

EXPERT REVIEW

by Professor Veselinka Dimitrova Nestorova, MD, PhD

Head of the Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases, Faculty of Public Health

Prof. Dr. Paraskev Stoyanov Medical University of Varna

Regarding: The appointment procedure for the recruitment of an associate professor in the Tertiary Education Field 7 *Healthcare and Sports*, Research Area 7.4. *Public Health*, academic major *Kinesitherapy* at the *Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases*, announced in the State Gazette No 61 of 23 July 2021 with an applicant - *chief assistant Stanislava Martinova Bogomilova, PhD*

I was appointed member of the Academic Assessment Committee with Order No P-109-394/20.09.2021 issued by the Rector of the Medical University of Varna. Being an internal member of that Committee, with Minutes No 1 of its meeting held on September 30, 2021, I was tasked to prepare an expert assessment (in Bulgarian and in English) on the applicants for the announced academic position of Associate Professor in Kinesitherapy, Research Area 7.4. Public Health, Tertiary Education Field 7 Healthcare and Sports for the needs of the Kinesitherapy Training Sector, Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases, Faculty of Public Health, Prof. Dr. Paraskev Stoyanov Medical University of Varna.

Only one applicant has applied for the announced vacancy - chief assistant Stanislava Martinova Bogomilova, PhD. When applying for the position, chief assistant Stanislava Martinova Bogomilova, PhD has submitted all the documents required under the requirements of the Development of Academic Staff in the Republic of Bulgaria Act and the corresponding implementing Regulations on the Development of the Academic Staff of the Medical University of Varna.

I. Applicant's Career Development Profile

Chief Assistant Stanislava Martinova Bogomilova, PhD was born in Varna. In 2009 she graduated from the Medical College at Prof. Dr. Paraskev Stoyanov Medical University of Varna and was awarded Bachelor's degree in Rehabilitation, and in 2011 she was awarded a Master's degree in Kinesitherapy from Vasil Levski National Sports Academy of Sofia. After defending a Ph.D. thesis (2019) on the topic *Extended Fitball as an Emotional*

and Therapeutical Method for Reducing Overweight at the Department of Kinesitherapy, Neofit Rilski South-West University – Blagoevgrad, she was awarded the academic research degree of Doctor of Kinesitherapy (PhD). From 2014 to 2018 she was an assistant professor in the Rehabilitation Training Sector at Medical College, Prof. Dr. Paraskev Stoyanov Medical University of Varna. From February 2018, she was an assistant professor in the Kinesitherapy Training Sector, Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases, Faculty of Public Health, and from February 2021 until now she is a chief assistant in the same training center.

The applicant has attended scientific conferences and continuing professional development courses in Bulgaria and abroad: the Seventh National Congress of the Association of Physiotherapists in Bulgaria, June 5-7, 2015, the Forth Scientific Session for Lecturers and Students of the Medical College - Varna, October 8-9, 2015, the Scientific Conference “Contemporary Trends in Healthcare” –Sliven, May 14, 2016, the Sixth Scientific Session "75 years of Medical College - Varna", Varna, November 17-18, 2017, the Twenty-eight Annual Assembly of IMAB and the Fifth International Meeting of Alumni Club at Medical University Varna, Bulgaria, Varna, Golden Sands, May 13-16, 2018, the First National Conference on Stroke, Varna, June 8-9, 2018, the XXVII International Scientific Conference of Young Scientists 2018, Blagoevgrad, Neofit Rilski South-West University, June 14-15, 2018, the Anniversary Scientific Conference “Contemporary Trends in Healthcare” –Sliven, September 21, 2018, the Seventh Scientific Session for Lecturers and Students of the Medical College - Varna, October 5-6, 2018, the First International Conference on Scoliosis Management. April 12-13, 2019 Istanbul – Turkey, the Twentieth Students Scientific Conference of the Faculty of Public Health, Healthcare and Sports, April 16, 2019 – Blagoevgrad, a report on the topic “Early Kinesitherapy after Anterior Cruciate Ligament Reconstruction using Pull-Up Systems”, the Twenty-ninth Annual Assembly of IMAB at Medical University Varna, Bulgaria, Varna, Golden Sands, May 09-12, 2019, the Third National Conference of the Bulgarian Scientific Society for Public Health “Public Health - the Capital of the Future”, MU – Plovdiv, May 30th – June 1st, 2019, the Fourteenth National Congress of the Bulgarian Orthopedic and Traumatology Association, Varna, October 03-06, 2019, Certificate of Attendance for ERASMUS+STAFF MOBILITY FOR TRAINING, Academic year 2017/2018, visited Riga Medical College of the University of Latvia (LV RIGA46) in the period from 25/09/2017 to 29/09/2017 and performed training activities in accordance with the Staff Mobility Agreement signed bilaterally prior the mobility period, Certificate Academic year 2017/2018 of

Attendance for ERASMUS+STAFF MOBILITY FOR TRAINING, representing Medical University-Varna (BG VARNA 03), Bulgaria in accordance with Mobility Agreement / Staff Mobility for Training, performed training activities at Riga Medical College of the University of Latvia (LV RIGA46).

She is a certified therapist in manual lymphatic drainage therapy, nutrition and dietetics, cancer rehabilitation, etc.

She is a member of the Association of Physiotherapists in Bulgaria (APB).

The applicant has good foreign language training – she is fluent and uses in her practice Russian and English languages.

II. Scholarly Output

In support of her application, Chief Assistant Stanislava Bogomilova has submitted 21 research works grouped as follows:

1. Works included in the List of Publications proving that the applicant satisfies the minimum requirements for holding the position of Associate Professor as per the Development of Academic Staff in the Republic of Bulgaria Act of 2018:

- A PhD Thesis for awarding the academic research degree of Doctor of Kinesitherapy (PhD) – 1 copy;
- Habilitation thesis – monograph– 1 copy;
- Articles published in peer-reviewed scholarly journals refereed and indexed in global scientific databases– 5;
- Articles published in peer-reviewed scholarly magazines, not refereed in global scientific databases– 7.

2. Other works not included in the List of Publications proving that the applicant satisfies the minimum requirements for holding the position of Associate Professor:

The applicant has also submitted 7 full-text publications in addition to those required to prove that she meets the minimum requirements for holding the position of Associate Professor.

The applicant is the first author of 7 and the second author of 8 of the submitted publications.

She submitted 7 citations included in Bulgarian and foreign journals.

Chief Assistant Stanislava Bogomilova has active Google Scholar, ResearchGate and ORCID accounts.

As for the scientometric indicators, the applicant to this vacancy covers and exceeds the minimum requirements of the Medical University of Varna, as evidenced by the academic transcript attached. Chief Assistant Stanislava Bogomilova gained 50 points (out of 50 required) for her PhD Thesis for awarding the academic research degree of Doctor of Kinesitherapy (PhD), 100 points (out of 100 required) for the habilitation thesis – monograph, 202 points (out of 200 required) for publications, of which 82 points (out of 80 required) for such published in peer-reviewed scholarly journals, refereed and indexed in global scientific databases, and 60 points (out of 50 required) for citations.

The scholarly work submitted by the applicant for the announced vacancy is focused on the kinesitherapeutic approach and the integrated care in chronic disabling diseases and the more common conditions in orthopaedics and traumatology practice. Overcoming the problems is sought in the adequate exercise regime, as the most physiological means to perform daily activities.

The main thematic areas covered in the applicant's scientific and research work and her academic teaching practice unite the achievements of her overall scholarly and career path, with the core being to explore the opportunities for making changes in public health through integrated kinesitherapeutic care and comprehensive rehabilitation.

Main thematic areas covered in the scientific and research work

1. Kinesitherapy management of overweight.
2. Kinesitherapy, promotion, prevention and disease management.
3. Kinesitherapy approach in orthopaedics.

The main thematic focus of the scientific and research work of chief assistant Stanislava Bogomilova is obesity in adults and children, as she is also interested in the field of kinesitherapy, promotion, prevention and disease management and the kinesitherapy approach in orthopaedics.

Contributions related to the first area of research. Kinesitherapy management of overweight

The applicant's scholarly work examines the main challenges faced by kinesitherapy professionals when trying to reduce overweight and deal with issues

caused by it. Overcoming them is achieved through an adequate exercise regime, as a means to increase the patient's physical activity and culture so that he/she is able to perform his/her daily activities, improve his/her work capacity and enhance his/her mental and emotional health. (IB_3, II_8/1, II_8/5, III_8/1, III_8/3, III_8/4). Obesity as a disease and the consequences thereof if no or untimely rehabilitation is conducted as well as its medical and social and economic significance in children and adults have been considered (IB_3, II_8/5). The applicant is the author of many scientific papers, analyzing the historical understandings of different societies about overweight and its association with the onset of diseases that worsen the overall health of the patient and sometimes lead to disabling conditions. (IB_3).

The contributions under the first area of research are of theoretical and methodological and of practical and applied nature.

Contributions related to the second area of research. Kinesitherapy, promotion, prevention and disease management

The standing of kinesitherapy in the promotion, prevention and disease management as well as its benefits for the patient, his/her family and the society has been defined. (II_8/2, II_8/4). Special kinesitherapeutic algorithms have been developed for patients with socially significant diseases in oncology, plastic surgery and neurological diseases to meet the needs and preferences of individual patients and targeted at the management of the disease process have been developed. (II_7/2, II_7/4, II_7/5, II_8/3, III_7/1). Proven methods and tests have been used to study the rehabilitation potential of the patient, which allows for the timely prevention and treatment of different diseases. (II_7/2, II_7/3, II_7/4, II_7/5). A survey was conducted among medical professionals to explore their knowledge of the methods of complementary medicine and their attitudes towards its practical inclusion in the treatment of patients with various diseases. (III_8/2). Based on the results, the role of kinesitherapy as an integral part of the comprehensive treatment, aimed at achieving complete, fulfilling and high-quality physical, mental, professional and economic life of patients has been substantiated.

The contributions under the second area of research are of practical and applied nature

Contributions related to the third area of research. Kinesiotherapy approach in orthopaedics

The role of kinesitherapy in conditions, injuries and diseases subject to orthopaedic management as well as its significance in the prevention of sports injuries has been identified. (II_7/1, II_8/6, III_8/5, III_8/6). The most commonly used kinesitherapeutic tools and techniques to prevent soft tissue damage, which is a common problem in active athletes, have been discussed. (II_7/1). Specialized kinesitherapy approaches comprised of initial examination of the functional capacity of affected areas and a subsequent were suggested, including an initial examination of the functions of the affected areas and implementing a subsequent kinesitherapy program, precisely dosed and tailored to the stage of recovery and the patient's functional capacity. (II_7/1, II_8/7). Based on the results obtained from these studies, the need of including a kinesitherapist when selecting a team to prevent and treat orthopaedic diseases has been emphasized.

The contributions under the third area of research are of practical and applied nature.

III. University teaching experience

For her application, chief assistant Bogomilova submitted a transcript of her teaching workload for the last 5 years, which meets and exceeds the norm for teaching engagement of the Medical University of Varna. Chief assistant Stanislava Bogomilova has been a lecturer at the Medical University of Varna for 8 years. She continues to improve her qualification by attending national and international scientific forums and training courses. The applicant is actively engaged in the development of curricula, tests and other administrative work related to the learning process.

In conclusion and based on the applicant's full compliance with the requirements of the Development of Academic Staff in the Republic of Bulgaria Act and the corresponding implementing Regulations on the Development of the Academic Staff of the Medical University of Varna, her scholarly work contributions and teaching and clinical experience are a sufficient enough reason for me to vote affirmatively and to ask the honourable members of the Academic Assessment Committee to support her application and advice the Rector of the Medical University of Varna, to appoint chief assistant Stanislava Bogomilova, PhD on the academic position of associate professor in Kinesitherapy, Tertiary Education Field 7 Healthcare and Sports, Research Area 7.4. Public Health, for the needs of the Kinesitherapy Training Sector, at the Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational

Diseases, Faculty of Public Health, Prof. Dr. Paraskev Stoyanov Medical
University of Varna.

A handwritten signature in blue ink, appearing to be 'V. Nestorova', written over the printed name.

15 October 2021

Professor Veselinka Dimitrova Nestorova, MD, PhD