

## EXAMINER'S ASSESSMENT

by **Prof. Gergana Nenova, PhD, DSc**

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Member of an Academic Board of Examiners

**Regarding:** A selection procedure for the academic position of “*associate professor*” in the higher education field of “7. *Healthcare and Sport*“, research area „7.4. *Public Health*“, academic major „*Kinesitherapy*“ promulgated in State Gazette, issue No 61 dated 23<sup>rd</sup> July 2021, for the needs of training sector “*Rehabilitator*” as part of the Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases, and the Faculty of Public Health at the Medical University of Varna.

By order №R-109-394/20.09.2021 of the Rector of MU-Varna I am included in an academic jury, and by Protocol № 1/30.09.2021 from a meeting of the academic jury, I was assigned to prepare an assessment.

A single candidate applied for the announced vacancy - **assistant Stanislava Martinova Bogomilova, PhD**. The applicant has submitted accurately all necessary documents, relevant to the requirements of the Development of Academic Staff in the Republic of Bulgaria Act (DASRBA), the corresponding implementing regulation and the Rules on the Development of Academic Staff of the Medical University of Varna.

### **A short summary of the applicant's career path**

Stanislava Martinova Bogomilova was born on January 19, 1988 in the city of Varna. In 2011 she acquired a Master's degree in Kinesitherapy with a focus on musculoskeletal functions at NSA Vasil Levski, Sofia. The candidate is qualified in the fields of manual lymphatic drainage, nutrition, onco-rehabilitation and others. In 2019 she was awarded as "Doctor of Kinesitherapy" at the Department of Kinesitherapy, as part of SWU "Neofit Rilski" – Blagoevgrad. Bogomilova's doctorate thesis was on the topic of "*Extended fitball as an emotional and therapeutic method for reducing overweight.*" The applicant possesses excellent teaching skills, which are definitive for her high-level work both as a researcher and as a practitioner in the field of kinesitherapy. She is also a member of the Association of

Physiotherapists in Bulgaria (AFB). Stanislava Bogomilova has a good foreign language knowledge, using Russian and English in her professional activity.

**The candidate's general compliance with the Regulations for Development of Academic Staff (RDAS) requirements of MU-Varna**

	<b>Requirements in accordance with Article 100 of RDAS</b>	<b>Info about the applicant</b>
1.	Was awarded a doctorate in the respective academic field	Yes– 2019
2.	Submitted public monograph	Yes – 2021
3.	Presented original research papers	Yes – 21

**Characteristics of the monograph**

The applicant's monograph *"Aesthetic kinesitherapy for overweight"* with ISBN 978-619-221-344-2 was published by the publishing house of MU-Varna, and describes the possibilities of kinesitherapy in search of solutions for overweight. Overweight and obesity are a big problem in modern times, therefore the paper is surely a significant contributor. The sources of literature include 245 authors.

**General specifications of the research and the applicant's activity**

The publications and references attached to the application are a proof for the candidate's high scientific productivity. For the participation in this competition, a total of 21 scientific papers have been submitted as a result of Stanislava Bogomilova's overall research activity. They are divided as follows:

- dissertation (with abstract) for the conferral of the academic degree Doctor - 1;
- monograph (habilitation thesis)– 1;
- 5 full-text publications in scientific journals, referred to and indexed in world-famous databases containing scientific information;
- 7 full-text publications in scientific peer-reviewed magazines, unreferred to in world-famous databases containing scientific information.

There are also 7 full-text publications outside the included in the evidence that cover the minimum requirements for the application. I have accepted for review 19 scientific publications, of which 12 are referenced for fulfilling the minimum requirements and 7 outside the needed evidence for the said requirements.

All publications are accurately listed, and the publications released after the obtainment of the academic position of "Doctor" are attached in full to the materials for the procedure.

The research covers scientific topics aimed at a wide range of highly relevant and significant issues in the field of the announced competition. The main focus of the candidate's research activity unite the achievements of her overall creative and professional path, and can be divided into the following areas:

1. Kinesitherapy while dealing with the issues of overweight
2. Kinesitherapy, promotion, prevention and management of an illness
3. Kinesitherapeutic approach in orthopedic practice.

### **Contributions to: 1. Kinesitherapy while dealing with the issues of overweight**

The scientific work of the candidate presents the main challenges faced by physiotherapists in reducing obesity and deals with the issues that arise as a result. Overcoming these issues is achieved through an adequate motor regime, as a means to increase the patients's physical activity and culture, so he/she could perform their daily activities and improve their performance and mental state (IA\_1, IB\_3, II\_8/1, II\_8/5, III\_8/1, III\_8/3, III\_8/4 ). Obesity is researched as a disease and the consequences of it due to a complete absence of rehabilitation or its untimely application, as well as its medical, social and economic significance for children and adults (IA\_1, IB\_3, II\_8/5). The candidate has authored scientific papers, which analyze the historical understandings of individual societies about overweight, as a reason for the emergence of a number of diseases that worsen the health of the patient and/or lead to disability (IA\_1, IB\_3).

*The contributions to the first area are of theoretical and practical nature.*

### **Contributions to: 2. Kinesitherapy, promotion, prevention and management of an illness**

The place of kinesitherapy in the promotion, prevention and management of the disease, as well as its benefits for the patient, his family and society has been researched (II\_8/2, II\_8/4). Bogomilova has developed specialized kinesitherapeutic algorithms for patients with socially significant diseases in the field of oncological pathology, plastic surgery and neurological diseases, in accordance with the individual needs of the patient. These algorithms are also aimed at the management of the disease process (II\_7/2, II\_7/4, II\_7/5, III\_7/1). Established methods and tests have been applied to study the rehabilitation potential of the patient, which allows for timely prevention and treatment of various diseases (II\_7/2,

II\_7/3, II\_7/4, II\_7/5). The candidate conducted a survey among medical professionals about their awareness of the methods of alternative medicine and their attitudes towards the inclusion in practice of such methods for the treatment of patients with various diseases (II\_7/8/2). On this basis, Bogomilova motivates the role of kinesitherapy as an indispensable part of the complex treatment aimed at achieving physical, mental, professional and economic value, thus improving the quality of life of the individual.

*The contributions to the second area are of practical nature.*

### **Contributions to: 3. Kinesitherapeutic approach in orthopedic practice**

The applicant defines the role of kinesitherapy in conditions, injuries and diseases that are subject to orthopedic practice, as well as its importance in the prevention of sports injuries (II\_7/1, II\_8/6, III\_8/5, III\_8/6). She also discusses the most commonly used kinesitherapeutic tools and techniques for prevention of soft tissue damage, which is a common problem in active athletes (II\_7/1). Bogomilova proposes specialized kinesitherapy approaches, which include initial examination of the affected areas' functions and a subsequent kinesitherapy program, tailor made to the stage of recovery and the patient's capabilities (II\_7/1, II\_8/7). Based on the results of the studies, the need for the participation of a kinesitherapy specialist in the formation of a team for prevention and treatment in the orthopedic practice is highlighted by the author.

*The contributions to the third area are of practical nature.*

As main characteristics of the scientific research, I emphasize on the wide scope, the topicality of the considered subject, the originality, as well as the potential for practical applicability of the results at regional and national level.

Evidence for the quality of the publications and their reflection in the Bulgarian scientific literature is presented. The report contains a total of 60 points of positive citations with a minimum requirement of at least 50 points, which is indicative for the subject's relevance and the recognizability of the applicant by the Bulgarian scientific community.

### **An assessment of the candidate's teaching activity**

Chief Assistant Bogomilova is a lecturer with good communication skills, her annual workload meets and even exceeds the norm adopted by the Medical University for teaching employment (including 420 hours above the norm for academic year


2017/2018, 488 hours for academic year 2018/2019). The candidate actively participates in the teaching of students from various majors and degrees.

## **Conclusion**

The applicant fully meets the requirements of the Development of Academic Staff in the Republic of Bulgaria Act, the corresponding implementing regulation and the Rules on the Development of Academic Staff of the Medical University of Varna. Stanislava Bogomilova's scientific activity, significant contributions of theoretical, methodological and practical nature, as well as her teaching experience are grounds for my positive assessment.

The overall assessment of the applicant's professional development, teaching activity, scientific contribution, organizational experience and his established authority in the professional sphere corroborate my positive opinion towards the candidate's capabilities. I could confidently suggest to the respected members of the academic board of examiners to vote in favor of bestowing Stanislava Martinova Bogomilova with the academic post "associate professor" in the higher education field "7. Healthcare and Sports", research area "7.4. Public Health", academic major "Kinesitherapy" for the needs of Training Sector "Rehabilitator", the Faculty of Public Health at the Medical University – Varna.

18<sup>th</sup> October 2021  
Varna, Bulgaria

  
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