duration and individual abilities of each patient. In the early stages of the condition, conservative therapy plays an essential role in the prophylaxis of complications and in slowing down the process. Physical and rehabilitation methods, in combination with medicamentous therapy, yield good results. This article focuses on the application of the comprehensive effect of conservative physiotherapeutic methods and complementary drug therapy in the early stage of coxarthrosis. The aim of the study is to investigate the efficiency of the combined application of physiotherapeutic electrical procedures and kinesitherapy methods and means in the treatment of coxarthrosis in the initial stage. **Material and methods:** 18 out-patients with coxarthrosis at an average age of 68, were subjected to a treatment schedule including: interferential current, low-frequency magnetic

field, ultra phoresis with non-steroid anti-inflammatory medications, followed by a program of remedial exercise administered in 2 courses of 7 d at 'St. Panteleymon' Hospital in Plovdiv, in the period from September 2017 to May 2018. Results: The range of motion in terms of degrees exhibits a tendency towards increasing at the end of the course of therapy, as compared to that at the beginning of the course. The results from the initial and final muscle tests of the hip joint showed an improvement of the muscle function (from a degree of 3.50 to a degree of 4.50). Conclusion: In patients with coxarthrosis in the initial stage, the pain subsides after the physical and rehabilitation therapy administered in combination with medications.

Keywords: Coxarthrosis, Conservative therapy.

20. Kasnakova P, Mihaylova A, Petleshkova P. Comprehensive rehabilitation of herniated disc in the lumbar section of the spine. *Biomedical Research* 2018; 29 (14): 3002-3005.

Abstract

Herniated disc is one of the most common problems of the musculoskeletal system, and the spine, in particular. This article presents a modern algorithm of methods of treatment constituting comprehensive rehabilitation of herniated disc in the lumbar section of the spine, including: physical therapy, active and passive kinesitherapy, medical massage and manual techniques, applied in the medical practice. Rehabilitation and physioprophyllaxis facilitate the reduction of the risk of occurrence and development of herniated disc in the lumbar section of the spine through natural (water, air, movement and sunshine) and preformed physical factors, the main aim being achieving a good quality of life of both the sick and the healthy. The so called 'spine school', which includes training the patient to have a good posture, a good stance, to walk correctly and to improve his/her motor stereotype through control and self-control, plays a major role. In developing the individual treatment scheme for each patient at a certain stage of his/her condition, it is vital to attempt to achieve a synergic effect of the optimal combination of electrotherapeutic, peloid therapeutic and kinesitherapeutic methods. Regular courses in physioprophyllaxis and kinesio-prophyllaxis significantly boost the effect of the medicamentous therapy in patients with herniated lumbar disc and improve their quality of life.

Keywords: Comprehensive rehabilitation, Herniated disc.

21. Kasnakova P, Mihaylova A. Analysis of recovery of patients with stroke. *Pharmacia*. 2018; 65(3): 35-40

Abstract

The aim of current study was to assess the role of the rehabilitation for improvement of the functional capacity, the autonomy in the daily routines, ergotherapeutic activities and the quality of life of patients with stroke. Methods: 47 patients with stroke were included in the research and their functional status was assessed according to the Brunnstrom stages of stroke recovery, the modified Rankin scale, the Barthel index, Subjective Quality of Life. Results: In the beginning of the complex rehabilitation therapy the patients were almost entirely dependent and were notable to accomplish ergoterapeutic activities. At the end of the second rehabilitation course it was found a significant improvement of the general motor skills of the study participating patients ($p < 0.001$). The results of the applied specialized rehabilitation program show that from 25.53 % for stages I and II and 46.81 % for stage III of Brunnstrom patients from the beginning of the first course of rehabilitation until the end of the second course of rehabilitation recover the motor functions up to 60.47 % for stage IV and 25.58 % for stages V and VI. At the end of the second course of rehabilitation program, the patients without significant neurological deficit with mRS (0-2) are 90.69 % and with significant neurological

deficit mRS (3-6) are 9.31% Conclusion: The results confirmed the efficiency of the applied complex approach, but the recovery is not sufficient in terms of independence of the general movements and the patients' social integration.

Keywords: rehabilitation, stroke, functional recovery

II. Резюмета на публикации в неореферирани списания с научно рецензиране или публикувани в редактирани колективни толове

1. **Kasnakova P, Tornyoova B, Paskaleva T.** Modern profile of specialists in medical rehabilitation and occupational therapy in accordance with european standards for key competences for lifelong learning. *Knowledge - International Journal* 2022; 50 (4) 573–578.

Abstract

The modern requirements to the educational profile of the specialists in medical rehabilitation and occupational therapy are aimed at training highly qualified specialists with skills for preventive, therapeutic and promotional health activities related to protection and recovery of health of all age groups. The aim of this article is to identify the potential of specialists in medical rehabilitation and occupational therapy in order to develop key competencies in accordance with European standards for lifelong learning. Material and methods: Sociological method, systematic approach, critical analysis and own research on the topic. Results and Discussion: Effective training will provide specialists in medical rehabilitation and occupational therapy with knowledge, skills and key competencies that meet modern requirements for capacity building, meeting the current challenges of the changing reality in Bulgaria, Europe and the world. The acquired professional competence allows them to conduct complex rehabilitation as an important member of the multidisciplinary team. Conclusions: The key objectives in the field of higher education are aimed at improving the quality of knowledge, skills and competencies in line with the requirements of the global labor market and developing a system of lifelong learning.

Keywords: medical rehabilitation and occupational therapy, professional competence

2. **Kasnakova P, Petkova E, Mihaylova A, Papanov S, Hadzhieva B.** Impact of social and mass media on awareness of medical students about vaccination against COVID-19. заведующий кафедрой русского, родных языков и лингводидактики ГБОУ ВО «Ставропольский государственный педагогический институт». *Медиатехнологии в условиях изменяющегося мира: тренды, проблемы, прогнозы: Сборник трудов Ставрополь, 2021:180-184*

Abstract

This article presents a study of the awareness of medical students about COVID19 vaccination and the impact of social media and media. The World Health Organization declares a pandemic of COVID-19 in March 2020, when the number of infections in Europe exceeds that in China. The goal of classical prophylactic vaccination is defined as an effective immune response through adequate levels of specific antibodies and a population of long-living memory cells ready to grow upon a new encounter with the antigen and thus provide protection against infection. The aim of the survey is to study the awareness of medical students about vaccination against COVID-19 and the impact of social and mass media on it. An anonymous online questionnaire was conducted among medical students in the months of January - February 2021. The study included 185 students of Medical University of Plovdiv. As a conclusion of results we can summaries that respondents are largely informed about the COVID-19 vaccination. Medical students would contribute to coping with the COVID-19 pandemic as volunteers by

providing accurate information about vaccines and vaccination in organized immunization centers. The main influence on students' awareness of the vaccination is the internet through various social media as well as television.

Key words: vaccines, vaccination, Covid 19, mass media

3. Kasnakova P, Hadzhieva B. From the tradition to innovation in distance learning of medical specialists in the conditions of the Covid-19 Pandemic. *West Kazakhstan Medical Journal*, 4 (62), 2020:277-281

Abstract

Distance learning is a promising type of training corresponding to the dynamics of the state of emergency caused by the spread of COVID-19 and the introduced physical distancing. The process of training medical professionals passes into a remote electronic environment and displaces the traditional present interaction. Purpose: to determine the attitude of students to current trends and the innovation of distance learning in the COVID-19 pandemic. Methods. An anonymous online survey was conducted among students majoring in “Assistant Pharmacist” and “Rehabilitator” from colleges in Plovdiv, Sofia, Varna and Pleven in June 2020. 293 students took part - 225 (77.5%) assistant pharmacists and 65 (22.5%) rehabilitators; from the first (42.3%), from the second (37.5%) and third (20.2%) course. Results. Students use their own personal computer in 95.5% of cases and 61% of them define Internet access as good. Respondents easily handle the various applications for synchronous communication - Teams, Zoom, Skype and others. In 84% of the cases they answered that they like the idea of being part of the learning community from different parts of the country and the world. They prefer to learn by doing the assignments in class in a real environment in 37.50%, which confirms the importance of practical training in the training of health care professionals. Conclusion. Distance learning of medical professionals as a type of open learning largely satisfies the needs of professional knowledge and skills of students, develops important cognitive abilities, attitudes and motivation. It largely depends on the capabilities of the technological electronic environment, on the pedagogical skills of the trainers and the synchronization of the traditional with the innovative approaches for formation of key competencies for acquiring professional knowledge and skills during the COVID-19 pandemic.

Keywords: distance learning, medical professionals, COVID-19 pandemic.

4. Kasnakova P, Mihaylova A. Physical activity of preschool children - a factor for general physical development and health. *West Kazakhstan Medical Journal*, 4 (62), 2020:225-230

Abstract

Exercise is a natural need and a major preventive measure to strengthen children's health. Insufficient physical activity adversely affects the normal development of the child's body and healthy lifestyle. Purpose: to determine the degree of development of motor activity of preschool children, determining the overall physical capacity to stimulate the health potential of the child's body. Methods. The study was conducted in the kindergarten “Zdravets” Plovdiv in 2018- 2020, of 52 children aged 5-6 years, of which boys (46.15%) and girls (53.85%). The quantitative parameters of the physical qualities and physical capacity were studied through tests for diagnostics of the motor activity from the Program “Activity of the child in kindergarten“. Results. Respondents from both groups achieve the same results in the study of the qualities of “speed” and “explosive force” of the lower extremities, which is “satisfactory” assessment. In the case of the “explosive force” of the arms, shoulder girdle and back, in girls the assessment is “poor”, and in boys - “satisfactory”. The correlation between the values of

speed and strength of the lower limbs in boys is ($r = 0.58$); between speed and endurance in boys is ($r = 0.43$), and in girls is ($r = 0.19$). There is a tendency for uneven, non-complex development, and disharmony of motor skills. Conclusion. In preschool age children need an intense physical regime. It is necessary to develop motor skills and motor qualities, which will provide the necessary level of physical capacity, as a prerequisite for general physical stimulation of children's growth, strengthening the body, mind, and health.

Keywords: physical activity, preschool age, health, physical capacity, sex differences.

5. Каснакова П, Хаджиева Б. Мотивация и възможности на дистанционното обучение през погледа на студентите от медицински колеж по време на пандемията от Covid-19. *Сборник Доклади от Национална научно-практическа (on line) конференция с международно участие „Медицинските сестри и акушерките - ключов ресурс в съвременното здравеопазване“ 29-30 октомври, Стара Загора, 2020:327-334*

Резюме

С въвеждане на извънредно положение с цел ограничаване разпространението на COVID-19 се налага физическо дистанциране и процесът на обучение преминава в дистанционна електронна среда за обучаващите се медицински специалисти. Изследването проучва студентското мнение относно мотивацията и възможностите на дистанционното обучение в условия на пандемията COVID-19. Ефективното дистанционно обучение в значителна степен се определя от възможностите на технологичната електронна среда, от педагогическите умения на обучаващите и мотивацията на студентите да формират ключови компетенции, съгласно собствените си потребности за придобиване на професионални знания и умения по време на пандемията COVID-19.

Ключови думи: мотивация, дистанционно обучение, медицински колеж

6. Mihaylova A, Kasnakova P, Hadzhieva B, Argilashki D. Stress in the work of the pharmacist in a Covid-19 pandemic. *Научни трудове на Съюза на учените в България–Пловдив. Серия Г. Медицина, фармация и дентална медицина т. XXV. ISSN 1311-9427 (Print), ISSN 2534-9392 (On-line). 2020. Scientific works of the Union of Scientists in Bulgaria Plovdiv, series G. Medicine, Pharmacy and Dental medicine, Vol. XXV. ISSN 1311-9427 (Print), ISSN 2534-9392 (On-line). 2020:268-272*

Abstract

The WHO and public health authorities around the world are taking action to limit the spread of COVID-19. This period created stress, insecurity, fear and panic in society. In March, a state of emergency was declared in Bulgaria in order to limit and slow down the spread of COVID-19. Authorities have introduced a number of measures and called for people to work from home and stay at home whenever possible. Pharmacists worldwide continue their mission amid the pandemic and the state of emergency. They are fulfilling their official duty on the first line to deal with the growing number of patients coming to pharmacies. Pharmacists may experience additional stressors during a pandemic, such as working with at-risk patients, insufficient personal protective equipment, the need for constant vigilance, increased working hours, the need for constant training and changes in rules and requirements of MH and NHIF, reduced social support, insufficient personal capacity for self-care, insufficient medical information about the long-term effects of the infection, fear of infecting the family and loved ones. During a pandemic, recognizing the symptoms of stress is necessary in order to take steps to build resilience and deal with the crisis. Strategies need to be developed to reduce fear and

anxiety among front-line workers by providing clear, concise and accurate information on COVID-19, including how to access assistance when needed.

Keywords: stress, pharmacist, COVID-19

7. **Kasnakova P.** Opportunities of holistic approach in rehabilitation practice. *Knowledge - International Journal*, 2019, 34(4):1003-1008.

Abstract

Holistic Medicine examines man as a single entity with his bodily, psycho-emotional and spiritual needs. Each person is an individuality and represents a bioenergy system. A holistic approach to rehabilitation practices perceives a broader view of man, health, causes of illness and treatment process. The purpose of the study is to investigate the interest and attitude of rehabilitation students regarding alternative treatment modalities in rehabilitation practice. Material and Methods: The subject of the study are 57 students in the specialty „Rehabilitation” from the Medical College at the Medical University of Plovdiv, to whom a direct anonymous questionnaire was administered. Results and discussion: Interviewed students have a different relationship to alternative methods used in rehabilitation practice. Future rehabilitators are interested in holistic approaches in rehabilitation practice in 73,68%. With the accepting attitude are 56,14%, enthusiastic are 22,8% and 22% are skeptical about alternative therapies. In 68.42% have a desire to train in different methods of holistic therapy and apply them in rehabilitation practice. Conclusions: the knowledge, skills and competences of the rehabilitative care are directly linked to the practice of alternative therapies. Holistic learning and the practice of alternative methods are interrelated in rehabilitation practice. Training is needed on alternative methods of treatment to be included in medical education.

Keywords: Holistic approaches, rehabilitation practice

8. **Mozakov T, Kasnakova P, Mihaylova A.** Application of physical exercises for prevention and treatment of scoliosis. *Knowledge - International Journal*, 2019, 30 (4):1001-1006

Abstract

Scoliosis is a common illness. It affects 3-5 on 1000 people. Most often the deformity occurs between the age of 10 and 15 years and typically girls are more affected. Spine curves play an important role in the upright position of the body. These curves of the spine give its typical form of double curved spring, which helps for the absorption of the vertical stress. The word scoliosis means „bending“, which is a medical condition in which the spine axis is laterally distorted. This curvature may be in the form of the letter „S“ (double curvature) or in the form of the letter „C“ (single curvature). Scoliosis is a serious medico-social problem as it affects adolescents, have continued treatment and lead to severe deformations. They have a negative impact on physical and mental development. It is assumed that the disease is polyethiological. Nowadays life and immobilization create favorable prerequisites for the spreading of scoliosis. The signs and symptoms of scoliosis may include: uneven shoulders, uneven waist, uneven musculature on one side of the spine, pain in the back, shoulders and neck. The successful prevention and treatment of vertebral distortion depends on early detection, establishing the causes, type, extent and severity. Scoliosis treatment should start on time, be strictly individual and age-appropriate with the degree of distortion, and if there is a tendency of getting worse over time. In all cases rehabilitation is carried out using different methods and means. The aim of rehabilitation is to restore or maximize the improvement of proper body posture, thus contributing to the psycho-physical development of children. This can be achieved through corrective gymnastics exercises to strengthen the paraspinal muscles;

isometric exercises, analytical gymnastics; pull ups – by doing it properly, the muscles are tensioned symmetrically; push ups – depending on the position of the hands, different muscles are trained, as well as on the upright position of the whole body; soldier crawling; methods for relaxing the concave side; exercises for stretching the shortened muscles and manual techniques for restoring the mobility of the spine; “joint play”; massage; electrostimulation for hypotrophic muscles from the convex side; underwater gymnastics; tangentor; peloid therapy; balneotherapy; Different sports are also used - swimming, skiing, cycling, rowing and many other. To optimize the results of the treatment, an adequate and functional team is required that include orthopedists, kinesiologist and physical therapists. Only in this case the complex physiotherapeutic program will achieve optimal results in terms of functional recovery. Daily exercise leads to a reduction in the symptoms of the disease and straightening out the deformation.

Keywords: scoliosis, kinesitherapy, sports, treatment, prevention

9. Kasnakova P, Todorovska Y, Madzovska S, Mihaylova A. Health care in late complications of diabetes - neuropathic diabetic foot. *Knowledge - International Journal*, 2019, 30(4):765-770

Abstract

Diabetes is an endocrine disease characterized by hyperglycemia resulting from a disorder of insulin secretion or insulin effect. As one of the major social illnesses in recent decades, it has grown into a real epidemic, with a tendency for a steady increase in diabetes sufferers. The frequency of diabetes mellitus in European countries varies between 3-10% and in Bulgaria diabetics are about 2-3% of the population in recent years. In our country, there is a negative trend in this disease control, it is the last place in Europe for quality treatment of diabetic patients. For optimal treatment, the efforts of healthcare professionals need to be focused on identifying the risk factors of the disease - overweight, genetics, high blood pressure, elevated levels of cholesterol and triglycerides, established cardiovascular disease with the aim to predict and reduce the risks of late complications (diabetic microangiopathy and macroangiopathy, nephropathy, neuropathy, retinopathy, diabetic foot). The treatment of neuropathic diabetic foot requires early diagnosis, prophylaxis and timely care at the stage of controlled risk. The comprehensive approach to treatment includes several key elements: glycemic control, control of the inflammatory process and foot ulcers, treatment of diabetic polyneuropathy, rehabilitation, proper diet, training and retraining of the patient. Prophylaxis is the best treatment for the neuropathic diabetic foot and requires combined efforts of endocrinologists, surgeons, pharmacists, healthcare professionals, rehabilitators, ergotherapists and our society as a whole. It is necessary to include physiotherapy and rehabilitation, adherence to a healthy and hygienic regime against the background of adequate medical treatment. Screening risk patients to treat the risk should be the first task in longterm treatment of diabetes and its complications.

Keywords: diabetes mellitus, neuropathic diabetic foot

10. Kasnakova P. Algorithm of complex program for treatment and rehabilitation in degenerative diseases of the vertebral column in the cervical area. Prevention of cervical arthropathy. *Knowledge - International Journal*, 2019, 31(4):963-968

Abstract

Degenerative changes of the spine are a common disease and represent a serious medical-social problem, requiring a complex program for treatment, rehabilitation and prevention. Nowadays life and immobilization create favorable prerequisites for the spreading

of disease. The cervical region of the spine is subjected to significant dynamic and static loads, which often leads to pain and limited mobility. Improper posture, continuous static tension, muscular hypertonia and functional blockages in the cervical region provoke psychosomatic discomfort, stiffness, headaches and reduced capacity to work. An essential place in the treatment of osteoarthritis occupy physical and rehabilitative means. Very good results are obtained from the recreated physical methods, kinesitherapy, extension, manual therapy, massage and natural factors combined with training of the patient. The purpose of this publication is to present an algorithm of a complex program for physical treatment and rehabilitation of cervicoarthritis, as well as preventive measures and ergonomic control in a sitting working posture. Improving and maintaining the functional state of patients with spondyloarthritis is essential for their quality of life.

Keywords: Complex rehabilitation, cervicoarthritis

11. Kasnakova P. Complex health care in preterm born babies with respiratory complications. *Knowledge - International Journal*, 2019, 32(2):251-254

Abstract

Premature birth is a serious medical and socio-economic problem. It is the most common cause of neonatal mortality in developed countries. 10-12% of all pregnancies end with premature birth. Most of preterm infants develop respiratory complications. Premature born babies need special conditions of care and care by specially trained medical staff. Health care for premature infants is complex process. This process involves the need of care for mother during pregnancy. When premature birth is a fact, care depends of the weight of infant, complications and deceases outcome of preterm birth. The role of doctors, midwives, nurses, rehabilitators and social workers is to interact with parents and to train them how to care for their newborn and help next integration into society.

Keywords: premature infant, preterm birth, health care.

12. Каснакова П, Торньова Б, Михайлова А, Станкова А. Стимулиране на имунния потенциал при деца в предучилищна възраст чрез ултравиолетова профилактика. *Здравна политика и мениджмънт. Физикална медицина, медицинска рехабилитация, ерготерапия*. 2019, 19 (2):87-90

Резюме

Целта на настоящето проучване е да се проследи ефекта от приложената ултравиолетова профилактика при деца в предучилищна възраст и да се интегрират възможностите на физикалните комплекси в целогодишна програма за стимулиране на имунитета. Материал и методи: Обект на проучването са 53 деца на възраст между 5 и 6 години от детска градина „Здравец“ Пловдив. За физикална профилактика приложихме ултравиолетово облъчване с изкуствени източници за групови облъчвания при спектрално разпределение на енергията в диапазон 577 до 248 nm през есенно-зимния сезон на 2018 г. Със закалителна цел в групова методика облъчихме децата в суберитемни покачващи се дози. Курсът на физиофилактика се проведе чрез 15 процедури от ¼ до 4 биодози. Резултати: В основата на закаляването посредством курс на ултравиолетово облъчване се установи 19,5% физиосанация, благоприятно повлияване на реактивността на организма и имуногенезата.

Ключови думи: ултравиолетова профилактика, имунитет, детска възраст

13. Kasnakova P, Tornyova B, Ivanova S, Atasnasov P, Dragusheva S, Petkova V. Analysis of applied medical rehabilitation in cases of obstetric brachial plexus lesion - erbduchenne palsy. *World Journal of Pharmacy and Pharmaceutical sciences* 2018;7(3):1-10

Abstract

The aim of this study is to present the methods of medical rehabilitation and the results from methodical administration in cases of Duchenne-Erb palsy, with damaged C5 and C6 roots. From 2011 to 2016 we have administered complex medical rehabilitation (electrotherapy, kinesitherapy – passive, active, reflexive; medicinal massage – general, selective; alternative methods – acupressure, hyperbaric oxygen therapy) to 17 children aged from 2 months to 9 years old with obstetric brachial plexus lesions of different degrees of damage. The methods were tested and verified in clinical, out-patient centers and at home and yielded very good results in 76% of the cases. After the end of the therapy, a statistically significant improvement was observed with regard to most of the surveyed parameters and indicators. The results in the working group marked a significant improvement as compared to the initial values as a result of the administered complex therapy, combined with Montessori-therapy, moxotherapy, game-therapy.

Keywords: Medical rehabilitation, Erb-Duchenne palsy.

14. Kasnakova P. Rehabilitation approaches in the treatment of knee osteoarthritis. *Knowledge - International Journal* 2018, 23 (2):627-632.

Abstract

Osteoarthritis of the knee joint occupies the first place of the osteoarthritis of the large joints. There is more common in overweight women after fifty years of age. The pain and restriction of movement in the joint can lead to a significant reduction in locomotor function with serious consequences socially and professionally. The treatment for osteoarthritis is complex. Rehabilitation methods is the main component of the treatment. Objective: To present the applied rehabilitation approaches and physical treatment for effective treatment of osteoarthritis of the knee. The tasks of complex rehabilitation in knee joint osteoarthritis is to reduce the pain, increase the volume of movement, increase the strength of lower limb muscles and improve gait. Modern means and methods of physical therapy and rehabilitation provide ever greater opportunities for maintaining and restoring the function of a joint. Conclusion: The choice of appropriate rehabilitation therapy is determined by the stage of osteoarthritis of the patient and his activity in rehabilitation activities.

Keywords: rehabilitation, knee osteoarthritis

15. Kasnakova P. Methodology of playing activity in rehabilitation practice. *Knowledge - International Journal* 2018, 28(7):2543-8.

Abstract

The games play a special role in rehabilitation practice. The positive emotions they cause in patients cannot be achieved by other methods and means of modern rehabilitation. The role of game playing activity in practice is crucial to the achievement of one of the important tasks in implementing rehabilitation measures, namely to evacuate the patient from the depressed mental state, to distract him from the disease process and to focus on mobilizing his healing powers. The mood, the emotional charge and the dynamics that the games create are particularly suited to awakening the patient's interest in the healing process, their attraction and their active involvement in the rehabilitation activities. The connection between the actions in the game and the movements in the analytical exercises accelerates the formation of motor

habits, physical qualities and skills not only in children but also in adult patients with various pathological injuries. Rehabilitation games are suitable for all ages by enhancing the health of the occupants, developing their mental qualities, improving the activity of the vestibular, visual and motor analyzers. The basis of the motor movement training game methodology and the improvement of motor movement skills is the activation of the thought processes and emotional experiences, the development of the functions of the musculoskeletal system, the cardiovascular system and the respiratory system. Keywords: playing activity methodology, rehabilitation

16. Kasnakova P. Possibilities of art therapy in rehabilitation practice. *Knowledge - International Journal* 2018, 24 (1):43-47.

Abstract

Art therapy is an interdisciplinary method, approach or means of influencing the human personality that combines specific cognitive and practical applications from different fields of knowledge: psychology, medicine, pedagogy, art - music, fine arts, drama, dance etc. It is part of the complex psycho-social rehabilitation of many diseases related to disorder of psycho-physical abilities and social integration. It is effective in medical rehabilitation and ergotherapy in children and adults with diseases of the central nervous system and the musculoskeletal system, which affects fine psychomotor skills and coordination deficits. The application of art therapy methods in the recovery stage of the disease is appropriate for all age groups and should be included in the rehabilitation process. Art therapy is a necessary methodology and one of the most recent profiling disciplines in the training of rehabilitation students. Its application in rehabilitation practice gives greater opportunities for therapeutic assistance to people with special needs.

Keywords: art therapy, rehabilitation practice

17. Dragusheva S, P. Petlleshkova, P. Kasnakova, M. Mavrov. The independent actions of trainee nurses during the pre-graduation traineeship. *Trakia Journal of sciences, V16(1), 2018:229-234*

Abstract

Introduction: The independent actions of students is the main method of work during the pregraduation traineeship. This is the reason why the pre-graduation traineeship demands high responsibility, independence and adaptability of trainee nurses. Students' independent actions are one of the most important components of the pre-graduation traineeship. Objective: The aim of this study is to analyse the significance of students' independent actions as an indicator of the rising level of knowledge, skills and habits necessary for the professional development of the future nurses during the pre-graduation traineeship. Materials and Methods: Two groups of respondents were surveyed: Students at Medical University Plovdiv, Trakia University - St. Zagora-MF, Branch-Haskovo; University "Prof. Dr. Assen Zlatarov"- Bourgas and mentors from the educational bases at the University Hospital "St. Georgi"- Plovdiv, Multiprofile Hospital for Active Treatment-JSC-Haskovo, University Hospital "Dr At. Dafovski"- Kardzhali. Results: According to all the trainees who took part in the study, the best conditions for independent actions are available during the pre-graduate traineeship. In this way students work on a schedule, and under the guidance of the mentor they do different activities independently and / or under control of the mentor. Trainee nurses are assigned independent actions according to their knowledge and skills and the specifics of the sector. As a result of the independent actions trainees acquire orientation skills in complicated practical situations and apply the gained knowledge in their independent practical activity. Conclusion: The analysis

makes clear that the organization of the trainee's independent actions is a factor for the optimization of the pre-graduation traineeship.

Key words: independent actions, trainee nurses, pre-graduation traineeship, knowledge, skills, habits, competences.

18. Kasnakova P, Obreshkova D, Petkova V, Atanasov P. Physical rehabilitation procedures and holistic approaches to the treatment of some neurodegenerative diseases. *World journal of pharmacy and pharmaceutical sciences. Volume 6, Issue 4, 2017, 01-11.*

Abstract

Neurodegenerative disease is an umbrella term for a wide range of disorders with one common aspect – they are all characterised by a progressive loss of neurons in the brain (cerebrum) and the spinal cord, as a result of which memory and motor skills. The most common neurodegenerative diseases include Parkinson's, Alzheimer's, Lou Gehrig's and Huntington's disease, multiple sclerosis and cerebral palsy; all these diseases require physical rehabilitation procedures. The holistic approach and the long-term aims of physiotherapy in these conditions focus on the good management of the process of recovery, maintenance and slowing down of the disease for the purpose of attaining optimal health and optimal recovery of the individual quality of life of the patient. The complex care for the patient calls for a syncretic-integrative approach combined with complementary therapy: self-therapy, physical rehabilitation and psychotherapy.

Keywords: neurodegenerative diseases, holistic approach

19. Kasnakova P. Participation in the „Student internships” project as an accelerating method in the training of medical specialists. *Knowledge - International Journal 2017, 16 (1):419-423.*

Abstract

The process of education and training of medical specialists is organizationally planned and structured for the purpose of the students' actively mastering certain knowledge, skills and professional competences. The modern trends are towards reducing the teaching of practical skills using traditional forms, methods and means, while enhancing the use of accelerating teaching techniques which stimulate the conscious attitude and stand of students.

The subject of this research is the participation of Medical physical therapy students in the 'Student internships' project, in which practical training is a prerequisite for the adequate development and professional career. The analysis of the obtained results shows that over 87,5±7,22% of the surveyed students achieve the targeted results, successfully solve problems and cases that arise during their clinical work. During their internship, physical therapy students strive to acquire new knowledge and skills in the field of physical and rehabilitation medicine, and the mastering of 89% of such knowledge and skills – theoretical and practical – has been facilitated by the practical training in a real-life working environment. Over 91,6±5,89% of the students participating in the project have been strongly motivated throughout their practical training.

Key words: “Student internships” project, accelerating training method.

20. Kasnakova P. The voluntary student work as a factor for professional developing and career start of medical specialists' physiotherapists. *Knowledge - International Journal 2017, 17(3):1237-1241.*

Abstract

Volunteering is an opportunity for students to actively participate in the changes of the community, the social environment, the society organization and the relations. The causes that are supported by the volunteers are becoming more and more preferred as one can learn not only to give, but also to act, to participate and to be active in the society.

In our commercial world "volunteering" is one of the appreciated values, it is a way to help people who are not able to take care of themselves. Voluntary activities are means for helping the society in critical moments when the health and life of other people is endangered. Helping the others is one of the main human needs and it is natural for a lot of people to volunteer in order to satisfy this need.

In the process of education for medical specialist physiotherapists the foundations of developing a moral character, moral culture and ethical behavior towards disadvantaged people are laid. Volunteering is a way of learning, a way of acquisition of knowledge and skills during the period of professional formation and during the whole lifetime. It is never late to start with such kind of education.

The aim of the current research is to study the readiness of the future medical specialist physiotherapists from the Medical College Plovdiv to participate in voluntary initiatives in healthcare. The analysis of the results shows that the second year students for the academic year 2016/2017 have positive attitude towards voluntary work in healthcare. Evidence for their willingness to volunteer is their full participation in all the activities in which they find themselves well-prepared, more self-confident and more useful and namely the professional therapeutical massage and rehabilitation initiatives. The funds raised will be used for financing the work of the Center for Social Rehabilitation and Integration of Children and Adolescents with Disabilities "Parallel world". The children and young people in this center shall be supported by Physiotherapy students and their teachers who shall work as volunteers. Rehabilitation activities such as games, kinesiotherapy and occupational therapy shall be organized in the center.

Keywords: Volunteering, medical specialist physiotherapists.

21. Каснакова П, Станкова А. Изследване на двигателните способности сред деца в подготвителна група. *Управление и образование. Кн. 3, Том XII (3), 2016:58-62*

Abstract

Physical activity in children in preschool age is regarded as a complex form of behavior that depends on multiple factors of the external environment and reflects the age characteristics of child organism. Conscious and purposeful movement affect actions beneficial effect on the overall development of the child, improve the functions of the body, capable of adapting to the conditions of the environment. The aim of the diagnostic test is to establish the degree of development of motor abilities in 6-7 year old children in the preparatory group of the kindergarten. Material and methods: Diagnostic study was performed in Kindergarten "Zdravets" Plovdiv, in the school year 2015/2016. Studied were 30 children aged 6-7 - year, of which 14 boys and 16 girls. Results show that boys are better motor skills than girls, it is result of ontogenetic development of both sexes for this age.

22. Каснакова П. Алгоритмизация в обучението - активизираща технология в учебния процес на рехабилитатори. *Управление и образование, Кн.3, Том XII, 2016: 63-67*

Abstract

Educational process algorithms are a required activation technology in the training of psysiotherapists. The use of algorithms in the teaching of students is an essential component of

training. Algorithms are particularly suited to the practical training of students studying in the specialized courses of "Massage Therapy", "Therapeutic massage" and "Clinical Practice". The training is based on traditional and contemporary activating didactic technologies as algorithmization is one of the effective tools. According to 98.8% of the surveyed students accepted algorithms as a positive instrument to visualize the material. The professional training of physiotherapists aims at developing manipulative skills and habits that guarantee the professional development of the future healthcare specialists.

Key words: algorithmization, training, physiotherapists

23. Papathanasiou J, Dionyssiotis J, **Kasnakova P**, Yanev S, Kanchev D, Milanova N, Troev T. Six-minute walk test: A tool for assessing mobility in frail subjects. *Journal of Frailty, Sarcopenia and Falls, Dec 2016, Vol.1, No 4, pp. 73-76*

Abstract

Objective: Corridor tests (CT) are validated tools used to measure the effects of rehabilitation interventions in frail elderly subjects. Recently the six-minute walk test (6MWT) was introduced in the assessment of frail individuals. The purpose of this study was to investigate the use of the 6MWT as a tool for measurement the functional capacity and mobility in different frail populations with chronic heart failure (CHF). Methods: In this study 6MWT was applied in seventy-five (n=75) individuals randomized into two training groups for a 12th week period; group A (n=38) performed high-intensity aerobic interval training (HIAIT), while group B (n=37) fulfilled moderate intensive continuous training (MICT), for measuring the impact in the effectiveness in two different intensity cardiac rehabilitation (CR) interventions in patients with CHF. Results: The data indicate that the average six-minute walk distance (6MWD) in both groups (HIAIT and MICT) before the start of the CR programs was no statistically significant between them ($p>0.05$). A significant increase in the 6MWD in both CR groups was found after the final of 12-week of CR program ($p<0.001$). The increase obtained in HIAIT group was higher than the increase observed in MICT group (14.53% vs. 10.6%, respectively). Conclusion: The 6MWT is a safe tool for assessing the effectiveness of CR interventions on functional capacity and mobility in different frail populations with CHF.

Keywords: Cardiac rehabilitation, One-year survival, Safety, Six-minute walk test

24. **Kasnakova P**, Hadzhieva B. Analysis of the opinion of medical college students of the quality of the provided educational service. *World Journal of Pharmaceutical Research. Volume 5, Issue 10, p. 01-11, 2016.*

Abstract

The results from our own empirical research into the organizational and methodological issues in medical education and training are presented, and guidance for quality and academic standard assurance, consistent with the needs of the students, is provided. According to the evaluation of the training, from the point of view of students majoring as Physiotherapists and Pharmacy technicians, the characteristics have been defined, and these characteristics have a prognostic value for future evaluations, as well as practical significance in determining high-quality education and training. An original survey card has been developed for assessing the opinion of the students for the purpose of acquiring deeper understanding and knowledge of the quality of the students' training and identifying the factors determining their satisfaction with their education and training, as well as with the expected professional development and career. This survey is aimed at presenting the opinion of students majoring as Physiotherapists and Pharmacy technicians of the quality of education and training provided by Medical College – Plovdiv, and its impact on their adequate preparation for a future career.

Key words: quality of education and training, educational service, students majoring as Physiotherapists and Pharmacy technicians

25. Kasnakova P, Ivanova S, Tsvetkova D. Rehabilitation as a valuable aid in the treatment and prophylaxis of osteoporosis. *AARA. Asian Academic Research Journal of Multidisciplinary. Volume 3, Issue 5 (May 2016), p.180-192*

Abstract

Osteoporosis is a metabolic-endocrine disease, widely spread around the world. What is alarming is that the incidence of osteoporosis is increasing. Osteoporosis-related fractures pose a significant medical and social problem, which will continue to become more and more important in the decades to come. Despite of the enormous advances in the field of the treatment of osteoporosis, attention must to be focused on preventive rehabilitation programs. The reasons for this are numerous, but the aging population, menopause, unhealthy eating habits and above all hypodynamics, are among the major ones. Physical activity, muscle exercising and sport play a major role in reaching peak bone mass of the individual and the population as a whole. Active exercise routines slow down the progress and reduce the extent of the development of osteoporosis after menopause and in old age.

Key words. Osteoporosis, rehabilitation, prophylaxis.

26. Kasnakova P, Obreshkova D, Petkova V. Analysis of the professionally significant qualities in rehabilitation therapists' students. *World journal of pharmacy and pharmaceutical sciences. Volume 5, Issue 2, 2016, p. 14-22*

Abstract

The curriculum for Rehabilitation Therapy students at the Medical College, Plovdiv, is focused on one major goal – to train students able to provide professional and competent health care. The final result from the course of education and training should include the mastering of competences constituting a combination of knowledge, skills and attitudes. Purpose of the study: A study of the professionally significant qualities in the professional qualification of rehabilitation therapists in the process of their education and training in Medical College – Plovdiv. Material and methods: The subjects of the survey are first, second and third year students majoring in Rehabilitation Therapy at Medical College – Plovdiv – a total of 125 respondents. Results and Discussion: Over 40% of the respondents claimed to possess the said qualities and skills to a large extent, and 39.70% were of the opinion they had the investigated qualities and skills to an exceptionally high extent.

Keywords: professionally significant qualities, Rehabilitation Therapy students at Medical College.

27. Kasnakova P, Obreshkova D, Atanasov P, Dimitrov M, Petkova V. Analysis of the independent work of the students at the medical college. *World journal of pharmacy and pharmaceutical sciences. Volume 5, Issue 4, 2016, p 01-08*

Abstract

The independent work of students is one of the most important components of educative process. The aim of the study is to investigate the opinion of students studying in medical colleges on the use of selfemployment as one of the most commonly used active methods. Materials and methods: The survey was conducted with 142 students I, II and III year on various aspects of the learning process through a questionnaire containing 25 questions. For our purpose we focused on issues related to self-employment. Results and discussion: According to 76.12%

± 1.1% of the surveyed students the amount of self-study was sufficient. The aid which students received in the development of their coursework in preparation of educational material, participation in scientific conferences (reports, announcements and posters) and scientific information was appropriate for promoting self-work. Teachers encouraged independent work in 69.07% ± 1.85%.

Keywords: independent work, students, medical college.

28. Hadzhieva B, Dimitrov M, Obreshkova D, Petkova V, Atanasov P, **Kasnakova P.** Omega – 3 polyunsaturated fatty acids metabolism and prevention of some socially significant diseases. *World Journal of Pharmacy and Pharmaceutical sciences. Volume 5, Issue 7, 2016, p. 304-316*

Abstract

The fat content of the human body is about 97% saturated and monounsaturated fat, with only 3 % polyunsaturated fats. Half of that three percent is Omega-3 fats, and that balance needs to be kept. Vegetable oils contain very high levels of polyunsaturated fats, and these oils have replaced many of the saturated fats in our diets since the 1950s. The first evidence for the important role of dietary intake of omega-3 essential fatty acids (PUFAs) in inflammation was derived from epidemiological observations of the low incidence of autoimmune and inflammatory diseases such as psoriasis, asthma and type-1 diabetes, as well as the complete absence of multiple sclerosis in a population of Greenland. Most of these diseases are characterized by unexplained activation of T cells resulting from the destruction of host tissues. In the 1980's some evidence suggested that changes in the natural history of hypertensive, atherosclerotic and chronic inflammatory disorders may be achieved by altering availability of eicosanoid precursors. Native Greenland Eskimos and Japanese have a high dietary intake of long chain omega-3 PUFA from seafood and a low incidence of myocardial infarction and chronic inflammatory or autoimmune disorders, even when compared to their Westernized ethnic counterparts. The metabolism of taken omega-3 polyunsaturated fatty acids has important meaning for the prevention of certain socially important diseases.

Keywords: Omega-3 polyunsaturated fatty acids, eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), metabolism, disease.

29. Tsvetkova D, Obreshkova D, Petkova V, Pankova S, Atanasov P, **Kasnakova P.** Simultaneous determination of valsartan and hydrochlorothiazide in tablets by thin-layer chromatography-densitometric method. *World journal of pharmacy and pharmaceutical sciences. Vo 4, Issue 04, 2016*

Abstract

The aim of current study was to validate a thin-layer chromatography densitometric method for simultaneous determination of Valsartan and thiazide diuretic Hydrochlorothiazide in tablets. TLC-densitometric method with system: Camag TLC densitometer; stationary phase: precoated with Silicagel G60F254 plates, 10 mm x 20 mm; mobile phase: chloroform: methanol : toluene: acetic acid = 30 : 10 : 5 : 0.5 v/v; detection at $\lambda = 262$ nm was applied. The content of Valsartan and Hydrochlorothiazide in tablets was obtained by method of reference standard. For all results Chauvenet's criterion is lower than standard requirements: $U_{St} < 1.73$ (N = 6). Accuracy is presented by the degree of recovery R [%], which suit relevant confidence interval: Valsartan: 93.51 % ÷ 100.19 %; Hydrochlorothiazide: 85.57 % ÷ 111.21 %. The content of compounds in tablets correspond to the relevant confidence interval: Valsartan: 149.60 mg ÷ 160.32 mg; Hydrochlorothiazide: 10.69 mg ÷ 13.91 mg. The applied method is appropriate for

an estimation of Valsartan and HCTZ in fixed combination in tablets for treatment of hypertension.

Keywords: Valsartan, Hydrochlorthiazide, hypertension, thin-layer chromatography, densitometry.

30. Milcheva H, **Kasnakova P**, Atanasov P, Obreshkova D, Petkova V. Modern aspects of the training of healthcare professionals in the medical colleges. *World Journal of Pharmacy and Pharmaceutical sciences. Volume 5, Issue 7, 2016, p. 01-08*

Abstract

In the modern educational conditions, the healthcare professionals are imposed with new requirements in terms of their professional preparation and the whole organization and implementation of the education process. The scope of this research is to present the modern aspects of the training of the healthcare professionals in particular of the physiotherapists and to and to define their role in the healthcare system. Materials and approaches: analysis of regulatory documents; a survey and an interview. Results and discussions: The analysis of the regulatory documents shows that the modern aspects of vocational training of healthcare professionals is oriented towards the professional competences; the pedagogical technologies; the activity and the academic motivation of the trainee; their educational background and opportunities for professional realization. It becomes clear that in the modern conditions there are a number of challenges to meet during the management of the “regulated professions”. The occurrence of new field for realization requires the relevant professional preparation for the graduate students. The occurrence of intermediate and integrated professional fields requires improvement and sometimes development of new competences in field like – health tourism, management, etc. These issues need adequate and timely solutions.

Keywords: education, professional competences, challenges, realization.

31. **Kasnakova P**, Obreshkova D, Petkova V. Professional development of students in the professional field of „health care”. *World journal of pharmacy and pharmaceutical sciences Volume 5, Issue 2, 2016, p. 07-13*

Abstract

The education of specialists in the specialty of "Health care" in Bulgaria has changed significantly in the recent years. There is an increasing demand for health care and mobility of professionals providing the latter. This justifies the introduction of professional training of specialists with skills to provide health care to advanced level, adaptability, communication, mobility, teamwork, responsibility etc. Their adaptation takes place in a situation of dynamically changing needs, values, ways of communicating with social groups within the profession and beyond. This raises the need for excellence in professional training as a strategy of behavior which results in consistency and perseverance in carrying out professional activities.

Keywords: Professional development, of specialty “Physiotherapy”

32. Stoykova N, Yankov S, Slavov S, **Kasnakova P**. Factors affecting color. *Международно on-line списание „Science and technologies“. Medical biology studies, clinical studies, Social medicine and health care, Vol.VI (1), 2016: 206-211*

Abstract

Dental technicians and dentist have been dealing with the effect of colors in prosthetic structures for a long time. The main purpose is to produce restorations, identical with the natural

specimen. In order to improve the result, we explore in depth the natural phenomenon, the appearance and the laws related to them. The industry offers new materials, which give us the opportunity to re-create the natural shade of dental structures. Enriching our knowledge of the shape and color, we aspire to optimize the effect of lamination techniques with the respective materials, which influence one determinant: light.

Key words: light, natural shade, dental structures

33. Kasnakova P. Management of the quality of education process and related teaching experience. *International Journal Knowledge. Vol. 12.2, 2016, p. 51-54*

Abstract

Adequate assessment of the quality of education is one of most – important management issues in education. Major challenge for modern education in medical colleges is to provide quality professional training of students. Timeliness of the information in theoretical training, organizing and conducting educational workshops and clinical practice, as well as professional and personal qualities of teachers are directly related to the quality of education and contribute to the successful realization of students of medical colleges. The aim of the study is to reveal the characteristics and criteria that determine the quality of the learning process and related teaching.

Keywords: quality of learning, medical college teaching.

34. Kasnakova P. Training and developing fine motor skills in pre-school children. *Knowledge-International Journal Vol.13.2, 2016:121-125.*

Abstract

The psychomotor development of children is connected with the development of motor activity as a combination of the motor skills of the organism. The term of fine motor skills is used to describe the fine movements and coordination of the fingers, and the development of these skills is a very important factor in early childhood prior to beginning school.

The aim of this study is the diagnosis of the psychomotor skills of pre-school children for the purpose of assessing their readiness to be taught how to write.

Material and methods: A group test of 20 children aged 6-7 from 'Zdravets' Nursery School, Plovdiv, is used; methods of the diagnostic process: Test – Methods of investigating the visual-motor coordination according to Drawing/Rutter,1970/. The research was carried out in March of the school year of 2015/2016 for continuous control of knowledge and skills.

Results and discussion: The research into the psychomotor skills showed that 45% of the children demonstrated an overall individual result above the average level for the surveyed group, 40% of the children were within the range of the average level for the group, and 15% of the children were below the group average.

Conclusions: The summarized results evidence that at that age, the properties of attention are still in the process of development, but they are better expressed in girls. This tendency is directly dependent on the individual and gender-specific psychophysiological characteristics of the development of children.

Key words: training, fine motor skills, pre-school children

35. Kasnakova P. The art of communication in resolving conflicts in the process of education and training of health care specialists. *Knowledge-International Journal, Vol.15.1, 2016:331-336.*

Abstract

Good communication between medical professionals, the patient and his/her family is the basis of professional competence established in the health care practice with specific behavioral models. The communication between the medical team and the patient is a process of interaction, influence, attention, mutual understanding, respect for the personality in the whole process of treatment. Conversation as a training situation of verbal communication between the trainee-health specialist and the patient is of vital importance for the progress of the clinical training. The respect for and satisfaction of the needs of the patient in the process of training of health specialists is a major objective and a moral responsibility in taking adequate and efficient health care /the provision of adequate and efficient medical services/. Even though the development communication skills is targeted in various courses (Medical Psychology, Ethics and Deontology, Medical Sociology, etc.), examples of poor communication in the form of various conflicts in the Health care system are common, both between medical specialists themselves, and between them and the patients. This calls for a more serious tackling of the issue at different stages of the training of health care specialists. Without efficient communication and resolved conflicts, the efforts of the health professional will not have the desired and necessary effect, since it is in the process of communication that relations of mutual understanding and partnership are established.

Key words: communication, resolving conflicts, health care specialists

36. Каснакова П. Исследование удовлетворенности студентов специальности „Реабилитатор“ обучением в медицинском колледже. Сб. *„Исследовательские инициативы студенческой молодежи как социальная практика современного профессионального образования“*, ISBN 978-5-00058-376-0 2016. Москва, России, с. 39-43

Abstract

The quality of education is dynamically consistent with the mission, aim and results from the activity of Medical College, Plovdiv. The factors affecting the nature of modern education are numerous. Their impact demands that today's education should take into account a series of principal requirements, such as: the development of the personality and the competence, combined with the process of training, modern theoretical and practical knowledge, complexity and integrativity, communication skills, dynamics, topicality, adaptiveness and adequacy of the process of education and training.

The purpose of this study is to investigate the attitude of students to studying at Medical College, Plovdiv, in the specialty of 'Rehabilitation Therapist', and to establish the levels of student satisfaction with the quality of the process of education and training.

The level of student satisfaction is determined by their evaluation of the training process, the factors provoking interest in the academic process, and the expected career prospects.

Key words: quality of education, satisfaction, Rehabilitation Therapy students.

37. Пъпанов С, Петкова Е, Иванов К, Иванова С, Младенов Д, Каснакова П. Оценка знаний в радиационной защите с помощью запрограммированных тестов. Сб. *„Актуальные проблемы в современной науке и пути их решения“*, Евразийский Союз Ученых. Москва, России № 6 (27) Часть 4. 23.06.2016, 76-79

Резюме

Оценка является выражением взаимосвязи между достижениями и между требуемым уровнем усвоения знаний и умений. Радиационная защита является динамичной учебной дисциплиной, особенно по отношению связи с соответствующего законодательства. Здесь информационные технологии могут быть использованными как

для получения новых знаний, так и для их контроля, оценки и соответственно для оценки труда преподавателя.

Цель: Возможности запрограммированных тестов для объективного контроля и оценки знаний в области Радиационной защиты.

Материал и методы. Объект исследования было мнение студентов о преимуществах и ограничениях запрограммированных тестов для контроля и оценки знаний в области Радиационной защиты.

Используемые исследовательские методы:

1. Системный подход и критический анализ научных периодических изданий.
2. Статистический
3. Собственные исследования по проблеме

Результаты и обсуждение. Мы провели опрос. анализ которого мы представляем вашему вниманию. Опрос состоит из двух частей:

1. Характеристические данные
2. Специальная часть

Из 52 студентов принявших участие в исследовании 22 мужчины и 30 женщины.

Большая часть 42 до 25 летнего возраста, а небольшая часть 10 над 25 летнего возраста.

Контроль и оценка знаний является неотъемлемой частью обучения и тщательной подготовки стажеров. Высоким является убеждение 61,54% респондентов (26 из них до 25 лет и 6 более 25 лет), что тесты имеют высокий уровень объективности, надежности, достоверности. 67,31% считают, что тесты на гораздо менее информируют о процессе, с помощью которого можно добраться до них. С успехом можно использовать запрограммированные тесты для мониторинга и оценки знаний в процессе обучения в области Радиационной защиты.

Ключевые слова: радиационная защита, студенты, оценка

38. Kasnakova P. Pedagogical interaction as factor in the formation of the medical specialist personality. Сб. „Komunikacija w edukacji. Jezyk w komunikacji“. Том 3, ISBN 978-83-62160-30-3, Siedlce, Polska, 2015:189-196

Abstract

Pedagogical interaction is the subject of research of different scientific fields such as philosophy, sociology, psychology and pedagogy.

The aim of the study is to survey students' opinions on the role of the teacher in the pedagogical interaction and his/her professional activity for the formation of medical specialists.

The survey was conducted with 624 Bulgarian students from first, second and third year in the specialties of medical laboratory assistant, radiographer, physiotherapist, dental technician, assistant pharmacist and Public Health inspector, students at medical colleges in the Republic of Bulgaria in 2012. For this purpose, we used a questionnaire for anonymous filling on various aspects of the educational process.

Led by the fact that pedagogical interaction at the medical College is a necessary condition for the creation of an atmosphere conducive to mastering conscious control of knowledge and skills by the students, we concluded that it is important for the formation of the personality of the medical specialist.

39. Каснакова П. Проучване мнението на студенти обучаващи се в Медицински колеж относно методите на контрол и оценка на знанията, уменията и навиците. *Управление и образование, Кн. 3, Том XI, Vol. 3, 2015:85-88*

Abstract

In connection with improving the quality of training periodically examine students' opinion on various aspects of the learning process. The quality of education at the Medical College depends largely on the organization and the control of knowledge, skills and attitudes of students. Improvement requires control - evaluation procedures for establishing the criterion for objective assessment.

Key words: control of knowledge, students

40. Каснакова П. Методика на рехабилитационна програма при изолирано счупване на лъчевата кост в дисталната трета с изкълчване на главичката на лакътната кост (счупване на Галеаци) – представяне на клиничен случай. *Управление и образование*“. Кн. 5, Том XI, Vol. 5, 2015:190-193

Abstract

Fractures of the bones of the forearm are the most - common. About 25% of all fractures. Rehabilitation measures apply to the full restoration of movement in the elbow and wrist joints and to restore supinatory and pronatory movements of the forearm.

Key words: Rehabilitation, fractures

41. Kasnakova P. Optimization of physical education and sport - the main factor for maintaining the health of preschool children. *Knowledge-International Journal*, Vol.8/1, 2015:187-191

Abstract

The physical education and sport is an integral part of the physical, intellectual and emotional development of children. In preschool physical education is directed towards the formation of motor skills and habits, develop physical skills and improve coordination abilities, Preschool through forms of physical education and sport is aimed at strengthening and hardening of children, increasing the body's resistance to disease, development of physical qualities and abilities. Sport activities and the use of various forms and methods of physical activity in the kindergarten provides health, motor skills, developing skills and building motivation for physical activity. Physical education and sport in school age is a complex process, which enhances the development of body, mind and character of children, and as a major factor in the maintenance, preservation and improvement of health and healthy life.

Key words: physical education, sport, preschool children.

42. Kasnakova P. Communication and professional activities in the process of education of medical professionals in health care. *Knowledge-International Journal*, Vol.10/1, 2015:423-426

Abstract

Pedagogic communication is a key factor in the professional activity of teachers, trainers medical health care professionals. An educational monitoring the performance communication, professional activity and interaction of the teacher - student - patient. The predominant style of pedagogical communication is democratic teachers - 62.90%. Attitudes and professional activity of the teacher to the student and the patient in real terms implemented a "high" level at 75.80%. In the process of training of medical professionals and professional association activities are the immediate sources of multilateral mental development to form the main

components of the personality of the student's health care and its overall appearance of a professional.

Key words: communication, professional activity, medical specialists

43. Slavov Sv, **Kasnakova P**, Yankov Sv. Investigating student opinion in the specialty of 'dental technician' on attitudes to opportunities for student mobilities during their education at Medical College Plovdiv. *Knowledge-International Journal, Vol.11/1 2015:290-293*

Abstract

One of the main activities in connection with the implementation of student mobility is to improve the quality of education in line with the European standards. Over 45% of the students surveyed were not familiar with the purpose of "Erasmus +" student mobility programme. It is the largest European initiative that enables Bulgarian students to study for a certain period at foreign universities, exchanging experience and best practices. It also supports students in the process of acquisition of key competencies (knowledge, skills and attitudes) in order to improve their personal development and performance on the European labor market.

Keywords: student mobility, medical college, dental technician

44. **Kasnakova P.** Rehabilitation of myofascial pain syndrom in overtension related diseases. *East European Scientific Journal. Warszawa, Poland, III 2015, cz.3:6-9*

Abstract

Myofascial pain syndrome (MPS) is connected with the presence of pain points /trigger points/, combined with trophic changes and functional complaints. MPS includes several diseases, varied in their etiology and clinical symptoms – insertionitis, bursitis, periarthritis, tendovaginitis, etc., characterized by pain and damaged joint function, without affecting the joint cavity. Rehabilitation therapy is structured depending on the locality and gravity of the process.

Key words: myofascial pain syndrome, rehabilitation therapy.

45. **Каснакова П.** Ролята на рехабилитацията при счупване на колянното капаче. *Сборник доклади. Трета национална студентска сесия „Съвременни тенденции в развитието на здравните грижи” Медицински университет – Плевен, 2015, с. 274-280*

Abstract

Fractures of the patella are approximately 2% of all fractures. Several aspects constitute problem for its rehabilitation: the severe post-traumatic contracture, distortion of the support function of the lower limb and subsequently severe degenerative changes in the femoro-patellar joint. This makes the question of the complex treatment of the fracture of the patella very responsible and important task in which rehabilitation takes first place.

The aim of this report is to design a rehabilitation program for patients with fractures of the patella, applicable in clinical practice, in order to achieve a fully functional recovery of the lower limb.

Material and Methods: We studied 7 patients with a fracture of the patella treated in departments of physical therapy and rehabilitation medicine at "St George UMHAT, "Plovdiv" MHAT, DCC' (Diagnostic and Consultative Centre) 5 in Plovdiv, who underwent comprehensive rehabilitation, including physical therapy, massage, physical therapy in early and late periods respectively in 2014.

Results: At the beginning and end of the rehabilitation measures there were conducted mandatory tests and measurements which showed functional improvement and restoration of the support and motor function of the lower limb. There were prepared kinesitherapeutical programs depending on the functional status of the patients. The results indicate a systematic, methodical and complex approach in the management of patients.

Conclusion: As a result of the complex rehabilitation and effectiveness of the kinesitherapeutic program, the active movements were restored, as well as the motor skills and the recovery of the locomotor abilities, the muscle function was maintained for the prevention of complications.

Keywords: rehabilitation, breaking the patella.

46. Каснакова П. Мултидисциплинарна рехабилитация при болни с анкилозираш спондилартрит с цел подобряване качеството на живот. *Сборник доклади. Трета национална студентска сесия „Съвременни тенденции в развитието на здравните грижи” Медицински университет – Плевен, 2015, с. 280-286*

Abstract

Multidisciplinary rehabilitation is a major medical and social approach in the treatment of patients with ankylosing spondylitis /Bekhterev disease./ It is a complex of medical, rehabilitation, social and professional methods to achieve maximum physical, mental and occupational fitness to ensure quality of life. Spondylitis affects 1-2% of the population and has familial predisposition, associated with HLA-B27 antigen. The aim of this report is to make a rehabilitation program for patients with ankylosing spondylitis that is applicable in clinical practice so that the mobility of the spine and the affected joints be preserved as long as possible.

Material and Methods: We studied 11 patients with ankylosing spondylitis treated in departments of physical therapy and rehabilitation medicine at "St George"UMHAT, "Plovdiv"MHAT, DCC(Diagnostic and Consultative Centre) 1, DCC 2 in Plovdiv, who underwent comprehensive rehabilitation, including physical therapy, massage, physical therapy and occupational therapy in the early and late periods respectively. The durability of the course of treatment was 7 to 12 days, once daily, by students in the specialty of "Rehabilitation" during their internship in the school year 2013/2014. Rehabilitation algorithms were structured and kinesitherapeutical programs were prepared depending on the functional state of the patients.

Results and discussion: We achieved the patients' maximum potential for leading normal life and improving its quality by mastering the following tasks: reduction and pain management, maintaining the mobility of the spine, improving the trophic level in vertebral and para-vertebral tissues, maintaining the functional capacity, prevention of deformities and education of the patients in compensatory diaphragmatic breathing via the methods of multifunctional rehabilitation.

Conclusion: As a result of the complex rehabilitation and the effectiveness of the kinesitherapeutic program, the active movements and motor skills were restored, as well as the function of the spine and the return of the patient to normal life activities.

Keywords: rehabilitation, ankylosing spondylitis

47. Kasnakova P. Student opinion survey on required personal skills and competences of teachers at Medical College. *Ižvalgos. Insights Makslo darbai. 2014 2 (10):63-67*

Abstract

The teacher's personal qualities at the Medical College are fundamental to the learning process. By possessing certain pedagogical skills every teacher expresses his/her unique

personality and professionalism, which is a major criterion of competence. The teacher's professionalism, as a set of skills, is defined as a major mechanism of impact on the professional development of the students.

In relation to improving the quality of training students' opinions are periodically examined and the use of student ratings is expanded, which makes it possible to hear the opinions of students - consumers of educational services.

Key words: personal skills, competences, teachers

48. Каснакова П. Качество на професионално – педагогическите компетенции в медицинското образование. *Здраве и наука, IV брой 1 (013), 2014: 40-43*

Резюме

Медицинското образование има водеща роля за повишаване на качествените характеристики на човешкия капитал в системата на здравеопазването. То е в съответствие с целите на Лисабонската стратегия на Европейския съюз за изграждане на конкурентно способни и динамични медицински специалисти.

Успешното реализиране на целите на обучението във висшето медицинско училище до голяма степен зависи от преподавателя, от неговите личностни и професионални качества, дейността му и стила на общуване. Неговата роля в педагогическото общуване е да подпомага студентите в овладяване на медицински знания, умения и навици, да организира и координира самостоятелната им познавателна дейност в медицинската практика.

Ключови думи: медицинско образование, качество, педагогическа компетентност.

49. Кацарска Р, Белчева Н, Танева Д, Вакрилов Н, Каснакова П. Терапевтични насоки при деца с аутизъм. *Медицински преглед. Сестринско дело, 46 (2), 2014:26-32*

Резюме

Аутизмът е разстройство на развитието, което включва когнитивен дефицит със специфична симптоматика, засягаща речта и общуването. Състоянието се отличава с 3 основни характеристики: качествени нарушения в социалното взаимодействие, качествени нарушения във вербалното и невербалното общуване, както и стеснен репертоар от дейности и интереси. В допълнение към това можем да добавим, че при аутистичните деца е налице вродена невъзможност да общуват адекватно и да реагират съобразно ситуацията. Основната цел в терапевтичната работа при деца с аутизъм е подобряване на качеството им на живот, което много често означава да се премахне негативната симптоматика и да се постигне максимална степен на автономност. Прилагат се алтернативни, психологични терапии, както и ерготерапия, хипотерапия, логопедични и педагогически терапии. Тези терапии продължават през целия живот и значително подпомагат комуникативните и социалните умения, както и уменията за самообслужване на деца с аутизъм.

Ключови думи: терапевтични насоки, деца, състояние аутизъм.

50. Каснакова П, Бечева М, Крушкова П, Павлова Г, Петрова Р. Комплексна рехабилитация при периартрит в остър период, прилагана от студенти в клиничната практика. *Сборник доклади от Юбилейна конференция „Превенция и рехабилитация за подобряване качеството на живот” Стара Загора 16-17 май 2014. с. 192-196*

Abstract

One of the most - common clinical disorders of the periarticular soft tissues is called, periarthritis of the shoulder joint or rotator cuff disease of the shoulder. Under this name includes a number of varying etiology and clinical disease characterized by pain and impaired joint function, without prejudice to the joint cavity.

Students of "Rehabilitation" in clinical practice are trained to work with patients diagnosed with periarthritis of the shoulder in training facilities, acquiring skills and competence on.

Keywords: periarthritis, rehabilitation, clinical practice

51. Каснакова П, Божкова М. Качество обучения медицинских специалистов -приоритет в профессионально-педагогической деятельности преподавателей медицинского колледжа. *Сб. Edukacja ku przyszlosci -том 4 „Wyzwania i zaniechania w ksztalceniu doroslych”*, ISBN 978-83-62160-22-8, Siedlce Полша, 2014, с. 127- 134

Abstract

The priority of modern education is to improve the quality of education at all levels. The quality of education is a complex and complicated issue. In the most severe degree it depends on the efficiency of the educational activities and professional and personal qualities of teachers.

Quality is at the heart of education. It crossed social needs and interests of individual students, the community, the high school represented in the learning process of this teacher and consumers of health personnel.

Key words: quality of education, personal qualities of teachers.

52. Torniyova B, Kasnakova P. Personality of Medical college teacher in the context of their pedagogical activity, *Сб. „Здоровье специалиста: проблемы и пути решения”*, ISBN 978-5-89982-498-2 Омск, Россия, 2014, с. 296-301

Abstract

Introduction. In modern medical education the one who has the greatest impact on student learning is the teacher with his/her professional and pedagogic education and development of personal qualities necessary for his profession. His/her influence is achieved through his/her skills and knowledge in the specialty, high qualifications, his/her ability to properly communicate with the students and build trust in the relationship between them.

The teacher's personal qualities at the Medical College are fundamental to the learning process. "At various stages of medical education, the teacher's major personal and professional qualities are constantly changing and developing. This dynamic is determined by the social commission society gives to the teacher in terms of his/her personality and professionalism. ... Through the qualities of his/her personality the teacher can shape and improve, but on the other hand can hold, even degrade the development of their students, i.e., he/she can influence both positively and negatively their professional development. What is specific about the Medical College teacher is that he/she is both a teacher and a medical specialist. "[3].

The example he or she sets - his/her career - personal qualities and abilities, teaching experience, knowledge and behavior have a very strong educational impact.

The aim of the study is to explore the views of the faculty members of the Medical College on the set of occupational and personal qualities necessary for educational activities.

Materials and Methods. The study is based on an anonymous direct group-held survey of 115 teachers from medical colleges in the Republic of Bulgaria.

53. Божкова М, Каснакова П. Сравнителен анализ обучение реабилитаторов в Р. България и некоторых европейских странах. *Сб. „Образование в созданию современной действительности. Возможности и ограничения“, Том 1, Седльце Польша 2013:34-38*

Резюме

Реформа в образователной системе и динамичные инновационные процессы в медицинском образовании актуализируют проблему обучения реабилитаторов в Болгарии. В процессе обучения они должны усвоить не только знания, умения и навыки, но и сформировать определённые качества и способности, значимые для их профессиональной деятельности

Key words: rehabilitation, curriculum, educational entity.

54. Каснакова П., Божкова М. Мениджмънт на комплексната рехабилитация при деца с церебрална парализа. *Сп. „Здравна икономика и мениджмънт“. ISSN 1311-9729, Варна, Година XIII, брой 4 (50), 2013, с. 36-39*

Резюме

Мениджмънтът на рехабилитацията при детската церебрална парализа има за цел да социализира деца с функционални дефицити, които трябва да се контролират и подпомагат през целия живот посредством комплексната рехабилитация. Тя е основен подход при лечението на деца с церебрална парализа, подобрявайки функционалните способности на децата в посока на увеличаване и подобряване на възможностите, развитието на двигателните и познавателните умения и придобиване на социална независимост. Уменият мениджмънт в рехабилитацията ще доведе до възможно най-пълно възстановяване на анатомичните и функционалните увреждания, като се използват наличните остатъчни възможности и физиологичния растеж на организма в детска възраст.

Ключови думи: церебрална парализа, рехабилитация, мениджмънт

55. Каснакова П. Кинезитерапевтични насоки при болка в кръста, възникнала на работното място. *Сп. „Здравна икономика и мениджмънт“. ISSN 1311-9729, Варна, Година XIII, брой 4 (50), 2013, с. 33-36*

Резюме

Био-психосоциалният подход може да предотврати хронифицирането на болката в кръста чрез осигуряване на рехабилитация за пациенти след началната остра фаза.

Тестуване: Необходими са проучвания в насока разработване на стандарти за лумбалната функция, така че да не се разчита на субективна информация от пациентите. Критериите за връщане на работа като възможностите за вдигане, издръжливостта за седене прав или на стол обикновено се определят най-добре след обективно функционално измерване.

Лечение: Пасивното лечение не се препоръчва вече от повечето автори. Движенията подобряват храненето на дисковете, както и силата на сухожилията и лигаментите. Установява се, че специфичните стабилизиращи упражнения са подходящи при хронична болка в кръста от обичайните медицински грижи.

Обучението за флексибилност на бедрата и долните крайници е важен компонент, понеже чрез тях се редуцира напрежението в лумбалният гръбнак.

Заключение: Необходима е интензивната мултидисциплинарна био-психосоциална рехабилитация, фиксирана върху функционалното възстановяване на

болните с оглед редуциране на болковата симптоматика и подобрене на качеството им на живот.

Ключови думи: болки в кръста, стабилизиращи упражнения, стречинг, флексибилност.

56. Вакрилова Бечева М, Каснакова П, Павлова Г. Взаимовръзка на качеството на обучение и здравните дейности. *Сп. „Здравна икономика и мениджмънт“*. ISSN 1311-9729, Варна, Година XIII, брой 4 (50), 2013, с. 100-102

Резюме

Високото качество на дейностите в здравеопазването е изключително важен здравен проблем и стратегическа задача в Националната здравна стратегия.

Системата на здравеопазването е изправена пред задачата да задоволява потребностите от диагностично-лечебна помощ и професионални мерки и да установява, опазва и увеличава здравните потенциали на населението. Главните ресурси на здравеопазването се съсредоточават в следните направления:

- укрепване на системата за първична медицинска помощ;
- всестранно развитие на профилактиката;
- засилване връзката на медицинското образование със здравеопазването.

Очакваните резултати от прилагането на Националната здравна стратегия и плана за действие на нейното изпълнение включват позитивни промени по петте приоритета на стратегията: ограничаване на негативните тенденции в здравния статус на населението, повишаване ефективността на здравната система и приближаването ѝ до стандартите на развитите страни.

Ключови думи: качество, обучение, здравни дейности, стратегия.

57. Kasnakova P, Velikov Y. Methodology of complex rehabilitation in cases of disc herniation. *Trakia Journal of Sciences, Vol. 10, Suppl. 3, 2012:185-187*

Abstract

Complex rehabilitation is a basic conservative method of disc herniation treatment aiming at the recovery and stabilization of the functions of the spine.

Key words: disc herniation, rehabilitation.

58. Бечева М, Трайкова Н, Каснакова П. Дисфункция на нервно-мускулната система при поява на лумбалгия и повлияване на лумбалната сегментна нестабилност. *Неврология и психиатрия, год. XLIII, бр. 1, 2012:9-15*

Резюме

В резултат на нервно-мускулни дисфункции при пациенти с лумбалгии се нарушава моторния контрол на коремните мускули и еректорите на трупа. За повлияване на лумбалната сегментна нестабилност – резултат на тези дисфункции, е необходимо обучение на пациентите за запазване, за контрол и поддържане на неутрална лумбопелвисна позиция по време на различни позиции, както и извършване на упражнения за динамична стабилизация, включващи контрол на движението по време на комплексните движения на трупа и крайниците.

Ключови думи: дисфункция, лумбалгия, неутрална позиция, динамична стабилизация.

59. Каснакова П, Крушкова П, Мехмед С, Табакова Т. Рехабилитация при счупване на лъчевата кост на типично място. *Сборник доклади. Юбилейна научна сесия за преподаватели и студенти. „70 години Медицински колеж – традиции и бъдеще“.* Юбилейна научна сесия. Пловдив, 09-10 май 2012:97-99

Резюме

Счупването (фрактура) представлява нарушаване целостта на дадена кост, което може да възникне по различни механизми и причини. Счупването на лъчевата кост на типично място (*fractura radii in loco typico*) е едно от най-честите травматични увреждания, изискващо целенасочена и прецизна рехабилитация.

Ключови думи: счупване, рехабилитация

60. Kasnakova P, Krushkova P, Kostov S, Slavcheva N. Importance of sports and aerobic exercise for prevention of obesity among children and adolescents. *Sport & Science, Proceeding book XVI International Scientific Congress „Olympic Sport and Sport for All” & VI International Scientific Congress „Sport, Stress, Adaptation” Sofia 17-19 May, 2012:479-481*

Abstract

The ongoing economic growth and the rapid pace of industrialization and urbanization have minimized the need to perform any activities requiring physical effort. Obesity is gradually turning into pandemic, affecting not only the developed but also the developing countries. This serious problem affects both the adults and children, and adolescents. Obesity preconditions the development of many disorders, increases the risk of premature death, lowers the quality of life and increases health care costs. With 30% of the children this problem persists in mature age and becomes a risk factor for a lot of socially significant diseases, therefore, undertaking serious precautions is a must. Movement is a precondition for maintaining the normal structure and functions of all systems and organs in our bodies and logically the lack of movement causes pathological changes in them.

Key words: sports, obesity, prevention

61. Krushkova P, Kasnakova P. The role of sports and physical activity in the complex therapy for diabetes treatment. *Sport & Science, ISSN 1310-3393, Proceeding book XVI International Scientific Congress „Olympic Sport and Sport for All” & VI International Scientific Congress „Sport, Stress, Adaptation” Sofia 17-19 May, 2012:481-483*

Abstract

According to a recent definition diabetes is a group of metabolic diseases, characterized by hyper-glycaemia resulting from dysfunction of insulin secretion, insulin malfunction or from both. It is the result of serious metabolic disorders caused by the insufficient effect of the insulin hormone. Consequently, diabetes is a metabolic and endocrine gland disorder. Incidence of diabetes has been increasing constantly, the number of diabetic patients is increasing twice as fast as the number of the population. Diabetes is a wide-spread disease typical of all nations, ages and sexes. Developed, dynamically living nations with greater number of urban population suffer from diabetes more often, nevertheless.

Key words: diabetes, sport, physical activity

62. Каснакова П, Божкова М, Вакрилова-Бечева М. Професионално – личностни изисквания за педагогическите компетенции на преподавателя по „Здравни грижи“ в Медицински колеж. *Медицински преглед. Сестринско дело, год. XLIII, 43, брой 3/4, 2011:42-45*

Резюме

Успешното реализиране на целите на обучението в Медицински колеж до голяма степен зависи от преподавателя, от неговите професионални, педагогически и лични качества, от дейността му и стила на взаимодействие и общуване. В етап на нарастващи изисквания към образованието, като един от двигателите на прогреса, се изменят и акцентите върху едни или други професионални и личностни качества на преподавателя. Изискванията към тях стават твърде високи, защото и условията, които ги пораждат, са също значими и решаващи.

Ключови думи: педагогически компетенции, преподавател по „Здравни грижи”

63. Божкова М, Трайкова Н, Вакрилова М, **Каснакова П**, Трайков И. Обучението на рехабилитатори в България. Необходима реформа в образователната стратегия. *Медицински преглед. Сестринско дело, год. XLIII брой 3/4, 43, 2011:46-48*

Резюме

Непрекъснатите реформи в образователната система налагат качеството на медицинското образование да се повишава. Бъдещите рехабилитатори трябва да получават такава професионална подготовка, която да съответства на обществените потребности, на нуждите на пазара на труда и на индивидуалните очаквания за реализация в професионален план. В процеса на обучение трябва да се усвоят не само знания, умения и навици, но и да се формират определени качества, значими за професионалната дейност. Знанията и уменията, които се овладяват от тях са двата образователни ресурса с които се осигурява обществото и са важна предпоставка за ефективността на образователния процес.

Ключови думи: рехабилитатори, образование, реформи

64. **Каснакова П**, Чаушев Г, Блажев Д. Възможности на спорта и физическата активност за профилактика на остеопорозата при жени на работното място в Медицински колеж към Медицински университет Пловдив. *Спорт и наука. НСА, София, 2010:373-374*

Abstract

Osteoporosis causes bone tissue decrease and therefore increased risk of bone deformation and fractures for women in the menopause period. There are many causes for this disease but the major ones are hypo-dynamics, bad eating habits and the aging of population.

Sports and kinesitherapy plays an important role for fighting osteoporosis by the application of active and passive movements. The motive activity and muscle work produce preventing effects on the progress of osteoporosis. An active motion regime increases the activity of bone cells. As a result the bones get stronger and the bone tissue increases. The systematic practice of sports delays the progress and reduces the degree of osteoporosis. In addition to their preventive and therapeutic effects motive activity and sports energize and refresh, give confidence and raise self-esteem.

Key words: sport, osteoporosis

65. **Каснакова П**, Ангелова М. Съвременна квалификационна характеристика на специалност „Рехабилитатор”. *Медицински преглед. Сестринско дело. год. XLI, 41(2), 2009:27-29*

Резюме

В статията представяме квалификационната характеристика за специалността „Рехабилитатор“ на Медицински колеж – Пловдив. Тя е основен документ при

планирането, организирането и управлението на учебния процес. В нея е определена специфичната образователна цел за подготовката на висококвалифицирани специалисти, притежаващи умения да извършват профилактична, лечебна и промотивна дейност, свързана с опазването и възстановяването здравето на всички възрастови групи.

Ключови думи: квалификационна характеристика, рехабилитатор.

66. Каснакова П, Ангелова М. Организационни аспекти на обучението на студентите по специалност „Рехабилитатор” в Медицински колеж - Пловдив. *Медицински преглед. Сестринско дело. год. XLI, 41(2) 2009:24-26*

Резюме

Обучението на студентите по специалност „Рехабилитар“ в Медицински колеж – Пловдив е насочено към осигуряване на подготовка, компетентности и умения, отговарящи на съвременните изисквания, с цел изграждане на ценности, нагласи и способности да се приемат предизвикателствата на динамично променящата се действителност в България и света.

Ключови думи: рехабилитатор, обучение, професионални компетентности.

67. Торнъова Б, Тодорова М, Каснакова П. Възможности за повишаване качеството на живот на възрастните хора чрез андрагогическия процес, *Сб. „Стареене и здраве”, ISBN: 978-954-92555-1-5, Варна, 2009:440-448*

Abstract

The new millennium is characterized by its complexity and dynamics, by permanent changes and increased requirements in all social spheres. Restructuring of the economy introduction of market relations and the ensuing changes in the labour market are challenges before the education of the adults. Andragogy, as a science and art for the education of adults, provides opportunities for satisfaction of their increasing necessities for learning, connected with a specific work place, expansion and development of the political, civil, spiritual, health, ecological culture and the culture of communication. Education of adults is essential for the economic and social development in general, since it cooperates for surmounting the illiteracy, for ensuring means of living for improvement in the health condition and more specifically - of the quality of life of the adults.

Key words: Andragogy, quality of life.

68. Пъпанов С, Желев И, Петкова Е, Проичев В, Кузманов Б, Трайкова Н, Семова Р, Джамбазов К, Трайков И, Марчев И, Каснакова П. Начинът на хранене – рисков и протективен фактор за развитието на хроничните неинфекциозни заболявания. *Социална медицина“, 1/2, Година XVII, 2009:37-38*

Резюме

Нерационалното хранене може да бъде рисков и протективен фактор за развитието на различни болестни състояния. Нормалният растеж, развитие и здравно благополучие на индивида са свързани с адекватното хранене. Представяме един епидемиологичен проект за начина на хранене като рисков и протективен фактор за развитието на хронични неинфекциозни заболявания.

69. Каснакова П, Ангелова М, Илиева Е, Петкова Е. Обучението по кинезитерапия в Медицински колеж Пловдив-традиция и актуални проблеми. *Медицински преглед. Сестринско дело. год. XL, 40(2)2008:20-22*

Резюме

Високите критерии за професионално-личностните качества на рехабилитатора са определени от възникналите в страната нови икономически реалности и от непрекъснато нарастващите изисквания на пазара на труда. В представената статия сме анализирали задължителната учебна дисциплина „Кинезитерапия“ при обучението на рехабилитаторите.

Ключови думи: кинезитерапия, рехабилитатор, компетенция.

70. Каснакова П, Ангелова М, Илиева Е, Петкова Е, Кузманов Б, Пъпанов С. Рехабилитационна програма при неврит на лицевия нерв. *Медицински преглед. Сестринско дело. год. XL, 40 (2), 2008:6-13*

Резюме

Невритът на лицевият нерв е често срещано заболяване с медико-социална значимост. Дългогодишните наблюдения показват, че болестта се проявява на серии и болните не са равномерно разпределени през годината. В настоящата статия се предлага рехабилитационна програма при неврит на лицевия нерв.

Ключови думи: неврит, лицев нерв, рехабилитация.