

STATEMENT

by Assoc. Prof. **Lyubomira Naidenova Sazdova, PhD**

Department of Theory and Methods of Kinesitherapy, Faculty of Public Health, Health Care and Tourism, National Sports Academy "Vasil Levski", Sofia

Member of the Scientific Jury, according to **Order № P-109-174 / 23.04.2021**
of the Rector of the Medical University - Varna, Prof. Dr. Valentin Ignatov, PhD

Regarding: competition for acquiring the academic position of "**Associate Professor**" in the specialty "Public Health Management" in the field of higher education 7. "Health and Sports", professional field 7.4. "Public Health", for the needs of the Educational Sector "Rehabilitator" at the Medical College - Varna, announced in SG no. 17 / 26.02.2021

The statement was prepared in accordance with a decision of the first meeting of the Scientific Jury, reflected in Minutes №1 / 05.05.2021. In the competition participates Chief Assistant Silviya Ivanova Filkova, PhD, who presented a complete set of documents in accordance with the requirements of the Development of the Academic Staff in the Republic of Bulgaria Act, the Regulations for its application and the Regulations for development of the academic staff of Medical University – Varna.

Biographical data and career development

Silviya Ivanova Filkova graduated with a specialty "Rehabilitation", Professional Bachelor's Degree in 1992 at the Medical College "Yordanka Filaretova", Sofia. She acquired a Master's degree, specialty "Health Management" at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna in 2000, and in 2016 - in the specialty "Rehabilitation, thalassotherapy, wellness and SPA", at the same university. In 2017 she successfully acquired Educational and scientific degree "Doctor" in the scientific specialty "Public Health Management", with the topic of the dissertation: "Prevention of the spinal deformities in pre-school age children."

Silviya Filkova's work experience is a total of 29 years, of which 20 years as a practicing specialist "Rehabilitator" (at the University Pediatric Hospital - Bankya, in Clinic of Rheumatic and Cardiac Diseases - Bankya, Air Transport Polyclinic at Transport Medical Institute – Sofia, Pulse Health Center - Varna, View Style - Varna and Outpatient Clinic for Specialised Medical Care "Dr. Nikolay Nikolov" - Varna) and 9 years as a lecturer at the Medical College - Varna. Her academic career started in 2012 as an "Assistant", in 2018 is a 'Chief assistant', and since 2020 she has been the Head of the Educational Sector "Rehabilitator" at the Medical College - Varna.

Along with the teaching activity Silviya Filkova is: a Member of the College Council at the Medical College - Varna; Member of the Quality Commission of the Medical

College - Varna; Chairman of the Program Board of the Educational Sector “Rehabilitator” at the Medical College - Varna; Course manager at the Educational Sector “Rehabilitator” at the Medical College - Varna; Member of the Program Council of the Master's program "Rehabilitation, thalassotherapy, wellness and SPA", Medical University - Varna, which demonstrates her exceptional professional commitment.

Scientific Research activity

The total publishing activity of Silviya Filkova includes 31 *scientific works*, of which 1 dissertation for awarding the Educational and scientific degree "Doctor", 1 monograph and 29 articles (3 in scientific journals, referred and indexed in world databases with scientific information and 26 in non-refereed journals with scientific review). For the purposes of the competition the candidate includes 14 of the presented scientific papers - 1 dissertation (50 points), 1 monograph (100 points) and 12 articles (212.5 points). Five of the articles are in English, 1 in Russian and 6 in Bulgarian, single author – in 1 and 11 co-authored.

A list of a total of 8 *citations* (85 items) is attached to the set of documents, of which 1 in a scientific journal, referred and indexed in world databases with scientific information, 5 in monographs and collective volumes with scientific review and 2 in non-referenced journals with scientific review.

Participations in two *projects* are also indicated, related to ergonomic research of the working environment and systematization of methodology for organization of functional assessment and prevention of incorrect posture in children.

The analysis of Silviya Filkova's publications shows consistency, systematics and depth in the creative scientific approach. Thematically, the candidate's works are oriented in three main areas of scientific development. In the presented reference, the original scientific contributions cover current aspects of the public health and are entirely in the specialty of the announced competition.

The first area of scientific development is related to the health promotion.

It includes studies related to the awareness of people from different age groups and areas of realization about the factors influencing a healthy lifestyle. Based on the studies, 4 main groups of factors, that increase the risk of reduced physical activity have been identified - demographic, socio-economic, environmental factors and behavioral (cultural) factors. An in-depth analysis of the methods for assessing physical activity in children was made. Recommendations for conducting health-educational programs for parents aimed at children's physical activity have also been developed.

The second area of scientific development, to which the dissertation, the monograph and 4 articles are devoted, examines current aspects of prevention, early diagnosis and control the development of spinal deformities, and rehabilitation for low back pain.

Scientific papers in this field present data in relation to parents' attitude of the prevention of spinal deformities; the development of screening programs for spinal deformities in children nationally and globally; methods for assessment and diagnosis of

functional and structural spinal deformities; opportunities for improving health education are also systematized.

Worth noting and of high value here is the monograph "Modern lifestyle and functional spinal deformities", devoted to the study of the effect of reduced physical activity and sedentary lifestyle, as a prerequisite for the development of postural disorders and spinal deformities, and presentation of recommendations for prevention and prophylaxis. It has a significant contributing character, both theoretically and practically.

Some of the reports in this area are dedicated to low back pain as a significant social problem, and present physiotherapeutic approaches for the prevention and treatment of lumbar disc disease.

The third area of scientific development presents innovative approaches in recreation and rehabilitation.

The main contributions here are the study of the attitude of Bulgarian citizens to alternative medicine methods, determining the possibilities for application of Rebound therapy in the complex rehabilitation and for optimization of the motor skills of children with autism, study of the impact of Yoga Fly as an anti-stress approach in students with aggressive behavior.

Teaching activity

Silviya Filkova is an eroded specialist in the field of rehabilitation, with extensive professional experience. The main disciplines in which she teaches are Kinesitherapy - lectures and exercises and Therapeutic massage - lectures and exercises for first and second year students, specialty "Rehabilitator", at the Medical College - Varna. From the presented report on the annual academic workload of the candidate for the last 5 years is seen that it significantly exceed the requirements of 360 hours. With her active scientific work, participation in projects, scientific congresses and conferences, and additional qualification courses with licensed lecturers, Silviya Filkova significantly develops her academic and professional practice.

CONCLUSION

Silviya Ivanova Filkova has proven to be a teacher with exceptional professional commitment, broad scientific interests and responsibility in her work.

Presented by the candidate Silviya Ivanova Filkova, PhD competitive materials and scientific work meet all the requirements for the academic position of "Associate Professor" according to the Development of Academic Staff in the Republic of Bulgaria Act, the Regulations for its application and the Regulations for the development of the academic staff of MU - Varna. The topic of the publications is in accordance with the topic of the announced competition. No reports of plagiarism have been reported and no such cases have been identified.

Based on the above, I give a positive opinion and I want to propose to the Distinguished Members of the Scientific Jury to vote positively and to award **Silviya Ivanova Filkova, PhD** the academic position "**Associate Professor**" in the specialty "Public Health Management", field of higher education 7. "Health and Sports", professional field 7.4 "Public Health" according to the announced in SG no. 17 / 26.02.2021 competition for the needs of the Educational Sector "Rehabilitator" at the Medical College - Varna.

Sofia
07.06.2021

Prepared the statement:
/Assoc. Prof. Lyubomira Sazdova, PhD/