

Review

Reviewer: Prof. Evgenia Dimitrova, PhD, DSc, Department of TMKT, NSA "Vasil Levski", Sofia

of materials submitted for participation in a competition to occupy the academic position "Associate Professor" in the professional direction 7.4. "Physiotherapy"

In the competition for associate professor, announced in the State Gazette, issue 7/23.01.2024 for the needs of the department "Physiotherapy" at the Medical university - Varna, as the only candidate involved **Chief Assistant Professor Yani Shivachev, Ph.D.** When the competition is announced the requirements of the Law for development of the academic staff of the Republic of Bulgaria, and its rules of application are met.

1. Short biographical data

Chief Assistant Professor Yani Shivachev, Ph.D. graduated as "Professional Bachelor" in "Rehabilitation" at the Medical College of the Medical University "Prof. dr. Paraskev Stoyanov" - Varna (2012) and "Master" in "Kinesitherapy" (2014) at the National Sports Academy. He worked as a rehabilitator in the "Sano" medical and rehabilitation center - Varna, "Riviera" EOOD, "Tuzlata" Rehabilitation Center - Balchik, as a kinesitherapist in the Anesthesiology and Intensive Care Clinic at the UMBAL "St. Marina" - Varna, assistant at the "Rehabilitator" Department, MK - Varna (2015-2018), chief assistant professor at the "Kinesitherapy" department (from 2021). He obtained the PhD in "Kinesitherapy" (2020). Fluent in English and Spanish, computer skills, member of the Association of Physiotherapists in Bulgaria (AFB).

2. A general description of the materials presented

The candidate Chief Assistant Professor Yani Shivachev, Ph.D., participates in the competition with the following scientific production:

- Dissertation work for the award of the Ph.D. - 1 issue.
- Monographs - 1 number on the topic: "Oncorehabilitation in kinesitherapeutic practice" (2021).
- Articles in scientific journals in full text, published in referenced and indexed world-famous databases with scientific information (Scopus and / or Web of Science) - 4 numbers.
- Articles in scientific journals in full text, published in non-refereed journals with scientific review or published in edited collective volumes in international journals – 6 numbers.
- Full-text publications in scientific journals and collections, beyond the minimum scient metric requirements for occupying the academic position of "associate professor" - 2 items.

The scientific works of Chief Assistant Professor Yani Shivachev, Ph.D. are heterogeneous in thematic respect. All presented materials are precisely described and arranged. The requirements of the University of Varna for the scient metric indicators for occupying the academic position "assoc. professor" have been met.

3. Impact of the candidate's scientific publications in literature (known citations)

Chief Assistant Professor Yani Shivachev, Ph.D. submitted information about 10 citations:

- Citations quoted in scientific journals, referenced, and indexed in world-famous databases with scientific information – 1 issues.
- Citations quoted in the monographs and scientific peer-reviewed volumes – 9 issues.

Total points exceed the minimum national requirements for the academic position of "Assoc. Professor".

4. General characteristics of the applicant's activities

4.1. Educational and pedagogical activities (work with students and doctoral candidates)

Chief Assistant Professor Yani Shivachev, Ph.D. is an established teacher in the specialty of "Physiotherapy". He has over 8 years of teaching experience. Leads lectures and exercises for the students of the Bachelor's degree in "Kinesitherapy" in "Kinesiological foundations of kinesitherapy", "Pathokinesiology - functional analysis and evaluation", "Manual mobilization techniques of peripheral joints", with over 500 hours of average annual employment at standard 220 hours in the last 5 academic years. He participates in the conduct of semester exams and state exams for students. He is a member of the committee for the protection of pre-graduate internships. Participates in the development, management, and review of study programs included in the curriculum of the MU, in accordance with the modern requirements for ensuring knowledge, skills and competences in the profession. Maintains a high level of professional qualification by participating in specialty courses - "Manual lymphatic drainage" (2015), "Clinic and diagnosis of pelvic dysfunctions" 2016, "Atreya Ayurveda" (2018), "Traditional Chinese Medicine - Introduction to acupuncture " (2018), "Medical taping course" (2019), "Oncorehabilitation and manual lymphatic drainage in cancer patients" (2019), congresses, conferences, etc.

4.2. Scientific and scientific applied activities

Of the 15 publications presented for review ch. ass. Yani Shivachev, PhD, is an independent author in 3 publications, first author in 9 publications, second author in 1 publication and third author in 2 publications. He is the author of 1 monograph. He has participated in 18 Bulgarian and international scientific forums, where he promotes his scientific research and experience.

4.3. Implementation activity

Chief Assistant Professor Yani Shivachev, Ph.D. Ch. participates in the organization and equipment of classrooms, teaching offices, rooms for practical exercises in kinesitherapy, therapeutic massage, etc. He introduces in his teaching work innovations related to his research activity.

4.4. Contributions (scientific, scientifically applied, applied)

I believe that the most serious scientific and scientifically applied contributions of the candidate in the field of *kinesitherapy for sports injuries of the musculoskeletal system*, examined in detail as in his dissertation work on the topic "Secondary prevention of soft tissue injuries in the area of the knee in athletes" (2020), as well as in some of the publications [Publications, D7.3, D8.1, D8.3 and D8.4 of the Academic Reference]. They present data from extensive research related to the mechanisms of trauma and the risk factors contributing to its occurrence. Therapeutic techniques to restore arthrokinematics and soft tissue mobility are reviewed. The possibilities for postoperative kinesitherapy for knee dysfunctions, a cooperative approach to postoperative follow-up, are analyzed. In the field of sports kinesitherapy, the candidate presents an advanced kinesitherapeutic methodology in the treatment and prevention of more common postoperative conditions of the knee joint. Part of the publications in this scientific field have a significant scientific and applied contribution, another part has an original contribution with applied importance.

His contributions in the field of *oncological rehabilitation* are also of great importance, examined in detail both in his monograph on the topic "Oncology rehabilitation in kinesitherapeutic practice" (2021) and in some of the publications [Publications, D7.2 and D8.6 of the Academic Reference], where the kinesitherapeutic methods for dealing with complications occurring after surgical intervention, chemotherapy/radiotherapy, negatively affecting functional capabilities and quality of life are discussed. Attention is paid to the methods and means of kinesitherapy in the postoperative period, as well as to

the team approach. The monograph, based on 267 literary sources and own clinical experience, describes methods for overcoming the postoperative complications of lymphedema, myofascial pain, limited range of motion, contractures after chemotherapy and radiotherapy with good functional results. The work has serious scientific and scientific-applied contributions.

I also positively assess the candidate's scientific and practical contribution regarding *kinesitherapy in non-conventional medicine* [Publications, D7.1, D7.4 and D8.2; full-text publications beyond minimum requirements 1, 2; Publications for Ph.D. from Academic Reference]. Socially significant diseases such as myofascial pain syndrome and carpal tunnel syndrome are presented and the need for an expanded therapeutic approach is highlighted. Complex methodologies have been developed, including the methods of conventional and non-conventional medicine. Results have been published regarding faster adaptation in daily life and a change in quality of life. The need for effective collaboration between health professionals is highlighted. A program has been developed to improve the holistic health of menopausal women with the means of aesthetic kinesitherapy with good results.

An *innovative methodology* has been developed for the ergonomics of the working posture when performing the massage techniques [Publication D8.5 of the Academic Reference]. The most common pathological postures among students of the "Kinesitherapy" specialty in the "Therapeutic massage" discipline have been studied and analyzed, and practical solutions for dealing with these problems have been proposed. The development has a scientific and practical contribution to training and kinesitherapeutic practice.

5. Assessment of the applicant's personal contribution

The scientific publications presented for review establish a strong personal contribution of the applicant and good teamwork. I accept his self-assessment, indicated in the author's reference for the contributions of the scientific

works, which correspond to the significance of the obtained results. I have not found plagiarism.

6. Conclusion

The complete work of Chief Assistant Professor Yani Shivachev, Ph.D. includes scientific and medical activity, teaching engagement, as well as administrative functions. His scientific works contain scientific-theoretical and scientific-applied contributions that enrich physiotherapy science and practice.

The materials with which the candidate participates in this competition fully cover the requirements of the Law for development of the academic staff of the Republic of Bulgaria, and its rules of application, and the relevant Regulations of the Medical University Varna.

After getting acquainted with the presented materials and scientific works and on the basis of the scientific, scientifically applied and applied contributions contained in them, as well as on the basis of his long-term teaching and high professional qualification, I can confidently give a **positive assessment** of the overall scientific-research and teaching activities and I recommend to the Scientific Jury to propose Chief Assistant Prof. Yani Shivachev, Ph.D. to be elected as a "associate professor" in the professional field 7.4. Public health, specialty "Physiotherapy".

Заличено на основание чл. 5,
§1, б. „В“ от Регламент (ЕС)
2016/679

16.04.2024

Prof. Evgenia Dimitrova, DSc