

## **REVIEW**

**by Prof. Dr. Paraskeva Mancheva, MD, PhD, DSc**

**Regarding:** the procedure for acquiring the Academic Position "Associate Professor",  
announced in SG vol. 7/23.01.2024,

Specialty "Kinesitherapy", professional direction 7.4 Public Health, 7. Healthcare and Sports, for the necessities of Department "Kinesitherapy", Faculty of Public Health, Medical University - Varna "Prof. Dr. Paraskev Stoyanov" and the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC - Varna.

### **1. Information, regarding the procedure:**

According to Order №P - 109-89/21.03.2024 of the Rector of Medical University - Varna "Prof. Dr. Paraskev Stoyanov" and Protocol №221/28.02.2024 from the Faculty Council of the Faculty of Public Health, I have been appointed as a member of the Scientific Jury. According to Protocol №1/04.04.2024 from a meeting of the Scientific Jury, I have been chosen to prepare a review for the competition for AP "Associate Professor" at MU-Varna in the Specialty "Kinesitherapy". The competition was announced in SG vol. 7 from 23.01.2024 and is consistent with The Act on Development of the Academic Staff in the Republic of Bulgaria and the Regulations for its implementation at MU-Varna. Based on the above-mentioned legal documents, all procedure requirements for the announcement of the competition, the deadline for document submission and the selection of the Scientific Jury are met. Ch. Assist. Prof. Yani Georgiev Shivachev, PhD is the only candidate. The presented by the candidate documents for participation in the competition are according to the requirements of the Regulations on Academic Staff Development at MU-Varna.

### **2. Brief information on the professional development of Ch. Assist. Prof. Yani Shivachev**

Yani Georgiev Shivachev was born on the 1<sup>st</sup> of June, 1990 in Varna. He completed his secondary education with honours at IV Language High School "Frédéric Joliot-Curie" in 2009. His humanitarian attitude appears clear in his choice of direction of professional development: he graduated with an Educational and Qualification Degree "Professional Bachelor" in the Specialty "Rehabilitator" at Medical College, MU-Varna (2012), Educational and Qualification Degree

"Master" in the Specialty "Kinesitherapy and Rehabilitation" at the National Sports Academy "Vassil Levski" - Sofia (2014) and became a doctoral student in an independent form of education at the Department of Sports Medicine at the National Sports Academy "Vassil Levski" - Sofia (2018) with the topic of his dissertation work "Secondary prevention of soft tissue injuries in the area of the knee in athletes". He successfully defended his dissertation work in 2020 and acquired the Educational and Scientific Degree "Doctor" in the professional direction of "Public Health". The candidate improved his knowledge and skills in various qualification courses, such as "Manual lymph drainage" (2015), "Clinic and diagnostics of pelvic dysfunctions" (2016), "Atreya Ayurveda" (2018), "Traditional Chinese Medicine - Introduction to acupuncture" (2018), "Medical taping course" (2019), "Cancer rehabilitation and manual lymph drainage in patients with cancer" (2019), etc. He began his professional career as an assistant rehabilitator in 2010 at the Medical and Rehabilitation Centre "Sano" - Varna, continued to work as a rehabilitator at "Riviera" Ltd. (2012-2014), and as a rehabilitator at the Rehabilitation Centre "Tuzla", Balchik (2014). In 2023 he was appointed as a kinesitherapist in the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC - Varna, where he works at present.

Y. Shivachev began his teaching career in 2015 after he was elected as Assistant Professor in the Training Sector "Rehabilitator" at Medical College, MU-Varna. Subsequently, he continued as an Assistant Professor in the newly formed Training Sector "Kinesitherapy", Faculty of Public Health, MU-Varna (2018-2020), where in 2021 he acquired the Academic Position "Chief Assistant Professor". Ch. Assist. Prof. Shivachev participates in the teaching of students in the Bachelor's programme of Specialty "Kinesitherapy" in subjects, such as "Principles of kinesiology and kinesitherapy", "Pathokinesiology - Functional analysis and evaluation" and "Manual peripheral joint mobilization techniques", as well as students in the Master's programme - "Rehabilitation, thalassotherapy, wellness and SPA".

Ch. Assist. Prof. Yani Georgiev Shivachev is fluent in English and Spanish and possesses the computer skills, required in scientific research and teaching. He is a member of the Bulgarian Association of Physiotherapists (BAPT).

### **3. Evaluation of the scientific activity of the candidate, scientometric indicators**

The full list, which Ch. Assist. Prof. Shivachev presents in this competition contains 14 positions, 12 of which meet the minimum national requirements and the other 2 - full-text

publications in scientific journals, outside of the minimum scientometric requirements for acquiring AP "Associate Professor". For taking part in this competition, Ch. Assist. Prof. Yani G. Shivachev has presented scientific production, from which I accept for review his monograph and twelve scientific publications, four of which are in scientific editions, referenced and indexed in world-renowned databases with scientific information, and eight of which in non-referenced journals with scientific review. I accept for review both full-text publications in scientific journals, which are presented outside of the minimum scientometric requirements for acquiring AP "Associate Professor" and can be found in the non-referenced journals "Scripta Scientifica Medica" and "Varna Medical Forum", as well as in the Academic reference of the candidate, compiled by the Library of MU-Varna.

The indicators for individual criteria, proving the fulfilment of the minimum requirements for acquiring the Academic Position "Associate Professor", according to The Act on Development of the Academic Staff in the Republic of Bulgaria (2018), are as follows:

- ✓ Criteria A. Indicator 1: Dissertation work for awarding Educational and Scientific Degree "Doctor" - 1 vol.;
- ✓ Criteria B. Indicator 3: Published habilitation work - monograph - 1 vol.;
- ✓ Criteria Г. Indicator 7: Publications in scientific editions, referenced and indexed in world-renowned databases with scientific information - 4 vol.;
- ✓ Criteria Г. Indicator 8: Publications in journals with scientific review; non-referenced in world-renowned databases with scientific information - 6 vol.

The publications, examined by position of the candidate in the author's collective, display his capabilities for occupying the leading role in scientific teams: he is first author in 10 publications (83.3%) and third in 2 publications (16.7%).

**Minimum national requirements by group of indicators for AP "Associate Professor", according to *The Act on Development of the Academic Staff in the Republic of Bulgaria and the Regulations on the Implementation of the Development of Academic Staff in the Republic of Bulgaria Act***

<b>Group of indicators</b>	<b>Content</b>	<b>Minimum national requirements</b>	<b>Number of points, based on the presented evidence</b>
A	Indicator 1: Dissertation work for awarding Educational and Scientific Degree "Doctor"	50	50
B	Indicators 3 or 4: Habilitation work/ monograph, presented in relation to a habilitation procedure	100	100
Г	The total of indicators from 5 to 9	200	205

From the data in the table becomes evident, that Ch. Assist. Prof. Yani Shivachev, PhD fulfils and exceeds the set national criteria for AP "Associate Professor".

#### **4. Evaluation of the monograph**

The candidate presents a monograph/habilitation work on the topic "Cancer rehabilitation in the kinesitherapeutic practice" with ISBN 978-619-221-404-3, Varna Medical University Press. His work fully meets the requirements of the Regulations on Staff Development at MU-Varna. It is based on 267 literary sources, has two positive reviews and is written in a high academic style. A problem, concerning the overcoming of postoperative complications, such as lymphedema, myofascial pain, reduced range of motion, and contractures after chemotherapy and radiation therapy, which is yet to receive a national kinesitherapeutic consensus, is presented. The possibilities of cancer rehabilitation from world experience and practice are discussed, and the clinical experience of the author is presented. An adequately developed programme contributes to strengthening the overall condition, stimulating the immunobiological functions, and improving the functional capacity and psycho-emotional condition. The contributing character of the work is

determined by the broad problem-based approach and the individuality in its implementation in kinesitherapy as a prevention of complications.

## **5. Evaluation of the scientific contributions**

The retrospective analysis of the scientific production of Ch. Assist. Prof. Yani Shivachev demonstrates, that a large part of his publications are directed towards knee joint pathologies with emphasis on soft tissue injuries. The scientific interests in knee joint problems are connected with the mechanisms, leading to trauma, and the risk factors, contributing to the existence of such. Therapeutic techniques for recovering the arthrokinematics and mobility of the soft tissues are examined. The possibilities of postoperative kinesitherapy in knee dysfunctions are analyzed, as well as the cooperative approach in postoperative follow-up. The candidate presents an advanced kinesitherapeutic methodology in the field of sports kinesitherapy in the treatment and prevention of more common postoperative conditions of the knee joint.

In the last years of his scientific research, an interest in cancer rehabilitation and mainly in the recovery of the affected limb's function after chemotherapy and radiation therapy, has developed. Kinesitherapeutic methods for overcoming the complications which occur after surgical intervention, and chemotherapy/radiation therapy, which reflect negatively on the function of the upper or lower limb and quality of life, are examined. Attention is paid to the means of early kinesitherapy, as a main method of treatment in the postoperative period, as well as the team approach in tight cooperation with other medical specialists such as oncologists, surgeons, nutritionists and psychologists.

Outlining the topic of the scientific research work of Y. G. Shivachev, I find the systematization, which he does in his scientific works in 3 directions, entirely logical.

1. Kinesitherapy in unconventional medicine
2. Prevention and therapeutic effectiveness of kinesitherapy in health problems of the musculoskeletal system.
3. Cancer rehabilitation approach in the kinesitherapeutic treatment of malignant diseases

**First thematic scientific direction:** socially significant diseases are presented (myofascial pain syndrome and carpal tunnel syndrome) and emphasise the necessity of a broad multidisciplinary therapeutic approach. Practical complex methods are developed, incorporating methods of conventional and unconventional medicine. Results are brought out based on diagnostic tests, which display the need for kinesitherapeutic specialists, conducive for faster adaptation in everyday life and change in the quality of life. The necessity for effective collaboration between the medical specialists is prominent and their efforts are directed towards the overall health status of the patient and respectively better clinical results - *contributions of a theoretical and practical character.*

**Second thematic scientific direction:** the place and the meaning of kinesitherapy in traumas of the knee complex are defined. The necessity for the implementation of physiotherapeutic programmes in the treatment of common soft tissue injuries of the musculoskeletal system is established. A non-invasive diagnostic method for the prevention of traumas and relapses in the field of sports kinesitherapy is proposed. The most common pathological postures of kinesitherapy students during the educational discipline "Medical massage" are researched, analyzed and presented together with practical solutions for their overcoming. A methodological control for correct ergonomic posture during the practical course is rendered, which is a key moment in the health prevention of future kinesitherapy specialists - *contributions of a theoretical, cognitive and practical character.*

**Third thematic scientific direction:** a thorough analysis is made, regarding the problems in Bulgarian conditions about the awareness and availability of the health service "Cancer rehabilitation". An algorithm, regarding the functional examination of patients after partial or total mastectomy is developed and an individual kinesitherapeutic methodology is presented. The meaning of cancer rehabilitation as an element of multimodal treatment of complications and prevention of relapses in some cancer diseases is presented. An emphasis is put on the necessity of applying cancer rehabilitation at the right time, with the task being a faster recovery, resocialization and high quality of life - *contributions of a methodological, scientific and practical character.*

## 6. Distribution of the results from the scientific research work (citations)

In the academic reference of the candidate, compiled by the library of MU-Varna, ten citations are verified: one in scientific editions, referenced and indexed in world-renowned databases and nine citations in non-referenced journals with scientific review. From the citations Ch. Assist. Prof. Yani Georgiev Shivachev, PhD, acquires 60 points (with the minimum national requirements being 50 points).

## 7. Evaluation of the teaching activity

Ch. Assist. Prof. Yani Shivachev is an authoritative teacher with continuous teaching experience (8 years and 12 days). His teaching workload in the last five years is 502, 597, 507, 402 and 781 hours, with which he fulfils and exceeds the requirements of the Regulations on Academic Staff Development at MU-Varna for acquiring AP "Associate Professor". In the subjects taught by Ch. Assist. Prof. Yani Shivachev, we find orientation towards significant fundamental educational disciplines in kinesitherapy: kinesiology, pathokinesiology, manual muscle testing, soft tissue techniques and peripheral joint mobilizations, cancer rehabilitation, etc. Their overlapping with the directions of his scientific research is a prerequisite for introducing these achievements in clinical practice.

## Conclusion

The full compliance with the requirements of The Act on Development of the Academic Staff in the Republic of Bulgaria (2018), the Regulations for its implementation at MU-Varna and the Regulations on Academic Staff Development at MU-Varna, the quality characteristic of the scientific activity of the candidate and the significant contributions of theoretical, cognitive, and practical character, as well as his long-standing teaching experience are what I base my **positive evaluation** on. I am convinced that by acquiring this position for which he aspires, the candidate will be able to unfold his creative potential as a researcher and teacher and will be useful in the development of the Specialty "Kinesitherapy". I suggest to the respectable members of the Scientific Jury to vote "positively" and to suggest to the Rector of Medical University - Varna "Prof. Dr. Paraskev Stoyanov" for **Ch. Assist. Prof. Yani Georgiev Shivachev, PhD in acquiring the Academic Position "Associate Professor"** in the Specialty "Kinesitherapy" for the needs of the Department of Kinesitherapy, Faculty of Public Health, Medical University - Varna "Prof. Dr.

Paraskev Stoyanov" and the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina"  
JSC - Varna.

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Reviewer:

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Prof. Dr. Paraskeva Mancheva, MD, PhD, DSc