

STATEMENT

PROF. TANYA PENEVA KUNEVA-BOYADZHIEVA, MD, PhD

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Scientific Specialties: Internal Medicine, Occupational Diseases, Clinical Toxicology, Occupational Medicine.

Pursuant to Order No. P-109-262/30.07.2026 issued by the Rector of Medical University „Prof. Dr. Paraskev Stoyanov“ – Varna, and in accordance with the decision adopted at the first meeting of the Scientific Jury, I have been appointed to prepare an evaluation report in my capacity as an external member of the Scientific Jury for the procedure for appointment to the academic position of Associate Professor in the field of higher education 7. Healthcare and Sport, professional field 7.1. Medicine, specialty Occupational Diseases, at the Department of Optometry and occupational diseases, Faculty of Public health, Medical University – Varna.

Dr. Vladina Miroslavova Dimitrova-Kirilova, MD, PhD, Chief Assistant Professor at the Department of Optometry and occupational diseases, Faculty of Public health, Medical University “Prof. Dr. Paraskev Stoyanov “– Varna, has submitted an application and has been admitted to participate in the competition.

The documentation submitted by the candidate complies with the requirements of the Regulations for the Implementation of the Academic Staff Development in the Republic of Bulgaria Act and the Regulations for the Development of the Academic Staff of Medical University – Varna.

I. DOCUMENTS SUBMITTED FOR THE COMPETITION

The application documents submitted in electronic format by Chief Assistant Professor Vladina Miroslavova Dimitrova-Kirilova, MD, PhD, for the competition are complete, accurate, well organized, and include all the required official certificates, statements, and supporting documentary evidence.

II. ANALYSIS OF THE CANDIDATE'S ACADEMIC AND PROFESSIONAL PROFILE

Dr. Vladina Dimitrova-Kirilova was born in 1988 in Dobrich, Bulgaria. She graduated in Medicine from the Medical University of Varna in 2013.

Following her graduation, Dr. Dimitrova-Kirilova successively held the following positions: Physician at the Centre for Emergency Medical Care, Varna (2013–2015); Physician at the Emergency Department of St. Marina University Hospital, Varna (2015); and Resident

Physician at the Second Department with ICU and Stroke unit, University Hospital "St. Marina", Varna (2015–2020). In 2020 she obtained the specialty qualification in Neurology. Following a successful academic competition, she was appointed as Assistant Professor at the Teaching Sector of Occupational diseases, Department of Physiotherapy, rehabilitation, thalassotherapy and occupational diseases, Medical University – Varna, in 2018. Since 2024 she has held the academic position of Chief assistant professor at the Department of Optometry and occupational diseases, Medical University "Prof. Dr. Paraskev Stoyanov"– Varna.

In 2023 Dr. Vladina Dimitrova-Kirilova was awarded the PhD degree following the successful public defence of her doctoral dissertation entitled "Occupational Predisposition in Silent Stroke".

Dr. Dimitrova-Kirilova maintains her professional qualifications through annual participation in the National Congress of Neurology and the Congress of the European Stroke Organisation. She actively contributes to the organization and implementation of the National Stroke Conference and the Summer Stroke School at the Medical University – Varna.

Dr. Vladina Dimitrova-Kirilova is proficient in English. She is a member of the Bulgarian Medical Association, the Bulgarian Society of Neurology, the European Stroke Organisation, and the Bulgarian Scientific Society of Occupational Diseases.

III. EVALUATION OF THE CANDIDATE'S SCIENTIFIC OUTPUT AND OVERALL ACADEMIC DEVELOPMENT

1. General Characteristics of the Scientific Output and Publication Activity

For the purposes of the academic competition, Chief assistant professor Vladina Dimitrova-Kirilova, MD, PhD, has submitted a list of 31 scientific works, comprising:

- A doctoral dissertation submitted in partial fulfilment of the requirements for the award of the educational and scientific degree Doctor (PhD), entitled "Occupational Predisposition in Silent Stroke."
- Full-text articles published in journals indexed and abstracted in internationally recognized scientific databases – 11 publications.
- Publications and conference papers published in scientific journals and proceedings indexed and abstracted in internationally recognized scientific databases – 14 publications.
- Publications and conference papers published in peer-reviewed scientific journals not indexed in internationally recognized scientific databases – 6 publications.

Among the submitted publications, Dr. Dimitrova-Kirilova is the first author of five (5) papers, the second author of eighteen (18), the third author of six (6), and the fourth author of two (2). The cumulative Impact Factor (IF) of the journals in which the candidate has published is 10.635. Dr. Vladina Dimitrova-Kirilova has authored twelve (12) publications in Bulgarian and nineteen (19) publications in English. She maintains active researcher profiles in Web of Science, Scopus, ORCID, and Google Scholar.

The candidate's scientific publications have received a total of eight (8) citations, of which five (5) are in publications indexed and abstracted in internationally recognized scientific databases

or in scholarly monographs and edited volumes, and three (3) are in peer-reviewed monographs and edited volumes.

2. Main Research Areas and Scientific Contributions

The research interests and scientific contributions of Chief assistant professor Vladina Dimitrova-Kirilova, MD, PhD, are well defined and closely aligned with the subject area of the academic competition. The candidate has provided a comprehensive and accurate statement of her scientific contributions, which I fully endorse. The principal research areas represented in the submitted scientific output are as follows:

First Research Area: Occupational Risk Factors and Cerebrovascular Diseases

The relationship between occupational stress and silent cerebrovascular disease has been investigated, demonstrating the role of occupational stress as a co-factor in the etiopathogenesis of silent cerebrovascular disease.

The influence of occupational factors on the levels of occupational stress has also been examined. An association has been established between higher levels of occupational stress and longer working hours, longer occupational exposure, and shift work.

A study has been conducted on the impact of occupational risk factors on the epidemiology of stroke among the working-age population. The findings confirm the synergistic effect of traditional vascular risk factors and occupational risk factors in the epidemiology of stroke.

Second Research Area: Cerebrovascular Diseases – Etiology, Treatment, Prognostic Factors, Complications, and Quality of Life

As a neurologist, the candidate has addressed an important public health issue by investigating the clinical, laboratory, and neuroimaging characteristics, as well as the prognostic factors, associated with different forms of cerebrovascular disease.

Particular attention has been paid to the prognostic value of C-reactive protein and leukocytosis as predictors of in-hospital mortality in patients with acute ischemic stroke.

The frequency, structure, and risk factors for the development of in-hospital complications and post-stroke epilepsy have been established, demonstrating their significance for the clinical outcome following acute stroke and for the subsequent recovery of patients' quality of life.

The candidate has also contributed to the implementation of the international RES-Q Registry for the assessment of the quality of care provided to patients with acute ischemic stroke, enabling international benchmarking of quality indicators and optimization of stroke care services.

Third Research Area: Sleep Neurology and Occupationally Related Sleep Disorders

For the first time in Bulgaria, a polysomnographic study assessing sleep quality and sleep disorders among shift workers has been conducted. The study confirmed impaired sleep quality in employees engaged in shift work.

The impact of occupational factors associated with shift work on sleep quality has also been investigated. The findings demonstrate the adverse effect of prolonged occupational exposure to shift work on sleep quality.

Fourth Research Area: Deep Brain Stimulation in Parkinson's Disease

The effectiveness of bilateral subthalamic deep brain stimulation in improving motor symptoms and sleep disturbances in patients with Parkinson's disease has been evaluated.

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

The candidate's dual specialist qualifications in **Neurology** and **Occupational Diseases** have enabled her to investigate occupational risk groups exposed to night and shift work, providing evidence of the detrimental effects of these work schedules on workers' health.

The majority of the candidate's contributions within these research areas are of an original scientific nature, while the remainder have significant scientific and applied value.

IV. TEACHING EXPERIENCE

Chief assistant professor Vladina Dimitrova-Kirilova, MD, PhD, has nine years of teaching experience (Certificate No. 099-1984/10.06.2026, Medical University – Varna). She conducts practical training in Occupational Diseases for undergraduate medical students enrolled in both the Bulgarian- and English-language programmes, as well as practical classes in Neurology for students in the Speech and Language Therapy and Physiotherapy programmes at Medical University “Prof. Dr. Paraskev Stoyanov” – Varna.

An official academic workload statement issued by Medical University – Varna (Statement No. 112-131/11.06.2026) has been submitted. According to this document, during the last three academic years the candidate's teaching workload has consistently exceeded the teaching requirements established by the University. During the last three academic years, her practical teaching workload, against the required annual norm of 220 teaching hours, was as follows: Academic year 2022/2023 – 248 teaching hours; Academic year 2023/2024 – 300 teaching hours; Academic year 2024/2025 – 265 teaching hours.

V. OVERALL ASSESSMENT OF THE CANDIDATE'S COMPLIANCE WITH THE MANDATORY REQUIREMENTS FOR APPOINTMENT TO THE ACADEMIC POSITION OF ASSOCIATE PROFESSOR

Chief assistant professor Vladina Miroslavova Dimitrova-Kirilova, MD, PhD, has submitted all the required documentation in accordance with the Academic Staff Development in the Republic of Bulgaria Act, the Regulations for its Implementation, including the national minimum requirements, as well as the additional criteria stipulated in the Regulations for the Development of the Academic Staff of Medical University – Varna.

The candidate's scientific publications have been classified in accordance with the prescribed groups of evaluation indicators, demonstrating compliance with the national minimum requirements and the additional institutional criteria (self-assessment table). The submitted self-

assessment confirms that, from a scientometric perspective, the candidate's academic output fully satisfies and exceeds the requirements established for the professional field 7.1. Medicine under the Regulations for the Development of the Academic Staff of Medical University – Varna.

Statement

of Dr. Vladina Miroslovova Dimitrova-Kirilova, MD, PhD, prepared in accordance with Appendix 1 to the Regulations for the Development of the Academic Staff of Medical University “Prof. Dr. Paraskev Stoyanov”– Varna, for the application for the academic position of Associate Professor.

Indicator	Minimum Scientometric Requirements (Points)	Candidate's Score
A1 - Doctoral dissertation for the award of the educational and scientific degree Doctor (PhD)	50	50
B4- Scientific publications (not fewer than 10) published in journals indexed and abstracted in internationally recognized scientific databases	100	140,5
G5 - Published monograph not submitted as the principal habilitation thesis	200 (≥ 60 points from Indicator G7) (15 publications, including 8 published in journals indexed in Scopus/Web of Science)	242
G6 - Published book based on a defended doctoral dissertation for the award of the educational and scientific degree Doctor (PhD) or the scientific degree Doctor of Science (DSc)		
G7 - Publications and conference papers published in scientific journals indexed and abstracted in internationally recognized scientific databases		
G8 - Publications and conference papers published in peer-reviewed journals not indexed in internationally recognized scientific databases or published in edited volumes		
D9 - Published chapter in a multi-authored monograph	80 (5 citations in journals indexed in Scopus/Web of Science)	105
D10 - Citations or reviews in scientific publications indexed and abstracted in internationally recognized scientific databases or in scholarly monographs and edited volumes		
D11 - Citations in peer-reviewed monographs and edited volumes		
D12 – Citations or reviews in peer-reviewed journals not indexed in internationally recognized scientific databases		
TOTAL	430	537,5

VI. CRITICAL REMARKS AND RECOMMENDATIONS

I have no critical remarks regarding the candidate's application for appointment to the academic position of Associate Professor.

VII. CONCLUSION

Based on the documentation submitted, Dr. Vladina Miroslavova Dimitrova-Kirilova, MD, PhD, is an established specialist in the fields of Neurology and Occupational Diseases, possessing extensive knowledge and substantial clinical experience. She is a responsible and conscientious teacher and researcher who successfully combines scientific research with academic teaching. Owing to her professional expertise, experience, and high ethical standards, she will make a valuable contribution to the education and training of future physicians.

On the basis of the documentation provided for this academic competition, I conclude that Chief Assistant Professor Vladina Miroslavova Dimitrova-Kirilova, MD, PhD, fully satisfies all statutory requirements, criteria, and indicators for appointment to the academic position of Associate professor in Occupational diseases, professional field 7.1. Medicine, field of higher education 7. Healthcare and sport, at the Department of Optometry and occupational diseases, Faculty of Public health, Medical University – Varna” Prof. Dr. Paraskev Stoyanov”.

I therefore vote **in favour** of her appointment.

I respectfully recommend that the esteemed Scientific Jury vote positively in support of the appointment of Chief assistant professor Vladina Miroslavova Dimitrova-Kirilova, MD, PhD, to the academic position of Associate Professor in Occupational diseases, professional field 7.1. Medicine, field of higher education 7. Healthcare and Sport, at the Department of Optometry and occupational diseases, Faculty of Public health, Medical University “Prof. Dr. Paraskev Stoyanov”– Varna.

18.08.2026

Sofia

Prepared by

(Prof. Tanya Kuneva, MD, PhD)

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