

OPINION

By Assoc. Prof. Dr. Irena Yordanova Stoilova, MD, habilitated in professional field 7.1 Medicine, scientific specialty "Occupational Diseases", specialist in Internal Medicine, Occupational Diseases, Occupational Medicine, appointed by Order No. R-109-262/30.07.2026 of the Rector of the Medical University "Prof. Dr. P. Stoyanov" - Varna as an external member of the jury in the procedure for occupying the academic position "Associate Professor" in the field of higher education 7. Health and Sports, Professional Field 7.1. Medicine, specialty "Occupational Diseases" at the Department of Optometry and Occupational Diseases at the Faculty of Public Health of MU-Varna.

Within the statutory deadline, after announcing the competition, one candidate submitted documents for participation in it and was admitted - Dr. Vladina Miroslavova Dimitrova-Kirilova, MD, Chief Assistant Professor at the Department of Optometry and Occupational Diseases, Faculty of Public Health of the Medical University "Prof. Dr. P. Stoyanov" - Varna.

The necessary documents prepared by the candidate are in accordance with the requirements of the Regulations for the Implementation of the Law on the Promotion of Higher Education and Research and the Regulations for the Development of the Academic Staff of MU-Varna.

Brief biographical data

Dr. Vladina Miroslavova Dimitrova-Kirilova was born on 24.09.1988 in the town of Dobrich. She completed her higher education in 2013 at the Medical University of Varna.

Her career began in 2013, when she worked as a doctor at the Central Emergency Center-Varna, after which in 2015 she was appointed as a specialist doctor at the Second Neurological Clinic with OILNB and OLOMI of the University Hospital "St. Marina"-Varna.

In 2020, Dr. Dimitrova acquired a specialty in Nervous Diseases, and in 2023 she was enrolled as a resident in Occupational Diseases. Dr. Vladina Dimitrova's academic development began in 2018, when she was appointed as an "assistant" at the Academic Sector "Occupational Diseases", Department of "Physiotherapy, Rehabilitation, Sea

Therapy and Occupational Diseases" of the Medical University "Prof. Dr. P. Stoyanov" - Varna.

In 2023, Dr. Vladina Dimitrova obtained the scientific degree "Doctor" by defending a scientific paper on the topic "Professional predisposition in asymptomatic strokes".

From 2024 to the present, she holds the academic position of "Chief Assistant" at the Department of "Optometry and Occupational Diseases" of the Medical University "Prof. Dr. P. Stoyanov" - Varna.

Dr. Vladina Dimitrova is a member of the Bulgarian Medical Union, the Bulgarian Society of Neurology, the European Stroke Association, and the Bulgarian Scientific Society of Occupational Diseases.

The candidate annually participates in the National Congress of Neurology and the Congress of the European Stroke Organization. She participates in the organization and conduct of the National Stroke Conference and the Stroke Summer School at MU-Varna.

Dr. Vladina Dimitrova is fluent in English.

Married, with two children.

Teaching activities

As an assistant professor, Dr. Vladina Dimitrova carries out active teaching activities and participates in the training of students. According to the submitted certificate, she has 9 years of teaching experience, and the submitted report for the period 2018-2026 establishes a number of classroom hours that exceed regulatory requirements. The candidate conducts exercises in the discipline "Occupational Diseases" for students majoring in Medicine (English and Bulgarian-language instruction) and exercises in the discipline "Nervous Diseases" for students majoring in Speech Therapy and Kinesitherapy at the Medical University "Prof. Dr. P. Stoyanov" - Varna.

Research activity

An Academic Reference for publications, citations and scientific profiles is presented, which reflects the scientific production of Dr. Vladina Dimitrova for the period

2019-2026. The candidate's publication activity meets the minimum requirements for holding the academic position of "associate professor".

The works submitted for participation in the competition are a total of 31 pieces, distributed as follows:

1. Indicator A1 - Dissertation for the acquisition of the educational and scientific degree "doctor" on the topic "Professional predisposition in asymptomatic strokes" - 50 points.
2. Indicator B4 - Full-text articles published in publications that are referenced and indexed in world-renowned databases of scientific information - 11 publications - 140.5 points.
3. Indicator D7 - Publications and reports published in scientific journals referenced and indexed in world-renowned databases with scientific information - 14 publications - 200 items.
4. Indicator D8 – Publications and reports published in non-refereed journals with scientific review – 6 issues – 42 points.

One publication beyond the minimum scientometric requirements was also presented.

3 publications were presented for the acquisition of the educational and scientific degree "doctor".

Of the number of publications submitted for participation in the competition, the candidate is the first author of 5 of them, the second author of 18, the third author of 6, and the fourth author of 2 publications. The total IF of the journals in which the candidate has publications is 10.635. The noted number of citations of the scientific works of Dr. Vladina Dimitrova is 8, with 5 being in scientific publications, referenced and indexed in world-renowned databases with scientific information or in monographs and collective volumes and 3 in monographs and collective volumes with scientific review.

Dr. Vladina Dimitrova has 12 publications in Bulgarian and 19 publications in English.

The candidate has active scientific profiles with Web of Science, Scopus, ORCID and Google Scholar.

Contributions of scientific works:

The scientific works of Dr. Vladina Dimitrova are distributed in the following areas:

1. Occupational risk factors and cerebrovascular diseases;
2. Cerebrovascular diseases - etiology, treatment, prognostic factors, complications and quality of life;
3. Sleep neurology and occupational sleep disorders;
4. Deep brain stimulation in Parkinson's disease.

The main focus of the presented scientific works is on insufficiently studied and current problems related to occupational diseases and neurology, with an emphasis on the influence of occupational risk factors on cerebrovascular disease and sleep disorders. Some of the studies are being conducted for the first time in Bulgaria and there is a lack of systematic data on the Bulgarian population.

The main contributions of Dr. Vladina Dimitrova's scientific works are the following:

1. Area 1 – Occupational Risk Factors and Cerebrovascular Diseases

I. Contributions of Original Scientific Nature

- For the first time in Bulgaria, the relationship between occupational stress and asymptomatic cerebrovascular disease has been studied, proving the role of occupational stress as a cofactor in the etiopathogenesis of asymptomatic cerebrovascular disease. For the first time in Bulgaria, the influence of occupational factors on the level of occupational stress has been studied, establishing an association between higher levels of occupational stress, longer working hours, longer professional experience and shift work. •

- For the first time in our country, a study has been conducted on the influence of occupational risk factors in the epidemiology of strokes in patients of working age. The synergistic effect between traditional vascular risk factors and occupational risk factors in the epidemiology of strokes has been confirmed.

2. Area 2 - Cerebrovascular diseases - etiology, treatment, prognostic factors, complications and quality of life.

I. Contributions of original scientific character

- The clinical, laboratory and imaging features, as well as the prognostic factors in different forms, have been determined of cerebrovascular diseases, including rare etiological variants, which contributes to optimizing diagnostic and therapeutic behavior.

- The independent prognostic value of C-reactive protein and leukocytosis for hospital mortality in young and middle-aged patients with acute ischemic stroke has been proven.

- Knowledge about the early functional outcome after acute stroke has been expanded by establishing the frequency, structure and risk factors for the development of hospital complications and post-stroke epilepsy, as well as the dynamics of quality of life recovery.

II. Contributions of a scientific and applied nature

- The use of the international RES-Q registry has been implemented to assess the quality of treatment of patients with acute ischemic stroke, which allows international comparison of indicators and optimization of the organization of stroke care.

3. Area 3 - Sleep neurology and occupational sleep disorders.

- For the first time in Bulgaria, a polysomnographic study of sleep quality and the presence of sleep disorders in shift workers was conducted. The reduced sleep quality in shift workers was confirmed.

- For the first time in Bulgaria, the influence of occupational factors in shift work on sleep quality has been studied. The negative influence of longer work experience in shift work on sleep quality has been confirmed.

4. Area 4 - Deep brain stimulation in Parkinson's disease

I. Original scientific contributions

- The Bulgarian clinical experience in the treatment of advanced Parkinson's disease has been enriched by analyzing the effectiveness of bilateral subthalamic deep brain stimulation on motor disorders, quality of life and sleep disorders.

II. Contributions of a scientific and applied nature

- A multidisciplinary algorithm for patient selection for bilateral subthalamic deep brain stimulation in Parkinson's disease has been developed and implemented.

Conclusion

The scientific papers and evidentiary material of Dr. Vladina Miroslavova Dimitrova-Kirilova submitted to me for the preparation of an opinion for participation in the competition for the academic position of "associate professor" are sufficient in volume and meet the minimum scientometric requirements, determined by the Regulations for the Implementation of the Law on the Development of the Academic Staff of the Republic of Bulgaria and the Regulations for the Development of the Academic Staff of the Medical University "Prof. Dr. P. Stoyanov"-Varna.

In accordance with the established contributions of the candidate's scientific activity, her teaching and clinical experience, I give my "positive vote" and propose to the esteemed members of the scientific jury to vote „positively“ and to submit a proposal to the Rector of MU-Varna- Dr. Vladina Miroslavova Dimitrova-Kirilova to assume the academic position of Associate Professor in the specialty of Occupational Diseases, professional field 7.1 Medicine, higher education area 7. Healthcare and Sports, at the Department of Optometry and Occupational Diseases, Faculty of Public Health of Medical University – Varna.

10.08.2026.

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Respectfully:

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

Assoc. Prof. Dr. Irena Stoilova, MD