

STATEMENT

by Prof. Gergana Boncheva Nenova, PhD, DSc
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 - Varna "Prof. Dr. Paraskev Stoyanov" and the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC - Varna with the candidate

Ch. Assist. Prof. Yani Georgiev Shivachev, PhD

With the order of the Rector of Medical University - Varna "Prof. Dr. Paraskev Stoyanov", Order No. - 109-89/21.03.2024, and according to the decision of the Faculty Council of the Faculty of Public Health, Protocol No. 221/28.02.2024, I have been appointed as an internal member of the Scientific Jury to prepare a statement, concerning the competition for "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 - Varna "Prof. Dr. Paraskev Stoyanov" and the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC.

On the basis of art. 4, para. 2 and para. 5 from the Regulations on Academic Staff Development at Medical University - Varna, the Admission Committee for the participation of candidates in competitions for Academic Positions at Medical University - Varna "Prof. Dr. Paraskev Stoyanov", issued with Order № P – 100-198/14.03.2024, has accepted the candidate Ch. Assist. Prof. Yani Georgiev Shivachev, PhD for participation in this competition. Ch. Assist. Prof. Yani Georgiev Shivachev, PhD has presented all documents needed for this competition 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 - Varna "Prof. Dr. Paraskev Stoyanov".

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 - Varna "Prof. Dr. Paraskev Stoyanov" and acquired a "Master" degree in "Kinesitherapy and Rehabilitation" at the National Sports Academy "Vassil Levski" - Sofia (2014). During the period 2018-2020 Ch. Assist. Prof. Shivachev was a doctoral student at an independent form of education at the Department of Sports Medicine in the National Sports Academy "Vassil Levski" - Sofia. He defended his dissertation work for his doctoral degree on the topic "Secondary prevention of soft tissue injuries in the area of the knee in athletes". He began his career as an assistant rehabilitator in 2010 at the Medical and Rehabilitation Centre "Sano". He worked as a rehabilitator for two years since 2012 at "Riviera" Ltd., and one year since 2014 in the Rehabilitation Centre "Tuzla", Balchik. In 2023 he was appointed as a kinesitherapist in the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC

- Varna, where he currently works. The beginning of his academic career was in 2015 when he was elected as an assistant in the Training Sector "Rehabilitator" at Medical College, Medical University - Varna "Prof. Dr. Paraskev Stoyanov". During the period 2018-2020, he was an Assist. Prof. in the Training Sector "Kinesitherapy", Faculty of Public Health, Medical University - Varna. In 2021, he acquired the Academic Position "Chief Assistant Professor" in the same structure.

He has over 30 scientific publications in Bulgaria and abroad and 18 participations in national and international scientific congresses and conferences.

Ch. Assist. Prof. Yani Shivachev participates in the teaching of kinesitherapy students in the subjects "Principles of kinesiology and kinesitherapy", "Pathokinesiology - Functional analysis and evaluation" and "Manual peripheral joint mobilizations techniques".

The bibliography of the popular cited publications includes 10 citations of the scientific works, in referenced and non-referenced editions Д/10 и Д/12.

According to the criteria, 14 scientific publications and works, distributed in quantity indicators, are presented to the attention of the reviewers and the scientific jury:

- Dissertation work - 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).

Two titles of full-text publications, which are not included with the others, are indicated as evidentiary material for covering the minimal requirements for acquiring the Academic Position "Associate Professor".

The main guidelines of the scientific and research work of the candidate are directed towards the pathologies of the knee joint, with emphasis on soft tissue injuries and cancer rehabilitation - treatment and prevention of common malignant diseases. The therapeutic techniques for recovering the arthrokinematics and mobility of the soft tissue are considered. 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 common postoperative conditions in the knee joint.

The modern approach in the kinesitherapeutic treatment and prevention in the field of cancer rehabilitation is the other field of the candidate's scientific research. The kinesitherapeutic methods for overcoming the postoperative difficulties, chemotherapy/radiation therapy, which have a negative reflection on the functions of the upper and lower limb and quality of life, are examined. Attention has been paid to the means of early kinesitherapy, as a basic means of treatment in the postoperative period as well as to the team approach in tight cooperation with other medical specialists, such as oncologists, surgeons, nutritionists and psychologists.

The main thematic directions of the scientific work 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 direction 1 (Г7.1, Г7.4; full-text publications, not included in the minimal requirements №1, №2; Г8.1 Publications for the Educational and Scientific Degree "Doctor", according to academic reference)

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 for direction 2 (A1; Г7.3, Г8.1, Г8.3, Г8.4, Г8.5, Г8.6; Publications for the Educational and Scientific Degree "Doctor". Г8.2, Г8.3, according to academic reference).

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 for direction 3 (B3; Г7.2, Г8.2).

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.

In conclusion: on the basis of the fulfilment of the minimal national requirements, indicated in the Regulations on the Implementation of the Development of Academic Staff in the Republic of Bulgaria Act and the Regulations at Medical University - Varna "Prof. Dr. Paraskev Stoyanov", the established contributions of the scientific activity of the candidate, his teaching activity and clinical experience 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 - Varna "Prof. Dr. Paraskev Stoyanov" for Ch. Assist. Prof. Yani Georgiev Shivachev, PhD to acquire the Academic Position "Associate Professor" in the Specialty "Kinesitherapy" for the needs of the Department of Kinesitherapy, Faculty of Public Health, Medical University of Varna "Prof. Dr. Paraskev Stoyanov" and the Anesthesiology and intensive care clinic at UMHAT "Sveta Marina" JSC - Varna.

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