

OPINION

From Prof. D-r Valentina Christova Madjova, PhD
Department of General medicine, Medical University – Varna

On the dissertation work on topic
**“MANAGEMENT OF PATIENTS WITH ALCOHOL DEPENDENCE IN GENERAL
MEDICAL PRACTICE“**

From **D-r Daniela Krasimirova Kostadinova**
Absentee PhD student in „ Department of General medicine“
Medical Faculty in Medical University – Varna
And General Practitioner and Manager of “Daniela Medica – APMH – IP” Ltd - Razgrad

For acquisition of educational and scientific degree “DOCTOR” /M.D./

1. General presentation of the procedure and the PhD student

According to the Order of the Rector of The Medical University – Varna № 109-287/11.07.2025 and Protocol 1 from the meeting of the Scientific Jury, I have been chosen for its internal member and also to prepare opinion for the scientific work of D-r Daniela Krasimirova Kostadinova.

The provided to me set of materials on paper / electronic carrier completely corresponds to the requirements of the Procedure for gaining the ESD “doctor” according to the Regulations of MU – Varna.

I did not find any infringements of the procedure for awarding of ESD “Doctor”.

2. Short biography data for the PhD student

Daniela Krasimirova Kostadinova has finished The Natural Mathematical high school “Akad. Nikola Obreshkov” – Razgrad with profiles Biology, English, Chemistry and Information technologies.

She finished her High Education as master of medicine in MU “Prof. D-r Paraskev Stoyanov”- Varna in 2015.

D-r Daniela Krasimirova acquires a specialty General Medicine in May 2019.

In the period 01.02.2023 to 31.03.2025 she is a PhD student in absentee form in the Department of General medicine in Medical University “Prof. D-r Paraskev Stoyanov”– Varna.

3. Actuality of the topic and expediency of the given goals and tasks

The dissertation work of D-r Daniela Krasimirova Kostadinova treats one very actual and practically important problem from the general medical practice, scilicet the vast distribution and

not the good management of the patients with alcohol abuse, which is one of the social significant health problems concerning the society on a global scale.

Important circumstance which directs D-r Daniela Krasimirova to development of the dissertation work is the fact that to the current moment in Bulgaria comprehensively study to that problem has not been done and the alcohol and nicotine usage are the widespread substances received by the man on his own desire and free to buy in comparison with the other drugs. In addition, when it is used systematically it creates in some of the consumers' morbid dependence and insurmountable wish for consuming more quantities of alcohol.

For main transition from alcohol abuse to alcoholism the addiction is accepted, which is characterized with incessant increase of the quantities of the received alcohol, because the tolerance of the organism increases, too and the border can be easily passed.

I highly appreciate the actuality of the topic of the dissertation of D-r Daniela Krasimirova as very important for the general clinical practice in our country, because of some reasons: the bigger and bigger distribution of alcohol usage, respectively the dependence in adult population in our country, also the younger age of alcohol users, and also the alarming fact that often the alcohol is mixed with other drugs.

4. Knowing of the problem

Although that the knowledge of the clinical proceeding of the alcohol disease expanded, still during the last decades there are not enough collected clinical experience concerning the alcohol abuse. D-r Krasimirova in her study emphasizes that though the diagnostic and control of the alcohol abuse look familiar, practically they are one of the most controversial clinical questions to be solved in the primary medical help.

Subject of the dissertation work is consideration of the alcohol problem in its comprehensiveness and developing an algorithm for finding, diagnosing and tracing of the patients with risky alcohol usage and abuse.

D-r Daniela Krasimirova knows very well the matter which treats in her scientific study, because she meets daily with such patients in her ambulatory practice.

On the other hand, D-r Daniela Krasimirova points out that the general practitioner is the main unit in relation to doing screening programs for risky factors and socially significant diseases. That defines his primary role in early finding and diagnosing of the alcohol dependence.

5. Methods of the research

The bigger section of the dissertation represents a study which D-r Daniela Krasimirova has done alone as a researcher. For its implementation she analyses the result of combining the screening survey, biology tests and imaging studies done in the general medical practice.

In her monitoring 610 people over the age of 18 are covered and they are divided into 7 age groups - 18-24, 25-34, 35-44, 45-54, 55-64, 65-74 and over 75 years old. Typesetting of the patients takes place during a visit in the ambulatory for primary medical assistance in connection with their yearly prophylactic check-up.

✓ Signs of the monitoring:

- 1) Social-demographic characteristics – gender, age;
- 2) Characteristic of the alcohol consumption of the surveyed people;
- 3) Values of the liver indicators ASAT, ALAT and GGT of the persons included in the conducted clinical research;
- 4) Ultrasound diagnostics of the liver of the screening population.

✓ Logical units of the monitoring are people over the age of 18;

✓ Time range of the research – from October 2023 to August 2024;

✓ Territorial range of the research: Clinical observations and investigations are held in the ambulatory for primary medical assistance “Daniela Medica – APMP – IP” which is situated on the territory of the town of Razgrad, Republic of Bulgaria.

Summarized, in her dissertation work D-r Daniela Krasimirova uses the following methods:

- 1) documental method (research published study on the dissertation work)
- 2) sociological methods – all the people fill in specially created survey card.
- 3) clinical – laboratory method (test of ASAT, ALAT and GGT)
- 4) instrumental method (ultrasound with device Sonofine EUS B).
- 4) statistical methods – statistical analysis is done on the data received from the answers from the questions in the survey card, the values of the liver indicators and the data from the ultrasound research and the connections between them.

For analyzing and interpretation of the data the following statistical methods are used:

- Descriptive methods – measuring of frequencies, average sizes, standard errors, average deviations, minimal and maximal values;
- Cross tabulation for comparing two or more parameters, determination of Lambda and Eta coefficients in comparing nominal dependent variables and nominal and ordinal magnitudes;
- Check of the statistic hypothesis for the difference between two averages in nondependent and dependent extracts;

- Correlation analysis to determine dependency between the studied parameters by making an attempt the models of the connection to be built;
- Check for reliability and validity - Alfa of Chronbach and factor analysis;
- Graphic analysis – it is used for visualizing of the data received during the research of the patients.

The statistical data proceeding is done with the program product IBM SPSS Statistics ver.19.

The chosen methods let the overall achievement of the set goal and receiving the adequate answer of the tasks, solved in the dissertation work.

6. Characteristic and assessment of the dissertation work

The dissertation work of D-r Daniela Krasimirova is written on 150 typewritten pages and is visualized with 38 charts and 40 figures. The list of the cited literature contains 131 titles, from which 53 in Cyrillic and 78 in Latin.

In the literature overview she examines the problem for the chronicle usage of alcohol, which is one of the main and socially significant health problems, concerning the society in global scale and actual by the same reasons for Bulgaria, too.

D-r Daniela Krasimirova examines the morbidity which is a consequence from the chronicle alcohol consumption and abuse.

The main goal in the dissertation of D-r Daniela Krasimirova is “ascertainment the frequency of the risky alcohol consumption among the surveyed population, physical and mental damages from the alcohol dependence and development of a model for tracing and dispensary of the found risky and dependent persons in the frames of the general medical practice” .

For reaching the goal of the dissertation, she has set herself the following 6 main tasks::

1. To be determined the frequency of the consumption and the amount of the received alcohol in the surveyed population;
2. To be determined if there is dependence between age, gender and alcohol usage;
3. To be found the degree of psycho-somatic complications and social damages from the alcohol abuse;
4. To be done grouping of the patients relative to the point total from the screening survey;
5. To trace the dependency between the found with the survey data and the tested biochemical and ultrasound parameters;
6. To create a model for tracing and dispensary of the new found patients with alcohol dependence.

Her main hypothesis is that “risky models of alcohol consumption among the Bulgarian population and determining of the alcohol as a main risk factor for developing of social-significant diseases, lead to the need of creating combined methodic for managing the patients with alcohol dependence in the general medical practice.”

D-r Daniela Krasimirova also determines the following hypothesis in her dissertation work: “after analyzing the received data the main thesis of the dissertation will be checked, touching the need of introduction of combined screening method for finding, dividing and tracing the patients relative to the alcohol factor.”

The formulated by her hypothesis assumes that “the research will have high efficient form the application of the combined screening method for finding the risky alcohol consumption, dependence and chronicle damages from them in pre-hospital assistance.”

From her research, the PhD student formulates 6 main conclusions. They all respond to the set goal and the stated tasks.

7. Contributions and significance of the development for the science and practice

The data in the research of D-r Daniela Krasimirova show for the first time in our country one original complex methodic for screening of the alcohol abuse and dependence, which is achieved through the developed by her original questionnaire and scale for evaluation connected with it for finding of patients with risky alcohol consumption, dependence and chronicle alcohol disease.

Statistically credible efficient of the proposed algorithm is proved, which gives her reason based on the statistically significant evidential material, to develop complete model for management of the patient with alcohol dependence in general medical practice.

In the dissertation work of D-r Daniela Krasimirova the following contributions with science-applied character can be pointed, namely: application of this type of analysis in the general medical clinical practice with a purpose for early diagnostic and following dispensary of the patients with risky alcohol usage and dependence, which will give the chance also for control in the pre-hospital help of the patients as regards to alcohol consumption.

I accept also the pointed by her contributions with confirmatory character for the role of the risky alcohol consumption and alcohol dependence for occurrence of psycho-somatic damages, and also for the role of the alcohol as a modified risky factor in developing social-significant diseases; therefore it is necessary for him to be searched actively by the general practitioners among their patients.

The significant dependence between the higher alcohol usage, the liver pathology and the parallel development of the psychic and physical damages is confirmed; and also is the role of the

screening tests, the test of GGT and the ultrasound diagnostic in finding and developing the alcohol dependence.

8. Evaluation of the publications on the dissertation work

The PhD student has attached to her documents the necessary number of publications and messages connected with the dissertation work. The attached list meets the requirements for acquisition of ESD “doctor”.

9. Personal part of the PhD student

The conducted dissertation study, the formulated contributions and the received results are personal merit of D-r Daniela Krasimirova Kostadinova and are supported by her scientific supervisor – associate prof. d-r Zhenya Ruseva, PhD.

10. Abstract

The abstract is completely enough as a content and quality for presenting the main results, achieved in the dissertation. It meets the requirements of the Regulations of MU – Varna.

11. Critical remarks and recommendations

I have no critical remarks or recommendations to the conducted research and the given to me materials.

12. Personal impressions

I have known D-r Daniela Krasimirova since she was a student in MU – Varna and later as a general practitioner and I have excellent impressions for her as an intelligent and ambitious young doctor. The offered for evaluation dissertation work and abstract are distinguished by accuracy, precision, sequence and thoroughness of the formulated conclusions and contributions.

Conclusion

In general, I evaluate the dissertation of D-r Daniela Krasimirova Kostadinova as actual and valuable as a science work, with practical meaning regarding the finding of patients with alcohol dependence in the general medical practice and management of this problem.

The dissertation work contains important science and practical results ъxa corresponds to all the requirements of LRASRB, the Regulations of its application and that of MU – Varna.

The presented materials and dissertation results completely correspond to specific requirements of MU – Varna.

The dissertation work shows thorough theoretical knowledge and professional skills of the PhD student by science specialty “general medicine” and demonstrates her qualities and skills for self-conducting of a science research.

As a reviewer I surely give my ***positive assessment*** for the conducted research, dissertation work, abstract, achieved results and contributions and ***I propose to the honorable jury to award educational and scientific degree “doctor”*** to D-r Daniela Krasimirova Kostadinova on the science major “general medicine”.

18.08.2025
Varna

The opinion is prepared by: Prof. D-r Valentina Madjova, PhD
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