



# Valentina Vladimirova Lalova

Medical University of Plovdiv,  
Bulgaria  
Department of Nursing care  
Faculty of Public Health

**Phone number:** 00359893 527971

**e-mail:** [suzy\\_lalova@yahoo.com](mailto:suzy_lalova@yahoo.com); Valentina.Lalova@mu-plovdiv.bg

**Address:** Medical University of Plovdiv, Bul. "Vasil Aprilov" № 15A, 4000 Plovdiv (Bulgaria)

**Date of birth:** 21.11.1986, Haskovo

**Position:** Senior assist. prof. in Department of Nursing care, Faculty of Public Health, Medical University of Plovdiv

- EUPHA Coordinator for Medical University – Plovdiv
- Person in charge of @education /Department of Nursing Care/
- English language – C1 /Advanced/

**Education:**

- Ph.D, Medical University of Plovdiv - 2019
- Specialist in “Public Health Care”, Medical University of Plovdiv - 2018
- Master’s degree of “Health Care Management”, Medical University of Plovdiv - 2011
- Bachelor’s degree in specialty “Nurse” in Medical University of Plovdiv - 2009

**Professional experience:**

- Till the present time - Senior assist. prof. at Medical University of Plovdiv, Department of Nursing care, Faculty of Public Health;
- 2009 - 2012 Reanimation nurse in Intensive Care Unit, University Hospital for Active Treatment "St. George" EAD Bulv. №66 "Peshtersko shose", 4000 Plovdiv

**Scientific interests:**

- Guidelines and protocol for nursing cares
- Public health cares
- Specialized in intensive care patients
- Intubated and pressure support ventilated patients
- CPR
- Life - threatening patients
- Bad injuries
- Unconsciousness and patients in coma
- Surgery
- Public health
- Social medicine
- Pedagogy

**Main directions in research:**

- Intensive nursing cares
- Emergency health cares
- Intensive Care Patients
- Surgery
- Obligations of the reanimation and anesthesiology nurses
- Anesthesiology
- Social medicine
- Continuing training and education of health professionals in intensive cares field.
- Education of patients and their relatives; medical specialist
- Education of medical specialist

**Membership in scientific and professional organizations:**

- Coordinator for Medical University of Plovdiv for EUPHA
- World Federation of Public Health Associations /WFPH/
- Bulgarian Association of Healthcare Professionals / BAPZG /
- European Federation of Nurse Educators / FINE /
- Bulgarian Public Health Association /BPHA/
- European Nursing Module /ENM/

### Full - text publications:

1. **V. Lalova**, O. Kostov - Analysis of health status and health problems. Risk factors and health care priorities. Book of Abstracts - XII Anniversary National Scientific Session for Students and Teachers "65 Years Medical College - Pleven", Bulgaria 2014.
2. O. Kostov, **V. Lalova**, A. Havalyova - Specifics and changes in the endocrine system in elderly people. Nursing role in treatment. Book of Abstracts - XII Anniversary National Scientific Session for Students and Teachers "65 Years Medical College - Pleven", Bulgaria 2014.
3. **V. Lalova**, V. Alvadzhieva, M. Kisimova - Rating the risk of HIV, VHB, VHC. Specific requirements for protection of medical specialist and the public. Book of Abstracts "Current trends in the development of health care" Medical University Pleven, Bulgaria 2014. ISBN 978-954-756-152-6
4. **V. Lalova**, V. Alvadzhieva, M. Kisimova - "High level of serum cholesterol as one of the risk factors for cardio-vascular diseases". Science Magazine - "Trakia Journal of Sciences", Stara Zagora, Bulgaria ISSN 1312- 1723
5. **V. Lalova**, M. Kisimova, V. Alvadzhieva - Attention Deficit Hyperactivity Disorder in Childhood / ADHD /. Book of Abstracts "Modern aspects in the development of health care" Medical University Pleven, Bulgaria 2015.
6. **V. Lalova**, M. Kisimova, V. Alvadzhieva - Rights of the patients in health care system in Bulgaria. Book of Abstracts "Modern aspects in the development of health care" Medical University, Pleven, Bulgaria 2015.
7. **V. Lalova** - Recommendations for critical care nurses about emerging body temperature of the patient in ICUs. Jubilee scientific conference "Public Health Policy and Practice" dedicated to the tenth anniversary of the Faculty of public health at MU – Pleven, Bulgaria 1 – 3 October 2015.
8. **V. Lalova** - Recommendations for critical care nurses about disinfection and sterilization of the anesthesiology equipment, which have been contaminated with the biological fluids from the patients in ICUs. Jubilee scientific conference "Public Health Policy and Practice" dedicated to the tenth anniversary of the Faculty of public health at MU – Pleven, Bulgaria 1 – 3 October 2015.
9. **Lalova V**, Petrova G, Merdzhanova E. Positive aspects of using protocols in intensive care units in all university hospitals in Plovdiv, Bulgaria. Journal of IMAB. 2019 Oct-Dec;25(4):2838-2842 doi:10.5272/jimab.2019254.2838
10. Merdzhanova E, Petrova G, Kulina Hr, **Lalova V**. A research of adolescents physical activity during their free time in city of Plovdiv,

Bulgaria. Journal of IMAB. 2019 Oct-Dec;25(4):2713-2717  
doi:10.5272/jimab.2019254.2713

11. Petrova G, Merdzhanova E, **Lalova V**. Preventing violence among adolescents in school. J of IMAB. 2020 Jan-Mar;26(1):2931-2935
12. Merdzhanova E, Petrova G, **Lalova V**. Analysis of adolescents' (11-14 years old) somatotype in Plovdiv, Bulgaria. J of IMAB. 2020 Jan-Mar;26(1):3005-3010. DOI: <https://doi.org/10.5272/jimab.2020261.3005>
13. **Lalova V**, Petrova G, Merdzhanova E. Better healing process by using protocols in ICUs in Plovdiv, Bulgaria. J of IMAB. 2020 Apr-Jun;26(2) <https://doi.org/10.5272/jimab.2020262.3098>
14. Petrova G, Merdzhanova E, **Lalova V**. Preventing violence among adolescents in school. Journal of IMAB 2020 Jan-Mar; 26 (1): 2931-2935. doi.org/10.5272/jimab.202061.2931
15. Merdzhanova E, Petrova G, **Lalova V**. Analysis of adolescents` (11-14 years old) somatotype in Plovdiv, Bulgaria. Journal of IMAB 2020 Jan-Mar; 26 (1): 3005-3010. doi.org/10.5272/jimab.202061.3005.
16. **Lalova V**, Petrova G, Merdzhanova E. Better Healing process by using protocols in ICUs in Plovdiv, Bulgaria. Journal of IMAB 2020 Apr-Jun; 26 (2): 3098-3101. doi.org/10.5272/jimab.2020262.3098.
17. G Petrova, E Merdzhanova, **V Lalova**, P Angelova, R Raycheva, N Boyadjiev. Health behavior in adolescents from different ethnic groups in the Municipality of Plovdiv, Bulgaria. European Journal of Public Health, Volume 31 Supplement 3, 2021.
18. Elena Merdzhanova, Penka Angelova, Nikolay Boyadjiev, **Valentina Lalova**, Gergana Petrova. Study of parents` influence on physical activity and sports in adolescents of different ethnicities in Plovdiv. Journal of IMAB. 2021 Jul-Sep;28(3).
19. Elena Merdzhanova, Penka Angelova, Nikolay Boyadjiev, **Valentina Lalova**, Ralitsa Raycheva, Gergana Petrova. Study of body weight and height if adolescents from different ethnic groups in the Plovdiv region. Journal of IMAB. 2021 Jul-Sep;27(3), 3873-3880.
20. Elena Merdzhanova, Penka Angelova, Nikolay Boyadjiev, **Valentina Lalova**, Gergana Petrova. Influence of sex age and body mass index on some functional indexes of pulmonary ventilation in physically active children. doi.org/10.5272/jimab.2021273.3919. Journal of IMAB. 2021 Jul-Sep;27(3), 3919-3923.
21. Evanthia Sakellari, Venetia Notara, Areti Lagiou, Natalja Fatkulina, Svetla Ivanova, Joonas Korhonen, Nevenka Kregar Velikonj, **Valentina Lalova**, Camilla Laaksonen, Gergana Petrova and Mari Lahti. Mental Health and Wellbeing at Schools: Health Promotion in Primary Schools with the Use of Digital Methods. Children 2021, 8, 345. <https://doi.org/10.3390/children8050345>

22. Gergana Petrova, Elena Merdzhanova, **Valentina Lalova**, Penka Angelova, Ralitsa Raycheva, Nikolay Boyadjiev. Eating habits and behavior in adolescents from different ethnic groups in the Municipality of Plovdiv, Bulgaria. Journal of IMAB. 2022 April-June;28(2), 4350-4355.
23. Gergana Petrova, Elena Merdzhanova, **Valentina Lalova**, Penka Angelova, Nikolay Boyadjiev. Study of nutritional behavior as a risky health of adolescents from different ethnic groups in the Municipality of Plovdiv, Bulgaria. Journal of IMAB. 2022 Jul-Sep;28(3), 4456-4460.