

STANDPOINT

by

Assoc. Prof. Dr. Lalka Rangelova, MD

Food and Nutrition Department, National Center for Public Health and Analysis, Sofia,
a member of the scientific jury pursuant to Order No. P-109-391 of 20th September 2021 issued
by the Rector of the Medical University of Varna "Prof. Dr. Paraskev Stoyanov" and appointed
to provide an academic standpoint according to Minutes No. 1 of the first meeting.

Subject: Competition for the academic position "Professor" in the field of higher education
7. Health and sports, professional field 7.1 Medicine in the scientific specialty "Hygiene" (incl. the
ones related to occupation, community, radiation, school, etc.), announced in SG, issue
61/23.07.2021 for the needs of the Educational Sector "Hygiene", Department of Hygiene and
Epidemiology, Faculty of Public Health.

The only candidate in the competition is Associate Professor Dr. Ruzha Zlatanova Pancheva, MD.
The candidate has submitted all the necessary documents for the competition in accordance with
the Regulations for the development of the academic staff of the Medical University – Varna, as
well as a reference for fulfillment of the minimum requirements for holding the academic position
"Professor".

Concise information about career development of the candidate

Assoc. Prof. Dr. Ruzha Zlatanova Pancheva - Dimitrova, MD graduated from the Medical
University – Varna in 1997. In 2003 she acquired a specialty in Pediatrics.

From 2003 to 2008 she was a full-time PhD student at the Department of Paediatrics. After
developing and defending her dissertation: "Probiotics in the prevention of dyspepsia in
hospitalized children aged 0–7 years" the candidate obtains an educational and scientific degree
"Doctor" in the scientific specialty "Pediatrics".

In 2014 she won a competition for "Associate Professor" at the Department of Hygiene and
Epidemiology of the Medical University – Varna. In 2018 she acquired a specialty in Nutrition and

Dietetics at Medical University – Sofia. She has been working as a pediatrician at the Outpatient Medical Center for Emergency Medical Care "St. Stilian" – Varna since 2013.

Dr. Ruzha Zlatanova Pancheva - Dimitrova began her teaching assignments in 2011 teaching Pediatrics – Bachelor's programme in English Language – Speech therapy. She has gone through Hygiene and Ecology – Bulgarian and English language training; Environment and Health – Masters in Public Health – Cyprus and Bulgaria; Environment, Nutrition and Health – Masters in Health Management; Nutrition and Dietetics – Masters in Rehabilitation, Wellness and Spa; Food Safety – Master's program in Public Health Protection and Control; Hygiene of Children and Adolescents – Bachelor's programme – Inspector of Public Health; Breastfeeding support – optional course – Masters in Medicine – Bulgarian language training, English language training; Ongoing Problems of Nutrition of Healthy and Sick People – optional course for Masters in Medicine.

Presently, Dr. Ruzha Zlatanova Pancheva - Dimitrova is a lecturer in Module 3 for post-graduate students in Nutrition and Dietetics, as well as a promoter and lecturer in the following postgraduate training courses: Breastfeeding support; Characteristics of Autism. Diagnostics. Therapeutic methods and approaches in childhood; Early childhood intervention, face-to-face and e-learning; Nutrition during the first 1000 days – face-to-face and e-learning and Nutrition of children with type 1 diabetes mellitus.

Assoc. Prof. Dr. Ruzha Zlatanova Pancheva - Dimitrova has been the supervisor of two successfully defended PhD students. She is also a reviewer in five scientific journals, three of which are in English.

Research and publication activities

Assoc. Prof. Dr. Ruzha Zlatanova Pancheva - Dimitrova, MD participates in the scientific competition with 41 scientific papers, presented as abstracts. There are 28 scientific papers included in the academic reference:

- 10 scientific publications covering the minimum scientometric requirements for acquiring the academic position "Professor". 5 of them are in international scientific journals, indexed and referenced in world scientific databases with scientific information (*Scopus u WOS (CABI)*). The other 5 are in Bulgarian scientific journals, indexed and referenced in world scientific databases with scientific information информация (*Scopus u WOS (CABI)*);

- 8 scientific publications, in scientific journals, indexed and referenced in world scientific databases with scientific information (*Scopus u WOS (CABI)*);
- 10 publications in unrefereed journals with scientific review or published in edited collective volumes;
- 4 published university teaching aids since 2020.

In most of the presented publications the candidate is the first or second author, which reveals the main contribution to the scientific production.

A total of 37 scientific citations in scientific journals, indexed and referenced in world scientific databases with scientific information (*Scopus u Web of Science u dp.*) are presented.

The presented scientific production and the interests of the candidate can be summarized in the following areas: Nutritional status, nutritional and non-nutritional factors, care and quality of life of children with neuropsychiatric diseases; Parental hesitation about vaccination; Nutrition recommendations for chronic diseases beginning in childhood (Cystic fibrosis, Nutrition in chronic intestinal diseases, Nutrition in type 1 diabetes mellitus with a long history and metabolic risk); Preventive effect of nutrition (Preventive effect of breast milk, Prevention of allergies in childhood, Gastro-oesophageal reflux in infancy - nutritional interventions); Metabolic and nutritional risks in chronic conditions and diseases with long-term therapy (Metabolic risks in patients after chemotherapy, Eating and taste disorders in patients with chronic renal failure, Nutritional deficiencies in patients with full dentures, Nonalcoholic liver disease; Probiotic effect and Training of medical students in the field of hygiene and ecology.

Some of the indicated directions are decisive for the direction for which the competition has been announced.

Conclusion

The scientific production of Assoc. Prof. Dr. Ruzha Zlatanova Pancheva - Dimitrova, MD fulfils the Act on development of the academic staff in the Republic of Bulgaria (ADASRB) and the Regulations for the Application of ADASRB, as well as the Regulations for the development of the academic staff of the Medical University - Varna for holding the academic position "Professor".

The minimum requirements for holding the academic position "Professor" are also met. The above gives me a reason to give a positive assessment and recommend to the esteemed members of the

scientific jury to vote positively and to elect the Assoc. Prof. Dr. Ruzha Zlatanova Pancheva - Dimitrova, MD for the academic position "Professor" in the field of higher education 7. Health and sports, professional field 7.1 Medicine in the scientific specialty "Hygiene" (incl. the ones related to occupation, community, radiation, school, etc.), prom. SG. 61/23.07.2021 for the needs of the Educational Sector "Hygiene", Department of Hygiene and Epidemiology, Faculty of Public Health at the Medical University "Prof. Dr. Paraskev Stoyanov" – Varna.

20th October 2021

Member of Jury:



(Assoc. Prof. Dr. Lalka Rangelova, MD)