

STATEMENT

By Assoc. Prof. Stanislava Martinova Bogomilova, PhD
Department of Kinesitherapy, Faculty of Public Health, Medical University
"Prof. Dr. Paraskev Stoyanov" - Varna

Regarding: the procedure for acquiring the Academic Position "Associate Professor" in a competition, announced in SG vol. 7/23.01.2024, Specialty "Kinesitherapy", professional direction 7.4 Public Health field of higher education 7. Healthcare and Sports, for the necessities of Department "Kinesitherapy", Faculty of Public Health, Medical University "Prof. Dr. Paraskev Stoyanov"-Varna, Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC -Varna with candidate

Ch. Assist. Prof. Yani Georgiev Shivachev, PhD

According to Order №P-109-89/21.03.2024 of the Rector of Medical University "Prof. Dr. Paraskev Stoyanov" - Varna and the following Protocol № 221/28.02.2024 from the conducted meeting of the Faculty Council of the Faculty of Public Health, I have been appointed as an internal member of the Scientific Jury, concerning the competition for AP "Associate Professor" in the Specialty "Kinesitherapy", professional direction 7.4 Public Health, field of higher education 7. Healthcare and Sports, for the necessities of Department "Kinesitherapy", Faculty of Public Health, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna and the Anesthesiology and intensive care clinic, at UMHAT "Sveta Marina" JSC. After the first meeting of the Scientific Jury, I was appointed to prepare a statement with Protocol №1/04.04.2024.

Ch. Assist. Prof. Yani Georgiev Shivachev, PhD has presented all documents needed, in accordance with The Act on Development of the Academic Staff in the Republic of Bulgaria and the Regulations for its implementation at Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. As a result he was permitted by the Admission Committee for the participation of candidates in competitions for Academic Positions at Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, to participate in the competition, determined with Order № P - 100-198/14.03.2024.

Ch. Assist. Prof. Yani Shivachev was born in 1990. He completed his higher education as a "Professional Bachelor" in the Specialty "Rehabilitator" at Medical College, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, and acquired a "Master" degree in the Specialty "Kinesitherapy and Rehabilitation" at the National Sports Academy "Vassil Levski" - Sofia (2014). He defended his dissertation on the topic "Secondary prevention of soft tissue

injuries in the area of the knee in athletes" and acquired the Educational and Scientific Degree "Doctor" in 2020.

He began his professional career as an assistant rehabilitator in 2010 at the Medical and Rehabilitation Centre "Sano", continued to work as a rehabilitator in "Riviera" Ltd. and after that in the Rehabilitation Centre "Tuzla", Balchik (2012-2014). In 2023 he was appointed as a kinesiologist in the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC - Varna, where he works to this day.

He began his teaching career in 2015 in the Training Sector "Rehabilitator" at Medical College, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. In the period 2018-2020 he continued as an Assistant Professor in the newly formed Training Sector "Kinesiotherapy", Faculty of Public Health, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. At the present moment the candidate occupies the Academic Position "Chief Assistant Professor" in Department "Kinesiotherapy", Faculty of Public Health, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

The scientific production of the candidate is presented in: dissertation - 1 vol., scientific publications in Bulgaria and abroad - 32 vol., monograph - 1 vol. and participation in collective work (textbook for kinesiologist students). The list with citations of the scientific works, which is presented by the candidate includes 10 titles Д/10 and Д/12. Ch. Assist. Prof. Yani Shivachev, PhD visited and participated in 18 national and international scientific congresses and conferences.

Ch. Assist. Prof. Yani Shivachev, PhD has 8 years of teaching experience with teaching workload, with which he fulfils and exceeds the requirements of the Regulations on Academic Staff Development at MU-Varna for acquiring AP "Associate Professor". He participates in the teaching of kinesiologist students on subjects, such as "Principles of the kinesiology and kinesiologist", "Pathokinesiology - Functional analysis and evaluation" and "Manual peripheral joint mobilization techniques". The candidate also leads classes in educational and clinical practice.

For participation in the competition for acquiring AP "Associate Professor", Ch. Assist. Prof. Yani Shivachev, PhD has presented the following scientific publications and works:

- Dissertation - 1 vol.;
- Monograph - 1 vol. (independent author);
- Publications and reports, published in scientific editions, referenced and indexed in world-renowned databases with scientific information - 4 vol. (4 vol. - first author);

- Publications and reports, published in non-referenced journals with scientific review or published in edited collective volumes - 6 vol. (3 vol. - independent author; 2 vol. - first author; 1 vol. - third and following author);

- Full-text publications in scientific articles and collections, not included in the minimum requirements for acquiring AP "Associate Professor" - 2 vol.

The candidate gives information for additional professional qualification - he participates in courses in "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).

The scientific and research interest of the candidate is observed in the field of unconventional kinesitherapy. Socially significant diseases, such as myofascial pain syndrome and carpal tunnel syndrome are presented, and is emphasized on the necessity for a broad multidisciplinary therapeutic approach, in which the kinesitherapist takes a significant place. Methodologies, which include methods of conventional and unconventional medicine, are suggested. The results for improving the adaptive capabilities of the organism in everyday life and quality of life are brought out.

Object of the scientific research of Ch. Assist. Prof. Yani Georgiev Shivachev, PhD is the knee joint, where the risk factors and mechanisms, leading to trauma, as well as the prevention and treatment of soft tissue injuries, are thoroughly researched. The course of the recovery period and the common complications in the postoperative period of traumas in the knee complex are researched. The candidate suggests kinesitherapeutic models of behavior, directed to the prevention and treatment of postoperative conditions in the knee joint in athletes.

The scientific and research interest of Ch. Assist. Prof. Yani Shivachev, PhD is also in the field of cancer rehabilitation. Proof of which is the presented monograph with topic "Cancer rehabilitation in the kinesitherapeutic practice" and other scientific works. He has thoroughly researched the complications, which could occur as a result of surgical interventions in case of carcinoma, as well as the influence of chemotherapy and radiation therapy on the functional condition of cancer patients. He suggests modern kinesitherapeutic methods, which can collaborate with the main treatment of these patients in order to aid the team work of specialists from different directions and improve the quality of life of cancer patients.

The scientific research and teaching activity of the candidate can be summarized in the following directions:

1. Kinesitherapy in unconventional medicine

2. Prevention and therapeutic effectivity of kinesitherapy in musculoskeletal health disorders
3. Cancer rehabilitation approach in the kinesitherapeutic treatment of malignant diseases

Contributions in the first thematic direction: Socially significant diseases are presented, among which the myofascial pain and carpal tunnel syndromes, and is emphasized on the necessity for an advanced therapeutic approach. Practical complex methods are developed and include methods of conventional and unconventional medicine. Results are brought out on the basis of diagnostic tests, which display the need for kinesitherapy specialists, conducive to a 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.

The contributions for direction 1 are theoretical and practical.

Contributions in the second thematic direction: The place and the meaning of kinesitherapy in knee complex traumas are defined. The necessity for the implementation of physiotherapeutic programmes in the treatment of common soft tissue injuries of the musculoskeletal system is presented. 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 were researched and analyzed during the educational discipline "Medical massage" and presented together with practical solutions for overcoming the problem. During the practical classes, methodological control for taking a correct ergonomic posture is rendered, which is a key moment in the health prevention of future kinesitherapy specialists.

The contributions for direction 2 are theoretical, cognitive and practical.

Contributions in the third thematic direction: A thorough analysis has been made, regarding the problems in Bulgarian conditions about the awareness and availability of the health service "Cancer rehabilitation". An algorithm is developed, regarding the functional examination of patients after partial or total mastectomy, and an individual kinesitherapeutic methodology is suggested. The meaning of cancer rehabilitation as a part of multimodal treatment of the complications and prevention of relapses in some cancer diseases is presented. 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.

The contributions for direction 3 are methodological, scientific and practical.

Conclusion

The fulfilment of The Act on Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its implementation and the Regulations on Academic Staff Development at MU-Varna, the scientific, teaching and clinical experience of the candidate give me reason for a **positive vote** and I recommend to the respectable members of the Scientific Jury to vote "positively" and to recommend to the Rector of Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, Ch. Assist. Prof. Yani Georgiev Shivachev, PhD to acquire the academic position "Associate Professor" in the Specialty "Kinesitherapy" for the needs of Department "Kinesitherapy", Faculty of Public Health, Medical University "Prof. Dr. Paraskev Stoyanov" - Varna and the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC - Varna.

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