TO THE CHAIRMAN OF THE SCIENTIFIC JURY,

DETERMINED BY ORDER №P-109-518/16.12.2025

OF THE RECTOR OF MU-VARNA

STATEMENT

by Professor Tsvetelina Valentinova Miteva, MD, PhD

Head of the Department of General Medicine, Forensic Medicine and Deontology,

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on the procedure for obtaining the scientific and educational degree "Doctor" in the doctoral program "General Medicine", professional field 7. Health and Sports, professional field 7.1. Medicine

Author: Ivelina Ludmilova Hristova-Nikolova, MD

Topic: Congenital anomalies of the excretory system in children up to 3 years of age

Scientific supervisor: Professor Valentina Majova, MD, PhD, Medical University "Prof. Dr. Paraskev Stoyanov"-Varna

1. General presentation of the procedure and the author

The dissertation submitted to me for review is intended for discussion by a scientific jury, determined by order №P-109-518/16.12.2025 of the Rector of MU-Varna. I received all the necessary documents for the procedure.

Dr. Nikolova graduated from the Medical University "Prof. Dr. Paraskev Stoyanov" in Varna as a Master of Medicine in 2019, acquired a specialty "General Medicine" in the healthcare system at the Medical University "Prof. Dr. Paraskev Stoyanov" in Varna in 2023. In 2019, she became an assistant professor at the Department of "General Medicine" of MU-Varna, and since 2020 she has

been enrolled as a doctoral student in a full-time form of study at the same department. Since 2019, she has also worked as a General practitioner at the General Practice "Dr. Vanya Alexandrova".

2. Relevance of the topic

The study is aimed at the main causes of congenital anomalies of the excretory system /CAUS/, their early detection, monitoring and prevention of the risk of developing chronic kidney disease and its associated complications. Identification and elimination of risk factors for the development of CAUS, prevention, treatment and monitoring are a joint task of the general practitioner, pediatric nephrologist, urologist, obstetrician-gynecologist and parents. Of particular importance for early prevention are the knowledge and attitudes of parents about these diseases. The lack of adequate information of parents about urinary tract infections can lead to difficulty and delay in making a diagnosis and providing treatment.

3. Understanding the problem

The doctoral student is well acquainted with the presented problem. 407 literary sources were analyzed, of which only 6 were in Bulgarian. The studied literary material is presented analytically and in-depth, which demonstrates skills for conducting a competent analysis of the literature used.

4. Research methodology

The main methods for collecting information are sociological statistical and documentary, which are often used in similar studies and correspond to the set goal. The sociological method includes the conduct of two cross-sectional epidemiological studies among 292 parents of children up to 3 years of age and 96 general practitioners serving patients from 0 to 3 years of age in Varna district.

5. Characteristics and evaluation of the dissertation work and contributions

The dissertation is structured correctly, containing all generally accepted sections and parts. It is illustrated with 71 tables and 60 figures. The literature review is sufficiently large and well presented. The aim of this work is to study the knowledge and practices of GPs in cases of suspected congenital anomaly of the urinary system, as well as the awareness of parents about the first signs of urinary tract infection and their attitude towards screening tests under the "Children's Health Care" program. The tasks of the study are clearly and specifically defined.

The research methods, the scheme of conducting the study and the methods for determining the participants are appropriately selected and described. .

The dissertation is written in a clear scientific style, good language and correct terminology. The tables and graphs are clearly formatted and help to understand the results.

The results of the research show that improving the early diagnosis of congenital anomalies of the urinary system will lead to the implementation of effective care for the kidney health of children and delaying the development of chronic kidney disease, its accompanying complications and early mortality caused by it. A lack of information at the national level on the pathology of the urinary system and in particular congenital anomalies among children was found. A high number of people affected by the problem was also found - over ¾ of the surveyed GPs have children with CAUS in their practice. A statistically significant relationship has been proven between the presence of CAUS in children when there are parents with such a problem, when there are health problems during the mother's pregnancy, as well as the combination of the problem with other anomalies in children. 55.1% of parents lack information about the first symptoms of urinary tract infection in childhood, and 74% of them are not informed about possible complications of diseases of the urinary system.

The conclusions are short, precise and clear. The need for the creation of a pediatric registry for congenital anomalies of the excretory system, chronic kidney disease, chronic renal failure, renal replacement therapy and renal transplantation is considered, which would be very useful for the prevention of serious complications in this group of children. A convenient and easy-to-use algorithm for early diagnosis and conduct of primary care for chronic kidney disease in childhood is proposed.

The contributions of the dissertation are multifaceted. Among them, some of an original nature can be highlighted - conducting a study on CAUS among the pediatric population for the first time, the role of GPs and parents in the detection and management of this pathology, developing a practical algorithm for early diagnosis and GP behavior for CAUS in childhood, and contributions of a confirmatory nature - confirming the main role of CAUS in the development of chronic kidney diseases at an early age, the role of screening tests and clinical practices of GPs for the early diagnosis of CAUS, the need for earlier screening tests, the need for training to increase parental awareness related to the first symptoms of urinary system pathology in childhood, and the need to develop a national pediatric registry for CAUS and chronic kidney diseases.

6. Assessment of the publications and personal contribution

The publications of Dr. Ivelina Hristova-Nikolova report the main results of the research. The doctoral student has presented five full-text publications, three of which in a journal with SJR and has participated in one scientific conference related to the dissertation work.

The abstract meets the regulatory requirements.

CONCLUSION

The dissertation of Dr. Ivelina Hristova – Nikolova meets the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for the Implementation of this Law and the Regulations for the Development of the Academic Staff of MU-Varna.

It contains scientific and applied results that represent a contribution to science and show that the candidate possesses the necessary theoretical knowledge and professional skills to independently conduct scientific research in the scientific specialty of General Medicine.

Given these circumstances, I believe that the presented dissertation meets all regulatory requirements and I support the awarding of the scientific and educational degree "Doctor" to Ivelina Hristova – Nikolova.

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

12.02.2026

Reviewer:

Prof. Tsvetelina Valentinova, DM, PhD