

## SCIENTIFIC OPINION

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Member of the Scientific Jury under Order No.R-109-261/23.06.2022 of Prof. Dr Valentin Ignatov, PhD, Rector of the Medical University "Prof. Dr Paraskev Stoyanov" – Varna

It regarded competition for the occupation of the academic position "Professor" in higher education 7 Health care and sports, professional direction 7.1. Medicine in the scientific speciality "Disaster Medicine (Maritime medicine)", announced in issue 32 of April 26, 2022, of the State Gazette, for the needs of the Department of Disaster Medicine and maritime medicine at the Faculty of Public Health of the Medical University "Prof. Dr P. Stoyanov", city of Varna.

### Common part

The competition for "Professor" in the field of higher education 7 "Health and sport", Professional direction 7.1. "Medicine", Scientific speciality "Disaster Medicine (Marine Medicine)" for the needs of Disaster Medicine and Marine Medicine at the Faculty of Public Health of the Medical University "Prof. Dr P. Stoyanov", the city of Varna was announced in the State Gazette no. 32/26.04.2022. Associate Prof. Dimitar Georgiev Stavrev, MD, DSc, is the single candidate in the competition. The submitted documents were prepared following the requirements of the Development of the academic staff law in the Republic of Bulgaria, the Rules of procedure for the Development of the academic staff in Medical University "Prof. Dr Paraskev Stoyanov" – Varna and the established in it criteria for the occupation of the academic title "professor".

### Biographical data and career development:

Dr. Dimitar Georgiev Stavrev, MD, DSc, was born on September 27, 1961, Varna. He completed his secondary education in 1979. From 1981-1987 studied at "Prof. Dr Paraskev Stoyanov" Medical University, where he graduated with a Master of Medicine, then worked as a ward paediatrician, and from 1990 to the present held the positions of assistant, senior, chief assistant and associate Professor at MU-Varna. He is a lecturer at the National Training Center of the Bulgarian Red Cross, and for a short time, he was the manager of Hospice Red Cross - Varna EOOD at the Bulgarian Red Cross.

In 1993, he passed the exam for the speciality "Anatomy, Histology and Cytology", and in 2010-2011 he developed and defended his doctoral dissertation in the same scientific speciality.

In 2021, Ass. Prof. Stavrev obtained the scientific degree "Doctor of Sciences" in the scientific speciality "Medicine of disaster situations" with a doctorate on the topic "Water trauma at sea. Projections for Bulgaria"

Ass. Prof. Stavrev is constantly improving his professional qualifications, taking courses on "Modern methods of resuscitation in water accidents" held at the BCH, "Fundamentals of diving and hyperbaric medicine" at the Military Medical Academy, "Survival in floods and fast-flowing waters" at the BCH. Since 2011, he has been a maritime instructor and teacher at the Maritime Qualification Center - Varna, under the Maritime Administration at the Ministry of

Transport.

**Evaluation of quantitative and qualitative scientific indicators:**

Ass. Prof. Dimitar Stavrev's record shows that the candidate has met the minimum national requirements (MNR) under Art. 2b of the Law on Development of the Academic Staff (LDAS) in the Republic of Bulgaria for taking up the academic position of "PROFESSOR" (Table 1).

Table 1. Information on compliance with the minimum national requirements

Group of indicators	Contents	PROFESSOR (skor)	Points of Assoc. Prof. D. Stavrev
<b>A</b>	<b>Indicator 1</b>	<b>50</b>	<b>50</b>
<b>B</b>	<b>Indicators 3 or 4</b>	<b>100</b>	<b>100</b>
<b>C</b>	<b>Sum of points for indicators 5 - 9</b>	<b>200</b>	<b>290</b>
<b>D</b>	<b>Sum of points for indicators 10-12</b>	<b>100</b>	<b>125</b>
<b>E</b>	<b>Sum of points for indicators 13-22</b>	<b>100</b>	<b>188.44</b>

In the competition for AD "Professor" Assoc. Prof. Stavrev participated in addition to the dissertation, monograph (habilitation thesis), 2 textbooks and 2 teaching tools, 2 chapters of collective monographs, additionally in a total of 27 scientific publications (excluding those submitted for the academic position of "Associate Professor").

From the actual publications in journals, monographs and collections, Assoc. Prof. Stavrev is the first author in 11 (32.35%) articles and; the second author in 18 (52.94%) articles. The results of his research Ass. Prof. Dimitar Georgiev Stavrev, MD, DSc, has reported at 37 national and 2 international scientific forums.

The total number of citations the candidate submitted for this competition is 12. Of these, 3 sources are in refereed and indexed journals in world-renowned scientific information databases (Scopus and Web of Science) and 9 in a monograph (*Academic reference for publications, citations and the scientific profiles of Assoc. Dr Dimitar Georgiev Stavrev, MD, DSc, Department of Disaster Medicine and Marine Medicine, Faculty of Public Health, Medical University-Varna prepared in the Library of the MU-Varna*).

The monograph of Assoc. Dr Dimitar Georgiev Stavrev, MD, "Water trauma at sea. Projections for Bulgaria", simultaneously with the theoretical analysis of the pathophysiology of extreme situations at sea, also presents a study of the readiness of the population and the possibilities of increasing the efficiency of rescue activities. It prospectively and practically proves the role of water rescue through competent and organized cooperation.

The presented publications demonstrate current scientific issues in the field of marine medicine—the scientific works of Assoc. Prof. Dr Dimitar Georgiev Stavrev, MD, DSc, are divided into three main areas: Medicine of disaster situations (marine medicine), History of Medicine, Anatomy and histology.

The primary and most significant direction in Dr Stavrev's work is clarifying the main points of the impact of disaster situations and, in particular, the impact of the water and marine environment on the human organism. Precious and relevant are the contributions in the field of disaster medicine by determining essential aspects of the psychophysiological adaptation of the human organism when entering an aquatic environment in a normal situation, in a simulated or real disaster situation.

The candidate's historical-medical studies are adequate and timely for the Development of Bulgarian medical knowledge, for its actors from the city of Varna and Bulgaria, in general, and specifically for their activities in the prevention and treatment of water trauma. Optimizing training models for maritime professionals to reduce the effects of occupational stress and reduce the risk to their health when acting in crises of incidents, accidents and disasters at sea. Study of the response models of social institutions in a crisis pandemic setting. Optimizing systems for medical and social protection of vulnerable population groups.

Categorical and evidence-based is the study of specific aspects of anatomical knowledge, both in teaching various medical specialities and solving specific clinical-anatomical problems.

The role and place of Bulgarian Red Cross in the construction of the Water Rescue Service are studied, and the activity of Bulgarian Red Cross -Varna in the medical and social direction in a disaster situation and beyond is described.

The generalization of water safety and emergency response methods is highly applied.

It is noteworthy that Dr Stavrev successfully combines his scientific interests in various fields. He is the creator of the Society of Water Rescue Specialists and the Scientific and Practical Conference on Water Rescue. Participates in the editorial boards of two specialized collections and two magazines.

Dr Stavrev is distinguished by his highly high scientific activity and social commitment while participating in 7 scientific research projects and as an active actor in disaster response systems. For his actions, he was awarded an Honorary Diploma, and he was awarded the title "Deserved Worker of the BRC" and the honorary badge "Bulgarian Doctor".

#### **Assessment of the candidate's educational and teaching activities**

Assoc. Prof. Dr Dimitar Georgiev Stavrev, MD, DSc, has more than 32 years of teaching and teaching experience at Medical University - Varna. He passed all levels – regular, senior and chief assistant, and since 2016 he has been an associate professor. He participated in the education of students from the three faculties and the medical college in MU-Varna, conducted practical classes and gave lectures on Anatomy, Cytology, Histology and General Embryology, and Emergency Medicine. Develops and implements the lecture modules on Marine Medicine for the students of the "Medicine" speciality. All this proves his interdisciplinary training and deep scientific interests in the field of emergency medicine, primarily in maritime accidents, which meets the needs of the current competition.

### **Participation in projects:**

Associate Professor Stavrev participates in several national and regional educational and scientific research projects: Head of the "Health Sector Restructuring Project, Component 3: Emergency Medical Aid. On-site training. - under contract No. RD-10-39/23.07.1999. And No. RD-10- 40/23.07.1999; Member of the steering committee of "Infrastructure for sustainable development in the field of marine research, bound with the participation of Bulgaria in the EURO-ARGO European infrastructure" - part of the National Roadmap for Scientific Infrastructure, adopted by Decision No. 692 of September 21, 2010 MC of the Republic of Bulgaria; Trainer and lecturer in project BG051PO001-1.1.09-0115 "BRC in support of labour integration through professional qualification of inactive persons" - "Qualification services and promotion of employment" Contract No. ESF 1109-03-02002 - and Project "Find a savior in yourself" No. OMDS14001161BH/23.04.2014; as well as the project "Increasing the awareness of the elderly about responding to disasters, accidents, catastrophes and providing first aid" Contract No. 115000835 VN/22.06.2015.

### **Guide for PhD students:**

Associate Professor Dr Stavrev is the supervisor of a successfully defended doctoral student from the Varna University of Medical Sciences in the doctoral program "Medicine of Disaster Situations".

In summary, it can be said that the scientific output and the teaching activity characterize Associate Professor Stavrev as an erudite and thoughtful researcher in the field of marine medicine, a very well-informed teacher who possesses and knows how to apply a wide range of scientific knowledge.

### **Conclusion**

According to the competition materials presented by Assoc. Dr Dimitar Georgiev Stavrev, MD, DSc, I believe that the candidate meets the conditions for occupying the academic position of "Professor" according to the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its application and the Regulations for the Development of the academic staff at the Medical University "Prof. Dr Paraskev Stoyanov" - Varna and the criteria laid down in it for occupying the academic position of "professor". The relevance and significance of the scientific work, the contributions made, and the teaching activity are grounds for my conviction to give my positive assessment of the choice of Associate Professor Dimitar Georgiev Stavrev, MD, DSc, for the academic position "Professor" in the field of higher education 7 "Health and sport", Professional direction 7.1. "Medicine", Scientific speciality "Medicine of disaster situations (Maritime Medicine)" for the needs of the Faculty of "Public Health", Department of "Medicine of disaster situations and maritime medicine" at Varna Medical University.

City Varna  
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Prepared the opinion:  
/Prof. Dr. Teodora Dimitrova, MD, PhD/

