

## **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-109-395 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 of Associate 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 of 23.07.2021 for the needs of the Educational Sector "Hygiene", Department of Hygiene and Epidemiology, Faculty of Public Health.

### **Competition brief**

The only candidate in the competition is Chief Assistant Professor Rositsa Hristova Chamova 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 "Prof. Dr. Paraskev Stoyanov", as well as a reference for fulfillment of the minimum requirements for occupation the academic position of Associate Professor.

### **Concise information about career development of the candidate**

Chief Assistant Dr. Rositsa Hristova Chamova, MD graduated from the Medical University – Plovdiv in 1996. In 2006 she acquired a specialty in Emergency Medicine and in 2017 the specialty in Nutrition and Dietetics. After developing and defending a dissertation: "Breastfeeding and urinary tract infections in children aged 0–3 years in Varna "she has acquired the educational and scientific degree Doctor in the scientific specialty in Hygiene (incl. the ones related to occupation, community, radiation, school, etc.). In 2018 she won a competition for "Chief Assistant" at the Department of Hygiene and Epidemiology at Medical University of Varna. Between 2011 and 2018 she worked as an assistant at the Department of Hygiene Medical University of Varna. Since 2018

she has been working as a Chief assistant at the Department of Hygiene and Epidemiology at Medical University of Varna.

Dr. Rositsa Hristova Chamova has a thorough knowledge of Bulgarian, Russian and English.

Chief Assistant Chamova is a member of scientific and professional organizations BULGARIAN MEDICAL ASSOCIATION, BSND (Bulgarian Society of Nutrition and Dietetics), BAPGHN (Bulgarian Association of Pediatric Gastroenterology, Hepatology and Nutrition), BSSPH (Bulgarian Scientific Society of Public Health), EUPHA (European Public Health Association), BPHA (Bulgarian Public Health Association), ESPGHAN (The European Society for Paediatric Gastroenterology, Hepatology and Nutrition).

### **Evaluation of teaching and educational activities**

Dr. Rositsa Hristova Chamova began her teaching activity in 2009 as a part-time assistant at the Department of Hygiene and Disaster Medicine – Medical University of Varna. Dr. Chamova has gained extensive experience in teaching as a leading lecturer of exercises and lectures as follows:

Exercises: Hygiene and Ecology – for the specialty Medicine (in Bulgarian and English); Rehabilitation therapist; Nursing; Midwifery; Environment and Health – Health Management – Bachelor Degree; Environment, Nutrition and Health – Health Management and Medical and Social Care – Master Degree; Nutrition and Health – Health Management – Bachelor Degree; Nutrition and Dietetics – Rehabilitation, Sea Treatments, Wellness and SPA – Master Degree; Hygiene and Ecology of Health Institutions – Health Care Management Master Degree and Pharmaceutical and Medical Aspects of Nutrition – Pharmaceutical Management and Care – Master Degree.

Lectures – Community Hygiene, Food Hygiene –of Public Health Inspector; Environment, Nutrition and Health – Health Management – Bachelor Degree; Hospital Hygiene and Hospital Acquired Infections – Health Management – Bachelor Degree; Environment, Nutrition and Health – Health Management and Medical and Social Care Master Degree; Hygiene and Ecology – Nursing and Midwifery; Medical Ecology – Medical Beautician; Hygiene and Safety of Laboratory Work – Medical Laboratory Technician; Hygiene and Ecology – X-ray Laboratory Assistant; Hygiene and Ecology of Health Institutions – Health Care Management – Bachelor Degree; Environment and Health – Public Health – Master Degree in Russian.

Ch. assistant Dr. Rositsa Hristova Chamova has been a supervisor of one graduate student.

### **Scientific and publishing activity**

For the competition the candidate has presented publications and references proving her high scientific productivity. A total of 33 publications have been submitted for the participation in this competition resulting from candidate's overall research activity, broken down by type as follows:

Dissertation work for acquiring an educational and scientific degree "Doctor" – 1 pc.

Habilitation work (monograph) – 1 pc.

Book based on a successfully defended dissertation for acquiring an educational and scientific degree "Doctor" – 1 pc.

Scientific papers – 30 pcs. (for chief assistant professor – 16 pcs.; for associate professor – 14 pcs.), of which

- in scientific publications, referenced and indexed in world-famous databases with scientific information (*Scopus / WOS and WOS*): 5 pcs.;
- in unreferred journals with scientific review: 25 pcs.

15 pcs. of the above mentioned publications participate as evidence in the reference for fulfillment of the minimum requirements for occupation the academic position of associate professor according to the Act on development of the academic staff in the republic of bulgaria from 2018. 2 publications are also presented, apart from the evidence for fulfillment of the minimum requirements for occupation the academic position of associate professor . In most of the presented publications, the candidate is the first author, which shows the main contribution to the scientific production.

Dr. Rositsa Chamova has had scientific participations in 21 national and in 15 international scientific events.

A total of 6 scientific citations are presented in non-refereed publications with scientific review - 55 points, one citation in scientific journals, indexed and referenced in world scientific databases with scientific information (*Scopus and Web of Science, etc.*) and one citation in a monograph. The high number of citations by Bulgarian authors demonstrates the relevance of the subject and the recognizability of the candidate by Bulgarian scientific community.

### **Scientific advances and contributions**

The presented scientific production and the interests of the candidate can be summarized in the following areas: Importance of Healthy Eating during Pregnancy: Nutrition of the Pregnant Woman and Metabolic Programming of Diseases (habilitation work). Influence of Dietary Choline Intake during Pregnancy on Offspring Brain Development, Dietary Supplements during Pregnancy. Breastfeeding – a Behavioral Factor with Extremely Health Benefits for Both Child and Mother: Protective Effect of Breast Milk on Urinary System Infections in Children aged 0–3 years, Protective Effect of Breast Milk on Urinary Tract Infections in Children aged 0–3 years, Prevention of Urinary Tract Infections in Children in the First Three Years of Life through Breastfeeding, Probiotics and Breast Milk, Fat-soluble Vitamins in Breast Milk: Breast Milk Antioxidant Activity. Health Benefits of Bee Products Consumption: The Role of Royal Jelly for Human Health. Hygiene of Children and Adolescents. Working Capacity of Primary School Students Trained in Various Ergonomic Conditions – the town of Varna, Assessment of Anthropometric Nutritional Status of Primary School Students from the Town of Varna. Study of Eating Habits of Different Groups of Population, Study of Eating Habits among Working People Experiencing Various Levels of Psycho-emotional Stress, Nutrition – a Significant Factor in Bone Health and Pilot Study of Eating Habits of Women of Childbearing Age from the Town of Varna.

The contributions thus produced have a strong cognitive and practical application for the region and the country. The monograph is the first guide, analyzing the relationship between the nutrition of the mother and the metabolic programming of diseases of offspring in our country. Modern scientific evidence for the impact of unhealthy eating during pregnancy on the growth, development and health of the future individual has been presented. The best strategy for this period remains the mother's balanced diet.

### **Conclusion**

Chief Assistant Professor Rositsa Hristova Chamova MD has extensive teaching experience. The scientific production of Chief Assistant Professor Rositsa Hristova Chamova 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 occupation of the academic position of Associate Professor.

The minimum requirements for occupation of the academic position of Associate Professor have also been met. The above gives me a reason to give a positive assessment and recommend to the distinguished Scientific Jury to award to Chief Assistant Professor Rositsa Hristova Chamova MD the academic position of Associate Professor in scientific specialty 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.), 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.

29<sup>th</sup> October 2021

Member of Jury:



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