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**COMPLETE PROFESSIONAL SELF-REALIZATION  
OF HEALTHCARE SPECIALISTS WORKING WITH  
CHILDREN AND ADULTS WITH SPECIAL NEEDS**<https://doi.org/10.34739/sn.2020.20.01>

**Abstract:** The professional realization of healthcare professionals in dealing with children and adults with special needs requires them to have the knowledge, skills, and necessary professional competencies to identify, perform, and evaluate the activities related to the care of the disabled person. Their activity is focused on the health problem that leads the person with special needs to hospitalization in the medical establishment, which does not exclude satisfying his vital needs. Applying their knowledge and competencies, they collect the information they need for the disabled patient. The processed and specified information is implemented through appropriate interventions and subsequently the results obtained are evaluated. Health care requires logic, systematic to solve a particular health problem of the sick person, and they are an intellectual process [Zheleva 2004]. The expected results of the professional realization of health care professionals in working with children and adults with special needs can be presented as the application of: learning scientific information on the problems of theoretical and practical aspects of health care needed for children and adults with disabilities; forming knowledge, skills, and competencies in the field of health care for the needy person.

**Keywords:** *professional realization, healthcare professionals, children, and adults with special needs*

## Introduction

Training of health care professionals to work with children and adults with special needs is held at the higher education institution. In their daily professional activities, they meet and work with children and adults with disabilities. This implies that they are well trained in the knowledge of the damages and anomalies of the human body and are able to work effectively with them.

Completing the full training course on “Practical Foundations of Nursing. Nursing Care for Children and Adults with Disabilities”, included in the Uniform State Requirements for Health Care Professionals, develops the knowledge, skills and professional competences in the field of health care provided for children and adults with disabilities [Zheleva, 2004].

The professional realization of health care professionals in dealing with children and adults with special needs is related to the identification, implementation, and evaluation of their activities related to the care of a disabled person – child or adult. Health care focuses on the health problems that lead the person with special needs to hospitalization at the medical establishment [Zheleva, 2004].

Specificity in the professional realization of health professionals helps to gather the necessary information about the sick person, to process and concretize them through appropriate interventions, and subsequently to evaluate the results of the activity. Health care requires a logical and systematic solution to a person's health problem [Krusteva 2005].

Health care specialists carry out their activities in accordance with the specific features in the development, education, training, domestic and vocational training and comprehensive social adaptation of persons with different in nature and degree of manifestation of psycho-physical defects in sensorimotor, intelligence, speech and behavior [Mutafov, 1994].

The full professional realization of health care professionals in dealing with children and adults with special needs requires sufficient knowledge of general and specialized health education. The knowledge, skills, and competences formed in them concerning the health educa-

tion of children and adults, which are completely somatically psychologically normal and clinically sound, enable them to make a thorough analysis of pathological changes. And the knowledge, skills, and competence for specialized health education allow them to deal with its basic components: somatic-functional, nerve-analyzer, social-adaptation, sexual-generational, household-ecological, ergotic-professional education. Specialized health education, they apply to children, adolescents, young people, and adults with various anomalies, defects, disabilities, and disorders in their psycho-physical development. When there is a deviation in human development, there are qualitative changes in his mental processes. They are caused by the lasting influence of environmental factors, which have a negative impact on the course of the processes related to the behavior of the individual and his socialization [Krusteva, 2005].

### **Purpose**

The purpose of the scientific communication is to reveal and outline the organizational pedagogical conditions and the effectiveness of the full professional realization of healthcare professionals in working with children and adults with special needs.

### **Material and methods**

**The objectives of the research** are: to reveal the role and specificity of the full professional realization of health care professionals for working with children and adults with special needs; to study the effectiveness and importance of the compulsory course on Nursing Care “Practical Basics included in the Uniform State Requirements. Nursing care for children and adults with disabilities”; to determine the level of satisfaction of health care professionals for working with children and adults with special needs. **Methods** were used in the research process: questionnaires, programmed interviews, purposeful included observation, and pedagogical experiments. **The object of the study** are students in the specialty – “nurse” of the Medical University of Varna, Branch-Sliven and working specialists in health care with persons with special needs in

Sliven. **The subject of the study** is the process and conditions under which the full professional realization of healthcare professionals is a condition and a factor for improving the quality of life of children and adults with special needs when working with them.

## **Results and discussion**

The analysis of the conducted research shows that the full professional realization of health care professionals in working with children and adults with special needs provides 100% awareness that children and adults with disabilities are members of the society in which we live and take our place in the multidimensional system called public health. They need a high quality of life.

95% of respondents say that a special needs patient, as a central figure in society, should be considered as an individual served by healthcare professionals who is understanding / incomprehensible and actively involved / not involved in the preparation of the health care plan for him / her.

The high percentage of positive-thinking healthcare professionals that their full-fledged professional realization is the result of planned care for a special needs patient. The patient, according to his degree of disability, should be involved in the planning and delivery of health care. It is his choice for them, and the healthcare professional is obliged to provide him with the necessary assistance to make the right choice. If the specialist gains the patient's confidence, he or she can rely on the specialist's actions and be assured of being in safe hands. A health care plan that is useful for human health needs to be adopted.

97% of the participants in the pedagogical experiment share their satisfaction with the full professional realization when working with children and adults with special needs degrees. The effectiveness of their professional knowledge, skills, and competence shows that they are the main, full and complete substitute for what the patient cannot do on his / her own due to insufficient capacity, strength, will and knowledge. They assist him in meeting his daily living needs or in the activities that he performs without assistance in good health on 14 basic

needs, according to Virginia Henderson and in social communication, training and professional activities.

The research makes it possible to draw conclusions: thanks to the good theoretical and practical training of healthcare professionals, the conditions for full professional realization are created; they are individuals who are trained and have the knowledge, skills and competencies to offer 24-hour continuous care to patients in need. They are the ones who help them lead a fulfilling life, cope with their disabilities, or die with dignity when death is imminent.

The results of the programmed interview show that the analysis and assessment of the condition of the patient with special needs make it possible to come up with the right health care plan, necessary and effective, that must be applied to the patient and remain within the medical therapeutic plan for the patient.

100% of the participants in the purposeful included monitoring believe that the full professional realization of health care specialists in working with children and adults with special needs is the main professional task to protect the health of children and adults, and this is achieved by planning, organizing and providing quality health care to them. Protecting the health and life of the nation is a priority for healthcare. Children and adults with disabilities are the subject of healthcare provided by medical teams working in specialized hospitals. To be cared for effectively and properly, healthcare professionals need to be aware of the major injuries and anomalies of different organs and systems in the human body, since human injuries are of varying degrees and nature.

## **Conclusion**

The full professional realization of healthcare professionals in dealing with children and adults with special needs requires the individualization and personalization of the care provided for the person in need. Humanity is a constant and lasting value of the individual. The main symptoms and syndromes of the disease are taken into account when determining the needs of the patient with health care disabilities and drawing up a plan for them; mental depression; paralysis; water-electrolyte

disturbance; the patient's age; the patient's cultural level; the emotional balance of the patient; the sociocultural and economic status of the patient; physical and intellectual capacity of the patient; the environment in which these care is provided.

The professional realization of healthcare professionals has an impact on the quality of care for children and adults with special needs. Each health care is a creative element, thanks to which specialists prepare an individual care plan for each patient. Health care for children and adults with special needs should always be planned, arranged in writing in a sequential order, depending on their implementation.

The full professional realization of health care professionals in working with children and adults with special needs allows them to perform competent activities: special care for children and adults with disabilities; with intellectual disability; with and and and and impaired speech, vision, impaired hearing; with behavioral abnormalities; physically disabled; with autism; developing skills and competencies for the implementation of social adaptation, rehabilitation and rehabilitation in patients with special needs.

## **Literature**

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