НАЦИОНАЛЕН ЦЕНТЪР ПО ОБЩЕСТВЕНО ЗДРАВЕ И АНАЛИЗИ
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TO
THE CHAIR OF THE SCIENTIFIC JURY
APPOINTED BY ORDER No. RD – 147/March 18, 2026
BY PROF. DR. PLAMEN DIMITROV, MD

STATEMENT

by PROF. DR. KOSTADIN GEORGIEV ANGELOV, MD, PhD
Faculty of Medicine at the Medical University of Sofia,

Re: Dissertation for the award of the educational and scientific degree of "Doctor," Field of Higher Education 7. Health Care and Sports, Professional Direction 7.1. Medicine, Doctoral Program "Hygiene"

Topic: *"Economic and Social Effects of Implementing an Innovative Training Model for Prevention and First Aid Following Workplace Accidents in the Republic of Bulgaria"*

Author: Slavi Hristov Pachalov

Educational institution for the doctoral program: NCPHA, "Public Health and Health Risk" Directorate

General remarks and comments on the procedure

The set of materials submitted by the doctoral candidate in both hard copy and electronic format is in full compliance with the requirements of the current regulatory framework in the country, namely: the Law on the Development of Academic Staff in the Republic of Bulgaria (LDASRB), the Regulations for the Implementation of the LDASRB, as well as the NCPHA Regulations for the Acquisition of the Educational and Scientific Degree of "Doctor."

In connection with the topic of the dissertation, Slavi Hristov Pachalov has attached 3 (three) full-text publications.

The procedure for the defense of the dissertation, as well as the related documents, fully complies with the requirements of the current regulatory framework in the Republic of Bulgaria.

At the first remote meeting of the academic jury, I was assigned to prepare an opinion.

Brief biographical information about the doctoral candidate

Slavi Pachalov was born on May 23, 1976, in Stara Zagora. He graduated from the University of Mining and Geology in 2001 and earned a Master's degree in Electrical Engineering. In 2019, he earned a second master's degree in "Occupational Medicine and Work Capacity" from the Medical University of Sofia. He holds a professional qualification as a "Level III Paramedic," awarded after successful training at the Military Medical Academy in 2022. His professional career has been dynamic. From 2001 to 2004, he worked at the Ministry of Education and Science, holding various expert positions. Since October 2004, he has been an employee of the Sofia branch of the Bulgarian Red Cross, holding expert and managerial positions, and during this period he has developed a professional interest in the overall policy and practice of first-aid training. From July 2010 to December 2015, in his capacity as Head of the Occupational Medicine Department at the Bulgarian Red Cross, he expanded his first aid expertise by developing additional knowledge and skills in the field of healthy and safe working conditions. From November 2020 to May 2021, he served as Deputy Minister of Health, where he was directly involved in the technical preparation of the healthcare system to address the challenges posed by COVID-19. Eng. Slavi Pachalov is an expert and lecturer at the Confederation of Independent Trade Unions in Bulgaria, owner and training manager at "Pachalov" EOOD, and a consultant and lecturer at various commercial and educational institutions. Over the years, he has conducted over 2,000 training sessions. Slavi Pachalov's education and professional development are the foundation for the development of this dissertation.

Relevance of the Topic

Practical knowledge and skills in providing first aid and their timely application following an incident save lives, reduce recovery costs and time, and save resources for social integration. First aid training also plays a preventive role in reducing workplace accidents and their consequences, as it builds behavioral and

analytical thinking in trainees, making them more vigilant about potential risks and better able to prevent risky behavior. Acquiring knowledge and skills in first aid is multifaceted, as they can be applied in various incidents: workplace accidents, traffic accidents, domestic incidents, or disasters affecting anywhere from one to hundreds of thousands of people. At the same time, while preserving people's lives and health, providing effective first aid reduces recovery costs. Overall, first aid training is part of the regulatory requirements in various public sectors, but it is also a moral obligation of every society.

Understanding the Issue

In his dissertation, Slavi Pachalov presents, in detail and comprehensively, the processes of organizing and conducting first aid training in the workplace, which leads me to believe he has an excellent grasp of the subject matter. The literature review accounts for about one-third of the dissertation's total volume (pp. 8–74, or 66 pages out of a total of 175 pages). The descriptive data are critically structured and analyzed, leading to conclusions that define the dissertation's clear purpose and objectives.

The scope and content of this chapter of the dissertation demonstrate that Slavi Pachalov is thoroughly familiar with the issues surrounding the organization and delivery of first aid training in the workplace, both as part of efforts to prevent workplace accidents and as a means of mitigating their social and economic consequences.

Practical applicability – the results have great potential to support decision-making in health policy and management by creating a foundation for more effective strategies. The findings of this dissertation can serve as a basis for regulatory changes to improve the quality of first-aid training, conserve financial resources, and promote social well-being.

Research Methodology

The dissertation involves the application of various methods:

1. Historical method – a variety of physical and electronic literature sources were used, providing a comprehensive and multifaceted perspective on the organization and delivery of first aid training in the past and present.
2. Descriptive analysis – to assess the social and economic consequences resulting from a workplace accident.

3. Documentary method – applied to analyze compensation costs following a workplace accident.
4. Sociological method using a questionnaire – the theoretical knowledge of the target groups identified in the dissertation was assessed through an entrance test.
5. Statistical analysis – 830 questionnaires were entered and processed using the SPSS statistical package. The statistical analyses included ANOVA, $\chi 2$, stepwise multiple regression analysis, and correlation analyses. To assess theoretical knowledge based on the trainees' educational backgrounds or their order of enrollment in the training, a repeated-measures analysis was used with a significance level of $p < 0.05$.

Characteristics and Evaluation of the Dissertation's Results

The dissertation comprises 175 standard pages and follows the standard structure for the scientific field. It is well illustrated with 17 tables and 63 figures. The bibliography includes 171 sources (54 in Bulgarian and 117 in foreign languages). There are also 9 appendices.

The results of the study show that the developed innovative first aid model and its implementation achieve the set goals. Trainees achieve the required level of competence in less time than standard training programs and acquire additional skills in identifying risk processes and preventing accidents. Based on the processed data for 14 current questions, first-aid figures and graphs were created to illustrate the level of knowledge by order of appearance or professional orientation. The data and its analysis enable the planning of targeted actions that reflect specific risks, the current level of competence, and the targeted knowledge and skills.

The author analyzes the results obtained, formulates a well-founded hypothesis regarding the causal relationships underlying them, and plans actions to improve competence levels, tailored to the target group and its specific production risks.

Contributions

I. Contributions of a scientific-theoretical and methodological nature:

1. The need for regulation of first aid training in the workplace is substantiated.

2. An analysis has been conducted of the necessary topics for first aid training, based on the frequency and severity of workplace injuries and the most commonly required actions when providing first aid in the workplace.

3. An innovative model for first aid training has been developed to contribute to the prevention of occupational injuries and to prepare workers to provide timely and adequate first aid.

II. Contributions of a scientific and applied nature:

1. Interactive training, including presentations, educational films, documentary clips, videos from previous training sessions, scenarios for potential workplace accidents, a response plan, situational exercises, etc., which enables greater trainee engagement, personalized training, development of practical skills, accessibility and flexibility, more effective feedback, and more.

2. The innovative first aid training model has been implemented in three economic sectors with a high risk of workplace injuries: mining, construction, and energy.

3. Development of a questionnaire to assess the theoretical knowledge of trainees.

4. Analysis of the social and economic effects of the training program.

The dissertation is a strong argument for regulatory changes aimed at improving the quality of first aid training.

Abstract

The abstract of Slavi Pachalov's dissertation meets the requirements in terms of length and content and provides a sufficiently clear picture of the nature of the work, reflecting the achieved results and formulated conclusions in sufficient detail.

CONCLUSION

After a thorough review of the dissertation and related publications, I give an exceptionally high evaluation of Slavi Hristov Pachalov's overall work.

The dissertation, titled "Economic and Social Effects of Implementing an Innovative Training Model for Prevention and First Aid Following Workplace Accidents in the Republic of Bulgaria" contains scientific and applied scientific achievements that represent an original contribution to science and meet all the requirements of the Law on Scientific Research and Scientific Activity (LSRSA),

the Regulations for the Implementation of LDASRB, and the Guidelines for the Evaluation of Scientific Research Projects of the National Center for Public Health and Analyses (NCPHA).

The presented materials and research results fully comply with the specific requirements, are original, and contain no plagiarism.

The dissertation demonstrates that Slavi Hristov Pachalov possesses in-depth theoretical knowledge and professional skills, exhibiting the ability to make theoretical generalizations and to solve major scientific or applied scientific problems that align with contemporary achievements and represent a significant and original contribution to science.

I have known and worked with Eng. Pachalov since the very beginning of his career at the Bulgarian Red Cross. He embodies supreme professionalism, responsibility, and complete dedication to his work. Providing first aid at the outset of our professional development was our shared goal and guiding principle. My personal professional pride lies in his academic growth over the years. His qualities as a teacher and scholar are undeniable, as evidenced by the dissertation he has presented to us. Relying on all these qualities, I am filled with a sense of calm and hope for the future of first aid training in the Republic of Bulgaria.

The results obtained, their analysis, the conclusions drawn, and the contributions demonstrate the personal merits of the dissertation author, . For the reasons stated above, I confidently give my positive assessment of the research conducted and propose that the esteemed academic jury award the fully deserved academic degree **of "Doctor"** to **SLAVI HRISTOV PACHALOV** in the Field of Higher Education 7. Healthcare and Sports, professional field 7.1. Medicine, doctoral program "Hygiene," for which I firmly vote **"YES."**

Sofia, April 14, 2026

Prepared by: Заличено на основание на чл. 5, §1.6 "В" от Регламент (ЕС) 2016/679

/Prof. Dr. Kostadin Angelov, MD, PhD/