

Scientific Review

by Assoc. Prof. Dr. Darina Naydenova Hristova, MD, PhD
Speciality "Nutrition and dietetics", Department of Hygiene and Epidemiology,
Head of the ES Hygiene, Faculty of Public health, Medical University "Prof. Dr.
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Regarding: Competition for occupation of academic title "Professor", in the higher education area 7. „Healthcare and sport”, professional direction 7.1. "Medicine", "Hygiene (incl. occupational, communal, school, radiation, etc.)" major, announced in State Gazette issue No. 10/2014. 61/ 23.07.2021 for the needs of the "Public health" faculty, department of Hygiene and Epidemiology. With order No P-109-391/20.09.2021 of Prof. Dr. Valentin Ignatov, MD, PhD – Rector of the Medical University "Prof. Dr. Paraskev Stoyanov" – Varna, issued by the Rector of MU – Varna, I'm an elected member of the Scientific Jury (SJ), and according to Protocol №1 of the conducted first meeting of the SJ, I've been allocated the duty to prepare a scientific review according to the procedure of occupying the academic title "professor" of the "*Hygiene (incl. occupational, communal, school, radiation, etc.)*" major. Assoc. prof. Ruzha Zlatanova Pancheva-Dimitrova, **MD, PhD** is the single candidate in the competition. The competition procedures are met and the candidate's documents are in accordance with 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 occupation of academic title "professor".

Professional qualifications: Assoc. prof. Ruzha Zlatanova Pancheva-Dimitrova is born in 1972 in the city of Varna. She graduated with excellent from the First language school in 1991 and Medical University of Varna in 1997. Her language communication skills including English, German, Russian languages . She started working in the Department of Paediatrics at St. Marina University hospital, Varna in 1997. She has worked at the Ailadynov Polyclinic (1999- 2002), "Vidya" Medical Center (2002-2004), and as a clinical ordinator at the General Clinic of Children's Diseases, University Hospital "St. Marina"(2007-2012). From 2013 till now she works as a pediatrician at St Stiliyan Medical centre - Varna. In 2008 she acquired a scientific and educational degree "Doctor" with the theme of the doctoral thesis "Probiotics in the prevention of dyspepsia in hospitalized children aged 0-7 years". In the period 2012 -2014, she went through the academic positions – assistant and chief assistant at the Department of Hygiene, MU-Varna. Assoc. prof. Dr Pancheva-Dimitrova has specialities in Pediatrics and Nutrition and Dietetics. In 2014 she was habilitated as an associate professor in the Department of Hygiene and Epidemiology -MU-Varna.

She has impressive ongoing active academic and applied development through participation in numerous courses and specializations on child nutrition and dietetics in renowned European clinical prevention centres: Vienna (1995), Keel (1996), Munster (1996), Bradford (1996), Munich (2007), Athens (2001), Dubrovnik (2012), Prague, Birmingham (2013), Boston (2016), Southampton (2017), Pediatric Gastroenterology Course-Salzburg, Austria (2019)), training in nutrition and dietetics in the National centre of NCPHP, Sofia and many others. This rich list of training modules testifies to the creative growth of Associate professor Pancheva and the opportunity to apply the acquired scientific and practical potential for raising the level of teaching and research at the Medical University - Varna.

Presented materials for the competition: For this competition Assoc. prof. Pancheva presents a total of 37 scientific works, on top of those presented for the occupation of the academic title “Associate professor”. The list of scientific papers includes scientific publications equivalent to a habilitation thesis, published in publications that are referenced and indexed in world-famous databases for scientific information, as required by The Law for the development of the academic staff in the Republic of Bulgaria and the Regulations for the development of the academic staff of MU-Varna. Publications and reports published in scientific journals, referenced and indexed in world-famous databases with scientific information - 8; Publications and reports published in unreferenced journals with a scientific review or published in edited collective volumes - 10; Full-text publications in scientific journals and collections outside the minimum scientific- and- metric requirements for acquiring the academic position "Professor" - 9; Citations, reflecting the scientific activity of the candidate - 37. (Academic reference for the publications, citations and scientific profiles of Assoc. Prof. Dr. Ruzha Zlatanova Pancheva-Dimitrova, MD, Department of Hygiene and Epidemiology, Faculty of Public Health, Medical University-Varna prepared in the Library of MU-Varna).

Assoc. Prof. Ruzha Zlatanova Pancheva-Dimitrova, MD, PhD is the scientific supervisor of 2 successfully defended doctoral students (speciality "Hygiene"):

assist. Prof. Stanislava Emilova Hadzhieva, MD - informal learning PhD with dissertation work on “”Factors forming attitudes to immunization among parents to children up to the age of seven”. Successfully defended in 2019.

assist. Prof. Albena Borisova Toneva – Stoyanova, MD, PhD - informal learning PhD with dissertation work on “Nutritional status of children with neuropsychiatric disorders and its relationship to the quality of life of parents and carers ”. Successfully defended in 2019.

She Assoc. Prof. Dr. Ruzha Zlatanova Pancheva-Dimitrova participates in two international and one national scientific project. She is also a member of the

authors' team of 4 university textbooks in hygiene and ecology for students speciality "Medicine". She actively participates in various forms of training of interns, postgraduates and doctoral students in "Nutrition and Dietetics", Continues medical education programs (initiator, organizer and lecturer) on breastfeeding support, early childhood intervention and nutrition, organization and participation of Eastern European schools of child's nutrition at the European Society of Pediatric Gastroenterology, Hepatology and Nutrition.

Research activity: The scientific works of Assoc. Prof. Ruzha Zlatanova Pancheva-Dimitrova has been published in authoritative and peer-reviewed scientific journals - Vaccine, Hormone Research in Pediatrics, Frontiers in Pediatrics, Journal of IMAB, Infection Control and Hospital Epidemiology, Journal of Pediatric Gastroenterology and Nutrition, Clinical Nutrition and others, with an overall IF - 16.018, as well as in scientific journals, published in renowned Bulgarian editions and edited collective volumes - Medinfo, Practical Pediatrics, Proceedings of the Jubilee Scientific Conference with International Participation, Virtual Congresses and others.

Assoc. Prof. Ruzha Zlatanova Pancheva-Dimitrova is the co-author in most of the presented publications and reports. She actively participates in the implementation of international and national research projects on nutrition problems of children and nursing. The scientific activity is expressed in numerous participations as an author at 49 international and national scientific forums, where over 67 scientific reports in various scientific fields.

Evaluation of the scientific contribution: The author searches of assoc. prof. Ruzha Zlatanova Pancheva-Dimitrova are directed towards solving important practical issues.:

I. Nutritional status, nutritional and non-nutritional factors, care and quality of life in family of children with neuropsychiatric disorders

II. Parental attitude to vaccinate

III. Nutrition recommendations for chronic diseases beginning in childhood

1. Cystic fibrosis (CF)

2. Nutrition in chronic intestinal diseases (CHD)

3. Nutrition in type 1 diabetes mellitus with a long history and metabolic risk

IV. Preventive effect of nutrition

1. Preventive effect of breast milk

2. Prevention of allergies in childhood

3. Gastro-oesophageal reflux in infancy - nutritional interventions

V. Metabolic risks and nutritional assessment in chronic conditions and diseases with long-term therapy

1. Metabolic risks in patients after chemotherapy

2. Eating and taste disorders in patients with chronic renal failure
3. Nutritional deficiencies in patients with complete dentures
4. Non-alcoholic liver disease

VI. Probiotic effect in prevention and therapy

VII. Training of medical students in the field of hygiene and ecology

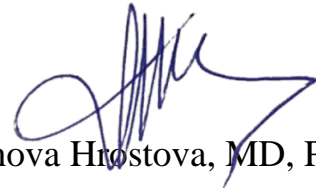
Teaching experience: Assoc. Prof. Ruzha Zlatanova Pancheva-Dimitrova has a total of 10 years of teaching experience, of which over 7 years he is an associate professor at MU-Varna. The high professional qualification in "Nutrition and Dietetics" and "Pediatrics" and the broad scientific interests in the field of childhood are realized in the teaching of complex and specific subjects in the field of hygiene and ecology. She trains students, interns and graduates from the Faculty of Public Health, the Faculty of Medicine, the Faculty of Dental Medicine, and the specialities from the Medical College Varna, with an workload in recent years over 274 teaching hours, which is over the standard of 180 hours of teaching (152% workload from the norm for study workload). The range of subjects in the teaching palette of assoc. prof. Pancheva includes Bachelors-Speech Therapy, Hygiene and Ecology - Bulgarian and English Language Training, Environment and Health-Masters, Masters Public Health-Cyprus and Bulgaria, Environment, nutrition and health - Masters in Health Management, Pediatrics-English Language Training 2011, Nutrition and dietetics - Masters, Rehabilitation, Wellness and spa, Food safety - Master's program in Safety and control of public health, Hygiene of children and adolescents- bachelors-Inspectors in public health, Breastfeeding support-elective course- Masters in medicine- Bulgarian and English speaking programs, Current problems of nutrition of healthy and sick people – facultative course for Masters of Medicine, Organizer and lecturer in the following CME training: Breastfeeding support; Early childhood intervention; Nutrition during the first 1000 days; Nutrition of children with type 1 diabetes mellitus.

Assoc. Prof. Ruzha Zlatanova Pancheva-Dimitrova actively participates in all scientific, jubilee, creative events and performances, etc. organized by the Department of Hygiene and Epidemiology at MU-Varna. She participates in numerous professional institutions and organizations - Member of the Bulgarian Medical Union, of the Association of Cell Biology, of the Bulgarian Pediatric Association, of the Bulgarian Society of Enteral and Parenteral Nutrition, of the National Breastfeeding Support Association, of the European Society of Clinical Nutrition and Metabolism, of the European Society of Pediatric Gastroenterology, Hepatology and Nutrition, of the Bulgarian Society of Pediatric Gastroenterology, Hepatology and Nutrition, of the Academy of Breastfeeding Medicine, Member of the Board of the Karin Dom Foundation.

Conclusion: Based on the materials presented to me for the competition and on my personal impressions of assoc. prof. Dr. Ruzha Zlatanova Pancheva-

Dimitrova, I'm convinced that she fully meets the requirements of the Development of the academic staff law in the Republic of Bulgaria, The rules of procedure for its implementation and the Rules of procedure for the development of the academic staff in Medical University "Prof. Dr. Paraskev Stoyanov" – Varna and the laid down criteria for the occupation of academic title "professor". This is why I give my positive assessment for the selection of assoc. prof. Pancheva for professor and recommend to the honorable members of the Scientific jury to vote positively for her selection.

City of Varna
22.10.2021



Assoc. Prof. Dr. Darina Naydenova Hrostopova, MD, PhD