

OPINION

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"St. Marina"

Concerning the contest for occupying Academic title "Associate Professor", higher education area 7. "Health and Sport" in professional field 7.1 "Medicine" and scientific specialty "Physiotherapy, balneology and rehabilitation" for the needs of the Faculty of „Public Health“, Department of „Physiotherapy, rehabilitation, thalassotherapy and occupational diseases ", the Training sector of Physiotherapy, Rehabilitation and thalassotherapy – Medical University - Varna and the Clinic of Physical and Rehabilitation Medicine at the University Multipurpose Hospital for Active Treatment "St. Marina", promulgated in State Gazette – issue 12 from 8.02.2019

By Order No P-109-141/8.04.2019 of the Rector of the Medical University – Varna I am an internal member of the Scientific Jury and according to the decision of the first absent meeting of the SJ from 17.04.2019. I am determined to write an opinion. Only one candidate – Dr. Mariyana Mihaylova Krasteva – Ruseva, M.D., has submitted her documents for participation in the contest.

1. Evaluation of pedagogical activity and preparation

The candidate graduated the Medical University – Varna in 1995 with educational – qualification degree “Master in Medicine” with an excellent grade. She has acquired specialty in ”Physical and rehabilitation medicine” in 2004. After winning a competition she was appointed as a permanent assistant at the Department of „Physiotherapy, rehabilitation, thalassotherapy and occupational diseases -Medical University of Varna.

In 2010 – acquired qualification in a highly specialized activity – Manual Medicine.

In 2016 she has been awarded an educational and scientific degree "Doctor" on the scientific specialty of "Physiotherapy, balneology and rehabilitation" on the basis of a successfully defended thesis on "The role of extension therapy in the complex treatment of lumbar disc disease".

Dr. Mihaylova has participated in a number of qualification courses for postgraduate training and specialization in the following directions: training for the rehabilitation of patients suffered myocardial infarction and cardiac surgeries at Medical University - Varna (**2005**); Novelties in Manual Diagnosis and Therapy. UMPHAT "St. Marina", Varna (**2005**); Excitomotor electrodiagnostics at the Association of Physical Medicine and Rehabilitation (**2005**); Manual medicine. BMA, Medical University - Varna (**2006**); Extension therapy. MPHAT "St. Marina" (**2007**); Acupuncture. Cycle A, B, C, D. BMA, Medical University - Sofia, Department of postgraduate training (**2008**); Laser therapy. Medical University - Sofia (**2009**); Prolotherapy. Lecturer: J. D. Watson, MD, FRCPC. Varna, Bulgaria (**2012**); Neural Therapy. Medical

University - Varna, Austrian Medical Association of Neural Therapy (2012); Pedagogical qualification of trainers from health institutions Medical University - Varna (2012); Training on "Quality of Life and How to Get Out of therapy framework? How can children with physical disabilities participate in everyday activities? "Karin Dom" Foundation, Varna (2018); Training on: Motor development, gymnastics for children with special needs. CCP – importance of posture, positioning and assisting children, "Karin Dom" Foundation, Varna (2018).

She has participated in 28 national and international scientific forums, on 11 of them with a report.

Dr. Mihaylova delivers lectures and exercises in the "Physiotherapy" major of the specialties of "Obstetrics", "Nurse", "Rehabilitation therapist", "Physiotherapy and rehabilitation" of the "Medicine" specialty. The applicant participates in the development of curricula and tests, actively participates in examination boards. The number of academic hours in the various years ranges from 375 to 220 hours and exceeds the required minimum of 220 hours a year. Dr. Mihaylova is a course manager in the Master's program of "Rehabilitation, balneology, wellness and spa", reviewer of two diploma theses in 2015.

She's been a member of the Bulgarian Medical Association, the Association of Physical and Rehabilitation Medicine, the Bulgarian Society of Manual Medicine and CITUB.

2. Overall assessment of the scientific-theoretical and practical-applied contributions of the candidate.

The applicant's overall publishing activity contains 40 scientific papers. Of them, 29 participate as evidential material in the reference on the fulfillment of the minimum requirements for awarding the "Associate Professor" title as per LDASRB from 2018. There are also 11 publications presented, other than the evidence for the fulfillment of the minimum requirements for the awarding of the "Associate Professor" title. From the actual publications in magazines, including monographs, dr. Mihaylova is the sole author of 4 of the articles and of the monograph, the first author of 12 articles, second author of 11 articles, and third author of 9 articles and follow-up of 2 articles.

3. Characterization and contribution of scientific publications

Scientific-theoretical and practical-applied contributions are in the following directions: Extension therapy, preformed physical factors and prevention of lumbar disc disease, Management and prevention of low back pain, Manual medicine and tests for the diagnostics of MSS and peripheral neural system diseases, Application of physical factors in MSS diseases, Physiotherapy and prevention in osteoporosis, Physiotherapy and prevention in childhood, Physiotherapy and prevention of common diseases in childhood, Rehabilitation and testing in children with special educative needs and autism

This is indicative of the broad knowledge and scientific interests of the candidate's medical specialty.

Contributions of original character

- For the first time in Bulgaria, a dissertation was published, representing a profound and systematic study of the effectiveness of intermittent extension therapy in the treatment of lumbar disc disease.
- For the first time in Bulgaria a "SAM" questionnaire was used to evaluate self-esteem, activity and mood after extension treatment of patients with lumbar disc disease.
- For the first time in Bulgaria an in-depth study was carried out on the possibilities of the "Bioptron" lamp to influence tonsillar hypertrophy and the symptoms of night breathing in children.
- For the first time in Bulgaria a research was carried out on the capabilities of direct transcranial current stimulation (tDCS) on a number of impaired functions, such as physical development, cognitive skills, speech skills in children with autism spectrum disorder.

Contributions of scientific – applicable character

- A complex physiotherapeutic program has been developed including an extension procedure with proven efficacy in patients with lumbar disc disease.
- An algorithm has been developed for conducting intermittent extension therapy in patients with lumbar disc disease.
- A complex physiotherapeutic program has been developed for the treatment of children with tonsillar hypertrophy and symptoms of disturbed night breathing.
- The monographic work presents the modern possibilities of physical therapy for treatment and prevention of osteoporosis.
- Specific preventive measures have been developed and presented to prevent low back pain in adolescents and adults

4. Significance of contributions to science and practice

Dr. Mihaylov's scientific contributions are indisputable and meet the requirements for an academic post, "Associate Professor", of Medical University in Varna.

5. Evaluation of the medical-diagnostic activity

The attached transcript shows that Dr. Mihaylova has had 19 years and 8 months of work experience as a medical doctor, 14 years and 7 months as a specialist in "Physical and Rehabilitation Medicine" and has been actively involved in the medical activities of the "St. Marina" hospital – Varna.

6. Evaluation of the teaching activities.

Dr. Mihaylova conducts lectures and practical training in Physical and Rehabilitation Medicine, prepares curriculum and tests, actively participates in examinations commissions of semester and state exams.

The 5-year period has an average of about 286 hours, which exceeds the required minimum of 220 hours

Conclusion

Based on the analysis of the overall scientific and teaching activity and its compliance with the requirements of the Law on Higher Education, the Law on the Development of the Academic Staff in Bulgaria, I have the right to vote " positive " and propose to the Honorable Jury to award the Academic Position "Associate Professor" higher education area **7. "Health and Sport" in professional field 7.1. Medical specialty "Physical and Rehabilitation Medicine"** the **Dr. Mariyana Mihaylova Krasteva – Ruseva, M.D**

Varna

24.04.2019.

/Assoc. Prof. Kalin Mihov, MD, PhD /