

REVIEW

By Prof. Valentina Christova Madjova, MD, PhD

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Topic of the dissertation: *From Burnout to Job Satisfaction in General Practice. General Practice / Family Medicine as a Career Choice.*

Author: Assoc. Prof. Radost Spiridonova Asenova, MD, PhD

For awarding a scientific degree *Doctor of Science*,Scientific specialty: *General Practice*

Field of higher education 7. Healthcare and Sport

Professional field: 7.1 Medicine

1. General presentation of the procedure

Pursuant to Order of the Rector of Medical University of Plovdiv № P-1336/18.08.2021 I was selected to participate in the Scientific Committee on a procedure of public defence of a dissertation for obtaining a scientific degree *Doctor of Science* of Assoc. Prof. R. Asenova, MD, PhD.

According to a decision of the first non-attendance meeting of the Scientific Committee I was selected to be a reviewer.

The presented set of materials on electronic media is pursuant to art. 80 (1) from Section 1. Obtaining a scientific degree *Doctor of Science*, from the Rules and Regulations of Medical University of Plovdiv from 28.01.2021.

2. Brief biographical data

It is difficult to describe the diverse clinical and academic activity of Assoc. Prof. Radost Spiridonova Asenova. She was born in Plovdiv in 1973. In her hometown she graduated from Mathematics High School (1991) and received a Master's degree in medicine (1997) in HMI.

Her professional path as a doctor began as a physician in First Outpatient's Clinic in Plovdiv. In parallel, in 1999 her academic career as a full-time doctoral student began and in 2009 she defended successfully a dissertation for a PhD degree as a part-time doctoral student.

In 2002 Dr. Radost Asenova was appointed an assistant professor in the Department of General Practice at MU of Plovdiv and her academic development went through the stages of senior and chief assistant professor and since 2012 she has been an assistant professor at the Section of General Practice in the Department of Healthcare Management, Health Economics and General Practice at FPH at MU of Plovdiv.

Since 2009 she is manager of the *Bulmedicus* Occupational Health Service LTD.

Since 2013 she has been a GP in an outpatient's clinic for primary medical care which is accredited for training in General Practice.

Apart from working as a physician, Assoc. Prof. Asenova also works on her academic and career development and in April 2020 she was elected as Head of the Department of Urology and General Medicine at the Medical Faculty of MU of Plovdiv.

Assoc. Prof. R. Asenova has two medical specialties – *General Practice (2004)* and *Occupational Medicine (2008)* and a Master's degree in *Healthcare Management (2009)*.

She attended numerous qualification courses in different aspects of General Practice and her teaching is conducted in Bulgarian and English. She was a guest lecturer of numerous scientific forums both abroad and in Bulgaria and also has many participations in academic staff mobilities: Greece (2010), Italy (2009), Turkey (2008), Belgium (2008) and Lithuania (2007).

Special attention should be devoted to Assoc. Prof. Asenova's participation in different European organisations in the field of General Practice. She is a member of WONCA Europe (World Organisation of Family Doctors) and EGPRN (European General Practice Research Network), EUROPREV - The European Network for Prevention and Health Promotion in Family Medicine and General Practice (2001), ASPHER (2012-2015), AGP/FMSEE – Association of General Practice / Family Medicine of Southeast Europe (2008-2015) and BASORD – Bulgarian Association for Study of Obesity and Related Diseases (2009).

Assoc. Prof. Asenova has been a longstanding national representative of EGPRN (European General Practice Research Network) (2001-) as well as establisher and president of Bulgarian General Practice Society for Research and Education (BGPSRE) (2014-).

She has awards from 4 Bulgarian conferences with international participation in the field of nutrition, dietetics and metabolic diseases with a focus on children with obesity and overweight children.

Assoc. Prof. Asenova participated in more than 25 scientific projects, more than 10 of which are international.

She is a moderator in international and national forums, reviewer of more than 6 international journals and of many abstracts for leading international organisations in General Practice.

Assoc. Prof. Asenova is a member of editorial boards of 3 international journals and a scientific secretary of General Practice journal which is indexed in Scopus.

3. Relevance of the topic and expedience of the aims and tasks.

The topic of the dissertation of Assoc. Prof. Asenova *From Burnout to Job Satisfaction in General Practice. General Practice / Family Medicine as a Career Choice* is relevant for a number of reasons.

She presents an overall image of the state of General Practice in Bulgaria, 20 years following the beginning of the Health reform. She examines in detail the factors related to the sustainability of the profession General Practitioner and the susceptibility due to which physicians develop burnout syndrome. The aim of this study is to create an interventional model for career guidance of young physicians.

Assoc. Prof. Asenova is the first researcher in Bulgaria who studies burnout syndrome among GPs and compares the profile of a GP in 2003 and 2019.

Regarding the major international activity of Assoc. Prof. Asenova and her participation in scientific forums for training in General Practice, she validated and introduced new methods for assessment and definition of different terms for Bulgaria such as shared decision-making (SDM-Q-Doc Bulgarian, multimorbidity, patient-centeredness etc.)

4. Knowledge of the problem:

Assoc. Prof. Asenova is a leading scientist in Bulgaria regarding training in General Practice, the assessment and research into the problems of GPs which underlie the present dissertation. She possesses detailed knowledge in all aspects of General Practice, the positive and negative traits of the profession of a GP.

5. Method of research

The chosen method of research is an original combination of qualitative and quantitative research methods which allows for a detailed assessment and outlines the correlations regarding the susceptibility and sustainability of the profession of a GP.

With the help of the chosen methodology, Assoc. Prof. Asenova performs a complex characteristic of the positive aspects of General Practice in Bulgaria and makes an assessment of the burnout levels among GPs in dynamics.

6. Characteristics and evaluation of the dissertation

The intended aim of the dissertation is completely achieved through the fulfilment of all 6 main tasks.

An important advantage for the overall assessment of the dissertation is the studied influence of personality and professional factors, style and manner of life related to burnout prevention among GPs.

This is the first multifaceted analysis in Bulgaria of the condition of General Practice in Bulgaria with GPs in focus for a period of 20 years.

The developed interventional model for career guidance reflects in reality the obtained results from the research and is an important tool for the efficient burnout prevention among GPs.

CONCLUSION

I consider the dissertation of Assoc. Prof. Asenova, MD, PhD extremely relevant and valuable for General Practice in Bulgaria.

The dissertation contains important scientific and applicable results and meets all requirements of the Law on Development of the Academic Staff of Republic of Bulgaria (LDASRB), Rules and Regulations for application of LDASRB and the Rules and Regulations of Medical University of Plovdiv.

The presented materials and dissertation results completely correspond to the requirements of MU of Plovdiv.

The dissertation reveals thorough theoretical and practical knowledge and professional skills of Assoc. Prof. Asenova in the scientific specialty General Practice and demonstrates her qualities and skills for conducting research independently.

All this gives me the right and grounds to give my positive assessment on the conducted research and to suggest to the members of the Honourable Scientific Committee that Assoc. Prof. Radosst Spiridonova Asenova be awarded the scientific degree *Doctor of Science* in the scientific specialty *General Practice*.

03.09.2021 г.

Varna

Reviewer:

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