

## OPINION

By Assoc. Prof. Antoaneta Stefanova Grozeva, MD, PhD

Member of the Scientific Jury, according to the Order No P-109-141/8.04.2019 of the Rector of the Medical University – Varna

Concerning the contest for occupying Academic title "**Associate Professor**", promulgated in State Gazette – **issue 12 from 8.02.2019**, higher education area **7. "Health and Sport"** in professional field **7.1 "Medicine"** and scientific specialty "**Physical and rehabilitation medicine**" /03.01.58/

The participation in the competition is admitted Dr. Mariyana Mihaylova Krasteva – Ruseva, M.D, only one candidate. The submitted documents, according to LDASRB , meet all the requirements for occupying this position.

### Short biographic data

Dr. Mariyana Mihaylova Krasteva – Ruseva, M.D was born in 04.07.1969 in the town of Kavarna. In 1995, she graduated from the Medical University – Varna with educational – qualification degree “Master in Medicine” with an excellent grade. In 2000 she started a regular specialization at the Clinic of Physical Therapy and Rehabilitation in the MPHAT “St. Marina” Varna and in 2004 she was awarded a specialty in Physical and Rehabilitation Medicine. After winning a competition she was appointed as a permanent assistant at the Medical University of Varna and as a physician at the Physiotherapy and Rehabilitation ward of MPHAT "St. Marina" – Varna.

In 2004 she occupies consecutively positions assistant, assistant professor, Ch. Assistant at the Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases and Clinic of Physiotherapy, Rehabilitation and Thalassotherapy at the University-Varna.

In 2016 she has been awarded an educational and scientific degree "Doctor" on the scientific specialty of "Physiotherapy, balneology and rehabilitation" on the basis of a successfully defended thesis on "The role of extension therapy in the complex treatment of lumbar disc disease".

The applicant completed her high education at the Unified High Polytechnic school "St. Karadzha",

## Scientific activity

The applicant's overall publishing activity contains **40** scientific papers. Of them, 29 participate as evidential material in the reference on the fulfillment of the minimum requirements for awarding the "Associate Professor" title as per LDASRB from 2018. There are also **11** publications presented, other than the evidence for the fulfillment of the minimum requirements for the awarding of the "Associate Professor" title.

Dr. M. Mihaylova is also the author of the 160-page "Osteoporosis - Physical Therapy and Prevention" monograph, published in 2019. It is also essential that she is the sole author of 4 of the articles and of the monograph, is the first author of 12 articles, second author of 11 articles, and third and follow-up of 11 articles.

### Scientific-theoretical and practical-applied contributions are in the following directions:

1. Extension therapy, preformed physical factors and prevention of lumbar disc disease  
(A/1-1, G/8-8, G/8-9, G/8-12, G/8-18; I-1, I-2, I-3, I-4)
2. Management and prevention of low back pain  
(G/7-2, G/8-7, G/8-11, G/8-17)
3. Manual medicine and tests for the diagnostics of MSS and peripheral neural system diseases  
(G/8-1, G/8-2, G/8-3, G/8-4, G/8-5; G/8-6, II-2, III-1, III-2)
4. Application of physical factors in MSS diseases  
(G/8-10; II-1, II-4)
5. Physiotherapy and prevention in osteoporosis  
(B/3-1, G/8-13, G/8-25)
6. Physiotherapy and prevention in childhood
  - A. Physiotherapy and prevention of common diseases in childhood  
(G/8-14, G/8-16, G/8-19, G/8-21, G/8-22, G/8-23)
  - B. Rehabilitation and testing in children with special educative needs and autism  
(G/7-1, G/8-15, G/8-20, G/8-24; II-5)
7. Other  
(II-3)

The scientific researches of the applicant have a significant contribution to science in Bulgaria. The monograph "Osteoporosis – physical therapy and prevention", which reflects the modern possibilities of physical therapy for the prevention and treatment of osteoporosis, is highlighted with a great practical applicable character. I believe that her scientific researches in childhood have made a significant contribution to physical therapy and prevention.

The research papers of Dr. Mariyana Mihaylova Krasteva-Ruseva have 11 citations (10 of Bulgarian authors and 1 in a monograph)

### **Teaching activities.**

The candidate has a 14 years and 8 months experience at the Medical University of Varna as an assistant, assistant professor, a chief assistant. The number of academic hours in the various years ranges from 375 to 220 hours and exceeds the required minimum of 220 hours a year. Dr. Mihaylova delivers lectures and exercises in the "Physiotherapy" major of the specialties of "Obstetrics", "Nurse", "Rehabilitation therapist", "Physiotherapy and rehabilitation" of the "Medicine" specialty. The applicant participates in the development of curricula and tests, actively participates in examination boards.

Dr. Mihaylova is a course manager in the Master's program of "Rehabilitation, balneology, wellness and spa", reviewer of two diploma theses in 2015.

She's been a member of the Bulgarian Medical Association, the Association of Physical and Rehabilitation Medicine, the Bulgarian Society of Manual Medicine and CITUB.

The candidate successfully combines her scientific and research activities with teaching activities.

### **Conclusion**

The opinion presented by me reflects the main scientific and research activity of Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D., which fully complies with the criteria for LDASRB, the Rules for application of the LDASRB and the Regulations of the Medical University - Varna for being awarded the academic title "Associate Professor".

Based on the positive evaluation of the overall teaching activity of Mariyana Mihaylova Krasteva-Ruseva, I propose to the Honorable Jury to award the Academic title "**Associate Professor**" in the field of higher education. **7. Health and Sports, professional field 7.1. Medical specialty "Physical and Rehabilitation Medicine"**.

24.04.2019r.

Sincerely :.....

/ Assoc. Prof. Antoaneta Stefanova Grozeva, MD, PhD /