

To the Chairman of the Scientific Jury,  
determined by Order No. R-109-198/16.04.2025  
of the Rector of the Medical University - Varna

## **OPINION**

by Assoc. Prof. Dr. Alexander Ivanov Osichenko, MD

scientific specialty - nephrology

Head of the Dialysis Treatment Clinic

Acibadem City Clinic, Tokuda Hospital, Sofia

regarding

a competition for the academic position of "Associate Professor" in the field of higher education 7. Health and Sports, professional field 7.1 Medicine and specialty "Nephrology", for the needs of the Faculty of Medicine, Second Department of Internal Medicine, Board of Nephrology, Dialysis and Toxicology and to the Nephrology Clinic at the University Hospital "St. Marina" EAD, Varna. announced in the State Gazette, issue 15/21.02.2025

The opinion was drawn up in accordance with the requirements of the Law on the Development of Academic Staff of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

Documents for participation in the competition were submitted by Dr. Snezhana Atanasova Atanasova, MD, Chief Assistant Professor at the Second Department of Internal Medicine and Administrative Officer in the "Dialysis Treatment" activity.

The materials submitted by the candidate for the competition meet the requirements of the Regulations for the Development of Academic Staff at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

### **Biographical data and career profile**

Dr. Snezhana Atanasova Atanasova was born on 25.01.1988 in Varna. In 2007 she graduated from the III PMG "Academician Methodius Popov" - Varna, in 2013 she graduated from the Medical University "Prof. Dr. Paraskev Stoyanov" Varna. She began his specialization in "Nephrology" as a resident physician in a dialysis clinic in 2015, and in 2019 she successfully passed the specialty exam. Since 01.01.2020 she has been working as a nephrologist in the Nephrology and Dialysis Clinic at the University Hospital "St. Marina", and since 2023 as a physician-administrative manager in the "Dialysis Treatment" activity.

Since 2018 she has been a full-time assistant at the Medical University of Varna in the Second Department of "Internal Diseases, Nephrology, Dialysis and Toxicology". Since 2019 she has been a

full-time doctoral student at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. The dissertation work of Dr. Snezhana Atanasova Atanasova is on the topic: "Assessment and dynamic monitoring of hyperphosphatemia - a predictor of bone mineral disorders in dialysis patients". After defending the dissertation and obtaining the ONS "Doctor" in April 2022, she was appointed to the position of "Chief Assistant" at the Second Department of Internal Medicine.

### **Publication activity.**

Dr. Snezhana Atanasova Atanasova has published 30 scientific papers: 19 in co-authorship and 11 as an independent author. She is also a co-author of two manuals, in English and Bulgarian, respectively, and a member of the editorial board of the journal "Current Nephrology" - MU-Varna

### **Participation in scientific forums.**

During her scientific career to date, Dr. Snezhana Atanasova Atanasova has participated in over 30 international and national scientific forums.

Participation in clinical studies with scientific and clinical value

- Anemia Studies in CKD: Erythropoiesis via a novel PHI Daprodustat – Non-Dialysis (ASCEND-ND) – GlaxoSmithKline
- DIALIZE-Outcomes – Astra Zeneca
- Bax Duo- Pacific – Astra Zeneca

### **Teaching activity.**

Since joining the Medical University of Varna as an assistant professor and currently as a chief assistant professor, Dr. Snezhana Atanasova Atanasova has participated in leading practical exercises for 5th-year students, lectures for students in the specialty "nephrology", as well as for doctoral students and interns. After obtaining her doctoral degree in 2022, she also leads part of the lecture course in nephrology for 5th-year students, mainly in English. She also actively participates in examination committees at Medical University of Varna.

### **Analysis of the materials submitted for the competition**

The works submitted by Dr. Snezhana Atanasova Atanasova for participation in the competition are 25 in total and reflect the scientific and research activity in the period 2015-2024.

Distribution of scientific works by type:

Dissertation work – 1 pc.

Textbooks, manuals – 2 pcs. – guides for students in Bulgarian and English

Publications in journals and collections – 25 pcs.

Publications in Bulgarian – 23 pcs.

Publications in a foreign language (English) – 2 pcs.

Distribution of scientific works by authorship:

As an independent author – 2 pcs.

Co-authored - 23, of which as:

first author - in 10 publications

second author - in 7 publications

third author - in 5 publications

fourth author - in 3 publications

### **Contributions related to the main areas of scientific works:**

#### **DIRECTION 1:**

"Patient-staff relationships in HDC" two articles are presented (B4.1;B4.2).

The contributions are theoretical in nature, establishing that the process of psychosocial adaptation to chronic kidney disease leads to mental maturity, full communication between patients and medical staff, as well as improving comprehensive patient care.

#### **DIRECTION 2:**

"Innovative biomarkers in CKD and bone mineral disorders in patients with CKD on HDL" four articles are presented (B 4.3; B 4.4; B 4.5; B 4.7).

The contributions are of a practical-applied nature and show the dynamic monitoring of serum concentrations of PTH, BAP, osteocalcin and vitamin D in patients with chronic kidney diseases. The contributions are also of an original nature - for the first time in Bulgaria, the most modern bone biomarkers for chronic kidney diseases analyzed in dynamics have been introduced for diagnostic and prognostic purposes. The new biomarkers - Sclerostin and Galectin-3 have significant diagnostic and prognostic significance, which allows stratification of patients with kidney damage, monitoring and referral to specific therapeutic behavior.

#### **DIRECTION 3:**

"The role of physical exercise in patients undergoing hemodialysis treatment" is presented in one article (B4.6).

For the first time in our country, aerobic intradialysis exercises with a specialized wheel have been applied and the role of intradialysis aerobic exercises in chronic dialysis patients, as well as their perception of their emotional status, has been assessed.

#### **DIRECTION 4:**

"Psychological problems of patients during the period of adaptation to extracorporeal treatment" is presented in one article (B4.8).

The contribution is of a theoretical nature: it is proven that patients with chronic kidney diseases often have states of fear, anxiety, insomnia, suspiciousness, despair and depression and the success in combating these psychological conditions improves their quality of life.

#### DIRECTION 5:

In direction 5 "Renal anemia in CKD-CKD – contemporary aspects and therapeutic behavior" two articles are presented ( B4.9; B4.10).

These publications have a practical-applied direction and an original contribution with applied value. For the first time in Bulgaria, a study is being conducted to monitor the effect and safety of the intravenous slow-acting iron preparation Monofer in patients undergoing HD.

#### CONCLUSION

Senior Asst. Dr. Snezhana Atanasova Atanasova, MD is a physician, a well-established teacher and researcher, with a strong taste for scientific research work in nephrology, who thoroughly applies her knowledge in everyday clinical practice. The results of her work are well received in our country and abroad, as evidenced by her publications. Her excellent command of English allows her to establish international contacts in the field of nephrology.

**In conclusion**, Senior Asst. Dr. Snezhana Atanasova Atanasova, MD possesses all the necessary qualities and meets all the requirements for holding the academic position of "associate professor" of the ZRASRB and the Regulations for the Development of the Academic Staff at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. Based on the above, I recommend to the members of the scientific jury, appointed by Order No. R-109-198/16.04.2025 of the Rector of the Medical University - Varna, to award Senior Asst. Dr. Snezhana Atanasova Atanasova, MD, the academic position of "associate professor".

19.06.2025

Assoc. Prof. Dr. Alexander Osichenko, MD

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

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