

STATEMENT

by Prof. Dr. Dimitricka Duchevea Bliznakova, MD
 MU „P. Stoyanov ”Varna, Faculty of Dental Medicine, Department of Clinical Medical Sciences

Member of a scientific jury appointed by Order of the Rector of MU-Varna
 P 109-399 / 20.09.2021r

Regarding the holding of a competition for the academic position of "Associate Professor"
 in the field of higher education, 7. Health and Sports, professional field 7.1 Medicine,
 specialty "General Medicine"
 with candidate Ch. Assistant Professor Dr. Zhenya Ruseva Petrova, MD

Dr. Zhenya Ruseva Petrova was born on December 14, 1974 in the town of Karnobat. She graduated in medicine in 1999. She acquired the specialty "Physical and Rehabilitation Medicine" in 2009. In 2018 she acquired the specialty "General Medicine". Successfully defended dissertation in 2017. "Possibilities of physical factors to influence children with tonsillar hypertrophy and symptoms of night breathing disorders."

Professional Development:

- from 2000 to 2011 - doctor at the Central Medical Center;
- since 2009 and until now - specialist in physical and rehabilitation medicine at the DCC "St. Marina";
- from 2011 to 2018 - MU-Varna, Department of General Medicine and Clinical Laboratory / Management Board General Medicine - Assistant;
- from 2018 to the present - MU-Varna Department of General Medicine - Chief Assistant.

Academic development:

- since 2016 - full-time doctoral student of independent training at the Department of General Medicine and Clinical Laboratory, specialty General Medicine. Successfully defended dissertation in 11.2017.

Scientometric indicators :

The total publication activity of the candidate contains 27 scientific papers. 15 of them participate as material in the reference for fulfillment of the minimum requirements for holding the academic position of "associate professor" according to ZPASRB from 2018. Two publications outside the evidence for the fulfillment of the minimum requirements for becoming AD - "Associate Professor" are also presented.

Dissertation : "Possibilities of physical factors for influencing children with tonsillar hypertrophy and symptoms of night breathing disorders."

Monographs: 1 pc.

Articles: full-text articles 25 (related to the dissertation for chief assistant 7; for associate professor 15), of which in scientific journals referenced and indexed in world-famous databases with scientific information: 11.

Unreferenced journals with scientific review : 14 pieces.

The following topics are considered in the presented scientific papers:

- adenotonsillar hypertrophy in childhood and related symptoms - treatment options with physical therapy;
- prevention and treatment through the methods of physical therapy of patients with disc disease;
- Patients with rheumatic diseases in general medical practice
- common clinical problems in general clinical practice

The role of adenotonsillar hypertrophy in childhood is a serious challenge facing ENT specialists, pediatricians, physiotherapists, GPs. The incidence of the disease has increased in recent years and this leads to the improvement of diagnostic and therapeutic methods. The beneficial therapeutic effect achieved by the effect of physiotherapy with the Bioptron device and ultrasound gives grounds to make recommendations for its use in adenotonsillar hypertrophy, snoring, apnea pauses during sleep, daytime sleepiness and decreased attention.

For the first time in our country an original complex physiotherapeutic program with polarized polychromatic incoherent low-energy light and ultrasound has been developed for use in children with adenotonsillar hypertrophy, impaired nocturnal respiration, nocturnal enuresis and behavioral manifestations during the day. An algorithm has also been developed for children with adenotonsillar hypertrophy.

The prevention and treatment through the methods of physical therapy of patients with disc disease have been studied. Scientific publications are of interest which is dictated by the social significance of the disc disease problem. Symptoms associated with disc disease are one of the most common reasons for visits to GPs and specialists in neurology and physical and rehabilitation medicine.

The candidate's research in this area, as the analysis of a number of scientific sources, show that a competent diagnostic and therapeutic approach in a patient with low back pain is crucial for maintaining their ability to work. It is extremely important in this problem to focus on prevention, which incl. elimination of risk factors (fight against smoking, obesity, sedentary lifestyle) and the stimulation of daily physical activity, sports and healthy eating, creation of ergonomic jobs, development of medical tourism.

The coverage of patients with rheumatic diseases in the general medical practice is confirmed in 4 full-text articles. The basic diagnostic and prognostic methods in patients with rheumatoid arthritis are described, divided into 3 groups: clinical, radiographic and laboratory. Antibodies tested in patients with rheumatoid arthritis that can be used for diagnostic and prognostic criteria are described. Radiographic changes in patients with rheumatoid arthritis can be used not only as diagnostic criteria, but also to report disease progression. As a cognitive contribution based on recent publications, it has been established that osteoporosis is a disease of the synovial joint with three elements: cartilage loss, adjacent bone remodeling and concomitant low-grade inflammation. Factors related to the unfavorable prognosis in terms of joint damage and disability of the patient with rheumatoid arthritis, which is an important contribution of a practical nature, are also described.

Of interest are the various clinical problems presented by the candidate in the general clinical practice. This emphasizes the mastery of rich knowledge in various medical fields.

Of great importance are the contributions of a cognitive nature, which address clinical problems in childhood related to children's nutrition and related problems of obesity, children with hyperactivity and frequent congenital anomalies of the urinary system. The main causes

of primary amenorrhea and the possibilities for influencing GPs are described. In order to improve his work in the course of family planning.

Our practice teaches us specialists in the approach to the respective diseases. An exceptional contribution to the scientific production of Dr. Zhenya Ruseva Petrova is the monograph : "Improving the quality of life of patients with disc disease through methods of treatment with physical therapy." The urgency of the problem is emphasized, as well as its significance. Symptoms associated with disc disease are one of the most common reasons for visits to GPs and specialists in physical rehabilitation medicine. After the treatment, a statistically significant reduction in the intensity of pain was observed, assessed according to the visual analog scale in patients with disc disease. The individual quality of life of patients with lumbar and cervical disc herniation was also improved. Wider use of physical therapy methods in the treatment of disc disease is recommended. The described therapeutic successes illustrate the significant effectiveness of individualized physiotherapy and kinesitherapy in patients with acute disc disease. The role of conservative treatment during initial diagnosis in patients with lumbar and cervical disc herniation was highlighted, as well as the fact that modern physiotherapy and kinesitherapy are more cost-effective for both the patient and the health care system.

Fluent in: Bulgarian, English and Russian

Conclusion: The presented scientific articles of Ch. Assistant Professor Dr. Zhenya Ruseva Petrova, MD, shows her activity, depth and practical competence in the field of physical therapy and general medicine. The various topics that are present in the works once again confirm the academic prowess, ambition and purposefulness in scientific research in an extremely important branch of medicine: influencing diseases with one main goal prevention of disability.

Getting acquainted with the provided scientific production, I return to a thought: "The future is not a gift, the future is an achievement." The results achieved by the candidate give me grounds to propose to the esteemed scientific jury to support the candidacy of Ch. Assistant Professor Dr. Zhenya Ruseva Petrova, MD for AD "Associate Professor".

12/10/2021



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Prof. Dr. D. Bliznakova, MD