

## OVERVIEW

From prof. Nikolay E. Popov, PhD, DSc, Dept. „ Theory and methods of kinezitherapy”, faculty of „Public health, health care and tourism”, National sports academy „Vassil Levski” – Sofia, qualified as a member of scientific jury with order № P-109-89/21.03.2024 r. of the Rector of the Medical university – Varna.

**CONCERNING:** Competition for awarding academic title Associated Professor in professional field 7.4. „Public health”, announced in the State paper № 7/23.01.2024, for the necessity of the department of „Kinezitherapy”, faculty of „Public health”, Medical university – Varna.

One candidate has been permitted to take part in the competition – assistant professor Jani Georgiev Shivatchev, PhD. He has been presented the required documents, according to the requirements of the Low of development of the academic staff in the Rep. of Bulgaria and the internal regulation of the Medical university - Varna.

The candidate has been born in 1990. He became professional bachelor in 2012 as rehabilitator in the medical colleague of Varna. In 2014 he became a master of physiotherapy in National sports academy. He was awarded as PhD in 2020 after finishing the doctoral program of Physical therapy.

The scientific work of assistant professor Jani Georgiev Shivatchev, PhD is in depth and aimed in actual aspects of the modern physical therapy. Naturally he develops his investigation in the field of his dissertation thesis, publishing a paper in a journal with impact factor. He also published a monography and a few papers in the field of onco-

rehabilitation. In a few other papers, he published results in the field of the treatment of the myofascial pain, sports physiotherapy, manual therapy, prevention and ergonomics of the working environment.

He is author of 12 scientific works, among which one PhD-thesis, monography, 4 papers in referred scientific journals with impact factor and 6 scientific papers in non-referred journals.

As a main topic in the scientific works of the candidate, the investigations in the field of sports physical therapy could be underlined. The PhD thesis, the monography and 6 scientific papers have been presented in this area.

In different studies the frequencies and dissemination of the postural deformities, as like some of indexes for physical abilities of the adolescents have been investigated. In this area is the topic of his dissertation paper and 3 of the presented scientific publications. The accent of the scientific investigation is onto the primary and secondary prevention of the sport-related traumas, as like as the effectiveness of the physical therapy in this direction.

Other important field of the scientific work of the candidate is the onco-rehabilitation. A monography and one paper concerning the benefit of the onco-rehabilitation onto the breast cancer has been published in this topic.

In different papers the benefit of the physical therapy onto the myofascial pain and a comprehensive analysis between manual therapy and osteopathy has been investigated. The problem with the ergonomics of the working posture during massage procedures and prevention for minimizing the impact of the osteopenia have been investigated.

The whole amount of the above-described publications contributes to the theoretical knowledge of the impact of the kinesitherapy, which is of great value for the development of this science. The results from the

therapeutic approaches, that have been investigated, are basis for improvement of the effect of physical therapy in different areas.

The scientific contributions from the candidate can be divided in several aspects:

1. **Investigations in the field of sports physiotherapy.** Effective methods for functional assessment and treatment have been developed, with stress onto the prevention of the motor disorders and psychological stress factors.
2. **Investigations in the field of the onco-rehabilitation.** Different contemporary aspects as Burnout-syndrome, the meaning of the communication capabilities, onco-rehabilitation in the palliative cares etc., have been researched. The results are basis for proper orientation in the medico-social aspects of the investigated problem.

The candidate attended with presentations in 18 national and international scientific conferences. He is a member of the Bulgarian association of physical therapists.

The scientific works of the assistant professor Jani Georgiev Shivatchev, PhD has been developed professionally and competently. The evidence of its quality is the 10 citations.

Assistant professor Jani Georgiev Shivatchev, PhD began his teaching activities in 2015 as an assistant in the medical colleague of Varna. After 2018 he has been assistant and assistant professor in the department of Kinezitherapy in the medical university of Varna. He has been teaching in Basic methods for functional assessment, kineziology and pathokineziology and functional analysis for bachelor's degree students in physical therapy.

On the base of the above discussion and according to my personal impressions, the candidate is accomplished expert and scientific worker

in the field of kinesitherapy. He has the required scientific, and teaching experience for occupying the academic title Associated Professor. He has the required personal skills for teamwork and this, combined with his undoubted professional abilities will contribute to the future development of the department of kinesitherapy in the faculty of Public health of the Medical university of Varna.

On the base of the data discussed above, a conclusion could be made, that the quality and the quantity of the presented for review scientific materials responds fully to the requirements of the Law of Development of the Academic Staff of the Republic of Bulgaria and the Internal rules of the Medical university of Varna. That's why I confidently could suggest to the scientific jury to vote positively for awarding assistant professor Jani Georgiev Shivatchev, PhD with the scientific title Associated Professor in professional field 7.4. „Public health” for the needs of the Department of kinesitherapy in Medical university of Varna.

Sofia

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/prof. N.E. Popov, PhD, DSc/