

**To the Members of the Scientific Jury,  
appointed by Order No P-109-87/21.03.2024  
of the Rector of Medical University - Varna  
for the announced competition for the AP "Associate Professor"  
State Gazette No. 7/23.01.2024r.**

**OPINION**

**from**

**Prof. Temenuga Zhekova Stoeva, MD, Dsc  
Medical University, Varna  
Department of Microbiology and Virology**

**on competition**

**for occupying the academic position "Associate Professor"  
in the field of higher education**

**7. Health and Sport**

**professional field 7.1 Medicine**

**scientific speciality "Infectious Diseases"**

**for the needs of the Department of Infectious Diseases, Parasitology and  
Dermatovenereology, Infectious Diseases and Parasitology Education Sector  
Faculty of Medicine at the Medical University - Varna**

**announced in SG No. 7/23.01.2024r.**

**with a candidate**

**Chief Assistant Professor Ilian Todorov Todorov, MD, PhD**

**CAREER DEVELOPMENT**

Dr. Ilian Todorov graduated in Medicine from Medical University - Varna in 2012. During the period 2013 - 2024 he worked successively as a physician-assistant and physician-chief assistant at the First Clinic of Infectious Diseases of the University Hospital "St. Marina" - Varna and the Department of Infectious Diseases, Parasitology and Dermatovenereology at the Medical University "Prof. Dr. Paraskev Stoyanov", Varna. He was elected as a chief assistant professor in 2021. In 2017 he acquired specialty in Infectious Diseases. In 2020 he successfully defended his dissertation thesis for the PhD degree in the scientific specialty "Infectious Diseases" on the topic

"Changes in serum amyloid A protein in some infectious diseases with viral etiology".

Dr. Todorov is a member of prestigious scientific organizations in Bulgaria: the Bulgarian Society of Infectious Diseases and the Union of Scientists in Bulgaria.

## **RESEARCH ACTIVITY**

### **Scientific production**

The submitted documentation of Dr. I. Todorov is in accordance with the requirements for the competition for acquiring the AP "Associate professor". For participation in this competition he submitted a total of 24 scientific papers, which are distributed as follows:

1. Habilitation thesis: Monograph - 1
2. Publications in scientific journals, referenced and indexed in world-famous databases with scientific information - 3
3. Publications and reports published in non-refereed peer-reviewed journals or published in edited collective volumes - 13
4. Participations in national and international scientific forums - 7

The research and publication activity of Dr. I. Todorov is presented in 4 main aspects, related to clinical manifestation, diagnostic methods and treatment of various, socially significant infectious diseases (COVID-19, infections caused by Metapneumovirus, infections of the gastrointestinal tract, mixed infections with airborne or multiple mechanisms of transmission, etc.), as well as related to emerging complications in the course of certain infectious diseases, with emphasis on complications on the urinary tract.

Important contributions have been made in all areas, and I would like to highlight the most significant ones:

1. In the presented monograph, the author provides a thorough review, using more than 400 literature sources, on the etiology, epidemiology, pathogenesis, clinical course, complications, diagnosis and differential diagnosis, treatment and prevention of COVID-19. Special attention is given to the "COVID-19 - comorbidity" interrelationship. The chronic, concomitant diseases as a major risk factor determining the evolution of the disease are discussed in great depth. In the review part, the symptomatology, possible complications and prognosis of COVID-19 in patients suffering from respiratory, cardiac, gastroenterological, hematological, orthopedic and neurological diseases are presented in detail, and the possibility of bidirectional influence is discussed.

In Bulgaria, the "COVID-19 - comorbidity" relationship has not yet been analyzed in detail. I highly appreciate the part of the monographic work presenting the author's own research on this issue. The conclusions that Dr Todorov draws are based on the processing and in-depth analysis of the medical information of 558 patients with COVID-19, 373 of them with comorbidities. The studies on such a large group of patients with concomitant non-infectious diseases allowed him to draw many important conclusions for

the clinical practice, and I would note the following as the most significant:

- Arterial hypertension, diabetes mellitus, and ischemic heart disease are the most common comorbidities among Bulgarian patients with COVID-19.
  - The number of comorbidities significantly influences the clinical course of COVID-19, with clinical manifestations being more severe the more pronounced the co-morbidity are, especially in combination with advanced age and prolonged outpatient treatment.
  - The outcome and prognosis of COVID-19 are worse among patients with a greater number of comorbidities.
  - The long-term prognosis of COVID-19 is largely determined by the nature, character, and number of accompanying chronic, noninfectious diseases.
2. A low incidence (2.25%) of neurological complications among patients hospitalized with varicella at the Infectious Diseases Clinic, Varna in the period 2010 - 2014 has been demonstrated. The most frequent clinical manifestations are presented as acute cerebellitis or "diffuse" encephalitis and usually are with a favorable prognosis.
  3. The nephrotic syndrome is a rare but possible complication in the course of varicella, presented with a typical clinical manifestation without adversely affecting the underlying disease.
  4. Mixed forms of acute viral hepatitis (HBV+HDV+HCV) are relatively rare in the Varna region and the multiple etiology is a result of the combination of several risk factors. The combination of different etiological agents in one and the same patient increases the likelihood of clinical and biochemical reshoot during the clinical course.
  5. Among patients hospitalized at the Infectious Diseases Clinic, Varna, for gastrointestinal tract diseases, mixed bacterial-viral infections are relatively rare.

In the presented scientific production, Dr Todorov is a first author in 7 of the publications, second author in 6, third author in 2 of them, i.e., his leading role and contribution are in more than 50%. The individual h index of the author is 4 (Google Scholar).

Dr Todorov's scientific works have been cited 6 times, with 2 of the citations in scientific journals, referenced and indexed in world-famous databases with scientific information.

## **EDUCATIONAL - TEACHING ACTIVITY**

Dr. Ilian Todorov is a respected university lecturer with teaching experience of over 10 years. His total lecture time for the last 5 academic years is 1860 hours, of which 966 hours are in the English language program. He is actively involved in the development and conduct of exercises and lectures for students of the Medical BLE and ELE, Dental Medicine BLE and ELE, Midwifery, Nurse and Medical Laboratory

Technician.

## CONCLUSION

Dr. Ilian Todorov is a highly qualified and respected specialist with excellent expertise in the field of infectious diseases and experience in teaching. The scientific metrics, the contributions of his scientific production and his teaching activity are fully in line with the national requirements of the Law of Development of the Academic Staff and the minimum requirements of MU-Varna for occupying the academic position "Associate Professor". Based on all this, as a member of the Scientific Jury, I support his candidacy and recommend the Scientific Jury to elect Dr. Ilian Todorov Todorov as Associate Professor in the scientific specialty "Infectious Diseases" for the needs of the Department of Infectious Diseases, Parasitology and Dermatovenereology, Infectious Diseases and Parasitology Education Sector at the Medical University - Varna.

15.05.2024  
Varna

Signature:

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/Prof. Temenuga Stoeva, MD, Dsc/