

## OPINION

BY PROF. DR VESELINKA NESTOROVA, M.D,  
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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 "Physiotherapy, balneology and rehabilitation" for the needs of the Faculty of „Public Health“, Department of „Physiotherapy, rehabilitation, thalassotherapy and occupational diseases ", the Training sector of Physiotherapy, Rehabilitation and thalassotherapy – Medical University - Varna 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

By Order No P-109-141/8.04.2019 of the Rector of the Medical University – Varna I am an internal member of the Scientific Jury and according to the decision of the first absent meeting of the SJ from 17.04.2019. I am determined to write an opinion.

Only one candidate – Dr. Mariyana Mihaylova Krasteva – Ruseva, M.D., has submitted her documents for participation in the contest.

I have received all the material necessary for the preparation of this Opinion. My opinion is in line with the Law on Development of the Academic Staff in the Republic of Bulgaria (LDASRB), the Rules for its Implementation and the Rules of the Medical University - Varna. Dr. Mariana Mihaylova Krasteva-Ruseva graduated from the Medical University - Varna in 1995 with excellent marks. Since 1996 she has been working as a junior doctor in the Kavarna Regional Hospital, Children's ward, from 1999-2004 – doctor for Agrospektar OOD, Kavarna. In 2000-2004 she was a doctor – specializing in MPHAT "St. Marina" Varna, Clinic of physical therapy and rehabilitation. Her academic career has begun in 2004. - assistant, 2008 - assistant professor, and from 2011 - Ch. Assistant at the Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases and Clinic of Physiotherapy, Rehabilitation and Thalassotherapy at the University MPHAT "St. Marina", Varna, where she is currently working.

In 2004, she has acquired specialty in "Physiotherapy, balneology and rehabilitation". Since 2010, she has a capacity in Manual Medicine (Highly specialized activity).

In 2016 she acquired an educational – qualification degree in "Physiotherapy, balneology and rehabilitation" after a successfully defended thesis entitled "The Role of Extensive Therapy in the Complex Treatment of lumbar disc disease". Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D. has specialized in:

Training for the rehabilitation of patients suffered myocardial infarction and cardiac surgeries. Medical University - Varna (2005); Novelties in Manual Diagnosis and Therapy. UMPHAT "St. Marina", Varna (2005); Excitomotor electro-diagnostics. 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 the 2014-2020 project - "MES Student Practices – Phase 1", implemented with the financial support of the "SCIENCE AND EDUCATION FOR INTELLIGENT GROWTH" Operative Program 2014 - 2020 and the European Union as a mentor for the training organization UMPHAT "Sveta Marina" EAD - 20 students and an academic tutor of 15 students in 2017 and 2018 in the specialties of "Medicine" and "Rehabilitation therapist";

She has been course manager in the Master program in "Rehabilitation, thalassotherapy, wellness and spa".

She's been a member of the Bulgarian Medical Association, the Association of Physical and Rehabilitative Medicine, the Bulgarian Society of Manual Medicine and Confederation of Independent Trade Unions in Bulgaria (CITUB).

She has had proficiency in English and Russian.

For the competition Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D. has presented 40 scientific papers.

In the present contest, Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D., participated with 1 monographic work, out of which 29 were included as evidence in the report on the fulfillment of the minimum requirements for obtaining the "Associate Professor" title, as per LDASRB from 2018. There were also 11 publications presented, other than the evidence for the fulfillment of the minimum requirements for obtaining the "Associate Professor" title. From the publications, 14 are in English.

From the presented real publications in magazines and monograph, Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D. is the first (sole) author in 42.5% articles, second author in 30% articles, third author and sequence author in 23% articles.

Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D. has participated in national and international scientific forums (28), of which in scientific forums with program/certificate (9) and forums with published abstracts in scientific journals (2).

The research papers of Dr. Mariyana Mihaylova Krasteva-Ruseva have 11 citations (10 of Bulgarian authors and 1 in a monograph) according to the report prepared by the library of Medical University-Varna (26.03.2019), based on the automated information extracted from the databases Web of Science, Scopus, and Google Scholar, and upon off citings.

The research papers of Dr. Mariyana Mihaylova Krasteva-Ruseva have no impact factor.

There are registered active scientific profiles in Google Scholar and Research Gate.

The habilitation work of Dr. Mariyana Mihaylova Krasteva-Ruseva "Osteoporosis - Physical therapy and prophylaxis" is a professionally prepared scientific work and is a valuable tool of high scientific and practical and practical value. It is characterized by undoubted topicality, comprehensive examination of the matter, broad awareness of the author and citation of contemporary literature sources.

Dr. Mariyana Mihaylova Krasteva-Ruseva in her monographic work analitically and imaginatively considers the anatomic and physiological features of the bone tissue with emphasis on the risk factors for the development of osteoporosis and the possibilities for their management. The clinical features of the disease and the current diagnostic approaches are presented. The possibilities of kinesitherapy and of the more important natural and preformed physical factors for the provision and maintenance of good bone health have been explored, and in the case of an already developed disease to achieve analgesia and stimulation of the bone trophic.

The thematic scope of scientific interests in the publications of Dr. Mariyana Mihaylova Krasteva-Ruseva comprises several directions:

1. Extension therapy, preformed physical factors and prophylaxis of lumbar disc disease.

The in-depth study conducted in our country for the first time on the effectiveness of the complex application of preformed physical factors and intermittent extension therapy with Eltrac 471 on the functional recovery of patients with lumbar disc disease and the standardized instrument used to evaluate and monitor the functional status of patients with lumbar disc disease – RMDQ for degree of disability are theoretical-methodological contributions, and the proposed algorithm with specified diagnostic criteria for physiotherapeutic treatment of lumbar disc disease with included intermittent extension therapy and the basic principles systematized and experimentally validated for effective performance of extension procedure are practically applicable applications.

2. Management and prevention of low back pain. The publications in this direction emphasize the role of specialist physicians in physical and rehabilitation medicine in the conservative non-medical management of low back pain.

3. Manual Medicine and Diagnostic Tests in diseases of the musculoskeletal system (MSS) and Peripheral nervous system disorders. The publications in this field are mainly of practically applicable contribution.

4. Application of physical factors in diseases of the MSS.

For the first time in Bulgaria, a purposeful study was conducted on the effect of deep oscillations in patients with knee endoprostheses. The extremely good possibilities of the method to effectively influence the pain, swelling and increasing the volume of joint movement in the early stages of rehabilitation are proven.

5. Physical therapy and prevention in osteoporosis

The publications present the main preventive measures to be taken in childhood and adolescence to ensure the accumulation of an optimal peak bone mass. The role of the program of special physical exercises in the prevention of bone loss and stimulation of bone metabolism for the prevention of osteoporosis is presented.

6. Physical therapy and prevention in childhood age.

A. Physiotherapy and prophylaxis of common diseases in childhood. For the first time in Bulgaria, a study on the effectiveness of PPL (polarized - polychromatic, non-coherent light) and ultrasonic sounding in children with tonsillar hypertrophy was conducted and proved the effectiveness of a complex of physical factors in children with tonsillar hypertrophy and night breathing disorders.

B. Rehabilitation and tests of children with special educative needs and autism.

For the first time in Bulgaria, a study was conducted on the effects of transcranial electrostimulation in children with autism on their general intellectual, mental, linguistic and physical development. The reported results show an improvement in all tracked metrics.

Evaluation of teaching and teaching activities.

Dr. Mariyana Mihaylova Krasteva-Ruseva is a long-time lecturer.

She has had 14 years and 8 months experience as an assistant. She conducts lectures and practical training in Physical and Rehabilitation Medicine, prepares curricula and tests, actively participates in examination boards. The workload in recent years is over the required minimum of 220 hours per year.

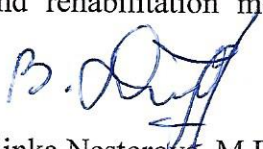
She teaches in "Physical and rehabilitation medicine – lectures and exercises for students in 4<sup>th</sup> year majoring in "Medicine", Medical University - Varna; Physical and rehabilitation medicine – lectures and exercises for students of the "Midwifery" and "Nursing" majors at the Public health faculty at the Medical University - Varna; Physical and rehabilitation medicine - lectures and exercises for students in the 2<sup>nd</sup> and 3<sup>rd</sup> year majoring in "Rehabilitation therapist" at the Medical College - Varna;

Assessment of diagnostic and therapeutic activity. She has had 19 years and 8 months 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 healing activity of St. Marina hospital - Varna.

In conclusion, Dr. Mariyana Mihaylova Krasteva-Russeva, M.D. is a physician with experience accumulated in physical and rehabilitation medicine. Her scientific production and the presented documents correspond to the requirements of the Regulations for the development of the scientific staff of the Medical University – Varna, which is why I give my positive mark and I convincingly propose to the Honorable Jury to award to Dr. Mariyana Mihaylova Krasteva-Ruseva, M.D. the academic title "Associate Professor" for the needs of the Faculty of Public health, Department of Physiotherapy, rehabilitation, thalassotherapy and occupational diseases, Training sector of Physiotherapy, Rehabilitation and Sea Treatment - Medical University of Varna and Clinic of Physical and rehabilitation medicine at the University MPHAT "St. Marina".

24.04.2019  
Varna

  
Sincerely:  
(Prof. Dr. Veselinka Nestorova, M.D.)