

**To the Chairperson of the Scientific Jury, Appointed by Order of the Rector of MU-Varna
No. R-109-67 / January 28, 2026 and by decision of the Faculty Council (Protocol No. 52 / January 12,
2026)**

Attached, I hereby present: A Statement

regarding the competition for the academic position of ASSOCIATE PROFESSOR in the scientific specialty of ORTHOPEDICS AND TRAUMATOLOGY announced for the needs of the Clinic of Orthopedics and Traumatology at St. Marina University Hospital – Varna, "Prof. Dr. Paraskev Stoyanov" Medical University – Varna, published in the State Gazette, issue 102 dated November 28, 2025.

Reviewer: Assoc. Prof. Nikolay Kolarov, MD

Scientific Specialty: Orthopedics and Traumatology

Institution: " Medical University – Varna

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SATEMENT

By Assoc. Prof. Nikolay Petrov Kolarov, MD
Department of Orthopedics and Traumatology,
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Regarding the Competition

The competition is for the academic position of "Associate Professor" in the specialty of "Orthopedics and Traumatology," Professional Direction 7.1 Medicine, in the field of Higher Education 7. Healthcare and Sports, at the Faculty of Medicine, Department of Orthopedics and Traumatology, "Prof. Dr. Paraskev Stoyanov" Medical University – Varna, as announced in the State Gazette, issue 7 dated January 23, 2024.

By Order of the Rector of MU-Varna No. R-109-67/28.01.2026 and by decision of the Faculty Council (Protocol No. 52/12.01.2026), I have been included in the Scientific Jury as an internal member to prepare a **Statement** regarding the procedure for acquiring the academic position of "Associate Professor."

Candidate Profile

Only one candidate, Dr. Preslav Plamenov Penev, MD, participated in the competition and was admitted by the document review committee. For this competition, the candidate has submitted all necessary documents in accordance with the requirements of the Law on the Development of the Academic Staff and the Regulations for its implementation at the Medical University – Varna.

Dr. Penev is currently a Chief Assistant in the Department of Orthopedics and Traumatology at MU-Varna and works at the Clinic of Orthopedics and Traumatology at St. Marina University Hospital – Varna. He graduated from "Prof. Dr. Paraskev Stoyanov" Medical University – Varna in 2010 and acquired his specialty in Orthopedics and Traumatology in 2017.

In 2016, he was awarded the educational and scientific degree of "Doctor" (PhD) in the scientific specialty of Orthopedics and Traumatology at the Department of Orthopedics and Traumatology, MU-Varna, with the dissertation topic: "Modern aspects of diagnostics and treatment of ligamentous injuries of the lateral column of the ankle joint." Dr. Penev gained his medical professional experience as a physician at St. Anna Hospital, Varna, where he worked as an orthopedist-traumatologist until April 2022, after which his career continued at St. Marina University Hospital to the present day.

Since 2019, Dr. Preslav Penev has served as a Chief Assistant in the Department of Orthopedics and Traumatology at MU-Varna. He has over 12 years of teaching experience and participates in teaching "Orthopedics and Traumatology" to medical students (in both Bulgarian and English) and "Orthopedics and Traumatology with Orthotics and Prosthetics" to Kinesitherapy students at the Medical College – Varna. He is fluent in English and has completed numerous specializations in Bulgaria and abroad.

Dr. Penev is a member of the Bulgarian Orthopedic and Traumatological Association (BOTA), the Bulgarian Medical Association (BMA), the European Federation of National Associations of Orthopaedics and Traumatology (EFORT), and the Foot and Ankle Surgery Society, among others. He holds diplomas for high-specialty activities such as Pelvic Surgery, Joint Arthroplasty, and Arthroscopy, and holds a Master's degree in Health Management. In 2025, he published his monographic work titled: "**Injection Techniques in Orthopedics and Traumatology.**"

Scientific Production

Dr. Preslav Plamenov Penev, MD, has presented the following scientific works for this competition, in accordance with the Law and Regulations for the Development of Academic Staff:

Habilitation work (monograph): 1

Book based on doctoral dissertation: 1

Scientific publications in journals with SJR and/or IF (indexed in Scopus and/or Web of Science): 8

Scientific publications referred in Web of Science: 8

Articles published in non-refereed peer-reviewed journals or conference proceedings without IF and SJR (non-indexed): 9

The candidate is the first author of 10 of these publications and the second or third author of 9, demonstrating independence in both identifying scientific problems and presenting research results. The submitted works, publications, citations, and other scientific activities fully comply with the current requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations of the Medical University – Varna for the position of "Associate Professor."

The candidate's scientific interests and innovative contributions span several areas of orthopedics, primarily focusing on:

Surgical treatment of diseases and traumas involving the ankle joint and the foot.

Treatment of injuries to the Achilles tendon.

Pediatric orthopedics, specifically the diagnostics, treatment, and prevention of diseases.

Innovative injection techniques utilized in the treatment of disorders of the musculoskeletal system.

Selection of surgical techniques for the treatment of Carpal Tunnel Syndrome.

All of the candidate's works consist of original scientific research and provide practical scientific conclusions.

The scientific contributions of the author, which are of significance to national Orthopedics and Traumatology, are in the following fields:

Ligamentous Lisfranc injury.

Minimally invasive intramedullary fixation for fractures of the fibula.

Treatment of chondral defects of the ankle joint.

Gravity stress radiography in the treatment of ankle fractures.

Nearly all of these innovative treatment methods have been applied systematically, characterized by a high degree of selectivity and analytical rigor.

As a matter of particular value regarding the scientific production of Dr. Preslav Penev, MD, I would like to highlight the following:

The follow-up of a large group of patients with ruptures who underwent surgical treatment of the anterior talofibular ligament (ATFL) of the ankle joint, along with the subsequent reporting of the results.

The implementation of innovative surgical techniques for injuries and diseases of the foot and chondral defects.

In accordance with the terms and procedures for acquiring scientific degrees and occupying academic positions (the Law on the Development of the Academic Staff in the Republic of Bulgaria / 2018) and the national Regulations for its implementation, under which this competition is conducted, I believe that Dr. Preslav Plamenov Penev, MD, fully meets the established minimum scientometric requirements for the academic position of "Associate Professor" in the Department of Orthopedics and Traumatology at the "Prof. Dr. Paraskev Stoyanov" Medical University – Varna.

In Conclusion:

The analysis of all administratively required documentation, based on the submitted works, their quantitative and qualitative analysis as scientific production, and their compliance with the requirements of the Regulations for the Application of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations of the Medical University – Varna, provides me with the grounds to cast a "positive" vote. I propose to the esteemed Jury, as well as to the Rector of MU – Varna, that the sole candidate who has presented the necessary documentation for the announced competition for the academic position of "Associate Professor" in the field of Higher Education 7. Healthcare and Sport, Professional Direction 7.1. Medicine and Scientific Specialty "Orthopedics and Traumatology" for the needs of the Department of Orthopedics and Traumatology, "Prof. Dr. Paraskev Stoyanov" Medical University – Varna, Dr. Preslav Plamenov Penev, MD, be elected as "Associate Professor" of Orthopedics and Traumatology.

Date: February 23, 2026

Signature: Assoc. Prof. Nikolay Kolarov, MD