

STATEMENT

Prof. Dimitar Ivanov Raykov, MD, PhD, DSc.

Department: Orthopedics and Traumatology

Prof. Dr. Paraskev Stoyanov Medical University of Varna

Member of Scientific Jury according to Order № P-109-174 of 23 April 2021 issued

by the Rector of Medical University of Varna

Regarding: procedure for holding the academic position of "Associate Professor" in the field of higher education 7. Healthcare and Sports, professional field 7.4 Public Health, speciality Public Health Management - for the needs of Rehabilitation Therapist Educational Sector at Medical College - city of Varna, upon completion of a competition announced in State Gazette No 17 of 26 February 2021

I. Applicant's Career Profile

Silvia Ivanova Filkova, PhD, graduated in 1992 Yordanka Filaretova Medical College in the city of Sofia, speciality Rehabilitation Therapist. Later on, she acquired master's degree at Prof. Dr. Paraskev Stoyanov Medical University - city of Varna, speciality Rehabilitation, Thalassotherapy, Wellness and SPA (2016). Silvia Filkova completed successfully another master's programme in the speciality Health Management (2000) at Medical University of Varna.

She successfully defended a thesis on prevention of spinal deformities in preschool children and acquired educational and scientific degree Doctor upon completion of a doctoral programme Public Health Management (2017).

The professional career and experience of Silvia Filkova began in 1992 in University Pediatric Hospital in the town of Bankya where she started to work as a rehabilitation therapist.

She was appointed as assistant at Rehabilitation Therapist Educational Sector of Medical College - city of Varna after a competition held in 2012. In 2018, after successful defence of her doctoral thesis, she won a competition and held the academic position of chief assistant. Since 2020, Silviya Filkova has been holding the position of Head of Rehabilitation Therapist Educational Sector.

She participates in the practical training of students majoring in Rehabilitation Therapist, conducting exercises, seminars and clinical practice. Silviya Filkova motivates the students to participate in scientific research, which results are presented jointly at scientific forums and conferences and is actively involved in initiatives of the speciality.

II. General Description of the Materials presented in the Competition

The submitted competition materials for holding the academic position of "Associate Professor" in the speciality Public Health Management in the field of higher education 7. Healthcare and Sports, professional field 7.4 Public Health meet the requirements of Development of Academic Staff in the Republic of Bulgaria Act, its implementing Regulation and the Rules for Development of Academic Staff of Medical University of Varna.

The documents submitted by the applicant include: creative autobiography; diplomas of completed higher education; diploma of acquired educational and scientific degree Doctor; summaries of papers in Bulgarian and English; a list of publications and their copy; Transcript of Records for used citations issued by the Library of Medical University of Varna based on information provided by the author and automated information taken from the international scientific databases: Google Scholar, Research Gate, ORCID, Researcher ID and eLibrary. A summary of implementation of the minimum national requirements and additional requirements (accompanied by evidence) and other documents certifying the indicators, according to the requirements for holding the academic position of "Associate Professor" at Medical University of Varna.

III. Evaluation of the Applicant's Scientific Papers for the Overall Academic Development

Silvia Ivanova Filkova, PhD, has presented 31 scientific papers. 14 of them are used as evidence in the summary of implementation of the minimum requirements for holding the academic position of "Associate Professor", according to Development of Academic Staff in the Republic of Bulgaria Act of 2018. Three additional publications are presented to support the evidence for implementation of the minimum requirements for holding the academic position of "Associate Professor".

Their distribution in the scientometric aspect is as follows:

- thesis - 1 piece;
- habilitation thesis (monograph) - 1 piece;

Full text articles: 29 pieces

(5 articles are related to the thesis; 9 articles are related to obtaining the position of Chief Assistant; 15 articles are related to obtaining the position of Associate Professor), of which:

- 4 articles are published in scientific journals and are referenced and indexed in world-famous databases with scientific information;
- 25 articles are published in scientific peer-reviewed unreferenced journals.

The research work and the main scientific contributions of Silvia Ivanova Filkova, PhD, are focused on the following main areas: Health Promotion, Prevention of Spinal Deformities and Lower Back Pain and Innovative Approaches in Recreation and Rehabilitation.

The original scientific contributions in the submitted summary cover scientific issues aimed at current and significant problems in the field of public health and are entirely consistent with the

speciality of the announced competition. The awareness of people of different ages about factors influencing healthy lifestyle is studied. An in-depth and thorough study on prevention of spinal deformities and lower back pain has been conducted. Recommendations for ergonomics of the learning environment when using electronic technologies to improve physical activity and to support prevention of spinal deformities have been developed. A toolkit of diagnostic methods and modern rehabilitation approaches for prevention and treatment of spinal deformities and lower back pain have been presented.

Silvia Filkova, PhD, has participated in a number of conferences and scientific sessions on important topics related to public health.

IV. Evaluation of the Monographic Work or Equivalent Publications submitted for participation in the Competition for holding the Position of Associate Professor by the Applicant

The monographic work on Modern Lifestyle and Functional Spinal Deformities of Silvia Filkova, PhD, characterises the influence of modern lifestyle on functional spinal deformities and is a topical issue of wide public interest. Therefore, its development from professional point of view poses a significant challenge.

The in-depth analytical approach covers a historical summary, and the medical and social significance of the topic covered is supported by facts and evidence. The theoretical and practical aspects of prevention, diagnosis and correction of spinal deformities are presented comprehensively, with a main emphasis being placed on the functional deformities.

The significant theoretical knowledge in this field, practical experience and research work allow the author to present analytically and consistently a screening programme in a form, which may be applied in schools. Recommendations for children and parents and a set of exercises for prevention of spinal deformities at home are proposed.

V. Reflection (Citation) of the Applicant's Publications in the National Literature

The competition documents are accompanied by Transcript of Records issued by the Library of Medical University of Varna based on information provided by the author and automated information taken from the international scientific databases: Google Scholar, Research Gate, ORCID, Researcher ID and eLibrary. Citations in scientific journals, referenced and indexed in world-famous databases with scientific information (1 pc.), in scientific peer-reviewed monographs (5 pcs.) and in scientific peer-reviewed unreferenced journals (2 pcs.) are presented. Their total number is 8.

VI. Comprehensive Qualitative Assessment of the Educational and Methodical and Teaching Activity, incl. Administrative Activity

The submitted documents show that Silvia Filkova, PhD, has 9 years of teaching experience in Medical College - city of Varna at Medical University of Varna. In the last five years, her teaching load is on average 466.2 hours, which exceeds the hours required by the position of Head / Chief Assistant, which she occupies at Medical University of Varna. Silvia Filkova teaches the

main profiled subjects of the speciality Rehabilitation Therapist: Kinesitherapy and Therapeutical Massage.

VII. Recommendations

Silvia Ivanova Filkova, PhD, has sufficient professional experience and, as is apparent from all materials provided to me, she meets the legal criteria. Therefore, I do not have any significant recommendations to raise for discussion.

VIII. Conclusion

According to the Rules for Development of Academic Staff of Medical University of Varna, the presented scientific and journalistic work fully meets the minimum scientometric requirements for the applicant to hold the academic position of "Associate Professor" in the field of higher education 7. Healthcare and Sports, professional field 7.4 Public Health.

Significant theoretical and applied contributions stand out in the scientific papers submitted by the applicant for participation in the competition. The research activity presents significant achievements in science and practice.

Having consulted in detail the documentation provided to me and after overall assessment of the research and teaching activities of the participant in the competition for holding the academic position of "Associate Professor" in Public Health Management, I believe that the above person fully meets all requirements.

In light of the above, I give a reasonable positive opinion and I recommend to the honourable members of the Scientific Jury to vote in favour of Silvia Ivanova Filkova, Ph.D. to hold the academic position of "Associate Professor" in Public Health Management in the field of higher education 7. Healthcare and Sports, professional field 7.4 Public Health for the needs of Rehabilitation Therapist Educational Sector at Medical College - city of Varna.

1 June 2021
City of Varna

The opinion by.....
(Prof. Dimitar Ivanov Raykov, MD, PhD, DSc)

