

## OPINION

By Associate Professor Nadya Minkova Magunska, MD, Ph.D.

Angel Kanchev University of Ruse, Faculty of Public Health and Healthcare - Ruse

SOGHAT "Dr. Shterev" - Sofia

On a dissertation for the award of an educational and scientific degree "Doctor"

Professional direction: 7.1 Medicine, field of higher education 7. Health care and sports

Scientific specialty: Obstetrics and gynecology

Author: Dr. Vilislava Robert Ivanova

Form of doctoral studies: independent

Scientific organization: Medical University "Prof. Dr. Paraskev Stoyanov" - city of Varna

Dissertation topic: Prophylactic Ultrasound examination as a method for detection of asymptomatic pathologies in gynaecology

Scientific supervisor: Prof. Emil Georgiev Kovachev, MD, PhD, DSc

### General performance

The presented set of documents is in accordance with the Regulations for the acquisition of the educational and scientific degree "Doctor" at the Varna MU.

The dissertation work of Dr. Vilislava Robert Ivanova submitted for official defense is written in literary Bulgarian language and is set out on 116 pages, illustrated with 5 figures and 27 tables. The bibliographic reference includes 228 titles, of which 9 are in Cyrillic and 219 are in Latin. There are 2 publications related to the dissertation work.

## Timeliness of the problem

The problem presented for research by the dissertation is particularly relevant for modern clinical practice in the field of gynecology. Given the high frequency of gynecological diseases in active age, which lead to damage to reproductive health and infertility, the development of methods and diagnostic algorithms for their early diagnosis are essential for early and adequate treatment that would preserve the health and reproductive functions of a woman. Ultrasound diagnostics is a safe, highly effective and easily accessible method with a relatively low cost, through which a detailed examination of the condition and function of the gynecological organs in the small pelvis, as well as the surrounding tissues and organs that are in the immediate vicinity and have mutual influence. In the modern prophylactic gynecological examination, ultrasound diagnostics is a mandatory, routine method for prevention and early diagnosis of asymptomatic pathological findings in the small pelvis.

## Literature review

The review of the literature sources related to the topic of the dissertation is spread over 34 pages. The analysis has been done thoroughly and precisely, the experience of leading teams, specialists and clinics in this field has been summarized. The cited sources from the last 10 years for over 30%, the inclusion of Bulgarian authors makes a good impression.

The overview is structured logically, examines in detail all aspects of ultrasound technology, its historical development and technical achievements and developments enabling the improvement of the method. Emphasis is placed on the implementation of ultrasound diagnostics in gynecological practice and its modern diagnostic achievements and possibilities. The main advantages of the method are clearly highlighted, namely the rapid acquisition of an image in real time. An accurate overview of the modern criteria for the interpretation of ultrasound findings for the most common pathological deviations in gynecology has been made. It is clear from the presentation that Dr. Ivanova knows the subject in detail and appreciates the literary material creatively. I believe that, presented in this way, it has significant cognitive value and can serve as a good basis for the development of the dissertation work.

## Purpose and tasks of the dissertation work

To investigate the diagnostic value of pathological ultrasound findings of the female reproductive system in asymptomatic and symptomatic women.

The implementation is based on 6 specific tasks. The tasks are sufficient in number and their implementation would lead to the fulfillment of the set purpose through a complex evaluation of the obtained results, which shows a detailed knowledge of the material.

I believe that the main purpose, as well as the set tasks, are precisely and clearly formulated.

## Materials and methods

A retrospective analysis of the results of the clinical study of 564 patients who underwent SBAGAL "Prof. Dr. Dimitar Stamatov"-Varna EOOD during the period between 1.IX.2020 and 30.IX.2022 incl.

A total of 397 female patients between the ages of 22 and 86 were screened in 2020, and a total of 167 female patients between the ages of 22 and 76 in 2022. After history taking, routine clinical and imaging methods were applied of diagnostics. Inclusion and exclusion criteria are clearly defined. The examined and monitored patients were divided into two groups - women of childbearing age and women in menopause. It makes a good impression that the study covered a large number of patients. The methods used are clear and specific, well illustrated with illustrative material, of which the outpatient examination sheet presented is particularly useful for practice.

## Results, conclusions and discussion.

Dr. Ivanova carried out a detailed and complete analysis of the obtained results, which she clearly and correctly presented in a table and visualized in a graphic form. I believe that determining the frequency of the most frequently diagnosed gynecological pathologies is of particular value. These results clearly demonstrate the diagnostic capabilities of ultrasound examination. The results regarding the most frequently reported symptoms add an additional practical contribution to the study, defining the most common complaints of patients with gynecological diseases. The correlation made between symptoms and diagnosed pathology shows



the relationship between the specific symptoms and the expected finding. The doctoral student offers 5 conclusions, arising directly from the results of the dissertation work. The conclusions drawn by Dr. Ivanova have a high scientific and practical value, clearly defining the place of ultrasound diagnostics in gynecological practice for both symptomatic and asymptomatic patients. Particularly valuable for practice are the determination of the most frequently diagnosed gynecological diseases by means of an ultrasound examination, as well as the determination of the most frequently affected age group. The discussion of the obtained results is detailed, all ultrasound findings and their relationship with past and accompanying diseases and operations, as well as with the mode of delivery, are discussed in detail. Various perspectives and opinions from leading specialists in the field are included, supported by a rich body of research and publications.

#### Contributions

The author's contributions are a total of 5, of which 1 is original. I believe that the contribution of an original nature can serve as an example for organizing adequate and high-quality gynecological prophylactic activity.

#### Scientific activity

Dr. Ivanova has two scientific publications related to the topic of the dissertation, which were published in specialized medical publications in Bulgarian and in English.

I have no substantive criticisms. The presented dissertation is of high scientific value, accurately and correctly developed, includes a large number of patients. In scientific practice, multicenter studies have a high value due to the reduction of the influence of the human factor. As a wish to Dr. Ivanova, I can make a proposal for a prospective expansion of the contingent of female patients by including other centers and future development of the topic.

#### Conclusion

Dr. Ivanova's work has all the necessary qualities of a dissertation due to the topicality of the problem, the logical structure, the reliable results and their reproducibility in clinical practice, the reliable conclusions and contributions of an original and confirmatory nature

I believe that the current dissertation work of Dr. Vilislava Ivanova fully meets the scientometric criteria and the rules for academic development of the University of Varna for awarding the educational and scientific degree "doctor". As a member of the Scientific Jury, I responsibly and confidently give a positive assessment of the work reviewed by me.

Assoc. Prof. Dr. Nadya Magunska, MD, Ph.D.

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