

To the Chairman of the Scientific Jury,
designated by Order of
Rector of Medical University- Varna
No. R-109-227/26.07.2024

Statement

by Associate Professor Maria Stoyanova Dimova, MD, Ph.D
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Member of the scientific jury for the contest (State Gazette #45/28.05.2024) for the acquisition of the academic position " Associate Professor" in the specialty "General Medicine", professional field 7.1 Medicine, field of higher education 7. Health care and sports - for the needs of the Department of "General Medicine", Faculty of "Medicine" and full-time position for the Rheumatology Clinic at the University hospital "St. Marina" EAD - Varna.

Contest details:

The competition was announced in the State Gazette # 45/28.05.2024

By order of the Rector of the University of Varna, No. R-109-227/26.07.2024, I have been elected as a member of the scientific jury. With Protocol 1 of a meeting of a scientific jury, I have been appointed to prepare statement on the procedure for acquiring the academic position "Associate Professor" for the needs of the Faculty of Medicine, Department of General Medicine, Faculty of Medicine and full-time position for the Rheumatology Clinic at University hospital "St. Marina" EAD - Varna.

The procedure for announcing the competition is in accordance with the legal requirements, there are no established procedural violations. Documents were submitted for the Contest by one candidate - Ch. Assistant Professor Svetlana Hristova Hristova, Ph.D.

Brief details of the applicant

Dr. Svetlana Hristova Hristova, born on September 8, 1974. in Shumen. She graduated Nature and Mathematics High School and continued her studies at the Medical University - Varna, "Medicine", graduating in 1998.

Dr. Hristova has been an assistant at the Department of "General Medicine" since 2005, since 2020 she is chief assistant at the same department after successfully fulfilling her PhD work on the topic: "Predictors and prognostic indices for the clinical course and the effect of treatment in patients with rheumatoid arthritis " and acquisition of PhD degree.

Acquired specialties: Dr. Hristova has acquired three specialties in the field of human medicine - internal medicine (2007), rheumatology (2011) and general medicine (2018).

Scientific research:

For the period of 2016 - 2019 Dr. Hristova is a PhD student at the Department of General medicine.", working on the problem: "Predictors and prognostic indices for the clinical course and the effect of treatment in patients with rheumatoid arthritis." Since 2020, she is chief assistant.

Dr. Svetlana Hristova submitted the following scientific production for participation in the contest:

1. Author's monograph in Bulgarian with the title "Personalized medicine in the doctor's practice", 2023.
2. Full-text articles in referenced or indexed by WOS or Scopus - 6.
3. Full-text publications in peer-review journals and editing - 19 items.
5. Participation in international and national scientific events - 21 items.
6. Number of citations: 2 in scientific publications, referenced and indexed in the world database and 4 in non-refereed and indexed publications.

Dr. Hristova is second author in 2 of the publications in refereed indexed scientific publications. Of the non-refereed publications submitted for participation in the competition, Dr. Hristova is the first author in three of the publications and the subsequent author in the others.

Dr. Hristova has participated in 10 European congresses in the field of rheumatology, osteoporosis, osteoarthritis and musculoskeletal diseases, several more participations in other European and world forums, more than 5 participations in national congresses and conferences.

With the publications presented and cited, Dr. Svetlana Hristova complies with the requirements of the Academic Staff Development Act in the Republic of Bulgaria and the Rules for the Academic Staff Development in the Medical University of Varna for for the occupation of the academic position Associate Professor

Cited: As of 06.2024 Dr. Svetlana Hristova's scientific works have been cited more than 6 times in scientific publications, monographs and collective volumes, referenced and indexed in world-famous databases (Web of Science, Scopus), as well as in non-refereed journals.

Scientific achievements and contributions:

The main scientific directions in which Dr. Hristova works are in the field of General Medicine - childhood obesity as a problem in general medical practice - a patient-oriented approach. Obesity is the most common metabolic disorder among the young population with serious medico-social effects in the individual's future life, such as increased risk of chronic degenerative and socially important diseases such as diabetes mellitus, arterial hypertension, gout, metabolic syndrome, etc. In a large percentage of cases, obesity occurs at an early age and usually has a complex genesis, which includes genetic predisposition, overeating, insufficient physical activity, endocrine disorders, psychoemotional factors and chronic distress. In this aspect, focusing the attention of general practitioners in this direction is of particular importance for the future of disease trends in the population. The topic is also discussed in an article on behavioral change in lifestyle-patient-centred approach in obese patients in general medical practice, where again the burden of obesity in the population and the associated risks are highlighted, as well as in several other publications, in which the therapeutic approach needed to be taken in general medical practice is advocated.

Another important issue that Dr. Hristova, together with her co-authors, focuses on is the question of the ethical dilemmas that arise in medical professionals - the announcements of difficult diagnoses, the attitude towards euthanasia, the progress of disability and medical assessment of this problem, chronic psychiatric diseases and the approach to patients with these entities, palliative care, methods of preserving and improving the health of the elderly people by the general practitioner. These are extremely important and increasingly emerging issues that are not talked about enough and medical professionals need to be informed.

Of course, as a rheumatologist, Dr. Hristova is passionate about and publishes in the areas of osteoarthritis, non-radiographic axial spondyloarthritis and ankylosing spondylitis. This is co-authored with the team she works with at the Rheumatology Clinic. The authors compared the health status of patients with non-radiographic axial spondyloarthritis and ankylosing spondylitis, as different stages of the same disease, using standardized clinical assessment tools and inflammatory biomarkers; evaluated gender differences in clinical parameters in the two subgroups, compared the level of disease activity. Their data reflect a high degree of similarity in clinical manifestations, inflammatory biomarkers, measurable impairments in physical function, impaired spinal mobility, and worse quality of life in the more advanced phase of the disease and especially in the presence of activity.

Among the rich scientific activity of Dr. Hristova, there is also a place for the current, but rarely discussed topic of clinical-morphological characteristics of the mammary gland in men and opportunities for screening, because although rare, mammary carcinoma still occurs in 1% in men. The importance of this question is that a routine examination can also take place in the general practitioner's office - the mammary gland in men is easy for inspection and palpation during a routine examination.

Memberships in scientific organizations. Dr. Hristova is a member of the following professional and professional organizations:

- The Bulgarian Medical Union
- Bulgarian Society of Rheumatology
- EURACT (European Academy of Technicians in General Practice and Family Medicine).

Educational and teaching activities:

Dr. Svetlana Hristova has been an assistant at the "General Medicine" department of the Medical University - Varna since 2005, a chief assistant in the same department since

2020. A report on the academic workload shows academic employment with lectures and practical exercises with the training of medical students as follows:

2019/2020 – 117 academic hours

2020/2021 – 164 academic hours

2021/2022 - 134 academic hours

2022/2023 – 212 academic hours

2023/2024 – 230 academic hours

In conclusion, Dr. Svetlana Hristova is a well-trained specialist, with three specialties in the field of medicine, distinguished by her rich scientific and research activity. Dr. Hristova has extensive knowledge in the teaching and clinical activities of general medical practice and with broad spectrum scientific interests. The scientific production of Dr. Svetlana Hristova completely meets the the Academic Staff Development Act in the Republic of Bulgaria and the Rules for the Academic Staff Development at the Medical University of Varna. This gives me the reason to confidently propose to the esteemed scientific jury to vote positively for awarding the academic position of "Associate Professor" to Dr. Svetlana Hristova, MD in the scientific specialty "General Medicine" for the needs of the Department of General Medicine at the MU " Prof. Dr. Paraskev Stoyanov" - Varna.

29 Sep 2024

(Assoc. prof. Maria Dimova MD, PhD)

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