

ATTN:
THE CHAIRMAN OF THE SCIENTIFIC JURY
AT THE MEDICAL UNIVERSITY 'PROFESSOR
PARASKEV STOYANOV'
OF VARNA

STANDPOINT

by Assoc. Prof. Silvia Georgieva Mihaylova, PhD

Medical College, Medical University 'Professor Paraskev Stoyanov' of Varna

Member of a scientific jury, according to Order No. R-109-271/25.05.2023 of the Rector of
the Medical University of Varna

Concerning: the competition for the academic position of associate professor in public health management (Medicinal use and pharmacoconomics in health care), in the field of higher education No 7 Health and Sports, professional trend No 7.4 Public Health, announced in State gazette No 28/March 28, 2023 for the needs of the Department of Pharmacology and Clinical Pharmacology and Therapy, Faculty of Medicine, Medical University of Varna

The only candidate who participated in the competition is assistant-in-chief Miroslav Tsonkov Eftimov, PhD.

Assistant-in-chief Miroslav Eftimov graduated in Pharmacy from the Medical University of Sofia in 2004. Until 2008, he worked as a master pharmacist in Ivelina Toncheva pharmacy sole trader in the city of Varna. In 2008-2017, he was an assistant in the Department of Pharmacology and Clinical Pharmacology and Therapy, Faculty of Medicine, Medical University of Varna. Since 2017, he is the senior assistant. In 2015, he successfully defended his thesis for the acquisition of the educational and scientific degree of 'doctor of philosophy' on the theme of Pharmacological research of the effect of *Aronia melanocarpa* fruit juice in behavioral models in rats" and in 2021 he acquired the specialty of pharmacology and pharmacotherapy.

Research activity

According to all the indicated scientometric indicators, the publication activity of assistant-in-chief Miroslav Tsonkov Eftimov, PhD, meets the normative requirements for the academic position of "Associate Professor" of the Statute-book for the conditions and order for the

acquisition of scientific degrees and for tenure of the academic position of 'Associate Professor' in the Medical University 'Prof. Paraskev Stoyanov' of Varna.

Assistant-in-chief Miroslav Eftimov, PhD, has presented 37 full-text scientific publications (11 in Bulgarian and 26 in English). In seven of them, he is the first author and in 21 publications he is the second and third author. Twenty of the publications are referenced and indexed in world-renowned scientific information databases (*Web of Science* and *Scopus*), with a total impact factor of 52.414. The candidate has also presented 2 publications beyond the minimum scientometric requirements. Assistant-in-chief Miroslav Eftimov, PhD, has also presented 63 participations in international (37) and national (26) scientific forums.

The presented scientific works are evidence of the author's competence in the field of nutrition, the role of food in the prevention and treatment of diseases with a high disease burden for society, public health, and health management as they address significant issues of knowledge and practice in the aforementioned fields.

The articles are published in significant/important Bulgarian and international scientific journals such as Bulgarian Journal of Agricultural Science, Farmacia, Food and Chemical Toxicology, Acta Medica Bulgarica, Bulgarian Chemical Communications, Varna Medical Forum, Scripta Scientifica Medica, Osteoporosis International, European Neuropsychopharmacology, European Journal of Clinical Pharmacology, and Journal of Biomedical and Clinical Research. These are the summarized results of a number of scientific studies, analyses, and evaluations.

Thirty-three citations according to *Scopus* data-base and 166 citations according to *Google Scholar* have been noted throughout the research career of the candidate Miroslav Eftimov. For participation in the competition, assistant-in-chief Miroslav Eftimov, PhD, has provided evidence for 8 citations, of which 6 are in scientific publications referenced and indexed in world-renowned databases with scientific information.

The participation of assistant-in-chief Miroslav Eftimov, PhD, in the grant contracts of the Medical University of Varna and the Ministry of Education and Science is noteworthy. Since 2011, he took part in five projects as a participant with themes directed to the main focus of his scientific interests.

Assistant-in-chief Miroslav Eftimov, PhD, works in topical and contemporary fields and his research interests are in two directions:

1. Foods and nutrition
2. Prevention, management of diseases and health systems.

The reading of the works outlines Miroslav Eftimov as a specialist with scientific interests oriented mainly to the field of "Food and Nutrition". This thematic direction occupies a significant part of his research activity. The role of food in the prevention on all the levels and the treatment and rehabilitation of various diseases with an emphasis on those with a high disease

burden for society is presented within 24 publications related to the discovery of new, beneficial effects of biologically active substances of natural origin, with an emphasis on polyphenols, in various experimental models of socially significant diseases in experimental animals. The medicinal plants studied are a safe alternative to conventional drugs in the prevention and treatment of several diseases.

Miroslav Eftimov's work in the field of prevention, management of diseases, and health systems is presented in three publications and is aimed at pharmacoeconomic analyses of drug use and analyses in occupational medicine. The analyses of morbidity and temporary work incapacity of the workforce are of great practical importance. They allow the assessment of occupational risks and the introduction of measures and programs, both for safe occupational conditions and for the prevention and limitation of the dissemination of infectious diseases.

Assistant-in-chief Miroslav Tsonkov Eftimov, PhD, has active and regularly updated scientific profiles in Google Scholar, *Scopus* ID, ResearchGate and ORCID.

Teaching and Lecturer's Activity

Assistant-in-chief Miroslav Tsonkov Eftimov, PhD, has teaching experience of more than 14 years at the Medical University of Varna. His academic workload for the last five years repeatedly exceeded the norm for a non-qualified teacher of 360 hours accepted for the university. Assistant-in-chief Miroslav Eftimov, PhD, participated in conducting exercises in "Pharmacology" for students in the following specialities of "Medicine" (Bulgarian and English language education) and "Dental Medicine" (Bulgarian and English language education) as well as in "Pharmacology and Pharmacoeconomics" for the students in the specialty of "Health Management".

Assistant-in-chief Miroslav Eftimov, PhD, is a co-author of four text books with a total volume of 457 pages.

Conclusion

Assistant-in-chief Miroslav Tsonkov Eftimov, PhD, presents himself in the competition as a well-established and competent researcher and teacher in the field of public health and has a sufficient volume of teaching and lecturer's activity, experience, and publications, which should be evaluated by the Scientific Jury.

The documents submitted by assistant-in-chief Miroslav Eftimov, PhD, fully conform with the minimum scientometric requirements of the Law for development of the academic staff in the Republic of Bulgaria and of the Statute-book for the conditions and order for the acquisition of scientific degrees and for tenure of the academic position of 'Associate Professor' in the Medical University 'Prof. Paraskev Stoyanov' of Varna.

Considering the candidate's professional development and scientific performance, I give my **positive** opinion and strongly recommend the members of the Scientific Jury to award assistant-

in-chief Miroslav Tsonkov Eftimov, PhD, the academic position "Associate Professor" in the field of higher education No 7 Health and Sports, professional trend No 7.4 Public Health, for the needs of the Department of Pharmacology and Clinical Pharmacology and Therapy, Faculty of Medicine, Medical University of Varna.

city of Varna

August 7, 2023

Member of the Scientific Jury:

(Assoc. Prof. Silvia Mihaylova, PhD)

