

Review

Reviewer: Prof. Evgenia Dimitrova, DSc, Department of TMKT, NSA "Vasil Levski", Sofia

of materials submitted for participation in a competition

for the academic position "**Associate Professor**"

in the specialty "**Public Health Management**", professional field **7.4. Public health**, in the field of higher education **7. Health and sports**

In the competition for associate professor, announced in the State Gazette, issue 8/28.01.2020 for the needs of the Medical College - Varna, Training Sector "Rehabilitator", as the only candidate is **Nikolay Svetoslavov Nedev, Ph.D.** When the competition is announced the requirements of the Law for development of the academic staff of the Republic of Bulgaria, and its rules of application are met.

1. Short biographical data

Nikolay Svetoslavov Nedev graduated with a Bachelor's degree in Kinesitherapy from Angel Kanchev University (2005), Master's degree in Health Management at MU-Varna (2007), Master's degree in Rehabilitation, sea treatment, wellness and SPA in MU-Varna (2016), Master's degree in Kinesitherapy at NSA, Sofia (2018). He has worked since 2009 as an assistant, 2013/2015 - Head of the Board "Rehabilitator" and since 2015 - Deputy Director of the Medical College - Varna. He acquired Ph.D. after successfully defending a dissertation on "Rehabilitation care and quality of life in patients who have suffered a stroke" (2018). His professional interests are in the field of "Public Health Management", "Kinesitherapy in Neurology", "Manual Muscle Testing", "Therapeutic Massage", "Kinesiology", "Pathokinesiology". He speaks English.

2. A general description of the materials presented

The candidate Nikolay Svetoslavov Nedev, Ph.D., participates in the competition with the following scientific production:

- Monographs - 1 number;
- Publications-17 numbers

Publications can be classified as follows:

By type:

- Articles – 15 numbers (9 of them published in the National magazine Varna Medical Forum, 3 in the Journal of the Medical College, 1 article in the Journal of IMAB and 2 in “Heart-Lung” Journal, on topics as follows: *Rehabilitation care in the recovery of stroke patients*: "Survey of attitudes for long-term rehabilitation in stroke patients" [G/8_4], "Assessment of satisfaction with the rehabilitation of stroke patients" [G/8_4], and the publications related to the dissertation for Ph.D. – "The need for long-term rehabilitation in stroke patients" [II/A_1], "Positional therapy in the rehabilitation program as part of a comprehensive treatment of stroke patients"[II/A_2], "Health care for stroke patients – a challenge for rehabilitation at home"[II/A_3], "Personal approach to rehabilitation care – a necessary condition for improving the quality of life in stroke patients" [II/A_4]; *Respiratory rehabilitation in public health*: "Respiratory physiotherapy in preoperative myocardial revascularization surgery" [G/8_9], "Rehabilitation care for patients with chronic obstructive pulmonary disease" [G/8_11], "Rehabilitation care for patients with chronic obstructive pulmonary disease, treated surgically"[G/8_12]; *Rehabilitation care for more common chronic diseases*: "Suction cup therapy as an alternative method in complex rehabilitation in a patient with cervical osteochondrosis – a case report" [G/8_3], "Kinesitherapeutic view in the management of lumbar pain" [G/8_6], "Kinesitherapy in complex rehabilitation of musculoskeletal dysfunctions"[G/8_7], "The role of rehabilitation in chronic diseases"[G/8_8], "Rehabilitation care in chronic kidney disease"[G/8_10] and *Improving Student Training in Medical College - Varna*: "Satisfaction of marketing communications in the activities of the dental laboratory" [G/7_1].

- **Reports** – 2 numbers printed in Russian in the Conference Proceedings from the International Scientific and Technical Conference "Science, Technology, Innovation 2014" on the topic: *Improving student education at the Medical College - Varna*: "Innovative approach to teaching orthodontics to students in specialty "dental technician" at the Medical University - Varna" [G/8_1], "Innovative opportunities for training of students from Medical University - Varna"[G/8_2].

Classification by importance:

- Publications and reports published in scientific journals, referenced and indexed in world-renowned databases of scientific information (indexed in Web of Science, indicator G7.) – 1 number [G/7_1].
- Publications and reports published in non-referenced journals with scientific review or published in edited collective volumes (indicator G8.) – 16 numbers [G/8_1-12; II/A_1-4].

Classification according to the language of the publication:

- Publications and reports in Bulgarian language – 14 numbers [G/8_3-12; II/A_1-4].
- Publications and reports in English – 1 number [G/7_1].
- Publications in a foreign language (Russian) - 2 reports [G/8_1-2].

Classification by number of co-authors:

- Independent publications – 5 numbers
- Co-authored 12 numbers, of which as:
 - first author - in 5 publications
 - second author - in 1 publication
 - third author - in 3 publications
 - fourth author - in 3 publications.

The candidate is the author of 1 monograph on the topic: "Respiratory health - a challenge for modern kinesitherapy" (2020).

3. Impact of the candidate's scientific publications in literature (known citations)

Nikolai Svetoslavov Nedev, Ph.D. submitted information about the following citations:

- Citations quoted in scientific journals, referenced and indexed in world-famous databases with scientific information – 0.
- Citations quoted in the monographs and scientific peer-reviewed volumes – 0.
- Citations or reviews in non-referenced journals with scientific review – 10.

A total of 50 points – meets the minimum national requirements for the academic position of "Associate Professor".

4. General characteristics of the applicant's activities

4.1. Educational and pedagogical activities

Nikolai Svetoslavov Nedev, Ph.D. is an established lecturer in the field of Kinesitherapy. He is the holder of the disciplines: "Manual muscle testing", "Kinesitherapy" "Therapeutic massage", "Kinesiology", "Pathokinesiology".

Its total classroom employment for the last 5 years always significantly exceeds the norm of 180 hours, as for the previous year it is 285 hours.

Nikolay Svetoslavov Nedev, Ph.D. participates in the discussion and development of new curricula for the specialty "Rehabilitator", in accordance with modern requirements for providing knowledge, skills and competencies in the profession. He develops curricula in the following disciplines: "Manual muscle testing", "Kinesitherapy", "Therapeutic massage", "Kinesiology", "Pathokinesiology". He provides scientific supervision of diploma theses of students. He participates in organizing and controlling the Practical State Exam in clinical facilities. He participates in the review of diploma theses and study programs. He maintains a high level of continuing education through participation in master's and doctoral programs.

4.2. Scientific and scientific applied activities

From the 17 publications presented, Nikolai Svetoslavov Nedev, Ph.D. is a leading author in 10 publications (9 articles and 1 report), a second author in 1 report, and next co-author in 6 publications. He is an author of 1 monographs.

He has participations in 10 national and international scientific forums, organized by the Medical College - MU "Prof. Dr. Paraskev Stoyanov", Varna, the Bulgarian Association of Physiotherapists (BAPT), and the Fifth Black Sea Symposium For Young Scientists in Biomedicine (BSYSB).

4.3. Implementation activity

Nikolay Svetoslavov Nedev, Ph.D. is an expert in improving student education at the Medical College – Varna, introduction of innovative methods, communication and electronic forms of education. He participates in the organization and equipment of classrooms, teaching rooms, halls for practical exercises in kinesitherapy and others.

4.4. Contributions (scientific, scientifically applied, applied)

I believe that the most serious scientific and scientifically applied are the contributions of the candidate in the field of **Rehabilitation care in the recovery of stroke patients**, discussed in detail both in his dissertation on "Rehabilitation care and quality of life in stroke patients" (2018) and in some publications (A/1_1; G/8_4; G/8_5; II/A_1; II/A_2; II/A_3; II/A_4). The author's research in this area is focused on the methods and means of physiotherapy (kinesitherapy) in patients who have suffered a stroke. The possibilities and the quality of the conducted rehabilitation with them have been studied. The opinion of the patients about the duration and place of rehabilitation care was studied. The need for timely and rich in content therapeutic program is emphasized. A systematic analysis was made and the quality of life and the degree of motor abilities of stroke patients, who used rehabilitation care and those who did not, were assessed. Based on the obtained

results, a comparative analysis of own results with those of similar studies by other authors is made. A *Model for providing rehabilitation care at home* with a serious theoretical-methodological and practical-applied contribution has been developed. I highly appreciate the scientific and scientifically applied contributions of the candidate in the field of **Respiratory Rehabilitation in Public Health**, considered in detail as in his **monograph** on "Respiratory Health – a challenge for modern kinesitherapy" (2020), which discusses the basic principles of respiratory therapy and pulmonary rehabilitation with emphasis on the role of kinesitherapy in the complex care of patients with respiratory diseases, developed on the basis of a thorough critical analysis of contemporary literature and practical experience of the author, *as well as in some publications* [G/8_9; G/8_11; G/8_12]. The effect of respiratory physiotherapy in preoperative myocardial revascularization surgery [G/8_9] was studied, rehabilitation care in patients with chronic obstructive pulmonary disease [G/8_11] was analyzed [G/8_12]. Emphasis is placed on the possibilities for restoring the functional activity of patients through the methods and means of physiotherapy. Improving the quality of life through motor training was assessed. The effectiveness of respiratory physiotherapy in reducing the risk of complications and disability has been studied. The need for early inclusion of physiotherapy in the provision of necessary care is emphasized. The results of the application of respiratory rehabilitation in various lung and cardiac diseases are summarized, which confirm its positive effect.

His contributions in the field of **Rehabilitation care for more common chronic diseases** are also important (articles G/8_3; G/8_6; G/8_7; G/8_8; G/8_10): The impact of the suction cup therapy as part of complex rehabilitation of cervical osteochondrosis [G/8_3]. An algorithm of kinesitherapy for musculoskeletal dysfunctions has been developed [G/8_7], its importance in the management of lumbar pain [G/8_6] has been studied. Concepts and socio-medical aspects for dealing with chronic pain and the place of physiotherapy in the provision of complex rehabilitation care have been studied. The reports are characterized by

innovation in the ways of providing rehabilitation care [G/8_8; G/8_10]. Personal therapeutic experience in patients with chronic pain is shared.

The scientifically applied contributions of the candidate in the field of **Improving education** at the Medical College – Varna are also significant. Contribution to the teaching practice is the study of innovative opportunities for training students [G/8_2] and the introduction of an innovative approach to teaching orthodontics to students majoring in "dental technician" at the Medical University – Varna "[G/8_1]. Research has been conducted on the impact of teaching methods (innovative methods, communication and e-learning) on student competence, which proves that interactive learning strategies significantly improve outcomes. Research data show that innovative methods and tools provide in a new way, the basic requirements important for the effectiveness of training: systematic, consistent and accessible. The summary of the results shows that the practical contribution of interactive learning is expressed in improving and perfecting the knowledge and skills of students using different types of tools of integrated marketing communications: advertising, public relations, personal sales, sales promotion and others. It follows logically that the desired synergy is achieved when all instruments are synchronized and mutually improved (G/7_1; G/8_1; G/8_2). Research and publications in this field have a significant contribution of theoretical-cognitive and applied-practical nature.

5. Assessment of the applicant's personal contribution

The scientific publications presented for review establish a strong personal contribution of the applicant and a good teamwork. Nikolay Svetoslavov Nedev, Ph.D. is actively involved in teaching, scientific and practical research, management and control and in various activities related to the university. His overall activity indicates a high level of expertise in the specialties "Kinesitherapy" and "Public Health Management". Most of his research and publications identify

innovations in science, further development and enrichment of existing knowledge, theories and methods or confirmatory results.

6. Critical remarks

I recommend that future works be published in various scientific journals, referenced and indexed in world-famous databases with scientific information, and not mainly in editions of MU – Varna, as well as more publications in English.

7. Personal Impressions

Nikolay Svetoslavov Nedev, Ph.D. is a lecturer with excellent theoretical and practical training, respected by his colleagues and students.

The scientific and teaching activity of Nikolay Svetoslavov Nedev, Ph.D. meets the requirements of the Law for development of the academic staff of the Republic of Bulgaria, and the relevant rules. I haven't established plagiarism.

8. Conclusion:

Given the above, I suggest Nikolay Svetoslavov Nedev, Ph.D. to be elected as "Associate Professor" in the specialty "Public Health Management", professional field 7.4. Public health, in the field of higher education 7. Health and sports.

June 30, 2020

Reviewer:

Prof. Evgenia Dimitrova, DSc