

## СПИСЪК С РЕЗЮМЕТА НА СТАТИИ

на

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за участие в конкурс за заемане на академична длъжност „Професор“ по „Социална медицина, организация на здравеопазването и фармацията“, професионално направление 7.5. Здравни грижи, област на висше образование 7. Здравеопазване и спорт за нуждите на специалност „Медицинска сестра“ към катедра „Здравни грижи“, публикуван в ДВ Брой 30/15.04.2022 г.

съгласно Приложение 8.3.

*I. Статии публикувани в научни издания, реферирани и индексирани в световноизвестни бази данни с научна информация (Scopus и/или Web of Science). (Показател Г 7)*

1. Dimova M., Hr. Milcheva, **A. Andonova**, Training of geriatric specialists for building of communication skills for work with elderly people with disabilities, Vol 4 (2016): CBU International Conference Proceedings, MARCH 23-25, 2016, PRAGUE, CZECH REPUBLIC, [WWW.CBUNI.CZ](http://WWW.CBUNI.CZ), [WWW.JOURNALS.CZ](http://WWW.JOURNALS.CZ), pp. 773-776 DOI: <http://dx.doi.org/10.12955/cbup.v4.848>

**Abstract** INTRODUCTION: The development and improvement of medical and social services for people with disabilities is one of the indicators for providing life quality to elderly people. Training of geriatric specialists is one of the ways to overcome the deficiency of professionals possessing specific knowledge and skills to take care of elderly and aged people, with or without disabilities. During their training, the students, majoring in Geriatric Care acquire professional competencies for work with elderly and aged people with or without disabilities (visual disabilities, hearing disabilities, etc). Formation of communication competence in students is an important part of the professiogram. The curriculum envisages diverse training methods, facilitating the formation of skills required for communication with patients, in conformity with their individual characteristics and system of values. AIM: The purpose of this survey is to present the training of geriatric specialists from the Medical College at Trakia University, Stara Zagora, with regards to the formation of communication skills necessary to work with elderly people with disabilities. MATERIALS AND METHODOLOGY: Examination and analysis of training documentation is done. RESULTS: The analysis of the training documentation shows that the training of the geriatric specialists at the Medical College of Trakia University, Stara Zagora is entirely conformed to the special, individual characteristics of elderly people with disabilities. The syllabus includes the elements, necessary to build professional competencies for communication with the mentioned target group within the frame of the approved curriculum.

2. **Introduction** Milcheva, Hr.,**A. Andonova**,M. Dimova, About some social and health problems of persons, seeking international protection on the territory of Republic of Bulgaria, Vol 4 (2016): CBU International Conference Proceedings MARCH 23-25, 2016, PRAGUE, CZECH REPUBLIC, [WWW.CBUNI.CZ](http://WWW.CBUNI.CZ), [WWW.JOURNALS.CZ](http://WWW.JOURNALS.CZ), pp. 408-413 DOI: <http://dx.doi.org/10.12955/cbup.v4.788>

**Abstract:** The influx of migrants to European countries, including the Republic of Bulgaria, is constantly increasing from regions experiencing military conflicts and countries that are economically undeveloped. At present, the Republic of Bulgaria is regarded by asylum seekers as a transit state on their route to the economically developed European countries. The people seeking asylum in the European Union have different sociocultural, ethnical, religious, and health cultures. These differences make their adaptation to their new environment difficult and the situation creates economic, social, and health problems for the accepting countries. The enforcement of uniform European standards and laws for social and health integration of migrants facilitates the process and protects the local people from infectious diseases and social-economic problems. The analysis of documents of the European Union, from international and Bulgarian organizations, shows policies have been developed to guarantee the rights of individuals, seeking protection. A major issue for the successful adaptation of migrants is their unwillingness to observe the laws and regulations of the countries where they settle. Keywords: migration, asylum seekers, social problems, health problems.

3. Radicheva, M. P., **Andonova, A. N.**, Milcheva, H. T., Ivanova, N. G., Kyuchukova, S. G., Nikolova, M. S., & Platikanova, M. S. (2018). Serum Markers of Iron Metabolism in Chronic Liver Diseases. *Open Access Macedonian Journal of Medical Sciences*, 6(6):1010-1016 DOI: 10.3889/oamjms.2018.251

**Abstract:** BACKGROUND: Disorders in the metabolism of iron in the direction of iron overload are observed not only in primary hemochromatosis but also in some chronic liver diseases other aetiology. Elevation of serum iron, ferritin and transferrin saturation is reported in nonalcoholic fatty liver disease and alcohol, chronic hepatitis C and liver cirrhosis. AIM: Aim of the study was to evaluate and compare the frequency of the iron serum markers in patients with various chronic liver diseases. MATERIAL AND METHODS: The study included a total of 246 persons -186 patients with chronic liver disease without cirrhosis (-115 men, women -71; average age of  $50.41 \pm 12.85$ , from 23 to 77 years) and 60 healthy controls (-30 men, women -30, middle-aged  $50.50 \pm 11.31$ , from 29 to 83 years). Medical history, physical examination and demographic data including height, weight, laboratory and instrumental studies were performed. RESULTS: The highest incidence of elevated serum iron, transferrin saturation and ferritin and decreased serum hepcidin found in cases of alcoholic liver disease (ALD), nonalcoholic fatty liver disease (NAFLD) and chronic hepatitis C (CHC). CONCLUSION: Finally, analysis of the changes in serum markers of iron metabolism shows that the difference between healthy and sick with liver disease is primarily due to changes in alcoholic and nonalcoholic fatty liver disease, particularly steatohepatitis, and chronic hepatitis C.

4. Valev D, A. Atanasov, R. Werner, I. Mindov, **A. Andonova**, R. Martinov. Statistical relationship of malaria in Papua New Guinea and solar activity. *AIP Conference Proceedings* **2186**, 110003 (2019); <https://doi.org/10.1063/1.5138022>

**Abstract:** We carried out a statistical analysis of the monthly cerebral malaria cases in Papua New Guinea for the period January 1987 - December 1996 and also the analysis of the monthly solar activity and geomagnetic activity for the same period. The solar activity was described by the sunspot numbers and the F10.7 solar flux. As a measure of the geomagnetic activity the aa-indices were used. A close negative correlation between cerebral malaria cases and solar activity indices was found. The correlation of cerebral malaria cases with F10.7 reaches -0.66, and -0.70 with sunspot numbers. The confidence level of relationships was determined by Student's t-test and reaches 0.00001. All calculations were performed with raw data without smoothing which supports the correctness of the obtained results. The close correlations of cerebral malaria found in Papua New Guinea with solar activity indices could be important for the prognosis of cerebral malaria in this region

5. Todorova D G, **A N Andonova**. Telemedicine as an opportunity for improving the professional activity of medical specialists working in the Emergency medical centers and Emergency Medical Affiliate. 2020 J. Phys.: Conf. Ser. 1661 012197 doi:10.1088/1742-6596/1661/1/012197

**Abstract:** Telemedicine allows highly specialized medical advice to be provided in case of emergency medical assistance, when there is no doctor in the Emergency Medical Affiliates (EMA) teams or it is necessary to have specialized medical advice. To study, analyze and summarize the opinion of the medical specialists working in the EMC, related to the effectiveness of telemedicine for improving the quality of their professional activity. The study was conducted through a direct anonymous survey in of 2019 with 50 medical specialists working in the Emergency Medical Centers and the EMA in Bulgaria. The study found out: the respondents believe that introducing telemedicine in pre-hospital emergency care will improve the quality of care, the respondents think that it will improve the work in EMC/EMA, located in remote areas and small villages; for of medical professionals telemedicine will be very effective while transporting a patient in the absence of a doctor at EMC/EMA; of the respondents indicate that they have performed activities requiring a higher professional status than theirs, and in such cases telemedicine would have helped; According to the respondents telemedicine will be most effective in the following emergency statuses: heart attack, birth, poisoning, pediatric patients, trauma and geriatric patients.

6. Димова М.Г., Х.Т. Милчева, **А.Н. Андонова**. Опрос диабетиков старше 65 лет о необходимости патронажа больных сахарным диабетом на дому. Успехи геронтологии. 2020. Vol. 33: 3, с: 585-589 DOI: 10.34922/AE.2020.33.3.022

**Abstract:** An anonymous random survey of 186 diabetic patients over 65 years of age with Type 2 diabetes (105 women, 81 men) from Stara Zagora, Bulgaria, was randomly conducted. The opinion of the diabetic patients has been studied about the need of help (health and social) to improve their quality of life with diabetes; their desire to be consulted by a health care professional in a home environment; the topics they would like to be consulted; their awareness of the complications of untreated diabetes; the degree of awareness of the symptoms of hypoglycaemia and hyperglycaemia; their readiness to be included in training to acquire knowledge of a life with diabetes and preferred learning themes. It turns out that elderly with diabetes report having a need for health care and social support to improve the quality of their life. More than half of the surveyed respondents (52%) over the age of 65 who were diagnosed with diabetes need health and social assistance and nursing home patronage to improve their quality of life. A high percentage (60%) of those surveyed also need information with regard to the treatment; 50% with regard to nutrition, 39% with regard to exercise and 50% with regard to the complications from diabetes..

7. Kyuchukova S, **Andonova A**, Nikolova M, Penkova-Raditcheva M. Commitment of the Elderly People in Bulgaria to their Own Health. Open Access Maced J Med Sci. 2021 Feb 14; 9(E):76-79. <https://doi.org/10.3889/oamjms.2021.5645>

**Abstract:** BACKGROUND: In the context of health education, the lifestyle of each individual includes social and behavioral factors that are potentially manageable and preventable in general. A health-educated person adheres to healthy lifestyle, which is characterized by the presence of: active attitude to his own health, positive health motivation, skills for health protection and strengthening, and useful health habits. Stimulating one of them is the systematic monitoring and registration of the main vital indicators, as a good prerequisite for active monitoring of the health condition. As of December 31, 2019 the population of Bulgaria is 6,951,482 people, and the people, aged 65 and over are 1,504,088, or 21.6% of the country's population. AIM: The objective of this study was to establish the degree of personal commitment and responsibility for their health of people over 65-year-old, living in Bulgaria. Tasks: (a) To make a questionnaire, (b) Processing of the received

information and analysis of results, (c) Formulation of conclusions regarding awareness, health motivation and lifestyle of the respondents, (d) Reporting the degree of responsibility for their health of the respondents. METHODS: Mathematical-statistical – dispersion, comparative analysis, Spearman’s rank correlation coefficient/  $p$ ; desk research; interview. Contingent: 113 people; average age – approx.  $68.168 \pm 8.80$  years. Time: 2019. RESULTS: (1) A statistically significant relationship was found:  $p = 0.001$  and  $\chi^2 = 21.886$ . The respondents with two chronic diseases – 40.5% are well aware of the normal values of the measured indicators. (2) Two thirds of the respondents/74.3%/ are well informed about the normal and pathological values of the main vital indicators, which they can measure and register themselves. (3) 76% of the respondents have received the necessary health information from the medical team/partnership model. (4) Only half of the older respondents in the study/51.4%/ follow a diet complied with their health status. CONCLUSION: In our professional medical care for the elderly people in Bulgaria, we must place emphasis on their preventive and prophylactic commitment to their own health. The useful and practical combination of properly received and internalized medical information from the elderly people is an important prerequisite for their informed commitment to their own health.

8. Atanasov, A., V. Karadjova, A. Andonova, D. Tsekova, V. Lozanov, B. Parashkevova, I. Mindov, R. Todorova, L. Vezekov. Synthesis, isolation and biological activity studies of galanthamine derivatives including peptide moiety and tannins from medicinal plants. *Journal of Chemical Technology and Metallurgy*. 57, 1, 2022, 32-38

**Abstract:** The search of a new chemical substances influencing platelet aggregation is a very important endeavor for medical practice. Among the compounds that have antiaggregating activity are some peptides, tannins, etc. Here we present antiaggregation activity of Arg-Gly-Asp (RGD) peptide derivatives. Synthetic procedures of new peptide-galantamine derivatives including also glucose moiety designed to possess such activity are included. The in vitro effect of water extract from 20 tannins-containing plants from Bulgarian flora on aggregation of modified rat platelet-rich plasma was investigated and seven of them (*Corylus avellana* L., *Cydonia oblonga* Mill, *Dryopteris filix-mas* (L.) Schott, *Ephedra distachya* L., *Geum urbanum* L., *Primula officinalis* (L.) Hill and *Punica granatum* L.) were able to inhibit platelet aggregation.

9. Andonova A., Hr. Milcheva, T. Taneva. Promoting healthy eating in people over 65 years of age. *Journal of Hygienic Engineering and Design*. 2019. Vol. 28, pp. 41-47

**Abstract:** In recent decades in Bulgaria there have been implemented European and National programs, and projects aimed at promoting health, overcoming the impact of behavioral risk factors and providing opportunities for healthy aging of the population. The demographic factors in our country report an increase in the number of old people, which, according to the latest data, account for about 24% of the Bulgarian retired population. Proper (rational) nutrition in adults and the elderly is a major medical and social problem. An anonymous survey of 150 men and women aged over 65 from Municipality of Stara Zagora, living in their home, was conducted in order to establish their eating habits and to develop a nutrition education program based on the deficiencies found in their knowledge. The empirical results were processed with the SPSS statistical analysis package, correlation and dispersion analysis, and Student-Fischer t-test for statistical significance of differences. The study found that over half of respondents did not consume enough fruits, vegetables during the winter season, and have a normal intake of meat. Over 70% of respondents consume salt above the norm. Respondents realize that canned foods are harmful to their health, but they are nevertheless part of their daily diet. Over 80% say that at least 3-4 times a week they consume freshly prepared home-made food. A low percentage of study participants indicated they had received

nutrition training for their illnesses. Over 2/3 of respondents receive a healthy nutrition information from close ones and personal experiences, and 30% of personal doctors. There is a deficiency in the knowledge about healthy eating in the elderly. Elderly people are more likely to eat incompletely and unhealthy, and this puts them at a higher risk of early and moderate dietary deficiencies. The research base has developed a rational nutrition education program for the elderly.

10. Platikanova, M. S., Andonova, A. N., Todorova, D. G., Hristova, P. D. (2022, April). Air pollution prevention in Stara Zagora Municipality. In IOP Conference Series: Earth and Environmental Science (Vol. 1010, No. 1, p. 012031). IOP Publishing. doi:10.1088/1755-1315/1010/1/012031

**Abstract:** Nowadays, air pollution is one of the current and global environmental problems both around the world and in one of the best-developed municipalities in Bulgaria - Stara Zagora. The deterioration of air quality is also favored by the migration and long-distance transport of the most important atmospheric pollutants for the municipality - sulfur dioxide, dust, nitrogen dioxide, lead aerosols, and hydrogen sulfide. This article aims to propose some hygienic and environmental measures for the rehabilitation of the air basin in the municipality based on a study of air pollution and its impact on the health of the population. The complex of activities is aimed at installation of efficient treatment facilities in various industrial enterprises; reconstruction of the heating installations and introduction of the use of electric current for heating during the winter months; accelerating the gasification process; public works, including landscaping of more areas in the city; optimal reorganization of automobile traffic and moving the car traffic out of the city.

11. Czuber-Dochan W, M Artom, C Norton, A. Andonova, et al, NO002 Increasing research capacity of IBD nurses across Europe—a case study of Inflammatory Bowel Disease Fatigue (IBD-F) scale translation and validation. Journal of Crohn's and Colitis, Volume 12, Issue supplement\_1, 16 January 2018, Pages S566–S567, <https://doi.org/10.1093/ecco-jcc/jjx180.1013>

**Abstract** Nurses play a crucial role in delivering care to patients with inflammatory bowel disease (IBD) and they are required to practice high-quality evidence-based care. For the evidence to be relevant to nursing practice, it would be beneficial if nurses were more involved in empirical research.<sup>1</sup> However, their academic qualifications and research experience varies across Europe, not always equipping nurses with adequate research skills. Fatigue in IBD has been identified by patients and health professionals as one of the top research priorities.<sup>2,3</sup> Therefore, we developed a project that combined two aims: (1) to translate and validate the IBD-Fatigue (IBD-F) scale, and (2) to offer IBD nurses from different European countries an opportunity to be co-investigators and provide them with experience of participating in an established research team and learning research skills.

## II. Статии в научни списания, публикувани в нереферирани списания с научно рецензиране или публикувани в редактирани колективни токове. (Показател Г 8)

12. Андонова, А., Чуждоезиковите компетенции-фактор за успешна професионална реализация, Бургас, 2014г., академично списание „Управление и образование”, кн.5, том X, VOL №5, стр.7-9

**Abstract:** In the modern global world the free transit of people of Eu is a reality. Many European countries have a serious lack of medical specialists. In the modern society the mastering of foreign language is a prerequisite for successful professional realization now and in future. The research found: around 60% of the future nurses have a intention to work abroad. A significant number of students are speaking foreign language or they are studying in the

moment (total 88,56%0). There is a statistically significant relationship between knowing a foreign language and a desire to work abroad.

13. **Андонова, А.**, Ключовите умения-гаранция за успешна реализация на пазара на труда, Бургас, 2014г., академично списание „Управление и образование”, кн.5, том X, VOL №5, стр.10-14

**Abstract:** In the last decade the European commission has developed many strategies, projects, programs for improving and increasing of qualification of people in working age. The guidelines are for improving the conditions for professional orientation, lifelong learning, increasing of the SAUs for employee. The national research found 20 most important key competences needed for the youth for successful realization of the labor market. The studying for self-assessment of their skills for employment was conducted with 60 students of "nurse" specialty, Thracian university. It was found that a significant proportion have the five most important key skills that form the profile of the "ideal employee" formed by the national survey.

14. **Андонова, А.**, Мултимедийната презентация – форма на самостоятелна работа, София 2014., XXXIII Научно-технологична сесия „Контакт 2014”- „Гражданска идея в действие”, 27.06.2014, изд.ТЕМТО стр. 199-202

**Abstract:** Modern technology and information world poses new challenges to education systems. The introduction of information technologies in the learning process is the right way to stimulate young people's activity, creativity and achieve excellence in education. Use of the multimedia presentation as a form of work was accepted with the approval from the students. Numerous possibilities of the program Power Point helps students more attractive and memorable way to present their work and creative vision for academic topic and key concepts.

15. **Андонова, А.**, За студентското хранене, Варна, 2014., Варненски медицински форум, том 3, пр. 4 стр. 94-97

**Abstract:** An important factor influencing positively to health is the food. With the modern lifestyle becomes increasingly difficult to stick to the principles and rules of healthy eating. Students of medical specialties have a high daily workload reaching sometimes up to 12 hours. Many of them during their education are living in dorms room, where there is no appropriate place for cooking. Their busy daily schedule especially during the session further impedes healthy eating. The study aims to determine the opinion of students of "nurse" specialty, Trakya University which are living outside their homes, for their feeding during the training.

16. Тодорова, Т., **А. Андонова**, Фактори и причини за социалната изолация в старческата възраст, Юбилейна конференция Медицински колеж 16-17 май 2014г, стр. 511-517

**Abstract:** Growing old is a dynamical and natural process. A lot of changes come in the physical social and emotional life of the elderly people. All the problems connected with their social isolation, that makes them feel lonely, have psychical problems and the change of the quality of their life, comes topical with increasing the elderlies in numbers. The article takes a good look at the main factors for the loneliness in the old age. They always influence on the feeling, thoughts and social contacts of the elderlies even though they often prove to be separate and don't depend on each other. A survey was carried out by means of an individual and nameless inquiry with 50 people at the age over 65 from different towns and villages. The aim of the survey is to find out the reasons for: the restricted social contacts, the feeling of loneliness and the degree of the isolation among the old people. The survey showed that a bit over the half of all the people taking part in the inquiry have good social contacts, but with the old age pressing on (70-90 years old) the social isolation increases.

17. Годорова, Т., **А. Андонова**, Тютюнопушенето и бъдещите медицински специалисти, сп. „Известия на Съюза на учените-Сливен“, 2014, стр. 91-94

**Abstract:** Bulgaria is one the European countries with the most serious health problems caused by tobacco use. Smoking is one of the causes of ill health, which is normally completely prevent it. Smoking among medical professionals and students with medical specialties is not only bad habit, but a factor strengthening tolerance for smokers. The study of the prevalence of smoking among students in “nurse” found the following: 34% of respondents are smokers, the starting age of smoking in most respondents was 15-17, about two thirds of the students perceive smoking as a habit, and about 50% think that they are prepared to influence smokers to reduce or quit smoking. Key words: smoking prevalence, students in “nurse”, motivation, competence

18. **Андонова, А.**, М. Пенкова, Н. Иванова, Студенти о врачебной тайне, журнал „Вестник Восточно-Сибирской Открытой Академии“, 2013, 2013. № 9 (9)

**Abstract:** The protection of medical confidentiality is an obligation of every health care professional and is regulated by laws and regulations and ethic codes of medical specialists. Trainee doctors, nurses and midwives have a high level of awareness of the problem. Анотация: Сохранение врачебной тайны является обязанностью каждого медицинского специалиста и регламентировано законами и нормативными документами, а также этическими кодексами медицинских работников. Врачи-стажеры, медицинские сестры и акушерки имеют высокий уровень осведомленности о проблеме.

19. **Андонова, А.**, Дискриминация в отношении пожилых людей в современном обществе, журнал „Вестник Восточно-Сибирской Открытой Академии“, V Международной научно-практической конференции, 15-16 декабря 2014, Красноярск, 2015, №15стр. 34-37 <http://vsoa.esrae.ru/181-854>

**Abstract:** The fight against discrimination the grounds of age should be conducted at all levels. Ground of age is in the complaints on discrimination against older people make up a significant percentage of the complaints and signals in many equality bodies in the Member States of the EU./ Борьба с дискриминацией, основанная на возрасте людей, должна проводиться на всех уровнях. Признак возраста и жалобы на дискриминацию пожилых людей составляют значительный процент поступивших сигналов в органы равенства стран ЕС.

20. **Андонова, А.**, Удовлетвореност на студентите от участието в проект „Студентски практики“, Бургас, 2015г., академично списание „Управление и образование“, кн.5, том XI, VOL №5, стр.12-14,

**Abstract:** Uptake and exercise of practical skills in a real working environment creates optimal conditions for the multiplication of theoretical knowledge and practical skills ensure the creation of the professional competencies of the profession. The study analyzed questionnaires of 32 students in "nurse" specialty from 1 to 4 course, Trakia University Medical Faculty. Analysis of the results of the study found the following: Project "Student practices" are evaluated by students as an effective and useful for enhancing practical skills; creates conditions for realization of contacts with employers; acquisition of specialized practical training; payment is not grounds for inclusion in the project

21. **Андонова, А.**, Хигиена на ръцете в детска възраст, XXXV Научно-технологична сесия „Контакт 2015”-„Гражданската идея в действие”, 2015, изд.ТЕМТО стр. 195-198

**Abstract:** Maintaining personal hygiene better ensure prevention and limiting the spread of infection. Contamination by pathogenic microorganisms on hands and nails are the main source for the spread of various diseases. The promotion of health knowledge with traditional and non-traditional methods and forms contributes to the occurrence of positive changes in

motivation, behavior and setting young people towards a healthy lifestyle. Based on this study finds that children have formed basic health knowledge and hygiene habits, although 2/3 are not always washing their hands after using the toilet. Additional training has helped to enrich their health culture.

22. Nikolova, M., **A. Andonova**, Student's attitude about being a part of the health knowledge promotion, Trakia journal of sciences, 2015, volume 13, Supplement 2, стр. 213-215

**Abstract:** Promotion of health knowledge is purposeful process to increase the knowledge and skills of the population and improve individual and public health. The role of health care professionals in this process is essential in conducting health education of different age groups, social and ethnic communities. During the course of their training medical professionals acquire professional knowledge and skills to perform medical, diagnostic and health care activities, but also communication skills and competencies for training of patients and their relatives. The purpose of this report is to establish the opinion of students of "nurse" their level preparation for the promotion of health knowledge, and the methods and forms of training and disciplines that are most effective for the formation of such competence. Materials and Methods: Respondents were 41 students from specialty "nurse" in the school year 2014/2015., Third year, Medical Faculty, University of Thrace. Data were processed with mathematical and graphical methods. Conclusions: As a result of this study can draw the following conclusions: More than half of the surveyed students (66%) would gladly joined the team trainee different groups of people to acquire knowledge and skills for a healthy lifestyle. Over two thirds of students would prefer to train young people up to 30 and adolescents who have a close understanding of the world, interests and goals. About 75% respondents actually assess their competence as yet insufficient for training of persons of different age groups. More than  $\frac{3}{4}$  respondents would use contemporary visual and interactive training methods.

23. **Андонова А.Н.** Ethical standards in the medical professions/Этические нормы в медицинских профессиях, Международна научна школа "Парадигма". Лято-2015, Том 7. Медицина, с. 9-12

<https://scardio.ru/ratings/uploads/1077.%20%D0%9B%D1%8F%D1%82%D0%BE-2015.%20%D0%A2%D0%BE%D0%BC%207.pdf?647759768>

**Abstract.** Compliance with ethical standards in medical professions is an integral part of the application of quality health care. Compliance and enforcement of ethical standards in medical practice is regulated by the state in several laws. Professional organizations of medical specialists have developed and adopted codes of behaviour. They are set norms, standards, principles and rules of behaviour to ensure ethical treatment of consumers of health services.

24. **Андонова, А.**, Мотивация за здравословен стил на живот, XXXVI Научно-технологична сесия „Контакт 2015”-„Интердисциплинарна идея в действие”, 2015, изд.ТЕМТО стр. 254-257 НАЦИД ID № 1130

**Abstract:** A healthy lifestyle can be defined as a conscious compliance with the rules and regulations that promote the preservation and strengthening of health. Determining factors for improving the quality of life of individuals, social groups and society as a whole are: motivation, health education, the widespread promotion of healthy practices, practicing active lifestyle complex of measures for health promotion and formation of responsibility for their own health and the health of society throughout life.

25. **Андонова А. Н.**, Место и роль медицинской сестры в рамках политики „Здоровье 2020“. VII Международная научно-практическая интернет-конференция 29 февраля - 5 марта 2016, Состояние здоровья: медицинские, социальные и психолого-педагогические аспекты, Чита Издательство



**Abstract.** Strategic Program Health 2020 of World Health Organization (WHO) for Europe is aimed at solving major health problems of the population. There are set effective policies and increased accountability to their own health, optimizing the interaction between public institutions to create a safe and supportive environment. There are determined and defined strategies to maximize the use of professional skills not only doctors, but also nurses and other healthcare professionals.

26. Andonova, A., Formation of communicative competence at work in a small group, Прва меѓународна научна конференција Ф И Л К О, 18-19 март 2016, Штип, Македонија, Зборник на трудови, с. 17-22, ISBN 978-608-244-308-9, <http://js.ugd.edu.mk/index.php/fe>

**Abstracts:** Communicative competence is a set of specific knowledge and skills, personal qualities, interests, motivation, desire for growth and improvement. The formation of social communicative competence in medical professionals is an essential element for building professional competencies. In medical practice the basic principle of organization is teamwork. Medical teams are relatively independent groups formed to fulfill a range of tasks in the treatment and care of patients requiring implementation of various medical activities. Another feature of the medical team is teaching and training of team members, as well as to individuals and groups of people. Materials and Methods: Using traditional and innovative forms and methods training was conducted on 30 students of specialty "nurse" Trakia University divided into 6 groups. The aim of the training was the improvement of the socio-communicative competence in working with children, but also their ability to work in a team. The aim of the study - education of students is the first stage of a project of Trakya University Medical Faculty, Department of Health Care to improve the skills of students in "nurse" promotion, prevention of health knowledge and culture, teamwork. Theme is "Shaping the health knowledge and culture among young people in homes for children deprived of parental care." The study found that students improved their knowledge and skills in teamwork, keeping the conversation presentation. They gained more confidence and self-esteem, but also found shortcomings in its preparation and insight for their opportunities.

27. Серева Д.О., Андонова А.Н. Об адаптации иностранных студентов к поликультурной образовательной среде вуза//Вестник по педагогике и психологии Южной Сибири. 2016. №3. <https://cyberleninka.ru/article/n/ob-adaptatsii-inostrannyh-studentov-k-polikulturnoy-obrazovatelnoy-srede-vuza>

**Abstract:** In today's globalized world allows young people to train in different countries. Arriving in a foreign country they have to adapt to different cultural and social environment. The problems of exchange of students and their adaptation there are developed programs, projects and conduct researches.

28. Андонова, А., Серева, Д., Физическая реабилитация и рекреация в сохранении здоровья, The VIII International Scientific and Practical Internet conference: Medical, social, psychological and pedagogical aspects of health, 13-17 February, 2017, Mongolian National University of Medical Sciences, с. 26-31, <https://elibrary.ru/item.asp?id=29666841>

**Abstract:** Здоровье основная ценность для каждого человека. Негативное влияние оказывают различные природные, социально-бытовые и экономические факторы. Основные методы сохранения, укрепление и восстановления собственного и общественного здоровья ответственность каждого человека, но так же общества и государства. Физическая и психическая реабилитация и рекреация людей - это правильный путь к укреплению и восстановлению здорового, трудового потенциала населения.

29. **Андонова А. Н.,** Серева Д. О. Пропаганда здорового образа жизни среди молодежи // Состояние здоровья: медицинские, социальные и психолого-педагогические аспекты: сборник материалов VIII Международной научно-практической интернет-конференции. — 2017. — С. 531-538. <https://elibrary.ru/item.asp?id=29666937>

**Abstract:** Здоровый образ жизни – это путь к сохранению и укреплению личного здоровья и здоровья общества. Формирование и обучение здоровому образу жизни должно быть целенаправленным процессом с раннего возраста. Распространение и пропаганда информации о здоровье – это ответственность всех людей. Активная работа государственных учреждений, средств массовой информации и граждан в различных программах и проектах по укреплению здоровья способствует искоренению вредных привычек и образа жизни среди различных групп населения.

30. **Андонова, А.,** Значението на ефективната комуникация в медицинската практика, Бургас, 2017, академично списание „Управление и образование”, том XIII (5), стр.9-12

**Abstract:** The importance of effective communication in medical practice again comes to the fore. One of the reasons is becoming a growing trend for Technocracy and multicultural world. The purpose of this article is to focus on the basic principles of communication to be proficient by medical professionals. The ability of health professionals to communicate with patients with different health, social and cultural status and the need for individual approach and personalized care for people is one of the main criteria for quality of care.

31. **Андонова, А.,** Любимите нездравословни храни, XXXIX Научно-технологична сесия „Контакт 2017”-„Интердисциплинарната идея в действие”, 30.06.2017, изд.ТЕМТО стр. 259-262

**Abstract:** The unhealthy feeding is a major problem of the population in nowadays. Easy access, low prices and the advertisements are pushing more and more people to consume unhealthy food. Understanding the bad feeding habits are first step for healthy feeding.

32. Ganeva, I. G., Kr. I. Dinkova, **Andonova, A. N.,** Motives and Factors in Fluencing the Choice of a Medical Profession. VI Международная научно-практическая конференция, 25–26 апреля 2018г. Чита, Эффективность реализации государственной молодежной политики: опыт регионов и перспективы развития : материалы VI Междунар. науч.-практ. конф. / Забайкал. гос. ун-т ; [отв. ред. А. А. Русанова]. – Чита : ЗабГУ, 2018. с.9-14 <https://elibrary.ru/item.asp?id=35578311>

**Abstract:** The self-motivated choice of students in medical specialties leads to the achievement of high training results and the desire for professional realization in the relevant specialty. Positive influence on the choice of a profession have friends, relatives and professionalists with authority. The low payment and poor working conditions motivate the students to go working abroad.

33. Andonova, A. The nutritional habits of female students aged 18 to 25. *Trakia Journal of Sciences* 16 (1), 235-240. 2018

**Abstract:** The main factors for establishing nutritional culture are the national traditions, family taste preferences and finances. After graduating from high school, some girls continue their education. Often, they have to break away from the home environment and change completely or partially their lifestyle and nutritional regime. The purpose of the research is to establish the nutritional habits of the female students aged 18 to 25 who do not live with their family. Materials and Methods: For the purpose of the survey, an inquiry card was made. An anonymous survey was conducted with 70 female students aged 18-25 who do not live with their families. The survey data were processed with mathematical and graphical methods -

Microsoft Office Excel 2003.ink. Results: The study found out a negative trend: 60% of the female students eat twice a day, consuming mainly confectionery and carbonated beverages between both of the meals. A major source of information about healthy nutrition for students is Internet, but most of the young women get the necessary information from school/university. The highest number of students indicates that they partially respect the principles of healthy nutrition. The female students identify as the most harmful food sugar products and fried food, fruit and vegetables as the most useful types of food. Most of the students eat at home, as most often they buy takeaway. Conclusions: The study found out that students are aware of the basic principles of healthy nutrition, but relatively high number does not follow them. It is a positive fact that the main source of the necessary information besides Internet is school and / or university. Despite not following all the principles of healthy nutrition, most of the students have a proper nutritional pattern and have a critical attitude towards their own diet regime.

34. Серева, Д., А. Андонова, Актуальные проблемы социально значимых заболеваний. Состояние здоровья: медицинские, психолого-педагогические и социальные аспекты: IX Международная научно-практическая интернет – конференция /ВДНЗ «ДДПУ»; отв. ред. А.Э. Мелоян. – Славянск: Донбасский гос. пед. Ун-т: 2018. – 785с. с.749-755 <https://elibrary.ru/item.asp?id=35564340>

**Abstract.** The development of national strategies and policies is the right way to reduce the prevalence of socially significant diseases on the health of the population and the spending of financial resources. Stimulating personal responsibility for health and promoting a healthy lifestyle is the right way to achieve a high quality of life for the population.

35. Андонова, А. Студентите за ролята на медицинската сестра в системата на общественото здраве, Бургас, 2018, академично списание „Управление и образование”, том XIV (5), стр.7-10

**Abstract:** International and national strategies and programs have been developed to improve public health. There is given a special place for nurses. Students have formed correct insights into the modern role of the nurse in the public health system. The promotion of health knowledge according to the students is an integral part of the professional competence of the medical in the following areas: participation in national campaigns for promotion of a healthy way of life (91,25%), initiation and holding informal individual conversations on various patient problems (87, 50%), conducting lectures and lectures (85%), development and distribution of visual materials (flyers, leaflets, posters, etc.).

According to 76.25% of the students, society does not perceive the profession of nurse as directly influencing public health. For most students, 85% of nurses are an important part of hospital treatment, 76.25% first aid, 56.25 in school and child care, 13.75% of home care. All respondents consider that they should be able to work independently within their competence to promote health, prevention and disease prevention.

36. Андонова, А. Методи на промоция на здравни знания, XLI Научно-технологична сесия Контакт 2018, 2018. София. изд.ТЕМТО стр. 174-177,

**Abstract:** The selection of appropriate methods for the promotion of health knowledge ensures that healthy lifestyle habits and the eradication of harmful habits and habits among different populations are promoted. Key words: methods, promotion, health knowledge

37. Dinkova K.I., Ganeva I.G., Andonova A.N., Students attitude towards volunteering, Вестник по педагогике и психологии южной Сибири, №4, 2018. с. 119-127 <https://elibrary.ru/item.asp?id=36747200>

**Abstract:** The motivation for volunteering is the base of human moral-ethic and the value system. The volunteering is based on various motives, but is always perceived by society as an expression of social responsibility, solidarity, mutual assistance and mercy. Key words: Volunteering, students, motives, type of voluntary service / Аннотация. Мотивация

волонтерства является основой нравственно-этической и ценностной системы человека. Добровольчество основано на различных мотивах, но всегда воспринимается обществом как выражение социальной ответственности, солидарности, взаимопомощи и милосердия.

38. **Андонова, А.** За някой трудности при изработване на план за здравни грижи, XLII научно-технологична сесия Контакт 2018, 2018. изд. ТЕМТО стр. 47-50

**Abstract:** Creation and application of the Nursing care plan for a patient is a major autonomous function of the modern nurse, which guarantee the quality of health cares. The major difficulties, which nursing students IVcourse are facing with creation of health care plan are: lack of professional experience and the lack of ability during the internship to observe the making and application of the whole plan for nurse cares, due the lack of teachers and personnel in learning bases. Key words: Nursing care plan, difficulties, nursing students IVcourse

39. Todorova D., **A. Andonova.** Factors endangering the professional activity of the emergency medical professionals. Trakia Journal of Sciences, Vol. 18, Suppl. 1, pp 207-210, 2020 doi:10.15547/tjs.2020.s.01.037

**Abstract:** The endangering factors from the professional activity of the medical teams working at CEMC to be more comprehensively studied, analyzed and summarized. Preliminary interviews were conducted with medical professionals working at CEMC. On this basis, a questionnaire was developed, surveying through a sociological method the opinion of medical professionals from the Centers for Emergency Medical Care. The implemented structural and organizational changes still do not outline fully clear perspectives ahead of the work of the emergency rooms. These ambiguities suppose the risky nature (endangering factors) of the activity of the emergency medical professionals. In the outlining of the factors endangering the professional activity of the emergency medical professionals who work at the emergency centers the questions of interest are related to: the difficulties that they face during the execution of their professional obligations, the most exhausting components of the work, the workplace aggression and so on. Factors endangering the professional activity of the emergency medics determine their choice of job which on the other hand is a really important factor that determines job satisfaction.

40. **Andonova A.**, Diet and awareness of students about healthy eating. Trakia Journal of Sciences, Vol. 18, Suppl. 1, pp 163-167, 2020 doi:10.15547/tjs.2020.s.01.030

**Abstract:** An important factor influencing human health is food. The improvement of healthy nutrition is one of the leading principles for improving the health of the population. Forming habits for healthy nutrition in children should be realized as a shared responsibility between family, school and society. MATERIALS AND METHODS: An anonymous study was conducted with 100 students aged between 14 and 18 years old, elected at random principle, with the informed consent of their parents. PURPOSE: The purpose of the study is to know the level of awareness of students about the principles of healthy nutrition and their observance. RESULTS: The study found out that 46% of students know the principles of healthy nutrition, and 26% - partially. Information about healthy nutrition 83% of students receive from family, 48% - from school, 45% - from the Internet, 41% - from television, 38% - from friends. According to their self-assessment, 46% of the respondents know the principles of healthy nutrition, 30% follow them, and 49% strive to follow a healthy diet. According to 40% of students, the principles of healthy nutrition are followed by their families. 16% have lunch in the school canteen every day, 26% bring healthy food from home every day, and 63% do not have breakfast. According to 60% of the respondents, the healthiest foods are fruit and vegetables. According to 68% of students, the most purchased foods outside school canteens are: burger sandwiches, gyros, bakeries, snacks, and beverages:

carbonated drinks of world brands, energy drinks, and fruit juices without interest in the content of sugar and preservatives.

41. **Андонова, А.** Професионално обучение и възпитание - двете страни на учебния процес във висшето медицинско училище, КОНТАКТ 2020, ИНГА окт.2020, стр. 32-36

**Abstract:** Формирането на високо квалифицирани и мотивирани медицински специалисти е сложен процес, в основата на които стоят професионалното обучение и възпитание. Обучението и възпитанието на медицинските специалисти е дейност изискваща прилагането на целенасочени и комплексни методики от страна на преподавателите от медицинските ВУЗ за изграждане и формиране на професионални и личностни ценности в медицинските специалисти, гарантиращи високо ниво предоставените медицински и здравни дейности на гражданите. Ключови думи: професионално обучение, възпитание, учебен процес.

42. **Андонова, А.** Актуални проблеми на сестринството в България. Национална научно-практическа (on line) конференция с международно участие „Медицинските сестри и акушерките – ключов ресурс в съвременното здравеопазване“, 2020, стр.13-16

**Abstract:** The shortage of nurses worldwide is a problem of concern to the WHO and national governments. In Bulgaria, the insufficient number of nurses has reached such proportions that in the smaller settlements the functioning of primary medical and hospital care is already difficult. Low pay and poor working conditions are the main reason many nurses work abroad or do not practice the profession. This led to an outflow of applicants for training in the profession of nurse. Negative tendencies are being established for appointing a nurse to other medical specialists, students or persons without medical education. The need for urgent radical reforms in healthcare is mandatory in order to provide quality health care to the population. Key words: shortage of nurses, poor working conditions, low pay, reforms

43. Стефанова П., **А. Андонова**, Ролята на медицинската сестра в патронажната грижа като интегрирана здравно-социална услуга в община Бургас, 2021, академично списание „Управление и образование“, том XV (5), стр. 142-147

**Abstract:** The right to health is an inviolable human right for every individual, so institutions must create conditions for the provision of quality health and social services. Most of the users of health and social care at home suffer from chronic diseases, which requires a specific and complex response to meet their needs. By providing quality care in a family environment for people with functional dependencies, social adaptability and maintaining their quality of life is achieved within the frames of their disability. The competencies of the nurse as a member of a multidisciplinary team include activities for assessment of individual needs, elaboration of individual care plans, coordination, control and reporting of the effectiveness of the applied health and social interventions to the users. The provisioning of health care in the emerging nursing practices is an essential element of the realization of the autonomy of the nursing profession. Efforts are needed to train nurses in geriatric and home care. Social and health services should be aimed at improving their quality and expanding the scope of services in the areas of prevention and social and medical support.

44. **Andonova, A.** , Nikolova, M., Kyuchukova, S., & Ivanova, K. (2021). Difficulties encountered by nurse students when working with elderly people. Proceedings of CBU in Medicine and Pharmacy, 2, 1-4.

<https://doi.org/10.12955/pmp.v2.161>

**Abstract:** During the training process, nurse students acquire knowledge, skills and competencies to work with different groups of patients. Working with elderly people has its difficulties and specificities. The acquisition of practical skills by students for planning and

documenting individual health care for the elderly people is a process in which teachers and mentors have a leading role. Objectives: To identify the factors which make it difficult for nurse students to work with elderly people. Methods: The study involved 52 3rd year nurse students – from the Faculty of Medicine of Trakia University in Bulgaria. A questionnaire was used, including open-ended and closed-ended questions, allowing more than one answer. The data was processed mathematically and graphically. Results: The main difficulties for students in working with the elderly people are as follows: the process of communication (92.16%), difficult perception of new information (80.64%) and memory impairment in the elderly patient (61.44%); The main difficulties related to the organization of activity - insufficient experience in working with geriatric patients (92.16%); insufficient time for communication with patients (94.08%); lack of comfort in the patient's home (57.60%); a "Diary for tracking and self-monitoring of the condition" of an elderly person - it is very useful for 90.24% of students so that they can monitor the condition of the elderly person; It was found that 65.28% of students do not want to work with elderly people, as 46.09% of them indicate the motive for this as mental strain. Conclusion: The teacher and the mentor are leading figures in preparing students to work with elderly people. The practical preparation for planning and documenting individual health care for elderly people is very important in the training process of nurse students.