

STANDPOINT

by

Assoc. Prof. Dr. Lalka Rangelova, MD

Food and Nutrition Department, National Center for Public Health and Analysis, Sofia,
a member of the scientific jury pursuant to Order No. P-109-443 of 5th December 2024 issued by the
Rector of the Medical University of Varna "Prof. Dr. Paraskev Stoyanov" and appointed to provide an
academic standpoint in accordance with Minutes No. 1 of the first meeting.

Subject: Competition for the academic position of Associate Professor in the field of Higher
education 7. Health and sports, professional field 7.1 Medicine in the scientific specialty "Hygiene"
(incl. the ones related to occupation, community, radiation, school, etc.), announced in SG, issue
85 of 08.19.2024 for the requirements of the Educational Sector "Hygiene", Department of Hygiene
and Epidemiology, Faculty of Public Health. An additional requirement for the competition is that
candidates must have a specialty in the healthcare system "Nutrition and Dietetics".

Brief description of the competition

The sole candidate participating in the competition is Chief Assistant Professor Dr. Albena
Borisova Toneva-Stoyanova, MD. The candidate has duly submitted all necessary documentation
for the competition, in accordance with the Regulations for the Development of the Academic Staff
of the Medical University—Varna "Prof. Dr. Paraskev Stoyanov". Additionally, the candidate has
provided a reference that confirms she meets the minimum requirements for the academic position
of "Associate Professor."

Concise information about career development of the candidate

Chief Assistant Professor Dr. Albena Borisova Toneva-Stoyanova, MD, graduated from the
Medical University of Varna in 1989. In 2002, she obtained the specialties in "Homoeopathic
Medicine" and "Nutrition and Dietetics". Upon successfully developing and defending her
dissertation titled "Nutritional Status of Children with Neuropsychiatric Diseases and Its
Relationship with the Quality of Life of Parents and Carers" in 2019, she acquired the educational
and scientific degree of "Doctor" in the field of "Hygiene," encompassing various aspects such as
labour, communal, radiation, and school hygiene.

In 2020 she won a competition for "Chief Assistant" at the Department of Hygiene and Epidemiology, Faculty of Public Health at the Medical University of Varna. Between 2015 and 2024 she worked as an assistant in the Department of Hygiene, Faculty of Public Health at the Medical University of Varna. Since 2020 she has been working as a chief assistant in the Department of Hygiene and Epidemiology, Faculty of Public Health at the Medical University of Varna.

Evaluation of the candidate's instructional and teaching activities

Chief Assistant Professor Dr. Albena Toneva-Stoyanova possesses considerable pedagogical expertise as an instructor of both exercises and lectures as detailed below: Hygiene and Ecology—for the Medicine specialty_M; Hygiene and Ecology—for the Dental Technician specialty_B; Hygiene and Ecology—for the Rehabilitation specialty_B; Environment, Nutrition, and Health—for the Health Management specialty_B; Nutritional Hygiene: Part II—for the Public Health Inspector specialty_B; Nutrition in children having swallowing difficulties—specialty: Speech therapy; Food safety. Food legislation—specialty: Public health protection and control_M; Municipal hygiene: Part II—specialty: Public health inspector_B; Hygiene of infants and adolescents: Part II—specialty: Public Health Inspector B; Health Care Management B—specialty: Hygiene and Ecology of Health Facilities; Health Management B—specialty: Hygiene of Medical Institutions and Nosocomial Infections. Specialisation: biomedical equipment and technologies. B. Contemporary conceptions in the design of medical institutions.

Chief Assistant Professor Dr. Albena Borisova Toneva-Stoyanova, MD, has been a supervisor of one graduate student.

Engagement in scientific and publication endeavours

The submitted articles and references for competition participation demonstrate the candidate's significant scientific activity. She has submitted a total of 53 articles for this competition, each reflecting her comprehensive scientific and research endeavours. Dissertation for the attainment of the educational and scientific degree of "Doctor"—1 pc. A habilitation thesis (monograph) has been submitted—1 pc.

9 publications and reports have been published in scientific journals, and they are referenced and indexed in esteemed worldwide databases of scientific information.

11 publications and reports have appeared in edited collective volumes or non-refereed journals with scientific reviews.

Reference No. 1042/19.11.2024 describes 22 publications, including 9 indexed in Scopus or Web of Science. 2 publications are presented, which do not constitute evidentiary material for meeting the minimum requirements for the title of Associate Professor.

Chief Assistant Professor Dr. Albena Borisova Toneva has had 62 scientific participations in national and international scientific events.

A total of 5 scientific citations are provided: 1 citation in non-refereed publications with scientific review, 3 citations in scientific publications indexed in global scientific databases (such as Scopus and Web of Science), and 1 citation in a monograph. The substantial number of citations serves as an indicator of the topic's relevance and the candidate's acknowledgement within the scientific community.

Scientific accomplishments and contributions

The candidate's scientific production and interests stand out strongly in the following areas: The candidate's research focusses on the relationship between nutrition, nutritional status, and the neuropsychiatric development of children. The most important contribution to the field of science is the research carried out for the very first time in Bulgaria on the nutritional status of children suffering from neuropsychiatric disorders, using biochemical markers as well as anthropometric indicators and indices that were based on WHO standards and criteria.

Oral status of children with neuropsychiatric disorders: This is the first study in our country to explore the oral status of children with neuropsychiatric disorders and its impact on their eating abilities. The study examines the connection between malnutrition in children with neuropsychiatric disorders and the health of the oral mucosa.

Food allergies in newborns and infants: The impact of nutritional, health, and socio-demographic factors on the development of children with a family history of allergies in early childhood has been thoroughly studied.

Healthy eating during pregnancy and breastfeeding: The influence of maternal nutrition, alcohol use, medication, and smoking on the child's neurodevelopment has been examined.

Organic food and official controls on foods: The aspects of official controls on the production, trade, and labelling of the organic products within the Dobrich region have been provided.

Quality of life of parents and carers of children with neuropsychiatric disorders: For the first time in our country, the quality of life in parents and carers of children with neuropsychiatric disorders has been studied and assessed using a WHO questionnaire. (WHOQOL_BREF_26).

Hospital hygiene and nosocomial infections: A retrospective analysis of the infection structure at the Multidisciplinary Hospital for Active Treatment Varna has been performed.

The contributions outlined here are distinctly analytical and pragmatically relevant for both the region and the entire country.

The monograph titled *Nutritional Aspects of the "Silent Pandemic" Autism and Cerebral Palsy* represents a pioneering effort in our country to explore the complexities surrounding developmental disabilities. Disabilities can take various forms, including physical, cognitive, emotional, or behavioural ones. Children in this category frequently necessitate targeted care, including medical services, specialised education, and psychological support. Developmental disabilities commonly result in obstacles to social participation and hinder the attainment of an individual's full potential during both childhood and adulthood.

Conclusion

Chief Assistant Professor Dr. Albena Borisova Toneva-Stoyanova, MD has extensive teaching experience. The scientific production of Chief Assistant Professor Dr. Albena Borisova Toneva-Stoyanova fulfils the Act on development of the academic staff in the Republic of Bulgaria (ADASRB) and the Regulations for the Application of ADASRB, as well as the Regulations for the development of the academic staff of the Medical University – Varna for occupation of the academic position of Associate Professor.

The minimum requirements for occupation of the academic position of Associate Professor have also been met. This provides a solid basis for a favourable evaluation and encourages me to recommend to the distinguished members of the scientific Jury to award to Chief Assistant Professor Dr. Albena Borisova Toneva-Stoyanova, MD the academic position of Associate Professor in scientific specialty in the field of higher education 7. Health and sports, professional field 7.1 Medicine in the scientific specialty Hygiene (incl. the ones related to occupation, community, radiation, school, etc.), for the needs of the Educational Sector "Hygiene", Department

of Hygiene and Epidemiology, Faculty of Public Health at the Medical University "Prof. Dr. Paraskev Stoyanov" – Varna.

20th February 2025

Signature:

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

(Assoc. Prof. Dr. Lalka Rangelova, MD)