РЕЗЮМЕТА
на научни публикации
на доц. д-р Христина Милчева, д-р
/след хабилитация/

ОБУЧЕНИЕТО В СИСТЕМАТА НА ОБЩЕСТВЕНОТО ЗДРАВЕ И ЗДРАВНИТЕ ГРИЖИ В БЪЛГАРИЯ
Хр. Милчева¹ и С. Кючукова²
¹Медицински колеж към Тракийски университет – Стара Загора
²Медицински факултет към Тракийски университет – Стара Загора

THE EDUCATION IN THE SYSTEM OF PUBLIC HEALTH AND MEDICAL CARE IN BULGARIA
H. Mileeva¹ and S. Kyuchukova²
¹College of Medicine, Trakia University – Stara Zagora
²Faculty of Medicine, Trakia University – Stara Zagora

Résumé. В България, както и в световен мащаб, в обучението на здравните специалисти се извършват периодични реформи, които се налагат на базата на повишени потребности от качествени здравни грижи. Процесите на реформиране са особено динамични през последните години. При запазване на някои традиции и внедряне на иновации, професионалната подготовка на здравните специалисти се поставя на качествено нова основа. Членството на България в Европейския съюз от януари 2007 г. постави нови изисквания пред страната във всички сфери на общественото здраве. В областта на общественото здраве и здравните грижи се извършиха промени както в нормативен, така и в професионален план.

Ключови думи: здравни професионалисти, обучение, изисквания, реформи

Summary. In Bulgaria, as well as on a world scale, the education of health professionals undergoes periodical reforms in order to satisfy the stronger needs for qualitative medical care. In the last years, these processes of reforming were particularly dynamic. By preserving some of the traditions and introducing the innovations in this sphere, the professional training of health specialists has been put on a qualitatively different basis. The membership of Bulgaria in the European Union since January 2007, has set new requirements in different aspects of social life. In the sphere of public health and medical care, a lot of changes took place on both normative and professional level.

Key words: health professionals, education, demands, reforms
РОЛЯТА НА МЕДИЦИНСКИТЕ СПЕЦИАЛИСТИ ПРИ ЕКИПНОТО ОБГРИЖВАНЕ НА ПАЦИЕНТА

ХР. МИЛЧЕВА, Р. ПАСКАЛЕВА, А. АНДОНОВА
Грачански университет - Медицински колеж;
Катедра „Здравни грижи”,
Стара Загора

Резюме: Екипният подход при вземане и изпълнение на управлениски решения в системата на здравеопазването е един от актуалните проблеми на здравната реформа. Работата в екип е от съществено значение и при комплексното обслужване на пациента.

Материал и методи: Извършено е анонимно анкетно проучване на разнородни медицински специалисти, обучаващи се в Медицинския колеж и Медицинския факултет на Грачанския университет - Стара Загора.

Резултати: Обработените резултати показват, че висок относителен дял от изследванияте имат знания за работните екипи и мотивация да работят в екип. Почти половината от изследванияте мислят да определят своята собствена роля в медицинските екипи.

Ключови думи: екипно обгрижване, мотивация, необходимост, ефективност, роля.

Abstract: Team approach to making and performing management decisions in health care system is one of the present problems of health reform. Team work is of essential importance in complex service of patient too.

Material and methods: Anonymous survey study is performed of heterogeneous medical specialists, trained in Medical college and Medical faculty of TrU – Stara Zagora.

Results: The worked up results show that a high relative part of the studied have knowledge of working teams and motivation for team working. Almost half of the studied can define their proper role in medical teams.

Keywords: team care, motivation, necessity, effectiveness, role.
Процедури и механизми за поддържане на качеството на обучение в професионално направление "Здравни грижи"

ХРИСТИНА МИЛЧЕВА,
Тракийски университет, Медицински факултет, Катедра „Здравни грижи” - Стара Загора
РУСКА ПАСКАЛЕВА,
Тракийски университет, Медицински колеж Стара Загора
e-mail: ruska64@abv.bg

Резюме. Качеството на обучение в сферата на здравните грижи, рефлектира върху качеството на полаганите грижи от здравните професионалисти. Ето защо поддържане на качеството на обучение е основен приоритет в медицинския колеж.
Статията посочва някои основни процедури и механизми за поддържане на качеството в направление "Здравни грижи", както и конкретни резултати от проведен в тази насока процес на обучение на учащите се в учебния процес.

Ключови думи: обучение, качество, стандарти, добри практики, оценяване.

Abstract. The quality of training in the field of health care reflects on the quality of care taken by health professionals. That's why keeping the quality of training is a basic priority in the Medical College.
The article indicates some basic procedures and mechanisms for keeping quality in direction “Health Care” as well as concrete results of carried out along these lines studies of the participants' opinion in training process.
Keywords: training, quality, standards, good practices, evaluation.
НЯКОИ ПРИЧИНИ ЗА НЕУЧАСТИЕ НА СТУДЕНТИТЕ В КАМПАНИИ ЗА БЕЗВЪЗМЕЗДНО И ДОБРОВОЛНО КРЪВОДАРЯВАНЕ

Албена АНДОНОВА, Христина МИЛЧЕВА
Тракийски университет, Медицински факултет, катедра „Здравни грижи”

Резюме: Кръводаряването е хуманен, доброволен и безвъзмезден акт на малосърдие и човешка солидарност. Благодарение на даряващите кръв, стотици хора дневно получават шанс за живот. Мотивирането на младите хора за включване в акции по кръводаряване е верният път за увеличаване броя на кръводарителите.

Материали и методи: Проведено е анонимно анкетно проучване на студентите от I и II курс, специалност „медико-биологически съветници”, обучаващи се в Медицинския факултет на Тракийски университет – Стара Загора и Медицинския университет – Пловдив.

Резултати: При анализата на получените данни се установи, че студентите имат обща представа за принципите на кръводаряване. Почти половината от анкетираните не са се включили в акции по кръводаряване поради здравословни проблеми, но 90% са готови да дарят кръв при нужда на близки. Стимулатътите, получавани от кръводарителите, не са основен мотив за участните на студентите в кръводарителските кампании.

Ключови думи: Кръводаряване, мотиви, студенти.

Summary: The analysis of the data was established that the students are aware of the principles of blood donation. Almost half of the respondents weren’t acting in blood donation because of some health problems, but 90% are ready to donate blood when is necessary for relative. The stimulation presents received by the donors are not the main reason for the students for acting in the blood donation campaigns.

Key words: Blood donation, reasons, students.
ЗРАВНИТЕ ПРОЕКТИ В ОБУЧЕНИЕТО НА МЕДИЦИНСКИТЕ СЕСТРИ - ПОЛЕЗНО И НЕОБХОДИМО ПРЕДИЗВИКАТЕЛСТВО

Христина Милчева

THE HEALTH PROJECTS IN THE EDUCATION OF THE MEDICAL NURSES – A BENEFICIAL AND NECESSARY CHALLENGE

Christina Milcheva

ABSTRACT: This article presents the results of the research of the students' opinion on the health projects. The projects in the sphere of the health care are on the first place directed towards improving of their quality and their general organization.

The purpose of the research is: To examine the students' opinion on the necessity to receive basic knowledge of creating a health project and all the by-coming difficulties.

The methods that are used are: open group questioning of the students; individual oral presentation and generalizing discussion.

The result show the positive opinion of the students on the studying and developing of health projects and determining them as a beneficial and necessary challenge in the nowadays conditions.

Key words: project, challenge, education, presenting, discussion
НОВИ ПРЕДИЗВИКЪТ ЕЛЕСТА В ПРЕД ОБУЧЕНИЕТО НА МЕДИЦИНСКИТЕ СЕСТРИ И АКУШЕРКИТЕ

Xр. Милчева
Тракийски университет – Стара Загора
Медицински факултет, Катедра „Здравни грижи“

Резюме: Обучението на медицинските сестри и акушерките при съвремените условия у нас се провежда споредено Едините държавни изисквания (ЕДИ) за тяхното професионална подготвка, регламентирани с Постановление № 248 от 22 ноември 2005 г. Промяната на Европейските директиви накара периодична промяна и в нашата законодателна рамка за обучението по посочените професии. Съвременно тенденции показват увеличение на относителния дял на практическото обучение, което надхвърля 50% от цялостното обучение. Именно това е специфична характеристика на "регулирани професии", към които спадат и професиите "медицинска сестра" и "акушерка". Условията на реформи поставят пред тях нови предизвикателства и изисквания за проявяване на гъвкавост и професионализъм.

Ключови думи: обучение, изисквания, реформи, тенденции, професионализъм

Summary: Presently, training of nurses and midwives in Bulgaria is conducted in conformity with the Uniform State Requirements (USR) for professional training, regulated by Decree № 248 from November 22, 2005. Changes in the European directives, however, require periodic changes in our legislative framework for the training in these professions. Recent trends show an increase in the share of vocational training that exceeds by 50% the overall training. This is a specificity of the "Regulated professions", including the professions of "Nurse" and "Midwife". The conditions of reforms impose on them new challenges and requirements for manifestation of flexibility and professionalism.

Key words: training, requirements, reforms, trends, professionalism
УСТАНОВЯВАНЕ НА НЯКОИ НЕГАТИВНИ СТРЕСОГЕНИ ФАКТОРИ В УЧЕБНИЯ ПРОЦЕС ПРИ СПЕЦИАЛНОСТИТЕ ОТ МЕДИЦИНСКИ ФАКУЛТЕТ – СТАРА ЗАГОРА

Христина Милчева, Магдалена Платиканова, Албена Андонова

ASCERTAINMENT OF SOME NEGATIVE STRESS FACTORS IN THE STUDYING PROCESS AT THE MEDICAL FACULTY – STARA ZAGORA

Hristina Milecheva, Magdalena Platikanova, Albena Andonova

ABSTRACT The studying of some negative stress factors by the studying process in the high schools and the relations between the students and the lecturers, are very popular during the last years. During the educational process in the medical university, the students are under mental pressure. The influence which some of the factors is not every time positive for the students education.

Key words - stress, students, learning process.
СЪВРЕМЕН МОДЕЛ ЗА ОБУЧЕНИЕ НА МЕДИЦИНСКИТЕ СФЕРТИ И АКУШЕРКИТЕ

Христина Милчева

CONTEMPORARY MODEL FOR TRAINING OF NURSES AND MIDWIVES

Hristina Mikelova

ABSTRACT: The contemporary requirements for training nurses and midwives, as well as the possibilities and conditions offered by the educational environment within the university structure are prerequisites for the introduction of an adequate model for training in one of their mandatory disciplines that satisfies the needs of the participants in the educational process. The model can be applied to other disciplines, as it outlines only the general framework. According to the specifics of the educational content and the objective conditions of the educational environment, the model can be modified and developed.

Key words: model, educational environment, training
INNOVATIVE APPROACHES, METHODS AND FORMS IN THE TRAINING OF MEDICAL SPECIALISTS

Summary: This article examines major problems in the education of students of medical specialties. The introduction of innovative approaches, methods and forms in the training of medical specialists over the past decade is driven by a reform processes to improve the quality of education in public health and health care.

The process of training in those specialties in medical universities is structured so that the auditorium and outside auditorium forms are equally important. The complete training for medical professionals is distributed in ratio 50/50 theory/practice, tending to increase practical training.

For the formation of professional competencies, the implementation of adequate approaches, methods and forms is important, which correspond to specific training and assist in maintaining positive motivation for acquiring the profession. Based on research conducted in the field of health care, I would like to add that the implementation of certain innovative approaches, methods and forms in the training of medical professionals would contribute to improving the quality of learning among students, their interest and motivation. On the other hand, it would also contribute to improving the quality of teaching as innovative approaches are also means of training and management.

Keywords: interactive approaches, methods and forms, quality of education.

Keywords: Interactive approaches, methods and forms, quality of education.
Организационни аспекти на практическото обучение на студентите по "Здравни грижи"

Хр. Милчева, К. Митева и А. Андонова
Тракийски университет, Медицински факултет, катедра „Здравни грижи"

Резюме: Организацията и провеждането на практическото обучение на студентите от професионално направление „Здравни грижи“ е предпоставка за формиране на професионалните им компетенции. Оптималната колаборация между висшето училище и клиничните бази, комуникацията между преподавателя и наставника, както и непрекъснатия контрол върху реализацията на практическиото обучение значително биха повишили неговата ефективност.

Ключови думи: практическио обучение, организация, колаборация, удовлетвореност

Summary: The organization and conduct of the practical training of students in the professional field of "Health Care" is a prerequisite for the formation of their professional competencies. The optimal collaboration between the university and clinical facilities, the communication between the teacher and mentor, as well as the continuous control over the implementation of the practical training would significantly increase its effectiveness.

Key words: practical training, organization, collaboration, satisfaction
ОЦЕНКА НА КОМПЕТЕНЦИИТЕ ПРИ ПРОДЪЛЖАВАЩОТО ОБУЧЕНИЕ НА ЗДРАВНИТЕ ПРОФЕСИОНАЛИСТИ

Хр. Милчев и Р. Локова
Тракийски университет – Стара Загора

Резюме: За да бъдат адекватни на иновациите и технологии при необходимо продължаващо обучение, специалистите трябва постоянно да развиват и обогатяват знанията си. Това е от особено значение за медицинските специалисти, тъй като те полагат грижи за най-същественото богатство – здравето на човека, и при тях изискванията относно професионалната подготовка непрекъснато нарастват. Целта на настоящото изследване е да се оценят компетенциите на медицинските специалисти при проведено продължаващо обучение.

Материал и методи: Използван е еднодневен тест за оценка на компетенциите при група работещи медицински специалисти в сферата на здравоно-вечерниката в помощ от регион Стара Загора. Общият брой на обучениите лица е 45, при продължителност на обучението 12 учебни часа за два дни по 6 часа. Резултати: Продължаващо обучение на медицинските специалисти е полезно и ефективно средство за оценяване и повишение на професионалната им роля и компетенции. По-голямата част от обучените медицински специалисти са мотивирани и за други обучения.

Ключови думи: продължаващо обучение, оценка, компетенции, мотивация

Summary: Professionals must constantly develop and enrich their knowledge to be in tune with innovation and flexible in the constantly changing environment. This is particularly important for medical professionals as they care for the most precious wealth – human health, and their professional training requirements have been constantly increasing. The aim of the study was to assess the competencies of medical professionals acquired from continuing education.

Material and Methods: A short test was used to assess the competence of a group of working medical professionals in outpatient care from the Stara Zagora region. The total number of trainees was 45 people, with a workload of 6 academic hours (6 x 45 min.) a day for 2 days. Results: The continuing education of healthcare professionals was a useful and effective tool for understanding and improving their professional roles and competencies. The majority of the participating healthcare professionals were motivated for other courses.

Key words: continuing education, assessment, competence, motivation
THE STUDENTS - NURSES AND MIDWIVES 
ON THE CONCEPT OF "HEALTH PROMOTION"

Hristina Milcheva

ABSTRACT: Nowadays the implementation of the approved by the World Health Organization / WHO / concept of Health promotion becomes increasingly popular and relevant. The prerequisites for this are as follows: awareness of people's responsibility for their own health, legislative initiatives by the government to protect the health and world trends to improve the quality of life in good health.

In this context is also studying one of the major disciplines "Health Promotion" set out in the curricula of nurses, midwives and other health care professionals. Our interest to investigate their opinion was prompted by the idea of initially perceive the information and the opinion of the students on some key issues relating to health. This exactly is what the main objective of the study comes down to.

Material and Methods: A direct group survey is conducted of students from first course in two specialties "Nurse" and "Midwife" in the Medical Faculty at Trakia University- Stara Zagora. Fifty two persons in total participated. The information obtained is processed with statistical methods: grouping of data and alternative analysis.

Results: Nurse and midwife students have understood the essence of the concept of "Health Promotion". Surveyed nurses and midwives clearly understand the responsibility and their role in the implementation of health promotion activities. Surveyed know the main risk factors for health and give a great importance to the stress as a risk factor. They can also apply different strategies to cope with stress in daily life and are willing to change their behavior to pursuing a healthier lifestyle.

In conclusion we can state that the main responsibility for the health of the people is their own responsibility and of the country as a whole. All institutions whose activities are directly or indirectly related to human health, have to consolidate and implement a multisectoral approach to health promotion.

Keywords: health, risk factors, healthy lifestyle, approach, activities, role
Обучение за обръщване на пациенти в домашна среда
Training for care of the patient at home

Мария Димова¹, Албена Андонова², Магдалена Платиканова³, Христина Милчева¹
¹Медицински колеж, Тракийски университет – Стара Загора
²Катедра „Здравни грижи“, Тракийски университет – Стара Загора
³Катедра по хигиена, епидемиология и инфекционни болести, секция „Хигиена и професионални болести“, Тракийски университет – Стара Загора

Maria Dimova¹, Albena Andonova², Magdalena Platikanova³, Hristina Milcheva¹
¹Medical college. Trakia University – Stara Zagora
²Department of Health Care. Trakia University – Stara Zagora
³Department of Hygiene. Epidemiology and Infectious Diseases. Department of Occupational Diseases. Trakia University – Stara Zagora

Резюме: Статицката визира резултатите от провеждане обучение на безработни лица за придобиване на базови знания за обръщване на възрастни и стари хора.

Материал и методи: Обучението е провеждано в рамките на национален първичен профил на Медицинския факултет, Тракийски университет – гр. Стара Загора, в рамките на дейността на Националния програма на 44 безработни лица от област Стара Загора на възраст между 20-71 год. Произведен е писмен и статистически анализ на резултатите.

Целта на въздъхнатата образование е придобиване на знания и умения за обслужване на възрастни хора с тежки хронични заболявания, хора с увреждания, както и самостоятелно живеещи възрастни, засебили напълно или частично своите физически или психически способности.

Резултати: Установи се удовлетвореност на групата обучени лица по отношение на предложените тематики и възможности, която им се предоставят за познаване на грижи и социални услуги за възрастни и стари хора.

Ключови думи: потребност, обучение, обслужване, социална услуга

Summary: This article refers to the results of a study of the unemployed to acquire basic knowledge about the care of elderly people.

Material and Methods: The training was conducted by a team of teachers of Scientific Research Project of the Faculty of Medicine, Trakia University – Stara Zagora, as a group formed within the National Program of 44 unemployed people from Stara Zagora aged 20-71 years. A survey was conducted and a statistical processing of the results was done.

The objective of the induction training is the acquisition of knowledge and skills to care for elderly with severe chronic diseases, people with disabilities and elderly living alone, completely or partially lost their physical or mental abilities.

Results: It was found a satisfaction of the trained group on the proposed themes and opportunities regarding the care and social services for elderly people.

Key words: needs, training, care, social services, home environment
FOREIGN STUDENTS’ SATISFACTION WITH PRACTICAL TRAINING IN THE MEDICAL COLLEGE OF STARA ZAGORA

Ruska Paskaleva, Hristina Milcheva, Mariyana Petrova, Katya Mollova, Anushka Uzunova

Medical College, Medical Faculty, Trakia University of Stara Zagora

ABSTRACT

Foreign students from the Republic of Turkey, Republic of Greece and the Republic of Macedonia are trained in the speciality of rehabilitation therapist in the Medical College, Medical Faculty of Trakia University of Stara Zagora. The objective of this paper is to study foreign students’ satisfaction with the education at the Medical College, the practical training and the pre-graduate internship in the educational and practical facilities. An anonymous inquiry was filled in by 33 first, second and third year foreign students in the speciality of rehabilitation therapist at the end of 2012/2013 academic year. A statistical processing of the results was performed. Foreign students are satisfied with the education in the Medical College and the practical training at educational and practical facilities. They face difficulties in the use of Bulgarian language when adapting during the first year and in the communication with the patients during the clinical practice. Second and third year students deal better in the learning process and improve their language skills and competencies. All the inquired students wish to improve the language and participate more actively in the learning process. The performance of foreign students’ education in the speciality of rehabilitation therapist is at a good level, however, continuous improvement of language skills and more active participation in practical training is needed. It is recommended to carry out additional practical training sessions of these students in the educational and practical facilities.

Key words: foreign students, practical training, clinical practice, educational and practical facilities
ABSTRACT. The choice of profession is an important moment in the life of young people. It determines their future realization in life, proving themselves in the profession, self promotion and development of their professional career. Specifically for the medical profession it is important for those who choose to clearly understand the responsibility that this profession requires as well as the inner calling and suitability of the person for practicing it. In recent years there has been a serious shortage of medical specialists in the country. The reasons for this disturbing trend are of a different nature.

The purpose of this study is to establish the preconceptions of students for applying to medical specialty.

Material and Methods: A direct anonymous group survey has been carried out among students from eleven secondary schools in two regions - Stara Zagora and Silvan during the student admission campaign of Tr.U - Medical College. Respondents were 115 people at random, at middle-age of 18 years, divided by gender - 75 girls and 40 boys. The data were statistically processed and presented graphically.

Results and discussion. Most young people are intending to apply to university to continue their education. Half of the respondents show interest in medical professions, though for some of them, it is not complete.

In conclusion it can be said that the majority of young people realize the importance of choosing a profession and the opportunities they get by making this choice, so they are sure that they will continue studying to acquire a higher education degree and master the professional competencies.

Keywords: attitudes, interests, education, realization, profession
ВЗАИМОДЕЙСТВИЕ МЕЖДУ КЛИНИЧНИТЕ БАЗИ
И МЕДИЦИНСКОТО ВИШЕ УЧИЛИЩЕ
ПРИ ОБУЧЕНИЕТО НА СТУДЕНТИТЕ
С МЕДИЦИНСКА ПРОФЕСИЯ

Хр. Милчева
Медицински колеж, Тракийски университет
– С. Загора

Резюме. Обучението на студентите с медицинска професия е дълъг и непрекъснат процес, който се организира и провежда в медицинското висше училище и клиничните бази. Целта на настоящата разработка е да се установи значението на добрата колаборация и взаимодействие между медицинското висше училище и клиничната база за качествената професионална подготовка на здравните професионалисти. Проведено е проучване сред студенти – 3-ти курс от специалността от професионално направление „Здравна грижа” в Медицински колеж (МК) в Медицински факултет (МФ) на Тракийски университет, преподаватели и наставници за периода 2011-2014 г. Анализи на нормативната документация за връзка с прохождането на практическия обучения, който съставлява 50% от цялото обучение на студентите от професионално направление „Здравна грижа” показва, че то е регламентирано в няколко документа, в зависимост от конкретното участие и ангажираността на отделните институции. В заключение може да се каже, че е необходимо да се преосъжде в осъзнано значение на клиничното обучение като елемент на цялото обучение на студентите с медицинска специалност, и проверка анализирането, който има не само висшото медицинско училище, но и клиничната база.

Ключови думи: регламенти, клинично обучение, колаборация, удовлетвореност, медицинска професия

Summary. Teaching medical students is a long and continuous process, which is organized and conducted at the medical college and clinical facilities. The purpose of this study was to establish the importance of good collaboration and interaction between the medical college and clinical facilities for the qualitative professional training of health professionals. The study was conducted in 2011-2014 among 3rd-year students in the specialty of Health Care at the Medical College and Faculty of Medicine, Trakia University, lecturers and mentors. The analysis of normative documents, related to the conduct of practical training, which constitutes 50% of the overall training in the specialty of Health care shows that it is regulated in several documents, depending on the direct involvement and commitment of individual institutions. In conclusion it can be said that it is necessary to reconsider and realize the importance of clinical training as a part of the overall education of medical students and the direct commitment of both the medical college and the clinical facility.

Key words: regulations, clinical training, collaboration, satisfaction, medical profession
РАЗВИТИЕТО НА КОМПЕТЕНЦИИТЕ ЗА ИНТЕРКУЛЬТУРНО ОБЩУВАНЕ ПРИ ОБУЧЕНИЕТО НА ГЕРИАТРИЧНИТЕ СПЕЦИАЛИСТИ - ВАЖЕН ФАКТОР ЗА КАЧЕСТВЕНИ КУЛЬТУРНО ЧУВСТВИТЕЛНИ ГЕРИАТРИЧНИ ГРИЖИ

Мария Димова, Христина Милчева

THE DEVELOPMENT OF COMPETENCES FOR INTERCULTURAL COMMUNICATION IN THE TRAINING OF GERIATRIC SPECIALISTS - AN IMPORTANT FACTOR FOR QUALITATIVE CULTURALLY SENSITIVE GERIATRIC CARE

Mariya Dimova, Hristina Milcheva

ABSTRACT: Bulgaria is a country with great cultural, ethnic and religious diversity. Traditional ethnic minorities in Bulgaria are composed of Turks, Roma, Armenians, Vlachs, Greeks, Tatars, Jews, etc., and recently joined by incoming various migrant groups. Many traditional ethnic and linguistic minorities, religious communities and various cultural identities in the country require a high level of tolerance and intercultural dialogue.

The purpose of this study was to analyze the teaching of geriatric specialists from Medical College of Trakia University, Stara Zagora, and whether it will contribute to the quality culturally sensitive care for the elderly people, according to the great ethnic, cultural and religious diversity in Bulgaria.

Materials and methods: documentary analysis, comparative analysis: surveillance

Conclusions:
1. The training of geriatric specialists at Medical College of Trakia University, Stara Zagora, is entirely consistent with the great ethnic, cultural and religious diversity in Bulgaria.
2. The acquired student competences for intercultural communication with older people of different ethnic, cultural and religious values contribute to the future development of quality culturally sensitive care for the elderly people in the country.

Keywords: Intercultural communication, geriatric specialists, training, culturally sensitive care, competence
EFFECTIVE FORMS OF INTERACTION BETWEEN PROFESSIONAL, HIGHER EDUCATION AND BUSINESS

Assoc. prof. Hristina Milcheva PhD
Trakia University, Medical College, Stara Zagora

Abstract. In today’s competitive environment a major challenge for educational institutions is to improve their interaction with the business, which requires the introduction of effective forms of interaction between them. In conclusion it can be noted that the conduct of joint events and initiatives at regional and national level between representatives of business and educational environments will improve the interaction between them and achieving their goals.

Keywords: interaction, forms, initiatives, needs, realization
GERIATRIC CARE - A FACTOR FOR IMPROVING THE QUALITY OF LIFE OF OLDER AND ELDERLY PEOPLE

Mariya Dimova, Hristina Milcheva
Trakia University, Medical College - Stara Zagora

ABSTRACT

The demographic indicators are dynamic and reported an increase in the length of human life and the aging the world population. This has emerged as an irreversible process, which is particularly valid for Bulgaria, because it ranks fifth in the world in the pace of aging of the population (2).

The purpose of this research was to determine the role and place of the new geriatric specialists from the Medical College of Trakia University, Stara Zagora for improving the quality of life of elderly and old people.

Materials and Methods: documentary, counterfactual analysis, monitoring

Results: Medical College at Trakia University introduced and accredited a new for our country Geriatric Care specialty with a state quota of 20 students. Based on the analysis and comparison of the competencies of geriatric specialists in the Medical College with the fundamental targets set at national level for improving the quality of life of adults and older people in the part of delivery of quality long-term care are made conclusions about the geriatric specialists as factor in achieving high quality life.

Keywords: demographic factors, long-term care, competence, quality of life
PERSPECTIVES FOR REALISATION OF THE NURSES IN THE MODERN CONDITIONS

A. Andonova*, Ch. Milecheva

Department of Health Care, Medical Faculty, Thrakia University, Stara Zagora

ABSTRACT

In the last years the problem of the lack of nurses in Bulgaria is very topical. The realisation of the future medical specialists is not only their own problem but is a problem of the whole society. The lack of professional perspective as a result of our still not reformed health system pushes a great number of nurses to find a job abroad. Young people are very active in searching for a possibility for successful professional realisation and expressing their opinion on solving health care problems.

Key words: professional realisation, student nurses, knowledge, activity.

INTRODUCCION

The problem of where and how the young people will realise themselves professionally as specialists after their graduation is very typical for a country under reform as Bulgaria. The economic reforms affect especially the people of active working age. The youth – the most important potential for each country’s progress and development, is heavily influenced by this process.

On one hand, under conditions of reform and economic crisis, the problem of the realisation of the health specialists comes to the front. The concrete problem in many countries is the deficit for nurses because of the lack of financial aid in the sector.

In spite of the Declaration of the International Council of Nurses of 2005 where the ratio of 1:4 between the number of nurses and the number of patients, which need medical care, was stated, the result shows that we are far from the minimum ratio. The data from the last research shows that the number of nurses has decreased twice (from 60 000 to 30 000) (1,2).

The reason for the nurse deficit can be found in the demographic processes in the country/ a rising number of aged population which needs active health care/, in the education policy of the state with regard to the training of nurses and also in their salary and working conditions.

The researches on the problem of the professional realisation in the sphere of health care in the last years show that despite their satisfaction with the high level of the Bulgarian education and way of teaching in this sphere, most of the nurses are not satisfied by the perspectives provided by our health system for their professional realisation. This pushes a great number of them to search for realisation abroad, especially in EU countries. The main reason for their emigration is the low rate of their salary (1).

It is a fact that the professional realisation is a problem which worries not only the graduated nurses but the whole public nowadays in times of political and economic changes; we were provoked to follow the opinion of the educating nurses for their future realisation.

The purpose of our research is: To ascertain and analyse the opinion of the students of the nursing major about the opportunities for realisation in the modern conditions.
SWOT ANALYSIS AND INNOVATIVE ELEMENTS IN TEACHING STUDENTS OF SPECIALTY “REHABILITATION THERAPIST” AT MEDICAL COLLEGE-STARA ZAGORA

R. Paskaleva¹, I. Koleva², H. Milcheva³
¹Medical College, Trakia University, Stara Zagora, Bulgaria
²Department “Physical Medicine, Rehabilitation, Ergotherapy and Sports”, University of Medicine-Pleven, Bulgaria

ABSTRACT
Training of the students in specialty “Rehabilitation therapist” requires continuous improvement of teaching theory and practice – according to the new conditions in the healthcare system and European Requirements for quality health care for the patient and their family.

Objectives. A survey of the opinion of students of “Rehabilitation therapist” from MC - Stara Zagora and the mentors from educational and practical bases for the impact of innovative elements in the teaching of Kinesitherapy, Art Therapy and Ergotherapy on the quality of training and preparation of a SWOT analysis.

Methods. An anonymous survey was made including students of specialty “Rehabilitation therapist” from Medical College - Stara Zagora and mentors from the educational practical bases for the period 2007 to 2011, as 285 students and 30 mentors participated. SWOT analysis was prepared for the training of students.

Results. It became clear from the research that students and mentors were satisfied with the innovation in education and its application in the practical training bases.

Conclusion. The preparation of a SWOT analysis for the training of Rehabilitation therapist students allows to identify the strengths, weaknesses, threats and opportunities, and to identify the prospects in the professional training.

Keywords: professional training, quality training, Kinesitherapy, Art therapy, Ergotherapy.
FOR NON-FORMAL EDUCATION AND VOLUNTARY WORK OF STUDENTS AS PREREQUISITES FOR THEIR GOOD REALIZATION

N. Dimitrova, H. Milcheva*, S. Kyuchukova

Department of Healthcare, Faculty of Medicine, Trakia University, Stara Zagora, Bulgaria

ABSTRACT
The non-formal education as an educational activity outside the established formal system is conducted separately and is an important part of some broader activities, directed to serve particular interests of our students or the educational objectives of the University. Using all the potential possibilities of this kind of education and participating in forms of voluntary work, students report their benefits and judge them as a successful appropriate prerequisite for their good future career.
MEDICAL STUDENTS’ OPINION CONCERNING THEIR FIRST IMPRESSIONS FROM THE PRACTICAL TRAINING IN CLINICAL BASES

Milcheva Hr.¹, M. Platikanova², A. Andonova¹, I. Mihov³

¹ Faculty of Medicine, Trakia University, Stara Zagora, Department of Health Care
² Faculty of Medicine, Trakia University, Stara Zagora, Professional Diseases Section, Department of Hygiene, Microbiology, Infectious Diseases and Epidemiology
³ General practitioner, Stara Zagora

SUMMARY

Justification: The educational process at a medical institute of higher learning has its specific characteristics that have a direct influence on the professional development of students – an intense learning process full of emotional encounters with the patients’ pain and suffering. Materials and Methods: A direct group anonymous survey of students of medicine, nurses and maternity nurses at the Faculty of Medicine at the Trakia University has been conducted. A total of 56 fourth-year medical students, 25 nurses and 25 first-year maternity nurses have taken part in the survey. Results: More than half of the respondents had been to a hospital before the beginning of their studies and have had mixed feelings about the visit to the clinical bases. Their first impressions involve the condition of the clinical base and the organisation of labour. During their first hospital visit and encounter with patients, more than 2/3 of the future nurses and midwives and 100% of the doctors had accepted that “this is what reality is like” and that they “have to help people”. However, the vast majority of respondents state that they find invasive manipulations stressful. Almost all students are motivated to study this profession and consider it appropriate for their clinical practice to start in the middle of the first term. Discussion: Medical students understand what the core of the profession they have chosen is. Even though they had mixed feelings during their first hospital visits and even though they felt stress as a result of various medical interventions, the respondents accept the situation.

Key words: Students, stress, clinical base, medical manipulations
SOCIOLOGICAL ASPECTS OF THE REFORM IN THE OUTPATIENT CARE

K. Kostov¹, Hr. Milcheva²*

¹Trakia University, Haskovo Branch, Haskovo, Bulgaria
²Trakia University, Medical College, Stara Zagora, Bulgaria,

ABSTRACT
The implementation of periodic surveys of citizens' opinions on key issues relating to their lives and health takes place in the projects and initiatives of various organizations and institutions. Conducting surveys in health care is common practice in the developed European countries. All this is done to improve the quality of medical services and health care.

The purpose of this study is: To investigate the opinion of citizens about their access to outpatient specialized medical care, and their satisfaction for the medical service at the medical centers in the city of Stara Zagora.

Material and Methods: An anonymous survey of 340 patients visited the specialists at seven medical centers in Stara Zagora for one month - December 2010, the survey was carried out by students studying in Medical College.

Results: A high proportion (60.6%) of the surveyed patients were satisfied with access to outpatient specialized medical care. A significant proportion of the respondents are not fully satisfied and a small part are not satisfied because of insufficient time for the examination and insufficient information they receive about their condition. The majority of the respondents had access to (directed by GP) to visit a specialist, but they were not satisfied with the additional medical examination and consultations received by specialists and related to their expectations.

Key words: access, medical activities, health care, satisfaction
FORMS OF INFORMING AND ATTRACTING STUDENTS TO MEDICAL COLLEGE AT TRAKIA UNIVERSITY

Hr. Milcheva, M. Dimova*
Medical College, Trakia University, Stara Zagora, Bulgaria

ABSTRACT
Modern competitive ability is a prerequisite for the implementation of flexible policies and strategies for informing and attracting the candidate students to the universities. This poses a new challenge for the universities concerning the diversity of the forms of informing and attracting the candidate students. Objective: To implement some unpopular and various forms of informing and attracting the candidate students specifically to Medical College at Trakia University. Materials and Methods: Performed a direct survey of 315 candidate students from eleven secondary schools in two regions - Stara Zagora and Sliven. The study was carried out in the framework of a campaign organized at university level in March 2014. Results and discussion. Young people are sufficiently informed of the conditions offered by the universities. The most common sources of information are the Internet, presentations, telephone, advertising videos and brochures. The presentations on site are a useful tool for informing the candidate students. The participation in various forms of events to attract candidate students allows to make direct contacts and to promote the higher school. In conclusion it may be noted that the introduction of criteria for quality of the activities in higher school and their promotion at national and international level will contribute to approving the school image and to be preferred by the students.

Key words: rating, advertising, forms, campaigns, competitiveness
NEED FOR GERIATRIC CARE IN BULGARIA

M. Dimova*, Hr. Milcheva

Trakia University, Medical College, 6000, Stara Zagora, Bulgaria

ABSTRACT

In recent years, there is reported a rapid pace of population aging in Bulgaria, which became one of the biggest challenges to modern Bulgarian society. Social policy is directed, except to provide institutional care, and to provide care at home.

The main objective of the study was to provide updated information on the current attitudes towards geriatric care in the country.

Materials and Methods: To achieve the objective we examined a sample of three target groups of Stara Zagora through anonymous survey, direct observation and oral interviews.

Results and discussion: The trained unemployed people within the operational programs recognize the need for training and the acquisition of basic knowledge and skills to care for elderly people and people with disabilities as they wish further training and upgrading of acquired basic knowledge. Working people in geriatric institutions clearly support the specialty "Geriatric Care" in order to have qualified geriatric specialists in the teams. The created "Geriatric Care" specialty is new and still unknown to the country, but there is already an interest in graduating high school youth.

Key words: aging, need, geriatric care, strategies, policies
FORMING PRACTICAL COMPETENCE IN HEALTH PROMOTION

K. Kostov¹*, H. Milcheva², S. Kyuchukova³

¹Branch Haskovo, Trakia University, Haskovo, Bulgaria
²Medical College, Trakia University, Stara Zagora, Bulgaria
³Department of Health Care, Trakia University, Stara Zagora, Bulgaria

ABSTRACT

Introduction. Health as a valuable and vital human need is determined by a number of factors that have their economic, political, ethical, social and medical measurability. It is the right and responsibility of both the individual and society as a whole in the context of European health strategy in the 21st century based on "literacy" for health. For the realization of some of its preventive aspects it is necessary during the process of university education practical competencies in Health promotion to be formed in students with medical specialties.

The purpose. A research has been conducted to establish the role of the subject and the individual work of students in Health promotion to form their practical competence. We made a research amongst students from the first to the last year of their training in different medical specialties: nurses, midwives, rehabilitation therapist, medical laboratory assistants.

Methods. Following methods were used: questionnaire, documentary, direct observation, mathematical-statistical method, desk research.

Conclusion. The students of medical specialties have acquired applicable practical skills and have enriched their knowledge and skills in respect of promotional activity by individual work for developing programs for prevention of behavioral risk factors in Health promotion.

Key words: health promotion, students, competencies, promotive activity.
WORK WITH PERSONAL BIOGRAPHY OF STUDENTS OF SPECIALTY
"GERIATRIC CARE" AT MEDICAL COLLEGE OF TRAKIA UNIVERSITY,
STARA ZAGORA

M. Dimova¹, H. Milecheva

Medical College, Trakia University, Stara Zagora, Bulgaria

ABSTRACT

Introduction. Each life story, every biography is unique and distinctive, because each person is unique.
In geriatric care the study of the history of adult life helps geriatric specialists to better understand and
build quality care plan according to their individual characteristics and needs, which requires biographical
centered approach.

The purpose of this study is to explore the attitudes and opinions of students of specialty "Geriatric
care" at Medical College of Trakia University, Stara Zagora, to work with their personal biography in the
training process.

Materials and methods: direct group survey, statistical processing and data analysis. A survey of 15
students of specialty "Geriatric Care" is made about their opinion on the work with their personal
biography in the learning process.

Discussion and results: The most important competencies of geriatric specialists are based on proper
communication with older people in the process of caring for them, assuming that each depending on care
person has to live according to their individual values, needs, cultural and religious affiliation.
Before start working with the elderly and before applying the “Work with biography” method the
geriatric specialists should acquire theoretical knowledge and to form practical skills by self-analysis,
upon presentation of their personal biography working in pairs and in groups. The analysis of the
conducted survey shows that at the beginning of the course students are afraid of revealing very personal
and traumatic experiences and need more practical exercises and time for introspection and training to
work with biographical sheet.

Key words: training, method for work with biography, work with personal biography,
biographical centered geriatric care
La formation des professions de santé dans le système de la santé publique et des soins en Bulgarie

Hr. Militchéva, Silvia Kitchoukova
Université de Thrace – Stara Zagora

La formation professionnelle des spécialistes de santé en Bulgarie a une longue tradition et date du début du XX siècle avec la création de la première école d’infirmières à Sofia. Progressivement, au cours des années, se sont mis en place les paramètres fondamentaux de la formation en termes de durée, volume des connaissances et compétences professionnelles, ainsi que qualités requises des diplômées. Au début du siècle la durée des études était d’une année, mais ces dernières années elle a été augmentée à quatre années. Le volume de la formation professionnelle a été porté jusqu’à 4600 heures ainsi que transféré du système éducatif des études secondaires à celui des études supérieures (on obtient maintenant une licence infirmière).

De la santé. En Bulgarie jusqu’à cette année-là, 13 instituts de formation de spécialistes de santé existaient dans différentes villes. La condition d’admission pour toutes les spécialités était la réussite des études secondaires - 11e (5ème secondaire) et plus tard - 12e classe (6ème secondaires). La durée des études varie de 2 à 3 ans en fonction du type de spécialité. Le système éducatif varie aussi : études secondaires, secondaires spécialisées, jusqu’aux études semi-supérieures.

2. Après 1997 la réglementation normative dans le pays est modifiée en rapport avec les exigences élevées de la formation professionnelle des spécialistes de santé dictées par la
Research on Working Conditions for Majors at the Faculty of Medicine Trakia University – Stara Zagora

A.N. ANDONOVA, H.T. MILCHEVA, M.S. PLATIKANOVA

Trakia University, Stara Zagora

Key words and phrases: working conditions; safety and health at work; factors.

Abstract: We have studied the working conditions in the classrooms at Faculty of Medicine, Trakia University for majors “Medicine”, “Midwife” and “Nurse”. We have used a questionnaire containing questions relating to work environment factors, including physical, stressful and personal factors. There has been a subjective student assessment of the impact of these factors on education and health. The obtained data clarifies the underlying causes of psycho-emotional stress in students. Work environment factors that deplete much comfort during the learning process are noise and lighting. The difficulties in work organization and length of school day take the main place. This is a prerequisite for the development and implementation of the strategy for students’ occupational safety and health and improving learning conditions.
УДК 159.922.7/8(075.8)

МНЕНИЯ ПОЖИЛЫХ И СТАРЫХ ЛЮДЕЙ О КАЧЕСТВЕ ИХ ЖИЗНИ

Хр. Т. Милчева, М. Димова, М. Платиканова, А. Н. Андонова
(Болгария, Стара Загора)

Резюме: Старение населения – это одно из огромнейших вызовов современного общества. Низкая рождаемость в сочетании с относительно увеличивающейся продолжительностью жизни, представляет постоянное и необратимое изменение в возрастной структуре общества.

Новая структура требует учета демографических изменений и пересмотра стратегических подходов к населению в мировом, европейском, национальном и региональном масштабе для улучшения качества жизни людей в пожилом возрасте.

Анкетировано 50 пожилых человек, мужчин и женщин, проживающих в городе Стара Загора и регионе по вопросам, относящимся к качеству их жизни.

Исследование показывает потребность в повышении культуры здоровья пожилых людей, а также реализации адекватного медицинского ухода и социальных услуг в целях улучшения качества их жизни.

Ключевые слова: старение, заболевания, культура здоровья, качество жизни.
The elderly person as a patient in the outpatient care

Introduction

The package of "outpatient care" includes the performance of health services by medical indications for solving health problems in institutions for outpatient care. It includes medical examinations — primary, secondary, and consultative examinations by qualified physicians/general practitioners/doctors' coordinators, medical specialists/internal, cardiologist, pulmonologist, etc. — and visits to the home of the patient, medical research — specialized and highly specialized by medical indications, medical treatment by medical indicators, treatment in outpatient conditions, preparation for hospitalization, preparation of medical records for medical expertise and certification/compliance with the requirements of the administrative authorities, expertise of temporary disability of professionals, Medical Consultative Commission/MCC, Labor Expert Medical Commission/LEMU, medical certification and emergency medical care.

Statistical studies show that Bulgaria is the second fastest aging nation in Eastern Europe; the proportion of elderly people are progressively increasing. This determines the relevance of the problem regarding the care of elderly patients in the outpatient care. Therefore, it is necessary to provide adequate medical assistance to reduce disability and ensure longevity of patients.

Objective

The objective of this article is to examine the views of elderly patients for the service in the field of outpatient care and what are the most common communication difficulties in the process of primary health care (PHC).

Materials and Methods

The study included 48 elderly patients in Stara Zagora, selected at random. A questionnaire was used including questions related to different stages of the PHC and the attitudes of the respective units to the elderly person in the role of a patient. The obtained data were processed with the following statistical methods: grouping of the data and an alternative analysis.

Results and Discussion

PHC is the level of the health system, on which the first contact is made regarding various health issues and needs of the people. This comprehensive and long-term support is focused on the patient rather than on the illness. At this level, the coordination with other specialties is made and integration with other levels of medical assistance 1.

Characteristics of PHC in different countries are different, but nevertheless the complex and well-developed system of PHC should have
Strategy for the Active Involvement of Elderly People in Society

A.N. Andonova, H.T. Milcheva, M.S. Platikanova

Trakia University, Stara Zagora

Key words and phrases: elderly; population aging; training; knowledge and skills to improve quality of life.

Abstract: Population aging is a process affecting mainly European countries, largely Bulgaria. European strategy for the active involvement of elderly people in society encourage our team of doctors and Health care teachers to develop a training project for elderly people to acquire knowledge and skills to improve their quality of life.
Some Aspects of an Exemplary Program for Overcoming Stress in the Educational Process in Medical Specialties

M.S. PLATIKANOVA, A.N. ANDONOVA, H.T. MILCHEVA

Trakia University, Stara Zagora

Key words and phrases: prevention; program; stressful factors; students.

Abstract: The stress is a condition manifested by physiological, psychological imbalance or discomfort and is usually preceded by the influence of a number of reasons and factors. In recent years, particularly relevant is the study of some negative stressful factors in the educational process in higher education in various specialties, as well as relationships between students and teachers. A distinctive specificity of the education in higher medical school is the heavy learning process caused by the presence of patients, leading to a number of stressful situations. In this regard, we presented some aspects of the exemplary program for overcoming the stress in educational process in medical specialties at Medical Faculty.
Raising Awareness of Elderly People to Maintain Physical Activity and Healthy Lifestyle

H.T. MILCHEVA, M.S. PLATIKANOVA, A.N. ANDONOVA

Trakia University, Stara Zagora (Bulgaria)

Key words and phrases: aging; awareness; education; health; physical activity; quality of life.

Abstract: The paper deals with the problem of aging in Europe and Bulgaria, in particular. The need for raising awareness of the elderly on the benefits of healthy lifestyle and physical activity has been discussed; the ways of educating elderly people through health lectures aimed at clarifying the benefits of physical activity and healthy lifestyle have been described. The project of the Medical College at Trakia University has been presented.
The elderly person as a patient in the outpatient care

Introduction
The package "Outpatient care" includes the performance of health services by medical indications for solving health problems in institutions for outpatient care. It includes medical examinations — primary, secondary, and consultative examinations by qualified physicians, practitioners/doctors coordinators, medical specialists/internist, cardiologist, pulmonologist, etc., visits to the home of the patient, etc.

research — specialized and highly specialized by medical indications, medical treatment by medical indications, treatment in out-conditions, preparation for hospitalization, preparation of medical records for medical expertise and certification/compliance with requirements of the administrative authorities; expertise of temporary disability of professionals, Medical Consultative Commission/Labor Expert Medical Commission/LEMIC, medical certification and emergency medical care.

Statistical studies show that Bulgaria is the second fastest aging nation in Eastern Europe, the proportion of elderly people progressively increasing. This determines the relevance of the problem regarding the care of elderly patients in the outpatient care. Thus, it is important to provide adequate medical assistance that reduces disability and ensures longevity of patients.

Objective
The objective of this article is to examine the views of elderly patients for the service in the field of outpatient care and what are the common communication difficulties in the process of primary health care (PHC).

Materials and Methods
The study included 48 elderly patients in Stara Zagora, selected at random. A questionnaire was used including questions related to all stages of the PHC and the attitude of the respective units to the elderly person in the role of a patient. The obtained data were processed using the following statistical methods: grouping of the data and an alternative analysis.

Results and Discussion
PHC is the level of the health system, on which the first contact is made regarding various health issues and needs of the people. Comprehensive and long-term support is focused on the patient rather than on the illness. At this level, the coordination with other sectors is made and integration with other levels of medical assistance.

Characteristics of PHC in different countries are different, but generally:

1. **Primary Care**: It is the first point of contact for patients and the cornerstone of health care delivery.
2. **Secondary Care**: It focuses on diagnosing and managing chronic conditions.
3. **Tertiary Care**: It offers specialized services for complex medical conditions.
4. **Quaternary Care**: It is the highest level of care, with expert medical teams and cutting-edge technologies.

These levels are interconnected, ensuring a seamless transition of care for patients.

EUROPEAN APPLIED SCIENCE
Training of Elderly to Acquire Health Knowledge in Order to Improve their Quality of Life

A.N. ANDONOVA, H.T. MILCHEVA, M.S. PLATIKANOVA

Trakia University, Stara Zagora

Key words and phrases: elderly; population aging; training; knowledge and skills to improve quality of life.

Abstract: Population aging is a process affecting mainly European countries, largely Bulgaria. European strategy for the active involvement of elderly people in society encourage our team of doctors and Health care teachers to develop a training project for elderly people to acquire knowledge and skills to improve their quality of life.
OBUCENIE NA STUDENTI V UСLOVIATA NA KULTURNO RAZNOOBRAZIE

Summary. Bulgaria is a country with a rich cultural diversity, in which all ethnicities have intercultural relationships. The higher education, in the conditions of growing cultural diversity requires creating a supportive environment for each individual and positive interpersonal relations, ethnic and cultural tolerance, equality and respect for ethnic and religious differences. The aim of this report is to represent the experience of the Medical College of Trakia University – Stara Zagora, regarding the training of students in an intercultural environment, which has its advantages and benefits both for students and for the team of teachers by building positive attitudes and tolerant attitude towards cultural differences and creating a good basis for successful intercultural communication.

Keywords: cultural diversity training, intercultural environment, intercultural communication, tolerance, cultural competence.

Резюме. България е страна с богато културно разнообразие, в която всички етноси влизат в интеркултурни взаимоотношения. Висшето образование, в условия на нарастващо културно разнообразие, изисква изграждане на подкрепящи среди и положителни междуличностни отношения, етническа и културна толерантност, равнопоставеност и уважение на етническите и религиозни различия. Целта на доклада е да представи опита на Медицинския колеж на Тракийски университет – Стара Загора, в обучението на студенти в интеркултурна среда, което има свои предимства и ползи, както за студентите, така и за екипа от преподаватели, изграждащи положителни културни и толерантни отношения, спомагаща културната различност и създаваща добра база за успешно междукултурно обучение.

Ключови думи: културно разнообразие, обучение, интеркултурна среда, междукултурно обучение, толерантност, културни компетенции.
TRENDS IN THE DEVELOPMENT OF THE GERIATRIC CARE IN BULGARIA

One of the biggest challenges to contemporary society is the ageing population. The demographic situation in Bulgaria is the most critical in comparison with all other EU countries. In contrast to other EU countries, the pace of population ageing in Bulgaria is much higher. According to the UN, Bulgaria ranks fifth in the pace of population ageing in the world. The Medical College at Trakia University in Stara Zagora, Bulgaria has made the first steps in Bulgaria in the training of geriatric specialists.

**The aim of this research** is to analyze the trends for geriatric care in Bulgaria.

**Materials and Methods:** Documentary, counterfactual analysis and direct observation.

**Results and Discussion:** The analyses performed concerning the need for geriatric care are a prerequisite for organizing training in this area and its regulation at the national level. The initial steps taken in the training of geriatric specialists in line with the best European practices showed favorable development trends in Bulgaria.

**Keywords:** geriatric care, analysis, development.
HEALTHFUL AGING AS A PRIORITY OF EUROPEAN HEALTH POLICY
Hr. Milcheva – Trakia University, Medical College, Stara Zagora

Abstract: Particularly important problem which attains more and more significance in health policy in our country and in Europe is the problem of healthful aging of population. Reporting on demographic factors and the setting up tendency to aging of population, not only in our country, but in Europe too, the European Union policy in the field of health care, is directed towards leading priority problems, resulting of lifestyle and basic risk to health factors.

The article hints at some contemporary strategies and directions to overcome the influence of basic risk factors and to provide healthful aging of population.

Key words: health policy, priorities, strategies, risk factors, lifestyle, healthful aging
ЗА НЯКОИ ТЕНДЕНЦИИ ПРИ РЕАЛИЗАЦИЯТА НА ЗДРАВНИТЕ ПРОФЕСИОНАЛИСТИ

Хр. Милчева
Тр. У – Стара Загора, Медицински факултет

Здравните професионалисти са категория специалисти, които е доказала своята роля и място в системата на здравеопазването. Тяхната професия е една от най-хуманните и търсените професии и попада в списъка на „регулираните професии“. Процесите на реформиране в здравната система дават отражение, както върху професионалната подготовка, така и върху реализацията на здравните професионалисти /медицински сестри, акушерки, рехабилитатори, лаборанти и др./

Дефицитът на здравни кадри почувствава се особено силно през последните години. Е предизвикателство към институциите, подготвящи тези професионалисти и лечените заведения където те се реализират. Нарастналите потребности от качествени здравни грижи, водят до създаване на нови структури, в които да работят мотивирани здравни кадри с необходимите професионални компетенции.

В съвременните реалности на трудовия пазар конкурентоспособността излиза на преден план. Работодателите налагат високо изискване към кандидатите за работа, въпреки наличия дефицит на здравни кадри. Това създава допълнителни запределения при избора на подходящата работа. Обратната връзка между запълнените и незапълнените вакансии е недостатъчно ефективна и трудно може да се установи точният брой на реализираните по съответната специалност.

Целта на настоящото изследване е Да се установят относителният дефицит на реализираните специалисти – рехабилитатори и медицински лаборанти, завършили Медицинския колеж – Стара Загора през 2008 г.

Материал и методи:
Извършено е групово анонимно анкетиране на завършниците медицински специалисти в деня на дипломирането на Випуск 2008 от Медицинския колеж при Тракийски университет – Стара Загора. Обработката на данните е извършена със статистически методи и графичен анализ. Изследвана са 28 absolventi – 15 рехабилитатори, от които 8 жени и 7 мъже и 13 медицински лаборанти, от които – 12 жени и 1 мъж.
ПРОФЕСИОНАЛНИ КOMPЕТЕНЦИИ И ОТГОВОРНОСТИ НА МЕДИЦИНСКИТЕ СЕСТРИ И АКУШЕРКИ В НОВОТО СТОЛЕТИЕ

Ваня Георгиева,
Тр. У., Университетска поликлиника, Стара Загора

Христина Милчева,
Тр. У., Медицински колеж, Стара Загора

Резюме: Статията разглежда някои въпроси, свързани с професионалната компетентност, дейностите и отговорностите на съвременната медицинска сестра и акушерка. Реформата в образованието на тези специалисти, и необходимостта от доближаването му в основните си параметри до това на колегите им в Европейските страни, доведоха до съществен промян на цялостната визия на тези професии.

Ключови думи: професионални компетенции, отговорности, изисквания, европейски стандарти, реформа
Нагласи на специалистите по здравни грижи за получаване на специалност в системата на здравеопазването

Ваня Георгиева, УМБАЛ, Стара Загора
Христина Милчева – МФ, Тр. У, Стара Загора

Подготовката на медицинските специалистите е дълъг процес, който започва от студентското обучение и би следвало да продължава през целия profesionalен път без прекъсване.

В Единбургската декларация, приета от Световната конференция по медицинско образование през 1988 г. се дава насоката за промяна на медицинското образование в неговите три етапа – базово, специализиране и непрекъснато (постоянно, продължително), или учение през целия живот на работното място.

В декларацията се определят 12 принципа, въз основа на които се извършва промяната: Принцип 12. Определя непрекъснатото медицинско образование като основен проблем в подготовката на медицинските специалисти.

Непрекъснатото медицинско образование условно може да се раздели на 3 етапа:
1. Студентско обучение: това е период, който дава основните знания, умения, навици и отношения, необходими за професията. При него акцента пада върху това, човек да се научи да учи.
2. Следдипломна специализация, която има за цел да научи специалистите как да работят на добро професионално ниво.
3. Непрекъснатото образование: то обхваща целите активен професионален живот, където главната цел е да се поддържа и усъвършенстване професионалната компетентност.

Какви са тенденциите в продължаващото медицинско образование за професионалистите по здравни грижи в Република България?
OPTIMIZATION OF THE TRAINING OF PHYSICAL THERAPY AND MEDICAL LAB TECHNICIAN STUDENTS FOR IMPROVEMENT OF QUALITY IN HEALTHCARE

Sen. univ. teacher Ruska Paskaleva
Trakia University, Medical College, Stara Zagora
Assoc. prof. Hristina Milcheva PhD
Trakia University, Medical College, Stara Zagora

Abstract: The training of students at the Medical College in Stara Zagora is consistent with the modern environment of the system of public healthcare and the public health reform. It contributes to development of critical thinking, relevant theoretical and practical skills and corresponds entirely to the contemporary standards of professional competence of health care professionals.

Keywords: optimization of training, motivation, professional skills, realization, quality of healthcare.
SUMMARY

The social-economical situation in the nowadays society as a whole reflects in a specific way on the budget of the time of young people and particularly on their free time. The restricting of time that every single student has gives us the boundaries of his or her overall development. In this research information about the factors, personal preferences and different circumstances influencing the budget of the students’ free time in the specialization for medica nurse are presented.

Key words: budget of the time; students, interests, activities
Attitude and Motivation of the Students towards a Healthy Way of Living

Hristina Milcheva – Trakia University, Medical Faculty, Department of Health Care, Stara Zagora

Summary: The present article reflects students' opinion towards the healthy way of living. Developing a healthy way of living is a complex and contradictory process that is connected with the appropriate attitude and motivation. The multi-aspect essence of the problem demands the efforts of experts in different spheres, forming of multi-functional teams and the proper health policy for its solving. The medical specialists in these teams are extremely important because the social expectances are that they would be an example of living a healthy life.

Keywords: motivation, strategy, teams, risk factor, behavior
ЕТИКА И ОРГАНИЗАЦИОННО ПОВЕДЕНИЕ НА ЗДРАВНИЯ МЕНИДЖЪР

В. Георгиева, Хр. Милчева

Резюме: Професионалният менеджъмът в здравеопазването е неотменно условие за успеха на здравната реформа. За реализиране на адекватна здравната реформа, съобразена с конкретните и специфични условия у нас, е необходима нова здравна политика, поставяща в центъра на реформата пациента. Политика, базирана на етичните ценностни и поддържане достойнството на човека, справедливост, солидарност, професионална етика. Ключов ресурс за реализирането на такава политика е здравният менеджър, притежаващ съответните личностни качества и етично поведение за решаване на конкретните проблеми в здравната сфера.

Ключови думи: здравна реформа, здравна политика, етика, поведение, менеджъмът
ПРИЧИНИ ЗА НЕУСПЕВАЕМОСТТА НА СТУДЕНТИТЕ ПРИ ОБУЧЕНИЕТО ПО „СЕСТРИНСКИ И АКУШЕРСКИ ГРИЖИ"

Христина Милчева

REASONS FOR THE UNSUCCESS OF THE STUDENTS IN THEIR EDUCATION IN "NURSE’S AND MIDWIFE’S CARE"

Hristina Milcheva

SUMMARY: The article deals with the measurement of knowledge and skills of the students as a mandatory and an important component of their overall training. At the same time, an analysis of students' opinion is made regarding the reasons for the uns success in the course on "Nurse’s and Midwife’s care". Inferences and conclusions are made about the search and implementation of adequate strategies to overcome the problem regarding the uns success.

Keywords: teaching, testing, evaluation, motivation, satisfaction, uns success, strategies.
ОЦЕНКА ОТ СТУДЕНТКИТЕ НА СЕМИНАРНОТО ЗАНЯТИЕ ПО „ФИЛОСОФИЯ И ВЪВЕДЕНИЕ В СЕСТРИНСКИТЕ И АКУШЕРСКИТЕ ГРИЖИ”

Христина Милчева

EVALUATION BY STUDENTS OF THE SEMINAR SESSION ON “PHILOSOPHY AND INTRODUCTION TO NURSING AND MIDWIFERY CARE”

Hristina Milcheva

Summary: This seminar is extremely relevant and applicable organizational form in medical education. The seminar allows for the use of various methods in carrying it out. We performed a survey of student opinion and evaluation of the seminar session on compulsory course for midwives: Philosophy and an introduction to nursing and midwifery care - theoretical foundations. The results show a high degree of satisfaction for students in the organization, the course of the seminar and its usefulness.

Keywords: need, relevance, satisfaction, utility
SKILLS AND THEIR IMPACT ON THE EDUCATION OF STUDENTS FROM
FACULTY OF MEDICINE - STARA ZAGORA

Hr. Milcheva 1, M. Platikanova 2, A. Andonova 1

1. Faculty of Medicine, Trakia University, Stara Zagora, Department of Health Care
2. Faculty of Medicine, Trakia University, Stara Zagora, Department of Epidemiology and Infectious Diseases, Department of Occupational Diseases

Summary: The impact of the psychological and personality factors should be monitored periodically in order to react quickly to the strong negative effects and to preserve the health of students.

Purpose of this study was to establish some personality and psychological factors that could affect training in the specialties at the Faculty of Medicine and to seek opportunities to overcome easily the stress and to form a positive attitude to learning.

Material and methods: We performed an anonymous survey of students in specialties: "Medicine" – 4th year, "Midwife" – 3rd year and "Nurse" – 4th year at Medical Faculty - Trakia University - Stara Zagora. The results were processed mathematically and graphically.

Analysis of results: A large percentage of those surveyed do not accept the stress as a problem in education. They have the attitude and the will to cope with stress, which occurs mostly during the examination sessions. Most studied are optimistic; have higher self-esteem about their personality and are not susceptible to various influences and relationships of others. They are positive about the world around them and appreciate the meaning of life.

Keywords: factors, stress, influence, education, attitudes
СТУДЕНТИТЕ ЗА КОМУНИКАТИВНИТЕ УМЕНИЯ

Албена Андонова\textsuperscript{1}, Христина Милчева\textsuperscript{2}, Гергана Иванова\textsuperscript{1}

\textsuperscript{1}Тракийски университет, Медицински факултет, катедра Здравни грижи
\textsuperscript{2}Тракийски университет, Медицински колеж

Резюме: За да бъде ефективен процесът на комуникация в областта на Здравните грижи от медицинските специалисти се изисква да владеят принципите и правилата на общуването. Медицинските специалисти на базата на своята професионална компетентност и съобразно индивидуалните качества на пациента трябва да му предоставят нужната информация и да създават условия за ефективно общуване.

Ключови думи: студенти, комуникативни умения
ОТНОВО ЗА КОМУНИКАТИВНИТЕ УМЕННИЯ НА АКУШЕРКИТЕ

Христина Милчева

AGAIN ON COMMUNICATIVE SKILLS OF MIDWIVES

Hristina Milcheva

Abstract: This article examines current issues related to communication and conversation in the medical profession which are mandatory elements still from the training of the medical professionals. An analysis is made of the results of independent work of students – midwives, during their training and an assessment in the elective subject "Psychosocial communications in midwife profession".

Keywords: communication, conversation, formation, training, professional skills
ANALYSIS OF SUCCESS OF STUDENTS IN THE APPLICATION OF INNOVATIVE ASSESSMENT METHODS ON THE SUBJECT "PRINCIPLES AND METHODS OF EDUCATION"

Hristina Milcheva

Abstract: Testing is an innovative method that lately has a wide application in higher education and has high objectivity in comparison with oral and written exams. After the last change in USR regarding the training of nurses and midwives from 2008, changes were made in their curriculum, they need to be adapted for those who have begun their studies. This was introduced along with the number and letter marks consistent with the European system of assessment and transfer of credits.

Methods: An anonymous group survey was performed on 47 students that had a test exam from 1st and 3rd course of specialty "Midwife" at Faculty of Medicine, Trakia University - Stara Zagora, as 23 students were from 1st and 24 from 3rd course. Applied was an alternative analysis of the results.

Results: The results show a very good success rate in both studied courses. This is a good indication of the effectiveness and reliability of the applied test methods of exams.

Keywords: an innovative method, assessment, reliability, success
Abstract
The long historical path of development of schools that train health professionals is filled with periods of difficulties and success. This applies also to the medical school in Stara Zagora, Medical College at the present.

The paper aims to provide a brief overview of the historical development of MC-Stara Zagora, offering history and its periodization. It analyzes a short key moments in the development of the College, traditions, innovations and perspectives for the future.

Materials and Methods: Documentary analysis of normative documents, archival materials, and contemporary scientific publications.

Specified are some key priorities of education and training trends in the modern world.

Keywords: history, periods, traditions, innovations and perspectives for development.
Здравни грижки

МНЕНИЕ НА СТУДЕНТИТЕ – АКУШЕРКИ ЗА НАЧИНА НА ОРГАНИЗАЦИЯ И ПРОВЕЖДАНЕ НА ДЪРЖАВНАТА ИЗПИТНА СЕСИЯ ПО НОВЯ УЧЕБЕН ПЛАН

Христина Милчева

Тракийски университет, Медицински факултет, категра „Здравни грижки”

Abstract

Introduction: The training of midwives underwent a further change after the publication of the new Uniform State Requirements 2011, which regulate new state exams and extend the time for pre-graduate internship.

The objective of this study was: To show the opinion of students - trainees for new ways of organizing and conducting state examination sessions according to the new curriculum.

Materials and Methods: An anonymous study was conducted using an direct survey of a group of 35 students in the last year of education, specialty "Midwife", "Health Care" department, Faculty of Medicine, Trakia University.

Results: More than half of the surveyed / 67% / are familiar with the new curriculum and know what changes were made. The trainees accepted well the length of the internship of one year, as well as the new way of organizing the state examinations and its conduct during the internship.

Conclusions: On the basis of this study, we believe that the new way of organizing and conducting the state examinations are very well accepted by trainees and do not require adjustments to the current stage.

Keywords: change, organization, advantages, disadvantages, ideas
APPLICATION OF MULTIMEDIA PRESENTATION AS INNOVATIVE METHODS IN THE TRAINING OF HEALTH PROFESSIONALS

Hristina Milcheva

Abstract: The multimedia presentation as a way to present information is recently widely used in the realization of learning process in higher education and in other areas of public life – in introducing companies, products and other materials.

Materials and Methods: A study was made about the opinion of midwife students of professional field "Health care" of Trakia University, regarding the multimedia presentation as an innovative method of representation.

Results: About 70% of students prefer multimedia presentation than an oral presentation. It turned out that this method of presentation is very popular with the audience and saves the time used for discussions.

Conclusion: The multimedia presentation as an innovative method of presentation is successfully applied in the training of students. The obvious advantages of this method make it preferred by trainees and trainers.

Keywords: innovative methods, presentation, content, application, preference
ЗА НЯКОИ АСПЕКТИ НА ПРАКТИЧЕСКОТО
ОБУЧЕНИЕ НА СТУДЕНТИТЕ
ОТ ПРОФЕСИОНАЛНО НАПРАВЛЕНИЕ
„ЗДРАВНИ ГРИЖИ”

Христина Милчева, Албена Андонова, Кремена Митева
Тракийски университет, Медицински факултет,
категора „Здравни грижи”

Резюме: Организираната и проведеното на практическото
обучение на студентите от професионално направление „Здравни грижи” слага в значителна степен за пълноцената им
подготовка като специалисти, способни да отговарят на потребностите на пациента и очакванията на потребителите на
кадри. Това налага непрекъснато да се търсят методики за оптимизация и подобряване на различните организационни аспекти
на практическата подготовка на студентите.

Ключови думи: практическо обучение, професионални компетенции, фактори, организация, ефективност.
Organization of the Training in Specialty "Paramedic" in Medical College at Trakia University Stara Zagora

Hristina Milcheva

Abstract: The organization of introduction of a new specialty is an important step in the process of management of the higher school. The modern conditions of competitiveness require flexibility and adaptability to the needs of specialists in the business and therefore the start and recognition of new specialties. When launching a new specialty it is needed to realize a volume of activities to ensure training in quantitative and qualitative terms. The competence and personality of the manager and the staff are crucial for the results of specific activities.

Keywords: needs, organization, negotiation, discussion, implementation
MOTIVES AND EXPECTATIONS OF STUDENTS OF NEW SPECIALTIES IN MEDICAL COLLEGE

Hristina Milcheva

Abstract: For an effective learning process it is important the motivation of all participants - teachers, students, mentors of the clinical bases. The purpose of this article is to show the opinion of the first-year students about their motivation and expectations of the new professions in the field of health care. The results of this survey show that first-year students of the new specialties "Geriatric Care" and "Paramedic" in MK are motivated to train, attracted by the innovations in the field of medical profession and the opportunity to help people. The surveyed have high expectations of the professions mostly related to their good professional realization. Keywords: motives, expectations, new professions, health care
ПОЗИТИВНОТО ВЛИЯНИЕ НА ПЕЧАТНИТЕ МАТЕРИАЛИ ПРИ ЗДРАВНОТО ОБУЧЕНИЕ НА ДЕЦА И ЮНОШИ

Албена Андонова, Стоянка Владева, Силвия Кючукова, Мима Николова, Пенка Иванова, Христина Милчева

Резюме: Здравното възпитание спомага за формиране и укрепване на физическото и психическото здраве на децата и подрастващите. В съвремения информационен свят упълнотяването на достъпните на информационните технологии в обучението подобрява процесите на придобиване и усвояване на информация. Традиционен начин за представяне на информация е съчетаването на текст с илюстрации, диаграми, таблици, допълнителна увеселителна възприемането и запаметяването на здравна информация.

Проучването установи, че печатните наследни средства се възприемат добре от децата и свържат се уточняване на здравните им знания и навици. Основно предимство на печатните издания, свързани тях е възможността без технически средства да четем и носим със себе си необходимата информация.

Ключови думи: здравното възпитание, дипломи, флаери, предметства, обучение, деца.
Доц. д-р Христина Милчева

Обучение по здравни професии в Тракийски университет - Стара Загора

Хр. Милчева, Мария Димова, 
Тр. У-т – Медицински колеж Стара Загора

Традиции при обучението по здравни професии – кратка история

Обучението на здравните професионалисти в България има дълбoki традиции и датира от началото на XX век със създаването на първото училище за медицински сестри в София. Постепенно през годините се създават училища за здравни професии и други градове на страната, което е свързано с потребността от
ABSTRACT

Demographic situation in Bulgaria is one of the most crisis situations in Europe and worldwide regarding the accelerated rates of population aging. It is necessary to take urgent measures to improve the living conditions and care of the elderly in the country as well as those who are at home and housed in institutions /homes for elderly/.

At this stage we have no specialists who are trained to take professional comprehensive long-term care for the elderly. This necessitated the creation of a new profession in the country, "Geriatric care". "Geriatric care" is an autonomous, non-regulated, socially oriented profession, aimed at supporting the way /design/ of life of elderly people, while the nursing profession is aimed at providing basic medical care for acute and chronic conditions. Geriatric care is long-term care for the elderly and old people /healthy or with diseases or disabilities/., including prevention.

Nursing activities is mainly in hospital and outpatient care and it is focused on healing activity. The goal of the nurse is to improve the health condition of the patient, regardless of age, as well as prevention.

Geriatric specialists have competencies to accompany the old person in the process of dying and death. They have much more detailed and more comprehensive knowledge and skills to work with people in geriatric age, according to their physical and character changes; they have much better skills for working with people with dementia, as well as good communication skills.

Geriatric specialist has a set of basic competencies in the fields of health care, the social, psychological and spiritual support and more. Because the care of older people develops in a long-term, the geriatric specialist is becoming a major and an important part of a multiprofessional team working with people in geriatric age.

Geriatric specialist has many similarities with other helping and caring professions that provide social services and health care for people in geriatric age /"Social Assistant", "Personal Assistant", "Housekeeper", "Health Assistant", "Career/.. They have received a short basic training, but can fully interact and complete the highly qualified geriatric specialists and to help them in their activities. Competence of geriatric specialist are described in detail in their Qualification characteristics.

Keywords: demographic problems, aging, geriatric care, geriatric specialist, competencies.
TRAINING OF STUDENTS IN THE CONDITIONS OF CULTURAL DIVERSITY

Mariya Dimova, Hristina Milcheva,
Trakia University, Medical College, Stara Zagora, Bulgaria

Abstract: Bulgaria is a country with a rich cultural diversity, in which all ethnicities have intercultural relationships. The higher education, in the conditions of growing cultural diversity requires creating a supportive environment for each individuals and positive interpersonal relations, ethnic and cultural tolerance, equality and respect for ethnic and religious differences.

The aim of this report is to represent the experience of the Medical College of Trakia University- Stara Zagora, regarding the training of students in an intercultural environment, which has its advantages and benefits both for students and for the team of teachers by building positive attitudes and tolerant attitude towards cultural differences and creating a good basis for successful intercultural communication.

Keywords: cultural diversity training, intercultural environment, intercultural communication, tolerance, cultural competence
The establishment, approval and development of specialty "Rehabilitation therapist" at Medical College - Stara Zagora is a long process, coinciding with the reforms in medical education in line with European standards and traditions of the medical schools. This process meets the objectives of Medical College - to form highly qualified health professionals with the necessary competencies for implementation in all structures of the healthcare, SPA - centers and specialized rehabilitation centers.

The purpose of this survey is to present a twenty years period of creation and development of specialty "Rehabilitation therapist" at Medical College - Stara Zagora in various transformations of the medical school and analysis of realization, innovation and prospects for graduate students.

**Materials and Methods**: Documentary - analysis of legal documents and contemporary scientific publications related to the development and approval of the specialty

**Keywords**: medical schools, health professionals, rehabilitation therapists, tradition, innovation, development prospects.
International cooperation and partnership between the universities is crucial for their business and maintaining a high rating. Of paramount importance for the development of various disciplines is reporting an interest of student interests as well as the teachers and administrative staff interest regarding their identified needs for professional development and improvement of their skills.

The aim of this publication is to provide a brief overview of the international activity of Medical College for the period 2011-2014.

Material and Methods: Documentary, direct observation and participation, analysis of data from surveys and interviews.

Results and discussion: International contacts of the Medical College of Trakia University were realized before joining the College at the Trakia University. Subsequently, the College has realized several projects and agreements for the exchange of lecturers and students.

As a result of good policy at Trakia University, Stara Zagora, international contacts and partnerships at the Medical College develop an optimal pace. Thanks to them, we realize a lot of good international relations, partnership ideas, initiatives, and mobility. They comply with the requirements and criteria for international partnership and mobility of European higher education worldwide.

Keywords: international cooperation, partnership, exchange
Dobrovolniyat studentski труд – предпоставка за висока конкурентоспособност в съвременните условия

ас. д-р Силвия Кючукова
doc. д-р Христина Мичева
Тракийски университет, Стара Загора

Voluntary Student Work – A Prerequisite for Higher Competitiveness in the Modern Conditions

Silvia Kyuchukova
Hristina Milcheva

ABSTRACT: Introduction. Volunteering can be considered as non-formal education, increasing knowledge and practical training of future medical professionals, which in modern terms makes them highly competitive in the labor market not only at home but also abroad. Results: Students who volunteer acquire additional activities, complementary to the learning in the academic environment. Student volunteers come to new non-standard conditions, in real work situations, that require clinical thinking and taking quick and adequate decisions. All this leads to: acquiring knowledge based on their personal experience, accumulation of practical experience in the studied specialty, personality development, confidence in their own capabilities, investment in the future, the acquisition of the document/certificate of participation in voluntary campaigns, helps and facilitates teaching, favors the work of the teacher. Conclusions: The participation of students of medical specialties in voluntary campaigns leads to more effective learning, according to the high standards of the science and technology, and the democratization of relations in the learning process.

KEYWORDS: student voluntary work, medical professionals, non-formal education; additional knowledge, competitiveness
INTERNATIONAL RELATIONS AND MOBILITY –
FACTOR FOR IMPLEMENTATION OF LIFELONG LEARNING

Hristina Milcheva, Mariya Dimova
Trakia University, Medical College,
9 Armeiska Str., 6000 Stara Zagora, Bulgaria
mobile: 00359 889438036, 00359 899167091
e-mail: milcheva@uni-sz.bg, mdmovameister@gmail.com

Abstract: National policy on education and training is aimed at implementing a high level of knowledge, opportunities for innovation and adaptability to changes. National Strategy for Lifelong Learning 2014-2020, is aimed at achieving the European goal of smart, sustainable and inclusive growth, which covers all areas of learning and defines the key priorities. The aim of this study was to analyze the implementation of national and European criteria for international cooperation and mobility of the Medical College at Trakia University and establish their role in lifelong learning. Materials and methods: document analysis, discussion and interview. Results: The medical college has established international contacts and mobility within the sector program ERASMUS and beyond, as the efforts are focused on the development of international cooperation and implementation of mobility of students, teaching and administrative staff in the context of policy of Tr.U. Conclusion: The international relations and mobility contribute to the development of good partnerships, exchange of ideas, joint initiatives and they are an important factor for the implementation of various forms of lifelong learning.

Keywords: lifelong learning, national education policy, international activities, mobility.
Science & Technologies

НАЦИОНАЛНИ И РЕГИОНАЛНИ ПОЛИТИКИ ЗА РАЗВИТИЕ НА МЛАДЕЖКОТО ДОБРОВОЛЧЕСТВО

Силия Кючукова, Христина Милчева
Тракийски Университет, Медицински факултет, катедра Здравни грижи
Град Стара Загора, ул. Армейска № 9
siliya.kychukova@trakia.uni.bg ; milchva@uni.sz.bg

ABSTRACT

World Organization is calling on governments and NGOs in all countries with the call to express its appreciation for the volunteers and to give greater publicity to their activities. Bulgaria is among the four countries in Europe in which volunteering is slightly developed. As a result, the state takes action to encourage volunteerism among Bulgarian citizens support voluntary units in municipalities and improve calling for voluntary work.

Keywords: youth volunteering, Youth Strategy, national and regional policies, legislation and regulations
THE EFFECT OF SELF-STUDY IN „HEALTH PROMOTION“ ON THE CREATIVE THINKING OF STUDENTS
Silvia Kyuchukova
Hristina Milcheva

ABSTRACT: In higher medical school the study of „Health Promotion“ is determined not only legally, but it is increasingly determined by the diverse and multilingual living environment. During the training in the discussed discipline of students with medical specialties their attention is directed to the preventive side of health and social problems. An attempt was made to orient their thinking towards the promotion of a healthy lifestyle in order to form their proper professional thinking.

The purpose of this study: To analyze the students adequate choice of a topic for self-preparation of presentation on Health Promotion, and the effect on the development of their creative thinking.

The students' preparation in Health promotion is excellent and assist them in the selection and presentation of a topic related to health prevention. They are well informed and prepared for independent practice in which to promote a healthy lifestyle. This makes them quality health professionals and it increases their competitiveness.

KEYWORDS: health promotion; students; professional thinking.
Summary: Project work in the field of health contributes to the formation of professional clinical thinking of the student. We put emphasis on participation in multidisciplinary research projects with practical prevention and treatment of socially significant diseases.

Key words: project work, student, education, professional-clinical thinking
ANALYSIS OF THE EVALUATION OF FREE-FIELDS OF STUDY ELIGIBLE TO STUDENTS FROM PROFESSIONAL DIRECTION "HEALTHCARE"

Hristina MILCHEVA, Medical College of Trakia University, Stara Zagora

Abstract: The article examines the evaluation of educational materials freely elective disciplines of the Speciality of professional direction "Health care". Establish, some factors that affect the highe the success rate of students, which is due in particular to interactive methods of teaching and evaluation on elective disciplines, the opportunities for more self study, clear requirements and criteria by the teacher and others.

Key words: evaluation success rates, independent work
MANAGEMENT OF RISKS AND SAFETY
OF LECTURERS’ PLACE OF WORK IN THE SPHERE
OF PUBLIC HEALTH AND HEALTH CARE

Kristina Milcheva, Magdalena Platikanova
Trakia University, Medical College, Stara Zagora

Abstract

The Objective of this study is to determine the risks at workplace in
lecturers of the public health and health care sector, to propose a
modern approach for the evaluation of the identified risks and the
appropriate measures for safe working conditions.

Aim of the study: 1) Management of risks and safety at workplace in
lecturers of the public health and health care sector, 2) Proposal of
a modern approach for the evaluation of risk factors at workplace,
consistent with the global approach priority of our national policy.

Study population: lecturers of the Medical College and the Medical Faculty
in Trakia University, Stara Zagora, in the public health and health care
sector. The same study population was the target of our previous
study, which evaluated the risks at workplace, the stress and the
occupational morbidity.

Material and methods: anonymous survey study using direct group
questionnaire forms.

Results and discussion: In view of the specific occupational conditions
under which this category of lecturers work, namely teaching rooms
and clinics, they are subjected to risk factors, that are characteristic
of their occupation both as teachers as well as medical specialists.
For this reason it is advisable to undertake adequate preventive
measures both for safety at workplace, as well as for safeguarding
lecturers’ health.

Key words: safety, workplace, occupational risks, management of risks,
strategies and policies.
TRAINEE MEDICAL LABORATORY ASSISTANTS AND REHABILITATORS ABOUT ORGANIZATION AND HOLDING OF PRE-REGISTRATION PRACTICE

Hristina MILCHEVA, Gergana PETROVA

The processes of reforming health care system in Bulgaria have their repercussion on training health specialities different educational levels. The latest changes in the Law of higher education and the change in educational - quality degrees brought about changes in organization and holding of theoretical as well as of clinical training which are specialties of medical college are in correlation 50:50.

Our study is directed towards clinical training, in the first place, and more concretely the holding of pre-registration practice. A common practice, established like a tendency in our country in recent years, is the active participation of preceptors in professional bases in organization and the holding of this practice. These are senior medical specialists – midwives, rehabilitation and laboratory assistants who have the engagement to meet and orientate the trainees in daily environment, as well as to help and support them in their daily professional duties. Preceptors are important contributors in the entire organization and holding of practice at level faculty, college - clinical base (hospital). Our previous study showed it.

Studying foreign experience in this direction shows that preceptors participation in holding clinical training of medical specialties is a traditional practice in European countries and in the USA too. In the training of bachelor Health care in Canada, USA, the team work with preceptor acquires wider and wider popularity as a strategy for team socialization.11. Onelet established that students perception during different stages of training in clinical settings changes.

Leading criteria for selecting preceptors are: continued professional experience and educational degree bachelor.

Carrying out a summer practice with preceptor and team work with him is outlined as particularly useful for facing socialization in professional nursing. This is of essential importance for rehabilitation who carry out a summer practice the first and the second year of their studies.

The process of professional socialization is described by Dr. Howe, R. VanderHors, E.B. Yurikovich, Montana-Ul.

"giving a new meaning to identity and self-elevating to the profession by internalization, the value of knowledge behavior." Like the students the preceptors reported about personal development and satisfaction in their educational role.

Team work increases also their own professional development. The joint collaboration is observed like a: increasing health services quality [5].

The conception of team work with preceptor continues to be recommended as alternative strategy for clinical training of bachelors. The authors F. Myrick, C. Barrett, Canada, USA recommended to have clearly established criteria, for choosing preceptors [7].

Lebanese scientists S. Makarem, NY, Damat, M. Adra et al. do an interesting study on effectiveness of socialization in graduate education. Result: in its basis are put the clinical learners' behavior and the results of nursing in the clinical programme. In it's basis are put the clinical learners' behavior and the results of students' training, part in educational process.

The purpose of the recent survey study was to examine and analyze to which degree ORGANIZATION HOLDING TRAINING IN MEDICAL COLLEGE corresponds to modern European requirements and stands professional instruction.

Methods of study: Inquiry method – a direct group anonymous inquiry of 31 trainees, 15 of which are laboratory assistants and 18 rehabilitators of Medical college at Trakia University – Stara Zagora.

Results: Results analysis shows that of included 22 students of NC St. Zagora 13 are trained in specialization rehabilitation. Their average age is 22 years. The female students predominate – 18 persons.

To the question: "What evaluation do you put to the training process organization in the specialty learned by you?" the students who determine the training process organization as very good, predominate – 44% (Fig.1).
ANALYSIS OF STUDENTS’ OPINION ABOUT TEACHING CHEMISTRY IN MEDICAL COLLEGE IN TRAKIA UNIVERSITY – STARA ZAGORA, BULGARIA

Vasil Hadzhiliev1, Hristina Milcheva2, Nikolay Takuchev3

The aim of the contemporary education in the Medical College is to support students in their self-acquiring of knowledge, skills and habits in accepting behavior algorithms, evaluation of the relationships and different styles of communication with patients, including their relatives, as well as medical team.

The education in Medical Colleges in Bulgaria is both theoretical and practical. According to the regulations for equal state requirements the theoretical education is accomplished by qualified lecturers, where lectures and seminars are mainly used. Practical education of the students is aimed at gaining reliable professional competence, professional self-confidence and certainty for future professional realization [1]. Chemistry, as an academic subject has its own traditions in the system of higher medical education in this country. General theoretical paradigms have always been of great importance for medical education as well as chemical laws and conclusions as a modern source of understanding and learning complicated biochemical processes in human body. Because of that practical accomplishment of most of the problems of biochemistry, clinical laboratory, hygiene, toxicology and a number of other specialized laboratories is based on chemistry methods. Thus, it is related to the solution of important problems of medicine and practical healthcare[2].
NEEDS OF ACQUISITION OF HEALTH KNOWLEDGE TO IMPROVE THE QUALITY OF LIFE OF OLDER PEOPLE

Albena Andonova, Hristina Milcheva
Department of Health Care, Medical Faculty, Trakya University, Bulgaria

Abstract

In order to improve the quality of life of older people there has been developed a strategy -“Together for Health - A Strategic Approach for the European Union 2008-2013 “. The main challenge in the strategy is to promote active and healthy aging of the citizens. More years in good health means a better quality of life, more independence and opportunity for labor activity. Statistics show that the population of Bulgaria at the end of year 2007 was approximately 7,640,000 as 2,270,000 of the people are retired. The inclusion in the program and the expression of activity by older people is the right way to improve their quality of life. The acquisition of health knowledge of people in the elderly is one of the stages of the program.

Key words: health knowledge, motivation, need, quality of life

The purpose of this study is: To explore the views of older people on their needs and motivation for participating in the training on health relating subjects of their interest in order to improve the quality of their life.
ОЦЕНКА НА ХРАНЕНИЕТО НА ВЪЗРАСТНИТЕ ХОРА В КОНТЕКСТА НА СТРАТЕГИЯТА ЗА ПРОМОЦИЯ НА ЗДРАВЕ

Хр. Милчева, А. Андонова
Тракийски университет, Медицински факултет - Стара Загора

Въведение. Европейската стратегия за промоция на здраве поставя приоритети, насочени към преодоляване на влиянието на поведенческите рискови фактори и осигуряване на възможности за реализиране на правилна физическа активност. През май 2007 г. Европейската комисия приема българска програма за борба с наднорменото тегло и факта, съчетаваща дейности в областите на здравеопазване, образование и спорти.
Students Of Medical Specialties- For Their Profession And Work With Elderly People

Hristina Miletcheva, Trakia University
Medical college
Stara Zagora, Bulgaria
e-mail: miletcheva@uni-sz.bg

Albena Andonova, Trakia University
Faculty of Medicine
Department of Health Care
Stara Zagora, Bulgaria
e-mail: andonova_a@dir.bg

Magdalena Platikanova, Trakia University
Faculty of Medicine
Department of Hygiene, Epidemiology and Infectious Diseases, of Occupational Diseases
Stara Zagora, Bulgaria
e-mail: mplatikanova@rab.bg

Abstract—The aging of the population worldwide and nationwide, the migration of young people abroad and the deficit of medical specialists are issues that come to the fore. By decision of the European Parliament and of the Council of the European Union, according to a proposal of the European Commission (COM (2010) 462), 2012 is designated the "European Year for Active Life of Elderly People and Solidarity Between Generations". These facts served as the base for this study.

The teaching of medical specialties is a long process, demanding emotional and physical endurance in the training. The level of satisfaction and stress in future healthcare professionals is determined by many factors such as motivation, ideas, attitudes, organization of training and others.

Keywords: attitudes, motivation, profession, stress, satisfaction.

extent the medical professionals have the attitude and motivation to work with elderly people is still insufficiently studied.

Therefore the study of this particular problem was an interest to us. Our objective was to examine the opinion of students of medical specialties and found that over 70% of them have started their training with the attitude that the medical profession is a human profession and that they will be in favor of the people. They accepted the risks of the profession, including stress when facing the pain and suffering. [1]

A large proportion of the surveyed students believe that their profession is associated with stress, but they adapt to the high levels of anxiety and stress and do not consider it a problem. The main stress factors for students are the invasive treatments. [1]

Students are motivated to train in the profession and they consider as appropriate for their clinical practice to start in the middle of the first semester.
KINESITHERAPY, ERGOTHERAPY AND SPORT AS FACTORS IMPROVING THE QUALITY OF LIFE OF OLDER PEOPLE

Ruska Paskaleva¹ & Hristina Milcheva²

¹ Ruska Paskaleva - Senior Lecturer, Ph.D., 9 Armeiska Str., 6003 Stara Zagora, N College, Trakia University, Republic of Bulgaria, ruska64@abv.bg

² Hristina Milcheva - Associate Professor, Doctor of Pedagogics, 9 Armeiska Str, Stara Zagora, Medical College, Trakia University, Republic of Bulgaria hr_mil4eva@a

Summary

Kinesitherapy, Ergotherapy and sports activities find their application in the rehabilitation of older people through various exercises, tourism, sports games, and training in daily living activities. Through them, the older people are distracted from their problems; they have an emotional effect and contribute to achieving new skills and traits. Classes are held individually or in groups, in different conditions, in rehabilitation centers, homes for the older and other specialized centers for social rehabilitation.

Self-care and activities of daily living are crucial to the independence of older people. They are related with getting up in the morning, morning toilet, breakfast, eating dinner, dressing, undressing, cleaning the house, etc. It is about moving the body with or without walking aids. These activities are diversified with various sports games.

Keywords: recovery, rehabilitation, physical exercises, occupational activities, games, older people.
Linguistic and Cultural Barriers in the Training of Foreign Students at Medical College

Khristina Nikolova

Abstract

Medical College annually trains foreign students in specialty "Reshabilitation Therapy" and 6% of them are from the Republic of Turkey and other Balkan countries. Greece and the Republic of Macedonia - 4%.

The aim of the work is to study the satisfaction of foreign students from the training at Medical College, communication with other students, the conflict of practical training and opportunities to overcome language and cultural barriers.

Method. An anonymous survey was conducted including 53 foreign students of specialty "Reshabilitation Therapy" in first, second and third years during 2013-2015 academic year. A mathematical statistical treatment of results was performed.

Results. The studies showed that the respondents were satisfied with the training at Medical College. But they have difficulty in learning and using Bulgarian language especially the first year. The students from other countries are adapted better in learning and are satisfied with the practical training or the educational and practical phases. All foreign student representatives want to improve their language skills and to participate more actively in the process of training. Their recommendations for improving the training are aimed at providing more classes in special subjects like theoretical and practical training.

Conclusions. The processed results show that the training of foreign students is at good level, but a new approach to optimize the theoretical and practical training is necessary, with an emphasis on theoretical practice and pre-graduate internship.

Keywords: students, practical training, theoretical training, cultural practice, pre-graduate internship, education and practical training.
Интерес молодых людей к высшему образованию в контексте стратегии “Европа 2020”

Хр. Милчева
Тракийский университет, г. Стара Загора, Республика Болгария

Введение. Стратегия “Европа 2020 - интеллектуальный и устойчивый экономический рост” ставит себе несколько приоритетных целей, направленных на

разные области общественной жизни. В условиях рыночной экономики, экономического кризиса, старения населения и то, что не изменится образованием молодых людей, страны - ключевые доноры, направленные свою политику на решение ключевых проблем в разных областях с учетом специфических условий и характеристик каждой из них. В контексте первоочередной одной из приоритетных целей - Стратегия является ориентацией на образование и обучение молодых людей. Как для среднего, так и для высшего образования сформулированы конкретные приоритетные работы для сокращения доли аграрных и растущая проблем людей с инновацией образованием путем соблюдения хорошей международных и европейских практик.
A Current Perspective On Health Sciences

A CONCEPT FOR IMPLEMENTATION AND DEVELOPMENT OF THE MAJOR "GERIATRIC CARE" IN MEDICAL COLLEGE - TRAKIA UNIVERSITY, STARA ZAGORA

Kristina Tancheva Milcheva1, Kosta Slavov Kostov1, Albena Nikonueva Andonova1, 
Nakia Dimova Gencheva1

ABSTRACT

Introduction. The analysis of demographic indicators made by the National Statistical Institute of Bulgaria shows the steady trend of population aging.

The present specialized state institutions do not have qualified medical staff to care for the elderly. Based on experience gained from participation in international projects Medical College developed curricula with training programs for geriatric specialists for a 3-year period of education. Training students in the new major will satisfy the current needs of the society of geriatric specialists. Objectives: To promote the concept of implementation and development of new major: "Geriatric Care" at the Medical College - Trakia University, Stara Zagora. Materials and methods: The study has been carried out on the need for geriatric specialists in Stara Zagora by analysis of statistical data, documents, opinions, experience of participation in international projects. Results. Curricula are developed based on curricula of European countries. Geriatric specialist will have competencies that will enable them to carry out integrated health and medical social services for adults aged 18 years and over and old people's health. Living alone or with diseases, disabilities and dementia manifestations. Medical College in the city of Stara Zagora is the first school in which education in Geriatric Care was introduced for "professional bachelor" degree and professional qualification "geriatric specialist". Conclusion: The analysis of data shows that the established major at current, there is good foundations for the development of this major based on the growing needs of society for geriatric specialists and this will make it a favorite of young people.

Keywords: need, training, major Geriatric Care, population aging

1 Medical College - Trakia University, 9 Armeyiska Str., Stara Zagora 6000, Bulgaria
ABSTRACT

Introduction. The study of the complex health care in the volume corresponding to the minimum required level of competence, is necessary and obligatory condition for the specialists trained in medical colleges. The health care is the foundation that provides the key competencies and is foundation to build on all other specialized activities and care.

Objectives. The aim of this study was to determine the opinion of students on the contribution of the subject "Health care for the patient" in forming them as professionals in the field of health care.

Materials and Methods: An anonymous survey of 60 students of majors Rehabilitation therapist and Medical laboratory assistant enrolled at the Medical College, Plovdiv University, Stara Zagora. The study was conducted during the academic year 2012/2013. The questionnaire includes three closed questions and one open question, the data processing is done with mathematical and graphical methods. The results of the study show a high level of respondents' satisfaction from the competence acquired in the course Health care for the patient. Most respondents indicated that the knowledge on the topics included in the curriculum of this course will help them to work as professionals.

Conclusion: The inclusion of this subject in the curriculum of students of majors Rehabilitation therapist and Medical laboratory assistant is an innovation that improves their professional competence on these professions.

Keywords: education, satisfaction, professional competence.

1 Medical College - Plovdiv University, 9 Armeiska Str., Stara Zagora 6000, Bulgaria
INTERNATIONAL MOBILITY OF THE STUDENTS FROM MEDICAL COLLEGE
- TRAKYA UNIVERSITY, STARÁ ZAGORA IN TURKEY

STARA ZAGORA - TRAKYAÜNİVERSITESİ TIP KOLEJİ - ÖĞRENCİ
ULUSLARARASI HAREKETLİLİK TÜRKİYE'DE

Maria Dimova1 Hristina Milcheva2

Abstract

Higher education in Bulgaria stimulates the activity of the students in terms of their involvement in the international mobility funded by the programs and projects for mobility as well as mobility beyond, organized jointly by the the higher school students and employers in the host foreign institutions. Medical College of the Trakya University actively work in the direction enhancing student mobility, by the present moment the desire of the students primarily focus on implementation of international mobility with the aim practices. For the students it is of great benefit in terms of the the experience gained and the contacts that can help them in their marketing work. Bulgaria and Turkey are two neighboring countries with traditions in transboundary cultural and educational cooperation. At the Medical College learn many Turkish-speaking students, as some of them are Bulgarian citizens, others have dual citizenship / Bulgarian and Turkish /, and others have only Turkish citizenship. This is a prerequisite for student interest with Turkish language Preclinical Practice in Turkey. During the last two academic years most of the students have made their pre-graduation internship in practical bases in different cities of Turkey. These are students who speak Turkish, and some of them have relatives in our southern neighbor. The objective of the research is to analyze the international academic mobility of students from the Medical College of Trakya University, Bulgaria in Turkey. As a result, based on the analysis of documents, interviews and discussion, conclusions have been drawn on cross-border mobility of students from Medical College in Turkey. Analyses have been performed and compared on mobility of students in Turkey compared to the total international mobility of Medical College. Studies also are the degree of satisfaction of the students from mobility in Turkey as well as the problems identified. The conclusions show that the realized mobility in Turkey encompasses a large part of the total student mobility at the College, in line with its policy as the students report high satisfaction with the practice. The problems are mainly related to financial difficulties during mobility.

Key words: international mobility training in practice, cooperation, development

Higher education in Bulgaria stimulates the activity of the students in terms of their involvement in the international mobility funded by the programs and projects for mobility as well as mobility beyond, organized jointly by the the higher school students and employers in the host foreign institutions.

The aim of the study is to analyze the international academic mobility of students from the Medical College of Trakya University - Bulgaria in Turkey.

Methods: document analysis, discussion and interview
PRESENTATION OF HEALTH PROFESSIONS AT MEDICAL COLLEGE OF TRAKIA UNIVERSITY - STARA ZAGORA

STARA ZAGORA - TRAKYA ÜNİVERSİTESİ TİP KOLEJI - SAĞLIK MESLEKLERİNİN TANITIMI

Hristina Milcheva¹, Marya Dimova²

Abstract:
The training of health professionals in Bulgaria has a long tradition and dates back to the early twentieth century with the establishment of the first school for nurses in Sofia. The long historical path of schools that train health professionals is filled with periods of difficulties and successes. In Bulgaria and worldwide, the training of health professionals is subject to periodic reform imposed on the basis of the increased demand for quality health care. At present, the development of the health professions in the country complies with the European directives and strategies, especially after the accession of Bulgaria to the European Union in 2007, due to the need for synchronization of training and bringing its parameters to those in European countries. Changed is the length of the training and the volume of professional training in quantitative and qualitative aspects and introduced are new courses aimed at health promotion, communication, law, social, ethical and cultural aspects of the profession. The emphasis is placed on an integrated and holistic approach to the patient. In the current situation in Bulgaria, there are ten universities, which educate health professionals as Trakia University - Stara Zagora is one of the unique universities in Bulgaria because there are more than 10 specialties in each of the main areas of higher education. It takes a leading third place in the country, and is rated among the top 10 charts in Europe. Medical College of Trakia University has a long 67-year history. At present the specialties at the Medical College are "Rehabilitation therapist," "Medical laboratory assistant," "Geriatric care," and "Paramedic," the duration of training is 3 years. The aim of the study is to make a comparison of the currently available medical specialties at the Medical College of Trakia University with the national and international standards and requirements, and assessment of their relevance. As a result, based on legal and other documents and studies, a study and analysis are done of the stages of development of the training of health professionals in Bulgaria, its duration, the volume of professional training, and educational background. An analysis and comparison were conducted of currently available courses at the Medical College of Trakia University with national and international standards as well as their relevance. The conclusions are that the results show that the training of health professionals at the Medical College of Trakia University in Stara Zagora is fully compliant with national and European requirements and standards, and it meets the criteria for professional training in quantitative and qualitative terms.

Keywords: education, health professions, Medical College of Trakia University, specialties
NEW APPROACH IN PRACTICAL TRAINING OF STUDENTS FOR PREVENTION SPINAL DEFORMITIES IN THE KINDERGARTENS

Ruska Paskaleva, Hristina Milcheva, Katya Mollova, Mariyana Petrova, Anushka Uzu

Abstract

Practical training of students of specialty "Rehabilitation therapist" requires continuous expansion of educational practice facilities and the improvement of professional skills of students to design and implement a kinesitherapeutic program to the prevention of spinal deformities in kindergartens. The aim of this paper is to perform a diagnosis of spinal deformities in kindergartens in the city of Stara Zagora and to expand the professional competence of students in order to improve their physical activity of children through specialized activities. We studied 242 children aged 6 to 7 years from 22 kindergartens in the city of Stara Zagora during pre-graduate internship of students of of specialty "Rehabilitation therapist".

Modern lifestyle and reduced motor activity are factors that promote the occurrence of poor posture and different deformations of the spine and chest.

Keywords: training, prevention, kinesitherapeutic program, sports, spinal deformities.
СPECIALISTS IN THE FIELD OF HEALTH CARE - A POTENTIAL RESOURCE FOR THE REALIZATION OF HEALTH TOURISM

Христина Михеева, д.н.дов., д-р, директор,
Мария Лимова, преподаватель,
Медицинский университет Слава Заргаря, Болгария

Annotation. Bulgaria is a preferred destination for "health tourism" for its teams of health professionals.

The training of health care professionals is adequate to the kinds of health tourism and they are a serious potential human resources for it.

Abstract: Bulgaria is a preferred destination for "health tourism" for its teams of health professionals.

Keywords: Health tourism, health professionals, training, interaction with employers, realization.
FOR THE INNOVATIVE APPROACHES IN THE TRAINING OF HEALTH PROFESSIONALS

Abstract: Introduction. Implementation of adequate approaches, forms and methods is important for the formation of professional competence to suit the specifics of the training and help to maintain a positive motivation for acquiring the profession. This is particularly important in the training of health professionals.

Aim of the study. To present some innovative approaches in the training in the health care field and their importance in the formation of health professionals.

Material and methods: analysis of scientific literature; survey method, interview; monitoring and sharing own pedagogical experience.

Results and discussion. In the studied literature on the problem a variety of approaches has been described, but they are not all applicable to the training and education of health professionals. Particularly successful could be a constructive, inclusive and positive approach. The results of the survey indicated a high level of student satisfaction with the attitude of teachers and with the approaches and methods applied by them in the theoretical and clinical disciplines. But still most of the students believe that teachers tend to apply authoritarian style of teaching and learning. Overcoming this negative trend can be done notably through a greater use of innovative approaches, interactive methods and modern training means, as well as a democratic style of teachers.

Keywords: approaches, training, competence, quality, satisfaction
FOR ETHICS OF HEALTH PROFESSIONALS IN THE CONTEXT OF
THE NEW LEGISLATION

Abstract. For the profession of healthcare professionals are ethic and deontological principles, rules and norms essential. They are the foundation of relationships in the medical team, with the patient and his family. The purpose of the publication is: To examine and promote the ethical requirements for the profession of medical specialists in the context of the new legislation. Material and methods: study of scientific literature and normative documents. Results: The recently published (2015) Code of Ethics of Medical Professionals, clearly and explicitly regulates the ethical requirements and conduct in the performance of their main professional obligations.

Keywords: Ethical standards, principles, responsibilities, relationships, legal regulations
РАЗВИТИЕТО НА ИНТЕРНАЦИОНАЛНАТА МОБИЛНОСТ – ЗНАЧЕНИЕ, ПОЛЗИ И ПЕРСПЕКТИВИ ЗА МЕДИЦИНСКИЯ КОЛЕЖ

Мария Димова¹, Христина Милчева²
Медицински колеж на Тракийски университет,
Стара Загора 6000, "Армейска" 9
mdimovameister@gmail.com¹, milcheva@uni-sz.bg²

Abstract: This article presents an analysis of the international mobility of Medical College at Trakya University for the period 2011-2015. Emphasis is placed on its importance, the benefits for teachers and students and the prospects for development.

Keywords: international mobility, higher education, development
Hemşirelik ve Ebevitel Kultürlarını Meknes'te Değerlendirme, 9-11 Nisan 2009, Çarşamba.

Bulgaristandaki Hemşirelik Eğitimi İlişkin İzlenimler

*İbnur METİN **Canın MUTLU **Hristina MILCHEVA

* Kırklareli Üniversitesi Sağlık Yüksekokulu, Kırklareli-TÜRKİYE
** Trakya Üniversitesi Medikal Koleji, Stara Zagora-BULGARİSTAN


Anahtar kelimeler: Bulgaristan, hemşirelik eğitimi, izlenim

İletişim: ilknurmetin@hotmail.com
NEEDS OF ACQUISITION OF HEALTH KNOWLEDGE TO IMPROVE THE QUALITY OF LIFE OF OLDER PEOPLE

Albena Andonova, Hristina Milcheva
Trakya University, Medical Faculty, Department Health Care

Abstract: In order to improve the quality of life of older people there has been developed a strategy - "Together for Health - A Strategic Approach for the European Union 2008-2013". The main challenge in the strategy is to promote active and healthy aging of the citizens. More years in good health means a better quality of life, more independence and opportunity for labor activity. Statistics show that the population of Bulgaria at the end of year 2007 was approximately 7,640,000 as 2,270,000 of the people are retired. The inclusion in the program and the expression of activity by older people is the right way to improve their quality of life. The acquisition of health knowledge of people in the elderly is one of the stages of the program.

Key words: health knowledge, motivation, need, quality of life

Poster: PHS13
ПРАКТИЧЕСКОТО ОБУЧЕНИЕ НА СТУДЕНТИ ОТ НАПРАВЛЕНИЕ „ЗДРАВНИ ГРИЖИ” СПОР ЕДНОТО ЗАКОНОДАТЕЛСТВО

ДАВАРИ: А. Авдонова, Х. Милчева
Институция: Тракийски университет, Медицински факултет, катедра Здравни грижи

Цел: Публикацията има за цел да популяризира сред медицинските специалисти новите промени в нормативната уредба регламентираща професионалните дейности на медицинските специалисти и провеждането на практическия обучение на студентите и стажантовете от направление здравни грижи.

Материал и методи: Документален метод- анализ на нормативни документи.

Резултати и обсъждане: В съвременните условия на практическото обучение на медицинските сестри и акушерки съществено се изискват най-високите изисквания и стандарти, както и със законодателството у нас, което претърпява значителни промени.

В наредба №1 от 8.02.2011 г. се регламентират професионалните дейности, които медицинските сестри, акушерките и др. могат да извършват по назначение или самостоятелно. В Раздел II, чл.3 и раздел III, чл.5, т.7 на двата раздела се регламентира участието на медицинските сестри и акушерките в провеждането на практическия обучение на студенти и стажанти по специалностите от направление "здравни грижи". С наредба №1 се дава възможност, но и задължават медицинските специалисти да участват в практическия обучение на студентите и стажантовите.

С Постановление № 257 от 1.11. 2010 г. за изменение и допълнение на наредбата за ЕДИ за придобиване на висше образование на специалностите "медицинска сестра" и "акушерка", се уточнява, че ръководството на учебната практика се провежда от бакалаври или магистри със специалност "Управление на здравните грижи". Тези изисквания обаче не изключват от задълженията на останалите медицински специалисти при обучението на студенти и стажанти.

Заключение: Може да се направят следните изводи: бакалаврите и магистрите по здравни грижи организират, планират и оценяват работата на студентите/стажантовите, като същевременно в този процес с различни задачи включват и дежурните медицински сестри и акушерки. С тези промени се регламентира екипния подход в обучението на студентите и стажантовите. Това ще даде възможност на обучаващите се да се включат по активно в работата на съответните здравни звена и възможност за индивидуална работа с тях.

Ключови думи: нормативни документи, практическо обучение, студенти, стажанти, направление Здравни грижи
ІРОУЧВАНЕ НА СТУДЕНТСКОТО МНЕНИЕ ЗА ОЦЕНИВАНЕТО ИО „СЕСТРИНСКИ И АКУШЕРСКИ ГРИЖИ”

Албена Андонова, Христина Милчева

Грацийски университет, Медицински факултет, Катедра „Здравни грижи”

Въведение - Контролът и оценяването на знанията, уменията и навиците, придобити в процеса на обучение, е един от най-актуалните и дискутираните проблеми в сферата на образованието. В системата на висшето образование начините на оценяване са запознати в Закона за висшето образование. При обучението на медицинските сестри и акушерките наред с теоретичния изпит се прилага и практически изпит по „Практически основи на сестринските грижи – общ и специален”, които се изучават в различните семестри. Този изпит дава възможност за оценка на практическия умения и навици, овладени от студентите по време на учебно-практическите занятия и клиничната практика. Изпитът протича в две части: писмена и практическа. През последното десетилетие масово навлизе и тестовото изпитване, което често студентите предпочитат в една или друга учебна ситуация.

Цел – Да се проучи мнението на студентите – медицински сестри и акушерки за начините на контрол и оценяване по задължителните учебни дисциплини „Сестрински и акушерски грижи - теоретични и практически основи”.

Материал и методи: Анонимно анкетиране на студентите - медицински сестри и акушерки от II и IV курс, обу察ващи се в Медицинския факултет, Стара Загора, допълнено с устно допитване.

Резултати и обсъждане: Над 80% от анкетираните предпочитат комбинацията от писмен и praktičн изпит. Почти същия процент (75%) от анкетираните желаят да бъдат изпитани писмено с тест. Над 79% от студентите, считат че писмения изпит намалява субъективизма в оценяването. Използването на ситуацияни задачи и казуси в писменото изпитване е предпочитана форма от 68% от четвъртокурсниците и само 25% от второкурсниците предпочитат тази испитна форма. Поради все още недостатъчните си теоретични знания и практически опит за прилагане на усвоените знания от различните учебни дисциплините в конкретни ситуации, студентите от втори курс предпочитат теста (58%) и писмения изпит (27%). За нормално време за провеждане на писмения изпит 62% от анкетираните посочват два астрономически часа, 29%- 3 часа, останалите посочват отговора „различно”.

Изводи и заключения: От проведеното проучване може да се направят следните изводи: студентите предпочитат тестовото изпитване и писмения изпит, които според тях значително намаляват субъективизма в оценяването. Относно продължителността на изпитните процедури студентите имат различни предпочитания.

Ключови думи: обучение, контрол, оценяване, субективизъм, предпочитания
NECESSITIES OF EXPANSION OF THE FIELD OF NURSING CARE
WITHIN THE CONTEMPORARY DEMOGRAPHIC SITUATION

Milecheva H.

Trakia University of Stara Zagora, Faculty of Medicine, Medical College

Contemporary statistic research demonstrates a tendency towards population ageing on a national and European scale. The rising number of people at the third age (over 65 years) poses serious questions dealing not only with the satisfaction of their needs of nursing care and social services but also with the ensuring their better quality of life under better conditions. The purpose of this communication is to present some main tendencies, preconditions and analyses for revealing the necessities of the expansion of the field of nursing care within the contemporary demographic situation on a national and European scale by using a documentation method and statistical data analysis. The number of the people aged over 60 years in Bulgaria could increase over 2 millions in 2010. There are no specialists in our country who can offer specific nursing care to old and senile people. Of those available at presence, mainly nurses, doctor’s assistants and, in particular, rehabilitation therapists could provide such care, however, they do not possess the necessary specialized training. This field of nursing care should be enlarged in the direction of geriatric care. Based on the arguments and preconditions a conclusion could be drawn that specialists in nursing care specialized in geriatrics and geriatricians are missing. In near future, one should undertake adequate measures aiming at satisfying the labour market with the aforementioned specialists. One should look for opportunities for collaboration between the corresponding responsible institutions at a national level for solving the problem.

Key words: population ageing, geriatric nursing care, geriatricians, specific needs, legislation
FORMING SOCIAL COMPETENCE FOR INTERCULTURAL COMMUNICATION IN THE TRAINING OF GERIATRIC SPECIALISTS AT MEDICAL COLLEGE OF TRAKIA UNIVERSITY, STARA ZAGORA, BULGARIA

Mariya Dimova¹
Hristina Milcheva²

Abstract

Bulgaria is a country with great cultural, ethnic and religious diversity. Traditional ethnic minorities in Bulgaria are composed of Turks, Roma, Armenians, Vlachs, Greeks, Tatars, Jews, etc., and recently joined by incoming various migrant groups. Many traditional ethnic and linguistic minorities, religious communities and various cultural identities in the country require a high level of tolerance and intercultural dialogue.

The purpose of this study was to analyze the teaching of geriatric specialists from Medical College of Trakia University, Stara Zagora, and whether it will contribute to the quality culturally sensitive care for elderly people, according to the great ethnic, cultural and religious diversity in Bulgaria.

Materials and methods: documentary analysis; surveillance

Results and discussion:

It was found that the training of geriatric specialists at the Medical College of Trakia University, Stara Zagora, is entirely consistent with the great ethnic, cultural and religious diversity in Bulgaria, with the result that students acquire social skills for intercultural communication.

Keywords: Intercultural communication, geriatric specialists, training, culturally sensitive care, competence.