

## REVIEW

**of dissertation work on "Children's crèches to support parents to form healthy habits of the child" for awarding scientific and educational degree "Doctor" in Higher Education 7 "Health and Sports", Professional Direction 7.4 Public Health, Scientific Specialty „Health Care Management „**

**AUTHOR: Diana Neycheva Grozdeva - Foteva**

**MENTOR: Assoc. Prof. Katya Genova Eguruze, Ph.D.**

**REVIEWER: Prof. Dr. Elena Shipkovenska, Ph.D.**

By Order No. R-109-590 / 22.12.2021 of the Rector of the Medical University "Prof. Dr. P. Stoyanov"- Varna I have been appointed as a member of the scientific jury under the procedure for obtaining the educational and scientific degree "Doctor" by Assistant Professor **Diana Neycheva Grozdeva - Foteva** , PhD student at Medical university "Prof. Dr. P. Stoyanov " - Varna, Faculty of Public Health, Department of Health Care Management .

### ***Career development of the candidate***

Assistant Professor Diana Neycheva Grozdeva - Foteva graduated as a "Nurse - Children's Profile" at the Semi-higher Medical Institute "Prof. Dr. Nencho Nikolaev" - Varna in 1990.

He has a master's degree (2000) in the specialty "Administrative and Health Management" at the University of Veliko Tarnovo "St. St. Cyril and Methodius ".

He defended his second master's degree in Health Care Management in 2013 at the Faculty of Public Health, Medical University - Varna.

From 1990 to 1996 she worked as a nurse in the Department of Premature Babies at the Hospital - Dobrich.

From 1996 to 2005 she was a lecturer at the Medical College, Dobrich, then until 2006 she was a lecturer at the Medical College, Varna.

From 2006 to 2018 she worked as a lecturer at MU "Prof. Dr. P. Stoyanov " - Varna, Faculty of Public Health, Department of Health Care. Since

2018 she has been selected as an assistant in the same department where she still works.

Since 2018 he has been a PhD student in independent training at the Department of Health Care, Faculty of Public Health, Medical University - Varna.

Participates in three research projects.

He speaks Russian.

#### **EVALUATION OF THE DISSERTATION WORK**

The total volume of the work is 176 pages, distributed as follows: Literary review; Purpose, tasks and methodology of the research; Results and discussion; Conclusions, Contributions and Recommendations.

The work contains 40 figures, 4 tables and 6 appendices.

Several prerequisites determine the relevance of the work:

**-medical** - related to revealing the opportunity to increase the health knowledge and habits of children in early childhood, as habits are important for health, education and life realization of the individual.

**-organizational** - showing the extent to which the implemented programs meet people's expectations.

**-scientific** - fill in the gaps in the study of the health habits of children attending nurseries.

#### ***Literature review***

The scientific review made by the dissertation is well structured, with an emphasis on the historical aspects of the development of organized child rearing; the world and our experience in organized child care; development of crèches in Bulgaria; regulations and the role of the nurse in the formation of healthy habits of the child up to 3 years of age.

182 literature sources were analyzed, of which 81 in Cyrillic and 101 in Latin.

Particularly valuable sections of the overview are those that address unresolved issues, shared challenges, and potential opportunities for future research. The conclusions drawn are a good basis for planning the study.

#### ***Purpose and tasks***

Defining the goal and tasks in the individual areas is appropriate. The aim of the paper "To study and analyze the role of the nurse in the nursery for the formation of healthy habits of children, together with parents and to develop approaches to improve the interaction between the nurse and the family" is clear and specific.

**The methodology** is described in detail and accurately. Four research hypotheses have been formulated, the subject and objects of the research have been precisely defined. An adequate and purposeful design of the study has been developed, including a combination of qualitative and quantitative methods.

From the *descriptive statistical methods* for categorical variables the absolute number and relative share of cases were used, and for the quantitative variables: arithmetic mean and standard deviation.

From the *analytical statistical methods* are used: Kolmogorov - Smirnov method for checking the form of the distribution;  $\chi^2$  (Chi-square) and Spearman's correlation coefficient for estimating the relationship between quantitative variables with a distribution other than normal and for studying correlations between two variables measured on a scale. When applying the analytical statistical methods, 0.05 (95% guarantee probability) was accepted for the critical level of significance.

Data processing was performed with SPSS v. 20.0 for Windows.

#### ***Evaluation of own research:***

To achieve this goal, the author identifies three focuses of research:

1. *Nurses practicing in nurseries located in the city of Varna* - 49 persons, which are 31.5% of the list of nurses working in the children attending crèches in Varna

2. *Parents of children under 3 years of age attending crèches in the city of Varna* - 844 persons, which are 41.6% of the parents of children attending crèches in the city of Varna.

3. *Children up to 3 years of age attending crèches* - 844 persons, which is 41.6% of the children attending crèches in Varna.

In the chapter "***Results and discussion***" the dissertation presents an extensive comparative analysis of her views on the subject, with those of other authors who have worked on the problem. An important conclusion was made that in the nursery should work according to the generally accepted uniform methodology for the formation of healthy habits. In this way, the efforts of the nurses can be united, experiences can be exchanged between them and they can help each other. This approach aims to make small changes in children's lifestyles. The concept suggests that small changes are much better and can be easily absorbed and maintained in children's behavior. The author proves that for the proper development of healthy habits in the child, parents need not only training, but also a joint discussion of problems with the nurse.

The results are supported by highly informative tabular and graphical material.

In general, the discussion is focused on the need for targeted action to form healthy habits of children together with parents. This chapter is the most creative part of the dissertation. In it, the author convincingly proves her experience and erudition on the presented issues in the preparation of "Model for building healthy habits in the nursery."

**The conclusions** made are valuable because they provide a basis for future proper development of healthy habits in the nursery.

I agree with the report on the contributions presented by the doctoral student. The dissertation has theoretical-cognitive and practical-applied contributions, some of which have an original character:

1. The world and our experience in organized child care, including actions for the formation of healthy habits in early childhood, are competently and critically examined.
2. A very well-planned in-depth study has been carried out, with a detailed and correct description of the individual stages of the study and the appropriate tools for doing so.
3. For the first time in the country a follow-up of a statistically reliable contingent of children at an early age has been made regarding the formation of healthy habits.
4. The readiness of the nurses in the crèches to participate in the training of the parents, as well as the readiness of the family to train in order to improve the hygienic habits of the children were studied.
5. Improved level of mastery of health habits by children at an early age in shared care - nurse - parents.
6. An author's Model for building healthy habits in the nursery through more effective interaction of the nurse and the family has been proposed and developed.

**The abstract** to the dissertation correctly reflects the structure of the dissertation and contains the most significant results and conclusions of the study.

In connection with the dissertation, 3 publications are presented, in which the dissertation is an independent or leading author. A scientific paper has been prepared and presented at a conference abroad. The presented works contain separate parts of the developed material.

### ***Personal impressions***

I have no personal impressions of Assistant Professor Diana Grozdeva, nor participation in joint projects and publications.

### ***Recommendations for future use of dissertation contributions and results***

It is necessary to summarize and popularize the data from the dissertation in the form of a monograph, in order to form a scientifically based opinion on the benefits of coordinated activities of family and nurses in forming healthy habits of children at an early age.

### **CONCLUSION:**

The presented dissertation shows the possibility of the dissertation to set a scientific thesis, to offer complex methodological tools for its research, to correctly select and process primary material, to make statistically reliable conclusions and to indicate specific steps to solve the problem.

Everything in the review gives me reason to vote "positive" and I am confident to recommend to honorable members of the Scientific Jury, to vote positively for the award of the scientific and educational degree "Doctor" to Assistant Professor Diana Neycheva Grozdeva - Foteva "in Professional Field 7.4" Public Health "and scientific specialty" Health Care Management ", for the needs of the Department of " Health Care ", Faculty of Public Health, Medical University, Varna.

Sofia, 23.01.2022

**REVIEWER:** 

Prof. Dr. Elena Shipkovenska, Ph.D.