

# REVIEW

By

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On the procedure for occupying the academic position of "**Associate Professor**" in the field of higher education 7. "Healthcare and Sport" in professional field 7.1 "Medicine" and scientific specialty "Orthopaedics and Traumatology" - 0.5 full-time position for the Department of "Orthopaedics and Traumatology", Faculty of Medicine and 1 full-time position for the Clinic of "Orthopaedics and Traumatology" at "St. Marina" University Hospital, Varna, in connection with a competition announced in the "State Gazette", issue 102/ 28.11.2025.

The review was prepared in accordance with the Development of the Academic Staff in the Republic of Bulgaria Act, the Rules for the implementation of this Act, the Rules for the development of the academic staff at Medical University - Varna (amended on 27.05.2025), Appendix 1 of these Rules and Order № P 109-67/ 28.01.2026 of the Rector of Medical University Varna.

Only one candidate is participating in the competition: Dr. Preslav Plamenov Penev, MD, PhD – Chief Assistant Professor in the Department of "Orthopaedics and Traumatology", Medical University Varna .

Dr. Penev is 41 years old. He graduated with a degree in Medicine from Medical University Varna in 2010 (Diploma № 001079 of 2010). He acquired the specialty of "Orthopaedics and Traumatology" in 2018 (Certificate № 3955 of 01.01.2018). In 2016, he was awarded the Educational and Scientific Degree "Doctor" (PhD) by a Scientific Jury after defending a dissertation on the topic "Modern aspects of the diagnosis and treatment of ligamentous injuries of the lateral column of the ankle joint" (Diploma № 194 of 16.12.2016). He holds a Master's degree in "Health Management" from 2017.

Dr. Preslav Penev's work experience has been entirely as an orthopaedic traumatologist. From 2011 to 2022 at "St. Anna" Hospital - Varna and from 2022 onwards at "St. Marina" University Hospital - Varna . Dr. Penev's total work experience is 14 years and 11 months, with 10 years and 1 month of experience in the specialty (Certificate 36/08.01.2026 from "St. Marina" University Hospital, Varna). Since September 2017, Dr. Penev has been a member of the teaching staff of MU Varna, sequentially progressing through the entire hierarchy of non-habilitated academic career – assistant and chief assistant professor (Certificate 099-93/12.01.2026).

Dr. Penev, MD, PhD, has dozens of specializations in orthopaedic and traumatological surgery in Bulgaria, the EU, and Switzerland. He has recognized professional qualifications in "Joint Arthroplasty", "Arthroscopy", and "Paediatric Hip Ultrasound". He has completed "basic", "advanced", and masters course – foot and ankle reconstruction courses at AO Trauma (2017-2019). Dr. Penev is a member of prestigious professional organizations: BOTA, BAAST, BGFAS, EFFORT, AO, ESSKA. He is a member of the editorial boards of the *BMS Surgery* journal. He speaks English.

## 1. SCIENTIFIC OUTPUT

In this competition, Dr. Preslav Plamenov Penev, MD, PhD, has submitted: A list and copies of the abstract "Modern aspects of the diagnosis and treatment of ligamentous injuries of the lateral column of the ankle joint", a monograph "**Injection Techniques** in Orthopaedics and Traumatology" ISBN 978-619-221-575-0, MU Varna 2025, a book based on the defended dissertation "Lateral ankle instability; ISBN 978-619-241-086-5, STENO Publishing House, Varna 2020, scientific publications in specialized journals, reports and communications from participation in international and national conferences, symposia, and congresses – a total of **115 titles**. The tabular presentation of the quantitative indicators submitted by the candidate is as follows:

### A. Analysis of all scientific works

Scientific works	Number
Dissertation abstracts	1
Monograph	1
Book based on defended dissertation	1
Articles published in peer-reviewed journals and scientific collections	9
Publications in refereed journals and those with IF	8
Scientific communications from international scientific forums	32
Scientific communications in national scientific forums with published abstracts	63
<b>Total number</b>	<b>115</b>

### B. Analysis of citations

Citations	Number
Citations in Bulgarian sources	0
Citations in foreign sources	6
<b>Total number</b>	<b>6</b>

A reference from the Medical Library - MU Varna 18/ 26.01.2026 was presented for citations in Bulgarian and foreign sources.

**C. Analysis of scientific activity according to Art. 126 and Appendix 1 of the Rules for the development of the academic staff at Medical University - Varna from 21.11.2022.**

Scientific works	Sole Author	First Author	Second and subsequent Author	Last Author	Number
Dissertations	1	0	0	0	1
Monographs	1	0	0	0	1
Book based on defended dissertation for awarding PhD	1	0	0	0	1
Publications and reports in non-refereed journals with scientific review or published in edited collective volumes	0	3	1	5	9
Publications and reports in scientific journals, refereed and indexed in world-famous databases	0	5	2	1	8
<b>Total number</b>	<b>3</b>	<b>8</b>	<b>3</b>	<b>6</b>	<b>20</b>

For the total number of Dr. Penev's works submitted for the Competition, in accordance with the Rules for the development of the academic staff at MU-Varna and Appendix 1, I accept **20** (twenty scientific works) from the total number of scientific works with which the candidate participates in the competition. In 11 of them (55%), Dr. Penev is the sole or first author. They contain original scientific research and are published mainly in English (16 publications). The presented publications have not been used in previous competitions for awarding the educational and scientific degree "Doctor" (PhD).

According to Appendix 1 of the Rules for the development of the academic staff at MU-Varna, Dr. Penev's monograph - "**Injection Techniques in Orthopaedics and Traumatology**" ISBN 978-619-221-575-0, MU Varna 2025 is published in a volume of 183 pages. It contains data from his own scientific research and is reviewed by two habilitated lecturers in the specialty. The monograph fully meets the legal requirements for such a work and the requirements of the current competition. The candidate presents abstracts of the monograph in Bulgarian and English.

Dr. Penev's actual publications are 17. According to the requirements, 8 of them are in refereed journals in WoS and Scopus, and 7 of them have an Impact Factor (IF). The sum of points for this indicator is 148.07.

The citations of the candidate's works are 6. All of them are in refereed journals abroad. In reality, the citations are many more, with 20 reflected only in Scopus, but only those presented by the Library of MU Varna are evaluated for the competition.

As an additional value to the high scientific output of Dr. Penev, MD, PhD, I can also note the scientific reports and communications at international and national congresses – a total of 95. The participations are in leading scientific forums for the specialty – Congresses and conferences of BOTA, most of which have international participation, Congresses of EFFORT, European Orthopaedic Research Society-Orthopaedic Research Summit, etc.. Dr. Penev's scientific developments have been awarded at the BOTA Congress in 2015 and the German Foot and Ankle Association (GFFC) in 2019.

A significant scientific output of the candidate is also his participation as a Head of 2 National scientific projects and a participant in 1 International and 1 National scientific project. Dr. P. Penev has presented registration in WoS, Scopus, Google Scholar, and ORCID, and publications with the corresponding citations are reflected in his scientific profile (Academic reference).

In accordance with the National Minimum Scientometric Requirements for occupying the academic position of "Associate Professor", professional field 7.1 Medicine, under which the competition is held, and Appendix 1 of the Rules, Dr. P. Penev, MD, PhD fully meets the set minimum scientometric requirements for occupying the academic position of "Associate Professor" at MU, Varna.

Indicator Group	Content	Minimum Requirements for "Associate Professor"	Presented Evidence of Participant in Competition for "Associate Professor" in FM at MU-Varna	Points		% Fulfilment
A	Indicator 1	50	Dissertation	50		100%
B	Indicators 3	100 Monograph	Monograph ISBN - 978-619-221-575-0	100		100%
C	Sum of indicators 5-9	200	Refereed – 8 (7 IF) Non-refereed - 17 Book on PhD	G-7	148,07	150,8%
				G-8	113,5	
				G-6	40	
				Total	301,57	
D	Sum of indicators 10-12	80	Foreign database – 6	90		112,5%

#### **D. Qualitative analysis of the works of Dr. Preslav Plamenov Penev, MD, PhD.**

All scientific works, 100%, deal with problems of diseases and injuries of the musculoskeletal system. The total of 20 scientific works accepted by me can be systematized into the following groups:

	<b>Topic</b>	<b>Number</b>
1	Ankle and foot trauma	11
2.	Paediatric orthopaedics	5
3.	Injection therapy in orthopaedics and traumatology	1
4	Others	3

#### **Brief analysis of the contributions by thematic sections.**

The candidate's contributions are scientific-practical and confirmatory.

**I. Injection therapy in orthopaedics and traumatology.** The presented monograph (Scientific work №2 from the appended list) thoroughly and systematically examines the topic of injection techniques in modern orthopaedic and sports traumatology practice. The work is well-structured and discusses the basic principles of injection therapy, the specific techniques applied in different anatomical areas. The analysis of the role of ultrasound guidance as a basic tool for increasing the accuracy and safety of the procedures is particularly valuable.

**II. Ankle and foot trauma.** The results are presented in a team in 11 scientific papers (4 articles in refereed journals, 3 of them with IF). One of these articles (№4), dealing with Lisfranc type ligamentous injuries, is the candidate's most cited article.

The works in this section have the following contributions:

1.A comparative analysis of different imaging methods (Gravity X-ray, stress radiography) has been developed, which improves accuracy in classifying supination fractures and lateral instability.

2.Weightbearing computed tomography (WBCT) has been introduced, optimizing the diagnosis of Lisfranc injuries.

3.The advantages of minimally invasive fixation for unstable ankle fractures have been proven through cadaveric studies.

4.A contribution to the treatment of osteochondral lesions of the talus through combining autologous cartilage grafting and retinaculum flap technique is presented.

**III. Paediatric orthopaedics.** The studies (№ 12, 13, 14, 19, 20) are mainly related to congenital clubfoot. This is natural, given that the clinics where Dr. Penev worked are leading in the treatment and scientific knowledge of the disease not only in Bulgaria. They have proven the therapeutic possibilities of the Ponseti method in treatment according to a standardized protocol of a reliable contingent of paediatric patients with congenital talipes equinovarus (CTEV). At the same time, after a critical comparative analysis, the Kite method has not been rejected. Valuable methodological guidelines for Ponseti casting techniques, the use of abduction foot orthoses, the transfer of the tibialis anterior muscle tendon, etc., have been introduced into practice. Only the lack of a full bibliographic reference from the Library of MU Varna disadvantages the candidate in confirming his contributions in this section.

**IV. In the *varia* section** are publications discussing shock wave therapy for "tennis elbow" in professional athletes (№7) and the choice of surgical technique for median nerve compression (№5). These studies promote new surgical techniques, such as arthroscopic carpal tunnel decompression, and have scientific and applied contributions. For me, the most significant

contribution from the articles in this section is the review discussing the prevention of pin-site infections, covering literature from WoS/Scopus from the creation of the databases until 2025 (№10). This article enables anyone working with this surgery to choose the most appropriate prevention for proper osseointegration, prevention of bacterial adhesion, and the development of osteomyelitis and premature pin removal. This publication is directly related to the scientific project "Reducing the frequency of pin infections in external fixation through the use of pins with different structures and antibiotic release/coating", which the candidate heads.

## 2. TEACHING AND EDUCATIONAL ACTIVITY

Chief Assistant Professor Dr. Preslav Plamenov Penev, MD, PhD has been actively involved in teaching and educational activities since 15.09.2017, as an assistant (2017–2019) and chief assistant professor (from 13.12.2019 to present). His experience in the latter academic position is 5 years and 2 months (Data from NACID).

He is a lecturer for students from the Faculty of Medicine at MU Varna. He conducts practical exercises in Bulgarian and English. Dr. Penev's total contact hours for the period 2020/2021 – 2024/2025 is 1164 academic hours (Reference 112-8 /12.01.2026 MU Varna). Averaged annually over the last 5 years, the candidate's teaching load is 232.8 academic hours, which fully meets the requirement of Art. 125(3) of the Rules for the development of the academic staff at MU-Varna .

He is a co-author of the textbook "Test Questions in Traumatology for 5th Year Students" edited by Prof. Raykov, ISBN: 978-619-221-570-5. 2025, 172 pages.

Dr. Penev has also been a lecturer and organizer of AO Trauma, AO Trauma ORP, and other courses in the period 2022-2025.

## 3. DIAGNOSTIC AND TREATMENT ACTIVITY

Dr. Preslav Penev, MD, PhD is a fully qualified orthopaedic traumatologist. He independently performs all complex and highly complex operations in the field of operative orthopaedics and traumatology of the musculoskeletal system. The candidate's surgical workload in recent years is above the required by the "Orthopaedics and Traumatology" standard. According to the appended reference, for the last three-year period 2023-2026, he performed 1016 operations in the field of limbs and pelvis, of which over 30% were large and very large in complexity surgical interventions (GAMA Reference, 22.01.2026).

For his treatment and diagnostic activity, Dr. Penev was awarded the "Young Doctor of the Year" Award – 2017.

### Conclusion:

The analysis of all administratively required documentation, based on the appended works, their quantitative and qualitative analysis as scientific output, and their compliance with the requirements of the Act, give me reason to vote "**positively**" and to propose to the esteemed Jury, as well as to the members of the Academic Council of MU Varna, that the only candidate who submitted the necessary documentation for the announced competition (announced in the State Gazette, issue 102/ 28.11.2025) for occupying the academic position of "**Associate Professor**" in the field of higher education 7. "Healthcare and Sport" in professional field 7.1 "Medicine" and scientific specialty "Orthopaedics and Traumatology" at the Faculty of Medicine, Department of Orthopaedics and Traumatology and the Clinic of Orthopaedics and Traumatology at "St. Marina" University Hospital, Varna, **Dr. Preslav Plamenov Penev, MD, PhD, be elected as Associate Professor of Orthopaedics and Traumatology.**

25.02.2026 Prof. Dr. Hr. Georgiev, MD, DSc

Заличено на основание чл. 5,  
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