

РЕЗЮМЕТА НА НАУЧНИТЕ ТРУДОВЕ

на главен асистент д-р Ваня Банчева Славова, дм

приложени за участие в конкурс за заемане на академичната длъжност „доцент“ по научната специалност „Социална медицина и организация на здравеопазването и фармацията“ (МБС), Област на висше образование 7. Здравеопазване и спорт, Професионално направление 7.1. Медицина за нуждите на катедра „Социална медицина, здравен мениджмънт и медицина на бедствените ситуации“ на МФ – ТрУ, гр. Стара Загора /Последователността е съгласувана с номерацията от Списъка на научните публикации/

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ВЪЗМОЖНОСТ ЗА ЗАЩИТА ОТ ВЪГЛЕРОДЕН ОКСИД ПРИ МАСОВИ ПОРАЖЕНИЯ

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AN ABILITY FOR PROTECTION FROM CARBON OXIDE OF MASS DAMAGE

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SUMMARY: *The connection of CO and HCN with blood haemoglobin is a cause for heavy poisonings. Besides haemoglobin and plasma proteins are buffers with a large capacity and they are able to connect acids and bases. That suggests to us that whole blood, haemoglobin or plasma proteins can be used as adsorbents in a gas mask.*

The static sorption of 3 new sorbents, not known in literature, is researched. The activity of the sorbents is compared with a standard ABK-K-5-M sorbent, which is used in gas masks. Their affection is tested for catching and holding adsorptives like CO. The results show considerable advantage of the proposed sorbents.

KEY WORDS: *disaster, fires, gas mask, mass damage, toxic factors.*

ТОКСИЧНИ ФАКТОРИ И МАСОВИ ПОРАЖЕНИЯ ПРИ ПОЖАРИ

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TOXIC FACTORS AND MASS DAMAGE AS A RESULT OF FIRES

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SUMMARY: *During the last years, fires have reached first place by frequency out of all other disasters, damages and catastrophes. The problem is current and constant, because this calamity every year gives huge human and material loss throughout the world. There are many reasons for arising fires. First of all is the high temperature in the summer at specific geographic latitude, thunderbolts and irresponsible use of light. That gives ground to attribute fires to the group of natural disaster, as well as to the anthropogenic catastrophes. Haigh percent for the human's loss is owned at the effect of toxic factors, i.e. action of virulent stuff coming into the substance of the toxic fume. In this connection, in view of fire's frequency, huge destroying factors taking human's life and provoking dangerous injuries, it is need necessarily to develop solid programmes for protecting the population.*

KEY WORDS: *disaster, fires, toxic factors, mass damage*

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BIOLOGICAL WEAPON - RISK ASSESMENT OF USE

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ABSTRACT

Biological terrorism brings up many problems in respect to defence against biowarfare and the humanity preparation to manage with the progress in field of biotechnology for producing weapons of mass destruction. Risk factors of using biological weapon are: the global proliferation of biological weapon; the advances in technology, particularly biotechnology, that will affect the development of biological weapon; possible new strategies in the future use of biological weapon that will make delivery of medical care even more challenging; complicated protecting activities and specific medical care management.

Unlike nuclear weapon, biological weapon at this level do not require expensive visible labs and equipment. All such work can be carried out in a modest (even mobile) facility. It is thus quite within the reach of most countries in the world. The barriers to entry are low and the potential payoff is high. Given

this, even sub-state actors (such as any reasonably well-funded terrorist group) could conceivably develop and deploy their own doomsday weapon. It is indeed with good reason that biological weapons are sometimes called “the poor-man’s nuke”.

Biological agents can be genetically altered to escape detection.

The future requires that we carefully and continually assess the evolving threat from biological weapon. This can be predicted with certainty: the threat will change with time. Medical personnel must, therefore, be continually prepared to deal with such contingencies as we become an even more important asset to this nation’s defense and healthcare structures.

Key words: biological weapons, bioterrorism, risk assessment, biological agents, biological defence.

ОБЩА МЕДИЦИНА, 17, 2015, № 2

МЕДИЦИНСКО ОСИГУРЯВАНЕ НА НАСЕЛЕНИЕТО ПРИ БЕДСТВЕНИ БЕДСТВЕНИ СИТУАЦИИ В РЕПУБЛИКА БЪЛГАРИЯ – ТРАДИЦИИ И СЪВРЕМЕННИ СЪВРЕМЕННИ ТЕНДЕНЦИИ

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MEDICAL PROVISION FOR THE POPULATION IN DISASTER SITUATIONS IN BULGARIA – TRADITIONS AND CURRENT TENDENCIES

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Резюме. При възникване на бедствени ситуации (БС) в България в засегнатия регион се създава тежка обща и медицинска обстановка. Поразяват се здравни заведения, недостигат здравни кадри, медико-санитарно имущество и др. При БС с голям магнитуд сериозно се поразява и населението. Необходимо е медицинско осигуряване на пострадалите. Системата за медицинско осигуряване на населението (СМОН) в България при бедствия включва централни, регионални и териториални органи на изпълнителната власт и държавни органи за управление и координиране на дейностите по медицинско осигуряване. За реализиране на дейностите в СМОН в страната е изградена Единна спасителна система (ЕСС) с единен европейски номер 112. Основна съставна част на Националната система 112 в България са центровете за спешна медицинска помощ (ЦСМП). Екипите на ЦСМП са основен елемент в СМОН при БС в страната. В СМОН са включени и всички здравни заведения, формирания и медицински екипи. Целта на изследването е да се проучат и представят съвременното състояние и тенденциите за развитие на системата за медицинско осигуряване на населението при БС в страната чрез дескриптивен анализ на нормативните документи, научните изследвания и собствени проучвания. Акцентира се върху ЦСМП.

Ключови думи: бедствени ситуации, Единна спасителна система, медицинско осигуряване на населението, ЦСМ

Summary. *In the event of disaster situations (DS) in Bulgaria severe general and medical situation in the affected region will occur. Health facilities will be affected; a shortage of health personnel, medical and sanitary property will be present. In the case of DS with a large magnitude the population is seriously affected. There is a need for medical care for the victims. The system of medical provision of the population (SMPP) during disasters in Bulgaria includes the central, regional and local executive institutions and civil authorities. For the implementation of activities in SMPP in the country the Unified Rescue System (URS) is established, with the Single European Number 112. The main components of the national system 112 in Bulgaria are the centers for Emergency Medical Services (EMSC). EMSC teams are a key element in SMPP in DS in the country. In SMPP all available health facilities, units and medical teams are included. The aim of the study is to explore and present the current state and trends of development of the system of SMPP in the country using descriptive analysis of available legal documents and research, and own research. Emphasis is placed on the EMSC.*

Key words: *disaster situations, Unified Rescue System, medical provision for the population, Centers for Emergency Medical Services*

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Risk management

MAN-MADE DISASTERS RISK – OFFICIAL STATEMENT AND AWARENESS OF WORKERS

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Abstract. In recent years, reducing risk associated with disaster situations has become a global priority. Awareness of people at risk of man-made disasters in the region in which they live and work is essential to reduce risk and increase readiness to protect and provide first aid. The goal of the research is to analyse of the preparedness of workers for dealing with disaster situations, taking in mind the awareness of respondents for the most risky man-made disasters. An empirical sociological study is conducted through direct group self – administered questionnaire (SAQ) of 322 workers in various fields of the national economy in Stara Zagora Region, Bulgaria. The survey was conducted from January to December 2016. The places of study were enterprises and companies in various industries, some of which are included in the list of sites of critical infrastructure in Bulgaria. Analysis of the results of the survey shows insufficient awareness about the risk of man-made disasters as the majority of respondents indicate that there is no or

little risk of them occurring. Possible consequences in case of man-made disasters require continuously and purposefully increase awareness about the most risky man-made disasters and remedies for protection and provision of first aid.

Keywords: man-made disasters risk, reducing risk associated with man-made disasters, workers' awareness about the risk of man-made disasters, empirical sociological survey

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Original article

STUDY OF CIVIL PROTECTION READINESS IN CASE OF DISASTERS

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ABSTRACT

Background: In the long history of the humankind the different by natural and man-made disasters are the common phenomena. They cause the appearance of massive destruction, property damage, environmental catastrophes, large numbers of dead and injured people. The population readiness to behave and act in disasters is essential to reduce the risk of people's life and health. Good preparation ensures effective reaction of protection and assistance to the affected people. **Aim:** Research and analysis of knowledge and skills for protection in disasters of people working in various fields of the national economy in Stara Zagora, Republic of Bulgaria. **Materials and methods:** An empirical sociological study was conducted through direct group self - administered questionnaire (SAQ) of 322 workers in various fields of the national economy in the Stara Zagora district. The total number of respondents was 350, of which 322 responded, the response rate is 92%. The survey was conducted from January to December 2016. The places of the study were enterprises and companies in various industries in the Stara Zagora district. **Results:** Above the half of the inquired regard their knowledge and skills concerning the protection and providing first aid as insufficient. Training courses occupy a leading place among the preferred ways of acquiring knowledge and skills. **Conclusions:** Insufficient public awareness of protection in disaster situations represents a major challenge. There is a need to improve the knowledge and skills about protection in emergency situations by conducting theoretical training and increasing the efficiency of these training.

Keywords: disaster, civil protection, evacuation, personal protective equipment, early warning and alert in disasters, readiness for disaster protection

Use of silymarin for reducing nephrotoxicity caused by medicaments

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Seeds of *Silybum marianum* (L) Gaertn (*Carduus marianus* L., *Asteraceae*) have been used for more than 2 000 years to treat liver and gallbladder diseases, particularly in the treatment of hepatitis and cirrhosis. The growing interest in the plant is documented by the fact that nowadays the information platform PubMed has over 3 570 publications about it. There has been a steady increase in the number of publications on its use in diabetes, chemical weapons intoxication, its radio-protective effect. Silymarin, standardized extract of the plant is used as a chemoprotective and anticancer agent, especially as a protector against the toxic effects of some drugs used in oncology, as well as against the toxic action of antibiotics. The purpose of this publication is to examine silymarin's contribution to reducing nephrotoxicity induced by medicaments. We present some summarized examples of the nephroprotective effects of silymarin when applied with analgesics and non-steroid anti-inflammatory agents, with antibiotics, anti-tuberculosis agents, anticancer agents and immunosuppressive agents.

Keywords: silymarin, silybin, silibinin, nephrotoxicity

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Natural and technological hazards

PERCEPTIONS AND ATTITUDE OF AMASSING KNOWLEDGE AND SKILLS CONCERNING PROTECTION AND PROVIDING FIRST AID IN DISASTROUS SITUATIONS

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Abstract. The appearance of disastrous situations is followed by abundant humane, social, economical and natural consequences. In the area of the disasters, where the medical loss sets apart from by its frequency, importance and high percentage of mixed lesions, the immediate protection and the correctly provided first aid define the prosperous end of the situation by saving lives of the injured. The aim of the study is to analyse the perceptions of amassing knowledge and skills concerning protection and providing first aid. An empirical sociological study was conducted through direct group self-administered questionnaire (SAQ) of 322 workers in various fields of national economy in Stara Zagora Region. Above the half of the inquired regard their knowledge and skills concerning protection and providing first aid as insufficient. It is visible the positivism about broadening knowledge and skills. The people insufficient and inadequate information in terms of the manners of protection and providing first aid in disastrous situations pose a grave challenge. Education throughout all of the levels is an important part of the whole events which have the aim to prevent and reduce the consequences of crisis situations.

Keywords: disaster, disaster protection, first aid in disastrous situations, education of the population, empirical sociological survey

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Public health

GENETICALLY MODIFIED FOOD – AWARENESS AND CHALLENGES

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Abstract. Genetically modified (GM) are foods that are produced by organisms with modified genetic material. The present study aimed to assess people's awareness of genetically modified food and the propensity of the population to consume such products. A questionnaire survey was conducted among 550 (324 women and 226 men) living in Stara Zagora district, Bulgaria. The respondents are a random sample, as they are not selected according to any proportions of the population in the country. The statistical data processing was performed based on descriptive and inferential statistics. The study showed that the main factors influencing the awareness and consumption of genetically modified foods are age and employment. It was established that there was a tendency for more frequent consumption of GM foods among young people. In terms of professional employment, the largest share of people was for these on-state jobs and working people. They were better informed about the nature of genetically modified foods and consumed them most often. The results show that most often people are informed about GM foods

from the Internet. Genetically modified food is a topic that is important for a lot of people. More in-depth research is needed on the subject, as there is conflicting data among scientists around the world in terms of their advantages and disadvantages.

Keywords: awareness, Bulgaria, challenge, consumption, genetically modified food.

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Public health

PSYCHOMETRIC CHARACTERISTICS OF THE EMOTIONAL WELL-BEING DURING THE PANDEMIC WITH COVID-19

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Abstract. Emotional well-being during prolonged disasters as the pandemic is difficult to achieve, but it is important for the recovery of the society. The aim of the papers is to analyse social adaptation to stress in the context of emotional well-being during the pandemic with Covid-19. This survey was conducted in Bulgaria in May–June 2020 during the coronavirus pandemic through an online survey with 635 participants. To collect data about psychometric characteristics a questionnaire was created to measure positive affect, negative affect, and emotional well-being. The results show that 23.3% of the subjects experienced emotional distress during the coronavirus pandemic. Forty-eight percent of the subjects had moderate emotional well-being during the coronavirus pandemic. 28.7% of subjects experienced strong emotional well-being during the coronavirus pandemic. Effective coping strategies during the coronavirus pandemic were maintaining control in difficult situations and perceived self-efficacy, which increased emotional well-being. Maintaining control reduced difficulties in work and difficulties in having a good relationship with people, which further increased emotional well-being.

Keywords: pandemic, disasters, stress, emotional well-being, Covid-19.

DYNAMIC SPORT CHANGES OF THE BODY

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Abstract. The aim of the study is to investigate the influence of the type of physical activity and the time it significantly changes some biophysiological indices. The study includes 327 (63.9%) students doing sport activities and 185 (36.1%) not doing sport from Medical Universities of Plovdiv and Stara Zagora and Plovdiv University 'Paisii Hilendarski', Bulgaria. The weekly rate frequency, training type and intensity, and duration of the exercises are investigated, and measurement of biophysiological indices (percentage of water and fats, muscle mass (MM), active body mass (ABM), etc.) is performed. Muscle mass is the most difficult to be influenced by the trainings index, and in the present study it does not demonstrate any significant changes. The pulse rate slows down by 4 beats per min when the trainings last more than 6 months, at least 2 times a week with a duration more than 60 min for a well-balanced training. The favourable changes in the percentages of fat and water, muscle and bone mass, the percentage of ABM, heart rate, etc. are obtained 3 times per week workout. The effect of the trainings is not convincing over this multiplicity. In contrast to the other parameters every other training in the week has positive effect on the bone system.

Keywords: sport, percentage of water and fats, fat and active body mass, muscles.

Резултати от анкетно проучване дейността на детската консултация в три области в България

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Здравословният старт в живота отдавна е фокус в редица основополагащи документи на

СЗО. В Европейската стратегия „Здраве за всички в 21 век“ е записано: „Към 2020 г. всички новородени, деца до едногодишна възраст и деца в предучилищна възраст да имат по-добро здраве, гарантиращо здраво начало на живота“. Установява се тясна връзка между ранния живот на детето и възникването на редица социално значими заболявания като хипертония и диабет в по-късна възраст. Съществено е значението на социално-икономическите фактори за възникване на редица перинатологични и на ранния живот проблеми (новородени с ниско тегло, детска смъртност и др.). Проведено е емпирично социологическо изследване в три областни града Ст. Загора, Бургас и Кърджали и близки до тях села. На гнездови принцип, с оглед представителство на три етноса - български, турски и ромски - е проучено мнението на майките чрез пряка индивидуална анкета относно: 1) превантивната грижа за децата им, оказвана от ДК; 2) самооценката им по отношение на знанията и уменията, както и източниците на информация за отглеждане на детето. Поканени за участие са 320 майки на деца до две годишна възраст от определените гнезда, от които 242 са се включили в изследването (75,62%). Представени са резултати във връзка с хипотезата за наличие на различия по отношение на здравните грижи за децата, главно по трите показателя: местоживеене, образование и етнос на майките. Кумулирането на няколко неблагоприятни фактори - ниско образование, етническа принадлежност, малко населено място, показват, че сред семействата с малки деца се формират групи с повишен риск за получаване на по-малък обем здравно-промотивни грижи: големите различия, обусловени от разглежданите фактори, изисква повишено внимание към тези уязвими групи, което предполага развитие на организационни форми, които да удовлетворяват потребностите им от повишаване на здравната грамотност, формиране на умения за успешно родителство и разширяване на обема и качеството на грижите в ДК.

Ключови думи: профилактични здравни грижи, детско здраве, достъп до здравни грижи за деца, роми, неравенства в ранния живот

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INFLUENCE OF SOME SOCIO-DEMOGRAPHIC INDICATORS ON THE CONSUMPTION OF ORGANIC FOOD

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Abstract. The present study aimed to investigate the impact of some socio-demographic indicators on the consumption and awareness of organic food. A questionnaire of 550 people (324 women and 226 men) was conducted in the period 2019-2021. The respondents were residents of Stara Zagora, Central Southern Bulgaria, Southeast Europe. The respondents were of different ages, with different education and professional status. Data processing was performed using descriptive statistics and the SPSS package,

version 25. Regarding the socio-demographic indicator age, the largest number (N) 36 (6.86%) of the respondents answered that they consume organic food and fall into the age group from 21 to 30 years. The largest number of people consuming organic food is this in-state job and working people – 48 (9.27%) people for each group. The distribution by sex shows that the largest number of women consuming organic food buy them from local and specialized shops for organic food – 85 (16.07%). The analysis of the data shows the significantly higher number of women who find such a difference - 196 against 100 men.

Organic foods are increasingly entering our daily lives and this raises the need for future research in this area to establish the relationship between organic foods and various factors and the benefits of their consumption.

Keywords: organic food, socio-demographic indicators, Bulgaria

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ОБЩИ ПРИНЦИПИ В ОРГАНИЗАЦИЯТА НА ПСИХОЛОГИЧНАТА ПОМОЩ ПРИ БЕДСТВИЯ

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COMMON PRINCIPLES OF PSYCHOLOGICAL CARE PROVISION IN CASES OF EMERGENCY

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SUMMARY

An emergency is quite a stressful event. It is a factor for developing post traumatic stress reactions, spreading among all members of a society. The present research focuses on analyzing the main principles of organizing and providing psychological care in emergencies. It also points out the necessity of working out a system of measures to be included in the common plan of medical insurance, in order for cases of natural disasters, industrial breakage or road accidents to be covered, as a modern approach to eliminating the consequences of such stressful events.

Key words: emergency, disaster, stress management, mass destruction

**ОРГАНИЗАЦИЯ НА МЕДИЦИНСКАТА ПОМОЩ ПРИ МАСОВИ
ПОРАЖЕНИЯ ОТ ВЗРИВНИ УСТРОЙСТВА**

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**MEDICAL CARE PROVISION IN CASES OF MASS DESTRUCTION CAUSED
BY EXPLOSIVES**

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SUMMARY

The wide-spread use of explosive devices for different purposes substantially increases the risk of emergency situations, leading to mass destruction. The present research analyses the main characteristics of different kinds of explosive devices, the injuries they can cause and the possibility of providing timely and effective medical care in cases of emergency.

Key words: emergency, explosive devices, mass destruction

**ЧЕСТОТА НА УПОТРЕБА И ОТНОШЕНИЕ НА ПАЦИЕНТИТЕ В
ОБЩОМЕДИЦИНСКАТА ПРАКТИКА КЪМ ПРОТИВОГРИПНАТА
ВАКСИНАЦИЯ**

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**FREQUENCY OF USAGE AND PATIENT'S ATTITUDE TOWARDS INFLUENZA
VACCINE IN GENERAL PRACTICE**

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Резюме: Проучването изследва отношението на пациентите в общата практика към противогрипната ваксинация в гр. Стара Загора за периода 01 Септември - 30 Ноември 2005. Разработката идентифицира източниците на информация за пациентите относно противогрипната ваксина и честотата на ваксинираност срещу грип в изследваната популация. Представят се основните причини за отказ от ваксинация и нивото на информираност относно противогрипната ваксинация. Проучването представя и демографските характеристики на пациентите избрали да бъдат имунизирани.

Ключови думи: грип, ваксинация, пациентско отношение, обща практика, общопрактикуващ лекар, честота на упатреба.

Abstract: The study presented the level of awareness of the influenza vaccine within general practice population in Stara Zagora for the period 01 September 2005 – 30 November 2005. The article identified how participants obtained information about the influenza vaccine and ascertained the prevalence of influenza immunization in the population studied. It presented the demographic characteristics of participants who chose to be immunized. It presented also the main reasons for not having the influenza vaccine and the level of information about this kind of vaccine.

Key words: influenza, vaccine, patient attitude, general practice, general practitioner, prevalence

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ВЪЗМОЖНОСТИ ЗА УПРАВЛЕНИЕ НА СТРЕСА ПРИ МЕДИЦИНСКИТЕ ЕКИПИ, УЧАСТВАЩИ В ЛИКВИДИРАНЕТО НА БЕДСТВИЯ

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Резюме. Бедствието е сериозно нарушение на функциите на обществото, водещо до широко разпространени човешки, материални и екологични загуби, които надхвърлят възможностите му да се справи със собствени сили. Типичният резултат е значително разрушение на нормалния живот на хората, икономическата активност и комуникационните системи. Повечето хора, които биват изложени на такъв инцидент, причиняващ масивни щети, преживяват сериозен психичен стрес. Всяко събитие, което е извън границите на нормалния човешки опит, е стресор, като например: похищение, физическо насилие, природно бедствие и сериозен инцидент. Когато има увеличено и продължително излагане на травматичен стрес, както и при подпомагащите възстановителните работи след голямо бедствие, всеки човек е подложен на риск - всеки ще работи в условията на стресова ситуация, като се грижи и за себе си. Осъзнаването на нуждата от минимизиране, управление и облекчаване на ефекта от стреса при бедствени ситуации и аварии върху медицинските екипи предполага, че умението на подпомагащите служители за работа в стресови условия трябва да се смята за съществен елемент от система за управление на стреса при кризи и общия план за действие при бедствия и аварии.

Ключови думи: бедствие, мениджмънт на стреса, масови поражения, здраве

**A SURVEY ON THE WORKING CONDITIONS IN THE GENERAL
PRACTITIONER'S AMBULATORY**

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ABSTRACT

Fifty ambulatories in the Stara Zagora region had their labor conditions studied. An Inquiry Card was used which contained questions, concerning the factors of the working environment (including physical and stress-generating ones), of the profession and factors of the working process organization. Their effect over the work of the GP (General Practitioner) was established.

The working environment factors, which to a great extent disrupt the comfort during work, are noise and lighting.

The obtained data clarify the main reasons for the psycho-emotional stress of the GP. Heading the list are the difficulties in work process organization, the length of the workday, the relations between the different health institutions, the inadequate pay for the invested work.

This is a prerequisite for the development and approval of a strategy, which refers to the work safety and health protection of the GP.

Key words: GP, working conditions, safety, health at work, stress.

**SOCIALLY SIGNIFICANT DISEASES AND THEIR FREQUENCY IN
GENERAL MEDICINE**

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ABSTRACT

Arterial hypertension, diabetes, chronic obstructive pulmonary disease and neoplastic processes are most important national priorities, which the Bulgarian healthcare must cope.

Decisive role in the prevention, diagnosis, treatment and monitoring of socially significant diseases have family doctors and their activities in a general medical practice.

A sociological study was conducted among the general medicine practitioners from the region of Stara Zagora on the frequency of some diseases with socially significant character.

A standard questionnaire was used, which was aimed at the social-demographic profile of the family doctors, including a specification of their practices, as well as questions, concerning the average number and age of the registered patients with the respective disease in the general medicine, the monthly number of new cases, average number of individuals with complications in the socially significant disease, frequency of the type of complication.

After processing the results found a high incidence of Arterial hypertension and Diabetes among patients in active age and retirement age who are registered in dispensaries for general medical practice, and increased incidence of neoplasms among them.

This is a prerequisite for enhancing active promotional and preventive activities in the general medical practice.

Key words: family doctor, socially significant diseases, general medical practice

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STUDY OF THE EFFECT OF SOME STRESSFUL FACTORS IN THE WORK OF GENERAL PRACTITIONERS AND SPECIALISTS OF OTORHINOLARYNGOLOGY

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ABSTRACT

Presented by our publication examines the impact of a stressful factors in the work of the general medicine practitioners and specialists of Otorhinolaryngology. The study is based on a **sociological examination** of doctors from the region of Stara Zagora. The analysis results show the impact of stressful factors affecting the psycho-emotional state and efficiency of work of doctors surveyed.

Key words: stressful factors, family doctor, specialist of Otorhinolaryngology

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NUTRITION AND DIET-TREATMENT IN THE PROMOTIONAL ACTIVITIES OF GENERAL PRACTITIONERS

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ABSTRACT

Providing complete and balanced diet that contains the necessary macro-and micro nutrients is one of the keys to good health and long active life. Correct diet has a beneficial influence on the whole organism by regulating metabolic processes, stimulates the normal functioning of cells and generation of new tissues. Nutrition is vital for building a human body. Prolonged deficiency or excess of nutrients often predisposes to a disease. A significant role in the development of healthy nutritive habits in patient plays family physicians. Update-to-date information on current principles and trends in nutrition and diet-treatment is an important part of keeping a healthy lifestyle.

Key words: nutrition, health promotion, general practitioner

**A STUDY OF THE ACTUAL FEEDING OF GENERAL PRACTITIONER
FROM STARA ZAGORA REGION**

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ABSTRACT

For our investigation about the actual feeding of General practitioners (GPs) from Stara Zagora region we use question paper with strictly observing of principles of voluntariness and anonymity. It has been investigated 57 general practitioners from Stara Zagora region. With help of body mass index (BMI) we defined the anthropometric status. 49 percent of GPs eat two times daily, 28% eat one and only 22% report three times. GPs reported for low consumption of fruits and vegetables. The monthly cost of food is about 200 leva.

Key words: rational eating, GPs, food-stuffs, diet

**ANALYSIS OF DATA FROM OCCURRED FIRE DISASTERS AS
A PREVENTIVE MEASURE AND AN OPPORTUNITY FOR PLANNING
MEDICAL INSURANCE**

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ABSTRACT

Fire disasters accompanying humanity throughout its history and will continue to happen in the future. Globally and in the country, they are the most common disaster causing mass damages to people, many died and material damage. The study includes an analysis of medical literature on the existence of data which are important in assessing the medical insurance and planning for catastrophic fires. All articles were examined for the presence of information in three main areas: characteristics of the fire, quantitative and qualitative characteristics of the damages, organization of medical insurance for victims. The study identified the key parameters to monitor in each of the three guidance required to assess the effects and analysis of medical insurance. The data on the key parameters in the studied publications are incomplete. None of the surveyed publications provided information on all key parameters. Establishing a minimum set of data and uniform methods of analysis and evaluation of medical insurance for fire disasters is essential to planning for their occurrence.

Key words: fire disasters, catastrophic fires, medical insurance, prevention and planning

Сборник доклади от Университетска годишна научна конференция на Национален военен университет "Васил Левски", Велико Търново, 2013, 3

СИГУРНОСТ И ОТБРАНА

ОРГАНИЗАЦИЯ НА СПЕШНАТА МЕДИЦИНСКА ПОМОЩ ПРИ КРУПНИ ХИМИЧЕСКИ АВАРИИ

Ваня Славова, Иван Миндов, Веселин Иванов

ORGANIZATION OF EMERGENCY MEDICAL HELP DURING MASSIVE CHEMICAL ACCIDENTS (MCA)

Vania Slavova, Ivan Mindov, Veselin Ivanov

Abstract

In the different sectors of industry, in agricultural sector and everyday-lifestyle are being used hundreds of thousands chemical compounds and their amount yearly increases - the volume of production grows up, as well as the sphere of usage expands. Many of them posses high level of toxicity and ability to cause mass poisonings, in certain circumstances. The massive chemical accidents are critical situations, during which high-toxic compounds has been released in the atmosphere, spreading over large areas. Massive acute poisonings, occurred during these catastrophes, are one of the most aggressive pathologies, nowadays. Contemporaneously occurrence and the massive character of the injuries, determine the necessity of specific organizational, diagnostic and therapeutic model.

Key words: *massive chemical accident, industrial poisons, massive poisonings, toxic-chemical traumatism.*

**ROLE OF NEURO-PSYCHOLOGICAL TENSION AND FATIGUE IN THE
DAILY ACTIVITIES OF GENERAL PRACTITIONERS FROM THE STARA
ZAGORA REGION**

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ABSTRACT

Daily activity of GP is characterized by great neuro-psychological tension and symptoms of fatigue, especially at the end of the workday. An essential prerequisite for this is the intense work and responsibility of physicians. A survey study was conducted using direct mail questionnaire with 10 questions, including questions about the manifestation of neuro-psychological tension effects and fatigue throughout the day of GPs in the Stara Zagora region. The analysis shows that as a result of tension and fatigue, a GP will easily begin carrying out tasks, but the practitioner quickly becomes exhausted. Sometimes fatigue and loss of interest in usual obligations will result in a need of more time for rest and relaxation.

Therefore, in the assessment of the effects of neuro-psychological tension and fatigue on family physicians, it is necessary to apply a modern approach. Based on these statements, it is of utmost importance to develop a system to reduce tension and fatigue's negative effects on GPs.

Key words: neuro-psychological tension, GP, fatigue

Сборник доклади от Университетска годишна научна конференция на Национален военен университет "Васил Левски", Велико Търново, 2015, 11

СИГУРНОСТ И ОТБРАНА

**ЕДИННА СПАСИТЕЛНА СИСТЕМА В БЪЛГАРИЯ - ОРГАНИЗАЦИОННА СТРУКТУРА,
КООРДИНАЦИЯ И БЕДСТВИЯ, АВАРИИ И КАТАСТРОФИ**

Диана Димитрова, Ваня Славова, Веселин Иванов

**ORGANIZATIONAL STRUCTURE, COORDINATION AND INTERACTION OF THE MAIN
PARTS OF UNIFIED RESCUE SYSTEM IN BULGARIA DURING DISASTERS**

Diana Dimitrova, Vanya Slavova, Veselin Ivanov

Summary

The Unified Rescue System (URS) is considered a primary responsibility of the State in the Republic of Bulgaria and the rights of individuals to receive protection in the event of emergencies and disasters. Government defined Civil Protection and disaster risk reduction as a key priority of the URS during disasters. The fundamental principles of disaster protection in all regions in Bulgaria, as defined by the Disaster Protection Act. The Integrated Rescue System denotes the organization, coordination and direction of the activities of units, services and other operational structures in the process of preparation for response to disasters and in the event of the occurrence of disasters.

Key words: *Unified Rescue System; disasters; organizational structure; coordination and interaction; Bulgaria.*

ПРЕВАНТИВНА МЕДИЦИНА VI, 2017,1(11)

ИНФОРМИРАНост ОТНОСНО ПРЕВАНТИВНАТА ДЕЙНОСТ НА РЕГИОНАЛНИТЕ ЗДРАВНИ ИНСПЕКЦИИ ПО ОТНОШЕНИЕ НА БЕДСТВЕНИ СИТУАЦИИ

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РЕЗЮМЕ

В последните години се увеличава честотата на редица природни и антропогенни катастрофи в България. За справяне с медицинските последици на бедствените ситуации, ролята на превенцията е първостепенна. Целта на изследването е да се проучи информираността на населението в градовете Пловдив, Пазарджик и Септември относно институцията, отговаряща за извършване на хигиенно-противоепидемичните мероприятия при бедствия. Основен метод за набиране на първична информация е пряка индивидуална анонимна анкетна карта. Резултатите показват недостатъчно ниво на информираност на населението (включително и работещите в конкретни институции) относно институцията, отговаряща за извършване на хигиенно-противоепидемичните мероприятия преди, по време и след бедствия. Очевидна е необходимостта от по-голяма и продължаваща образователна дейност, не само сред населението, но и при работещите в институциите, пряко свързани с хигиенно-противоепидемичните мероприятия при бедствени ситуации за повишаване на общата и професионална култура, базирайки се на теорията и практиката. Образованието, оценката и отношението на работещите в институциите има значение за ефективното управление, за подобряване на организацията и качеството на извършваните дейности и мероприятия при бедствени ситуации.

Ключови думи: *Регионална здравна инспекция, превенция, бедствена ситуация, хигиенно-противоепидемични мероприятия*

**SOME EPIDEMIOLOGICAL INDICATORS CHARACTERIZING
THE SPREAD OF HEPATITIS A IN THE REGION OF STARA ZAGORA**

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ABSTRACT

Introduction: Viral hepatitis A is a widespread infectious disease with a faecal-oral mechanism of transmission of the infection. Together with other food-borne and water-borne infectious diseases, it is a global health problem.

Aim: To analyze some epidemiological indicators characterizing the prevalence of hepatitis A in the region of Stara Zagora for the period 2014-2016.

Material and methods: Annual reports of the Regional Health Inspection - Stara Zagora for registered cases of infectious diseases (statistical documentation - Form 3 - 85 approved by the Ministry of Health), acute infectious diseases analyzes in Bulgaria of National Center of Infectious and Parasitic Diseases and official statistical information of National Center of Public Health and Analyses.

Results: Viral hepatitis registered for the period is laboratory confirmed. The spread of the infected by gender shows a higher proportion of men - 54.81% (336 units), compared with the infected women (45.19%, 227 cases). The highest incidence of Acute Viral hepatitis A is registered in the most risky and susceptible to intestinal infections age groups - early childhood and school age. The incidence of Viral hepatitis type A in the region of Stara Zagora in 2016 is above the average for the country, unlike the previous two years. Three outbreaks of hepatitis A (2 in 2015 and 1 in 2016) were reported.

Conclusion: Prophylaxis and prevention are crucial to reducing morbidity, as the disease affects human health and life and also leads to economic losses. This requires increased public awareness of viral hepatitis A, enhancing the population's health culture, personal hygiene, and strict control over nutrition and water supply in settlements.

Key words: hepatitis A, epidemiological indicators, morbidity

STUDY OF THE TOXIC ACTION OF CHEMICAL WEAPONS THROUGH THE USE OF SIMULANTS

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ABSTRACT

Chemical weapons have been used repeatedly in the history of mankind in a number of wars and terrorist acts. They have caused major damage to human health and taken many lives. Instead of chemical weapons, various simulants - compounds with a similar action of these weapons, but without such high toxicity for human health - could be used for developing antidotes to specific chemicals, doing research on detecting them, developing sorbents for gas masks, military exercises, etc.

The purpose of this report is to examine the possibilities of using chemical weapons through their simulants which resemble their toxic effects.

Key words: chemical warfare agents, tabun, sarin, soman, sulfur mustard

STUDY ON THE DECONTAMINATION AND DESTRUCTION OF CHEMICAL WEAPONS THROUGH THE USE OF SIMULANTS

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ABSTRACT

Chemical weapons have been used repeatedly in the history of mankind in a number of wars and terrorist acts. They have caused serious damage on human health and taken many lives. In a number of cases, such as the development of antidotes against their action, doing research on their detection, also the development of sorbents for gas masks, and conducting military training, it is possible to use different simulants. These are compounds that resemble the action of the poisonous substances but lack such high toxicity. They are not so harmful to human life and health.

The purpose of this report is to explore the possibilities of using chemical warfare agents simulants to study their decontamination and destruction.

Key words: chemical warfare agent, tabun, sarin, soman, sulfur mustard

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ПОЛЗИ И НЕОБХОДИМОСТ ОТ ЛИЧНИ ПРЕДПАЗНИ СРЕДСТВА В РАБОТНАТА СРЕДА

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BENEFITS AND NECESSITY FROM PERSONAL PROTECTIVE MEASURES IN THE WORKING ENVIRONMENT

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Резюме: Личните предпазни средства са различни приспособления и предмети, които работниците използват за индивидуална защита, когато рисковете не могат да бъдат избегнати или намалени в достатъчна степен чрез средства за колективна защита. В настоящото проучване е направен анализ на нормативната уредба отнасяща се пряко до ЛПС (Наредба №3/19.04.2001 г.), чрез която се транспонира Директива 89/656/ЕИО. Работодателите определят необходимите лични предпазни средства въз основа на оценката на риска и изготвят списък, който съдържа работните места, професиите и видовете дейности; вида, наименованието и точната идентификация на всяко лично предпазно средство; конкретната опасност и срока на износване. Ползата и необходимостта от личните предпазни средства в работната среда са тясно свързани със системните проучвания на мнението на работещите при закупуване на нови модели, информиране и обучение за безопасна работа при използване им, извършване на дейности по промоция на здравето и прилагането на добри практики при избора им.

Ключови думи: лични предпазни средства, работни места, добри практики

Summary: Personal protective equipment is a variety of items that workers use for protection. They are used when risks can not be avoided by means of collective redress. An analysis of the normative regulation was made concerning the protection of personal protective equipment (Ordinance No.3/19.04.2001), which transposes Directive 89/656/ European Economic Community. Employers determine the necessary personal protective equipment. On the basis of the risk assessment, draw up a list containing the jobs and

types of activities; the type, name and identification of personal protective equipment; the specific hazard and wear time. The benefits of personal protective equipment in work environment are related to systematic surveys of workers' attitudes, information and training to work safely in carrying out health promotion activities and applying good practice.

Key words: *personal protective equipment, work jobs, good practices*

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BENEFICIAL EFFECTS OF SILYMARIN AGAINST NEPHROTOXICITY CAUSED BY SOME CHEMICALS

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ABSTRACT

Silybum marianum (L) Gaertn (*Carduusmarianus* L., Asteraceae) seeds have been used as a traditional remedy for liver and gallbladder diseases, and has been especially valued for its properties against hepatitis and cirrhosis for centuries. Publications on its beneficial effects in the treatment of diabetes, on its radio-protective effects, and properties against chemical weapons intoxication have proliferated in the medical literature over the last few years. Silymarin is used as a chemoprotective and anticancer agent. It also has protective properties against the toxic effects of some drugs used in oncology, as well as antibiotics, which was the topic of the first part of our review on the nephroprotective effects of Silymarin. The purpose of this publication is to summarise the results of our research into the effects of Silymarin for reducing the toxic damage caused by chemical agents like fungi toxins, organic solvents, heavy metals, etc.

Key words: *silymarin, silibin, silibinin, nephrotoxicity*

DIET AND COVID-19

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ABSTRACT

Introduction: A balanced diet is an important factor that needs to be emphasized to cope with the COVID-19 challenge. Several other factors, such as age, sex, health, lifestyle, influence the course and outcome of the disease. The key role of nutrition is the ability of a variety of foods to boost immunity and help the body fight the virus. **Purpose:** The present study aimed to investigate the factors and mechanisms that determine adequate nutrition with COVID-19. **Methods:** Scientific researches related to the problems of nutrition for coronavirus infection have been studied. An analysis and evaluation of official documents of the World Health Organization related to balanced nutrition in the pandemic have been made. **Results and discussion:** There is evidence in the world literature for the recommended inclusion of certain food groups such as fresh fruits and vegetables, whole grains, nuts, soy. The recommendations also include limiting the intake of foods high in sugar, salt, or fat. Consumption of unsaturated fats of vegetable origin is preferred to those of animal fats. Unsaturated ones are contraindicated because they do not have a stimulating effect on the immune system. In addition to these data, it is reported in the literature that diets high in saturated fat, sugars, and refined carbohydrates lead to obesity and type 2 diabetes, which are among the main risk factors for the severe course and higher COVID-19 mortality rate. **Conclusion:** In conclusion, we can say that a healthy diet and lifestyle are factors with a key role in preventing and combating this infectious disease, as well as against the complications it can lead to. A balanced diet can become an effective "tool" in the fight against COVID-19 in a pandemic if properly prepared.

Key words: balanced diet, nutritional status, COVID-19