

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

STANDPOINT

by

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Subject: Procedure for holding the academic position of "Associate Professor" in the field of higher education 7. "Healthcare and sports" in professional field 7.1. "Medicine" and scientific specialty "Surgery", according to a competition announced in SG no. 86 of 06.10.2020

I. Biographical data and professional development

Dr. Mihail Stefanov Tabakov was born on June 28, 1978 in Sofia. He graduated from the Medical University of Sofia in 2003, after which he began working at the Emergency Surgery Clinic of the Military Medical Academy - Sofia. In 2011 he transferred to work as a doctor in the IVth surgical clinic of UMHAT "N. I. Pirogov", Sofia, where he acquired the specialty "Surgery" in 2014. From 2012 to 2017 he was an assistant in the specialized surgical complex of UMHAT "N. I. Pirogov", Sofia. Since 2017 he has been a surgeon in the clinic of general and endoscopic surgery at UMHAT "St. Ivan Rilski", Sofia. In 2017 he defended his dissertation on "Study of the possibilities for treatment of ventral hernias with endoscopic techniques" and acquired ESD "Doctor". Dr. Tabakov has completed numerous qualification courses in surgery in the country and abroad, as well as a qualification in "Health Management" at UNWE - Sofia.

II. Scientific and research activity

In the current competition, Dr. Tabakov participates with a dissertation for the acquisition of ESD "Doctor" on "Study of treatment options for ventral hernias with endoscopic techniques" in a volume of 200 pages. A list of 40 publications and full-text reports is presented, divided as follows: 12 - in publications referenced in world databases - Scopus and Web of science, 27 - in publications from the National Reference List and 1 chapter in a collective monograph, with a total Impact factor of 10,979. According to the Google Scholar platform, the

candidate is cited 30 times with h-index -3 and i10 index - 1. The competition presents 4 citations, all of which are in international journals, indexed in world databases.

The documentation and evidence presented in the competition cover the scientific and metric indicators for holding the academic position of "Associate Professor", according to the Regulations for the development of the academic staff of MU - Varna and the legislation in the country, reflected in the table:

Group of indicators	Content	Associate Professor Required	Associate Professor Available
A	Index 1	50	50
B	Index 2	-	
C	Sum of indexes 2,3 and 4	100	121,6
D	Sum of indexes from 5 to 9	200	202,2
E	Sum of indexes from 10 to 12	50	60

The research activity of Dr. Tabakov covers the following thematic 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 review of the knowledge available so far in the world literature on laparoscopic total mesorectal excision for rectal cancer has been made. 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 the 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 recto-anal mucopexy for the treatment of high-grade hemorrhoidal disease have been reported.

2. Anterior abdominal wall surgery (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 training curve at the introduction of total extraperitoneal hernioplasty was analyzed. All stages of intraperitoneal on-line plastics (IPOM and IPOM +) were studied and a comparative analysis of laparoscopic and conventional plastics of ventral hernias was performed. 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. Some severe complications after inguinal hernioplasty have been analyzed.

3. Emergency surgery (1, 3,7, 8, 10, 12,13, 20, 21, 30, 33, 35,37,38)

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.

A large number of publications are devoted to the injuries of blast and gunshot wounds, the behavior in cases of mass casualties events and the differences in such incidents in military and civilian conditions. An original contribution on a national scale is the detailed research of application of "damage control" surgery and "damage control" resuscitation in cases of severe wartime and civilian injuries.

An overview of the techniques for temporary abdominal closure is presented, focusing on the challenges facing the surgeon.

4. Surgery of the diaphragm (15, 28)

Developed and introduced in the surgical practice of the surgery clinic of the University Hospital "St. Ivan Rilski" method for laparoscopic treatment of hiatal hernias. Quality of life was monitored after laparoscopic diaphragmatic crurography and fundoplication by the Nissen method. Developed and introduced in the surgical practice of the surgery clinic of the University Hospital "St. Ivan Rilski" method for laparoscopic treatment of recurrent hiatal hernias. A method

for minimally invasive surgical treatment of Morgani's hernia is described, and a video of the case is part of the prestigious virtual university of the IRCAD Institute, Strasbourg, France.

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

For the first time in the country the negative pressure for treatment of extensive wound defects was applied, the results of which were presented in 2010. The effectiveness of negative pressure in deep surgical infection and fascial dehiscence, Fournier's gangrene, as well as in wartime injuries and complex wounds. 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.

6. Rare cases (2, 8, 12, 34, 40)

The candidate 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, which emphasizes the importance of the work of the team of which the candidate is a part. All cases are accompanied by a detailed analysis of the literature and are entirely didactic.

7. Crohn's disease (18)

A modern, evidence-based review of the effectiveness of various interventions in Crohn's disease has been made. The application 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.

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

Methods for laparoscopic cholecystectomy and appendectomy through one 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 laparoscopic single incision techniques is made

III. Teaching activity

Dr. Tabakov's teaching activities include 138 hours of curricular and 520 hours of extracurricular activities (2017-20). It consists of lectures and practical exercises for medical students, specialists in Surgery and Emergency Medicine, postgraduate training, providing teaching and methodological assistance and

more. Dr. Tabakov presents a reference from the director of St. Ivan Rilski Hospital EAD, Sofia, in which he is assessed as an established specialist in the modern treatment of surgical diseases.

IV. Conclusion

Dr. Mihail Stefanov Tabakov is an established surgeon with extensive experience in planned and emergency abdominal surgery. He enjoys authority among the surgical community. His research activity is diverse and fully meets the scientific and metric criteria of the Medical University of Varna for holding the academic position of "Associate Professor". He performs active teaching activities. All this gives me reason to convincingly recommend to the highly respected members of the scientific jury to unanimously choose Dr. Mihail Stefanov Tabakov for the academic position of "Associate Professor" in the scientific specialty "Surgery".

28/01/2021 r.
Sofia


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