

## OPINION

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Concerning the contest for occupying Academic title "**Associate Professor**", higher education area 7. "**Health and Sport**" in professional field 7.1 "**Medicine**" and scientific specialty "**Physical and rehabilitation medicine**" for the needs of the Faculty of „**Public Health**“, Department of „**Physiotherapy, rehabilitation, thalassotherapy and occupational diseases**", the Training sector of **Thalassotherapy, physiotherapy and rehabilitation**, and the Clinic of **Physical and Rehabilitation Medicine** at the University Multipurpose Hospital for Active Treatment "St. Marina", promulgated in State Gazette – **issue 12 from 8.02.2019**

As per decision of the Faculty council at the faculty of "Public health", Protocol Bo 136 from 26.03.2019, Order No P-109-141/8.04.2019 of the Rector of the Medical University – Varna I am an external member of the Scientific Jury and according to the decision of the first absent meeting of the SJ from 17.04.2019. I have been determined to write an opinion.

In a timely manner I got acquainted with the submitted documents of the participant in the contest for academic title "Associate Professor". They meet the requirements of the Law on Higher Education, the Law on the Development of the Academic Staff in Bulgaria, and the Regulations for the Development of the Academic Staff at the Medical University "Prof. Paraskev Stoyanov" - Varna.

**Only one candidate – Dr. Mariyana Mihaylova Krasteva – Ruseva, M.D., participates in the contest.**

### I. BIOGRAPHIC DATA AND CAREER DEVELOPMENT

The applicant completed her high education at the Unified High Polytechnic school "St. Karadzha", town of Kavarna. In 1995, she graduated from the Medical University – Varna with educational – qualification degree "Master in Medicine" with an excellent grade. She has acquired specialty in "Physical and rehabilitation medicine" in 2004. In 2010 – acquired qualification in a highly specialized activity – *Manual Medicine*;

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".

Her total length of service as a medical doctor is 19 years and 8 months. Initially she worked as a junior doctor in the Department of Pediatric Diseases in the Regional hospital of Kavarna in 1995, after which she started as a doctor for Agrospektar – OOD in Kavarna (1999-2004) and since 2000 she started a regular specialization at the Clinic of Physical Therapy and Rehabilitation in the MPHAT "St. Marina"- Varna. 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. Then she consecutively occupied the positions of Senior Assistant in 2009 and Head Assistant in 2012. until now at the Department of "Physiotherapy, balneology, occupational diseases" - Varna Medical University.

For the purposes of her vocational qualification, Dr. Mihaylova has participated in a number of qualification courses for postgraduate training and specialization in the following directions: training for the rehabilitation of patients suffered myocardial infarction and cardiac surgeries at Medical University - Varna (2005); Novelties in Manual Diagnosis and



Therapy. UMPHAT "St. Marina", Varna (2005); Excitomotor electro-diagnostics at the Association of Physical Medicine and Rehabilitation (2005); Manual medicine. BMA, Medical University - Varna (2006); Extension therapy. MPHAT "St. Marina" (2007); Acupuncture. Cycle A, B, C, D. BMA, Medical University - Sofia, Department of postgraduate training (2008); Laser therapy. Medical University - Sofia (2009); Prolotherapy. Lecturer: J. D. Watson, MD, FRCPC. Varna, Bulgaria (2012); Neural Therapy. Medical University - Varna, Austrian Medical Association of Neural Therapy (2012); Pedagogical qualification of trainers from health institutions Medical University - Varna (2012); Training on "Quality of Life and How to Get Out of therapy framework? How can children with physical disabilities participate in everyday activities? "Karin Dom" Foundation, Varna (2018); Training on: Motor development, gymnastics for children with special needs. CCP – importance of posture, positioning and assisting children, "Karin Dom" Foundation, Varna (2018).

She has participated in 28 national and international scientific forums, on 11 of them with a report.

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.

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 has had proficiency in written and spoken Bulgarian, Russian and English.

## II. SCIENTIFIC ACTIVITY

### 2.1. Structure and volume of the scientific production

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.

The list of scientific papers presented by Dr. Mihaylova, M.D., contains:

- 1 dissertation thesis;
- 1 habilitation monograph;
- 38 scientific publications in Bulgarian and foreign scientific magazines;
- 28 national and international scientific forums, 9 of which in scientific forums with program/certificate and 2 forums with published abstracts in scientific journals.

From the presented real publications in magazines and monograph, Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D. is the :

- Sole author in 5 scientific papers (12.5 %);
- First author in 12 articles (30%);
- Second author in 12 articles (30%);
- Third author in 9 articles (22.5%);
- Sequential author in 2 articles (5%);

2.2.1. The overall scientific - research and practical activity is in the field of application of physical factors in the treatment and prevention of socially significant diseases in children and adults.

2.2.2. 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)

#### **Contributions of original character**

- For the first time in Bulgaria, a dissertation was published, representing is a profound and systematic study of the effectiveness of intermittent extension therapy in the treatment of lumbar disc disease.
- For the first time in Bulgaria a "SAM" questionnaire was used to evaluate self-esteem, activity and mood after extension treatment of patients with lumbar disc disease.
- For the first time in Bulgaria an in-depth study was carried out on the possibilities of the "Biopton" lamp to influence tonsillar hypertrophy and the symptoms of night breathing in children.
- For the first time in Bulgaria a research was carried out on the capabilities of direct transcranial current stimulation (tDCS) on a number of impaired functions, such as physical development, cognitive skills, speech skills in children with autism spectrum disorder.

#### **Contributions of scientific – applicable character**

- A complex physiotherapeutic program has been developed including an extension procedure with proven efficacy in patients with lumbar disc disease.
- An algorithm has been developed for conducting intermittent extension therapy in patients with lumbar disc disease.
- A complex physiotherapeutic program has been developed for the treatment of children with tonsillar hypertrophy and symptoms of disturbed night breathing.
- The monographic work presents the modern possibilities of physical therapy for treatment and prevention of osteoporosis.
- Specific preventive measures have been developed and presented to prevent low back pain in adolescents and adults

**2.2.3. Participation in project:** Participation in project 2014-2020 – Project No BG05M20P001-2.002-0001 „Student practices – Phase 1“ of MES, implemented with the support of the “Science And Education For Intelligent Growth” Operative Program 2014 – 2020 and the European Union, as a mentor for the training institution being the University MPHAT „St. Marina” EAD – Varna.

Dr. Mariyana Mihaylova Krasteva – Ruseva has participated in the project as a mentor of 20 students, and as academic mentor of 15 students in 2017 and 2018 in the specialties "Medicine" and "Rehabilitation therapist"

**2.2.4. Academic transcript for citations of publications** – As per the Academic transcript by the Library of the MU – Varna, the scientific works of Dr. Mihaylova have had 11 citations (10 in Bulgarian magazines and 1 in a monograph);

### **III. Evaluation of the medical-diagnostic activity**

The attached transcript shows that Dr. Mihaylova has had 19 years and 8 months of work experience as a medical doctor, 14 years and 7 months as a specialist in "Physical and Rehabilitation Medicine" and has been actively involved in the medical activities of the "St. Marina" hospital – Varna. She is a proven specialist with many additional qualifications and skills that she has successfully applied in her everyday practice.

### **IV. Evaluation of the training and teaching activity**

The candidate has a 14 years and 8 months experience as an assistant, of which over 7 years as a chief assistant. 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. 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.

### **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"**.

25.04.2019

/Assoc. Prof. Dr. Ivan Sheytanov, M.D./

