

**To the Chairman of the scientific jury,
appointed by order No. P-109-574 / 04.12.2020
of the Rector of Medical University-Varna**

REVIEW

**By prof. Dr. Kirien Tsevatov Kjosev, MD, PhD
Head of Second surgical clinic, Militray Medical Academy - Sofia**

SUBJECT: Competition for holding of academic position of "Associate Professor" in the field of higher education 7. Health and Sports, professional field 7.1 Medicine and scientific specialty "Surgery" for the needs of the Faculty of Medicine, Department of General and Operative Surgery at MU - Varna, promulgated in SG - issue 86 / 06.10.2020

In compliance with order of the Rector of MU-Varna No. R-109-574 / 04.12.2020 and decision of the first meeting of the scientific jury, I have been appointed to prepare an official "review" as an external member of MU-Varna.

For the current competition I have been submitted one set of documents of: Dr. Mihail Stefanov Tabakov, MD

I received all the necessary documents for the preparation of the review, which is in accordance with the Law for the Development of the Academic Staff in the Republic of Bulgaria (LDASRB), the Regulations for its implementation and the Regulations for the Development of the Academic Staff of the Medical University - Varna.

I. Autobiographical and professional data of the candidate

Dr. Mihail Stefanov Tabakov was born on June 28, 1978 in Sofia. In 2003 he graduated from the Medical University - Sofia, majoring in medicine.

From 2004 to 2011 he was a doctor at the Emergency Surgery Clinic of the Military Medical Academy - Sofia. In 2011 he started working in the IV surgical clinic of UMHAT "N.I. Pirogov" Sofia, where he worked until February, 2017. In 2012, after a competition, he was appointed an assistant at the Department of Surgery of the University Hospital "N. I. Pirogov", Sofia. Since March 2017, he has held the position of surgeon at the Clinic of General and Endoscopic Surgery at the University Hospital "St. Ivan Rilski", Sofia.

2014 - acquires a specialty in General Surgery.

2015 - professional qualification "Health Management" - UNWE, Sofia.

2016 - Diploma in Laparoscopic Surgery from the University of Strasbourg, France

2017 - defended dissertation on the topic: "Study of the possibilities for treatment of ventral hernias with endoscopic techniques" for obtaining the educational and scientific degree "Doctor" in the scientific specialty General Surgery

Dr. Mihail Tabakov has specialized in France, the Netherlands, Germany, Italy, Great Britain and Turkey, where he obtains certificates for professional qualification in general and laparoscopic surgery. He speaks English, German and Russian.

He is a member of BMA, BCD, EDS and EHS.

II. Teaching activities

Dr. Mihail Tabakov certifies active curricular and extracurricular teaching activities. Conducts parts of the lecture and practical courses in "Emergency Medicine" and "Emergency Surgery" for students and graduates of MU-Sofia. Dr. Tabakov has been the head of many modules in the program for specialization in "Surgery", "Emergency Medicine", "Urology" and "Orthopedics and Traumatology".

Dr. Mihail Tabakov certifies 138 hours of classroom and 520 hours of extracurricular employment. In addition, a reference was presented by the

director of the University Hospital "St. Iv. Rilski", which confirms Dr. Mihail Tabakov as a leading specialist in his field.

III. Scientific and research activities

In the announced competition for the academic position of "Associate Professor" in the scientific specialty "Surgery", Dr. Tabakov applies with a dissertation for the acquisition of ESD "DOCTOR", 39 actually published scientific articles and a chapter of a collective monograph. 12 of the publications are in journals referenced in the world databases Scopus and Web of Science. The remaining papers have been published in non-peer-reviewed and peer-reviewed journals or published in edited collective volumes included in the national reference list. Of the presented publications, in 7 the candidate is the first author, and in the others, he is the next. 22 articles are in English and the rest - in Bulgarian.

The overall impact factor of the publications for the competition is **10,979**.

Citations:

According to the Google School platform, the candidate has been cited 30 times with h-index -3 and i10 index - 1. 4 citations are presented for participation in the competition, all of which are in international journals, indexed in world databases.

Participations in scientific forums:

Dr. Mihail Tabakov is the author and co-author of 41 reports presented at scientific forums and a leading speaker in 9 communications. 9 of the reports were presented at congresses abroad.

The distribution of the candidate's publications by years is even, which is an indicator of constant publishing activity. The results of the research activity of Dr. Mihail Tabakov have a number of significant contributions, divided into the following areas:

1. Colorectal surgery (1, 5, 9, 11, 12, 25, 26, 29, 31, 32)

Much of the work in this field has been published in prestigious international surgical journals. A systematic review and meta-analysis of the role

of drainage after anterior resection of the rectum was performed. A number of articles examine the place of laparoscopic surgery in obturating carcinoma of the right colon. A review of the knowledge available so far in the world literature on laparoscopic total mesorectal excision in rectal cancer has been made. The frequency of local recurrences, survival and basic technical principles are analyzed. A laparoscopic surgical method for the treatment of benign and malignant diseases of the colon has been approved. A study was made on the experience of the team of the surgery clinic of the University Hospital "St. Iv. Rilski " with radical laparoscopic resections of the rectum for rectal cancer for a period of 9 years and more than 150 completed laparoscopic interventions. A comparative analysis of two techniques for the surgical treatment of hemorrhoids was performed: Ligasure Hemorrhoidectomy and Stapler Hemorrhoidopexy on 124 patients with third and fourth degree hemorrhoids. The results of the pilot application in the country of recatoanal mucopexy for the treatment of high-grade hemorrhoidal disease have been reported

2. Surgery of the anterior abdominal wall (8, 14, 23, 24, 27, 40)

The publications address various issues of anterior abdominal wall surgery, with an emphasis on endoscopic hernia repair techniques. The learning curve for the introduction of total extraperitoneal hernioplasty is analyzed, indicating the need for at least 50 operations to overcome it. All stages of intraperitoneal on-lay mesh hernia repair (IPOM and IPOM +) of ventral hernias are studied and a comparative analysis of laparoscopic and conventional techniques is made. The details of laparoscopic ventral hernioplasty in overweight patients, as well as the quality of life after laparoscopic ventral hernioplasty have been studied. Special attention is paid to the cases with many defects in different areas of the abdominal wall and the possibilities for their endoscopic treatment are discussed.

3. Emergency surgery (1, 3, 8, 10, 12, 20, 21, 30, 33)

The works in this field are a direct reflection of the long-term work of Dr. Tabakov in the Clinic of Emergency Surgery of the Military Medical Academy - Sofia and the IV Surgical Clinic of the University Hospital "N. I. Pirogov" and affect almost all emergencies in surgery. In addition to the presented works in the field of military and trauma surgery and acute

cholecystitis and appendicitis, other works study the application of laparoscopic surgical techniques for the treatment of perforated ulcer and small intestinal ileus. The reasons for conversion during laparoscopy due to intestinal obstruction have also been studied. Some case studies that have been successfully treated laparoscopically, such as small intestinal intussusception due to melanoma metastases, as well as colloquial intussusception with a leading mesocolon lipoma, are also presented. The accumulated experience with minimally invasive techniques allows them to be applied successfully in more and more emergencies. This minimizes the detrimental effect of trauma on the abdominal wall, inevitably associated with any laparotomy, on the patient's recovery.

4. Surgery of the diaphragm (15, 28)

A method for laparoscopic treatment of hiatal hernias was developed and introduced in the surgical practice of the surgery clinic of the University Hospital "St. Ivan Rilski". The results and complications were analyzed. The quality of life after laparoscopic cruroraphy of the diaphragm and Nissen fundoplication was monitored. A method for laparoscopic treatment of recurrent hiatal hernias was developed and introduced in the surgical practice of the surgery clinic of the University Hospital "St. Ivan Rilski". A method for minimally invasive surgical treatment of Morgani's hernia is described, as a video of the case is part of the prestigious virtual university of the IRCAD Institute, Strasbourg, France.

5. Trauma surgery (7, 13, 35)

A large number of publications are devoted to the blast and gunshot injuries, the behavior during mass casualties events and the differences in such incidents in military and civilian conditions. A report on the topic was presented at the European Congress on Trauma and Emergency Surgery in Valencia in 2018, the latter of which was published in Eur. J. Trauma Emerg. Surg.

An original contribution on a national scale is the detailed research on the place of "damage control" surgery and "damage control" resuscitation in severe wartime and civilian injuries. In the field of "damage control" surgery, the work sheds light on the indications, tactics, technique, complications and

long-term results. They emphasize that compliance with accurate indications and prompt application saves the lives of previously considered "inescapable" victims. Innovative for Bulgaria are the works dedicated to "damage control" resuscitation, which is an important, non-surgical approach to improving survival. They analyzed the basic principles and the role of fresh whole blood, the prognostic value of the different ratios of blood components, the effectiveness of recombinant coagulation factors and fibrinolysis inhibitors. The results have been promoted at a number of national and international congresses.

6. Open abdomen (37, 38)

An overview of the techniques for temporary abdominal closure is presented, focusing on the challenges facing the surgeon despite the accumulated significant experience, as well as critically reviewing the results of modern studies. A systematic review and meta-analysis of studies comparing techniques with and without negative pressure is presented. The analysis found significantly lower mortality in negative pressure techniques, as well as a short stay in an intensive care unit against the background of a comparable frequency of postoperative complications, which supports the safety of the methodology. Modern approaches to the open abdomen, and in particular the place of negative pressure, have been promoted at a number of congresses in Bulgaria, Serbia, Poland, Italy.

7. Negative pressure therapy in the surgical practice (5, 9, 30, 35)

The works in this field contribute to the scientific verification of the technique, leading to its more adequate application in modern surgical practice. For the first time in the country the technique for treatment of extensive wound defects has been applied, the results of which were presented in 2010. The effectiveness of negative pressure in deep surgical infection in combination with fascial dehiscence, Fournier's gangrene, as well as in wartime injuries and complex wounds was studied. An in-depth analysis of the use of intraluminal negative pressure in the treatment of insufficiency of low colorectal anastomoses was performed. The indications for application of the methodology are determined.

8. Case reports (2, 8, 12, 34, 40)

Although according to the evidence-based medicine, case reports have low scientific value, the applicant presents a number of unique and well-documented cases published in prestigious journals. Some of them were published for the first time in world literature. An example of this is the case of a patient with synchronous metastatic papillary carcinoma and non-Hodgkin's B-cell lymphoma in the third stage, in which after multidisciplinary treatment complete remission is achieved and the patient is still alive 4 years after onset. Another case described small intestinal intussusception due to metastatic malignant melanoma operated by minimally invasive surgical techniques. A case of colo- colic intussusception with a leading mesocolon lipoma, successfully treated with laparoscopic extended right hemicolectomy has also been reported. Interesting is the case of an incarcerated inguinal hernia in a woman with a sliding left tube and ovary involved by leiomyoma, which required resection. Last but not least is the case of life-threatening retroperitoneal bleeding after open inguinal hernioplasty, in which classical damage control surgery was applied.

All cases are accompanied by a detailed analysis of the literature and are entirely didactic.

9. Crohn disease (18)

Although rare, Crohn's disease (BC) is of great social significance due to the fact that it mainly affects young people of working age, the need for long-term treatment, frequent hospitalizations, numerous surgical interventions and permanent disability in some cases. A modern, evidence-based review of the effectiveness of the various interventions has been made. The place of laparoscopic surgery, risk factors for postoperative complications and recurrences, as well as postoperative follow-up were also analyzed. The relationship between the type of performed ileo-colic anastomosis and postoperative anastomotic leaks after operations for terminal ileitis was studied.

10. New techniques in laparoscopic surgery (16, 17, 19, 39)

Methods for laparoscopic cholecystectomy and appendectomy through single incision have been developed and introduced in the surgical practice of the surgery clinic of the University Hospital "St. Ivan Rilski". An overview of

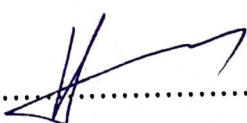
the knowledge available so far in the world literature on single incision laparoscopic techniques is made. The modern trends for development of the minimally invasive surgical techniques are analyzed.

The possibilities and limitations of the minimally invasive approach in liver resection surgery for benign and malignant diseases are critically considered, and the world experience is analyzed.

IV. Conclusion

Dr. Mihail Stefanov Tabakov is an established and erudite researcher, surgeon and lecturer. The submitted evidences regarding the research and teaching activities of the candidate exceed the minimum requirements of the Law for development of the academic staff in the Republic of Bulgaria, the Regulations for its application and the Regulations for development of the academic staff of Medical University - Varna. Based on this, I vote in favor and recommend to the Scientific Jury to elect Dr. Mihail Tabakov for "Associate Professor" in the scientific specialty "Surgery".

25.01.2021

Member of the scientific jury:.....

/Prof. Dr. Kirien Kjosev, MD, PhD/