

## STATEMENT

by Assoc. Prof. Milko Bozhidarov Mirchev, MD, PhD  
Head of Clinic of Gastroenterology, St. Marina University Hospital, Varna  
Medical University of Varna

About: A competition for the academic position Associate Professor in the field of higher education - Healthcare and Sport, professional sphere Medicine, in the scientific field of Hygiene (incl. labor, communal, school, radiation, etc.) (BLE).

The competition for the needs of the Department of Hygiene and Epidemiology, Faculty of Public Health, Medical University of Varna was announced in announced in State Gazette, issue 8 from 28.01.2020.

The Scientific Jury at the competition was established by an ordinance № P-109-178/3.06.2020 of the Rector of MU-Varna.

The candidate in the competition for Associate Professor is Lili Slavcheva Grudeva, MD, PhD; a specialist in Nutrition and Dietetics, teaching assistant at the ES of Gastroenterology, Hepatology and Nutrition, Second Department of Internal Diseases, Medical University of Varna. Dr. Grudeva has submitted on time a full set of documents, which are in compliance with the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDASRB) and Regulations for the Conditions and Order of Acquiring Scientific Degrees and Academic Positions in MU-Varna.

### **I. Analysis of the Career Path of the Candidate:**

Dr. Grudeva was born in 1963. She graduated from the Medical University of Varna in 1987. Her career started as an intern in a Clinic of Internal Diseases (1987-1990), then she was a clinical intern from 1990 to 1992, and after winning a competition, she started working as a dietician at St. Marina University Hospital, Varna, where she is still working presently. Her teaching career started as a full-time PhD student (1990-1992) at the Department of Internal Diseases, and after that, for 2 years, she was a part-time teaching assistant at the Department of

Propedeutics of Internal Diseases. In 2017 she started as a full-time teaching assistant at the Second Department of Internal Diseases, ES of Gastroenterology, Hepatology and Nutrition at the Medical University of Varna. In 2018, she successfully defended a dissertation titled - Optimization of the Clinical Approach and Diet Therapy in Gluten Enteropathy, and acquired a PhD scientific degree in the field of Gastroenterology (diploma №278 from 21.05.2018). Dr. Grudeva has acquired specialties in Internal Diseases (1996), Health Management (2004), and Nutrition and Dietetics (2006). She is a member of the Bulgarian Society of Gastroenterology, the Bulgarian Medical Association, and the Scientific Society of Nutrition and Dietetics. She has over 30 years of experience as a doctor in internal diseases and over 5 years as a teaching assistant.

As a lecturer, the candidate has participated in the training of medical students, interns, and specializing physicians. The reference about her teaching load shows 243 classes for the 2017/2018 academic year, and 286 classes for 2018/2019 (with a minimum of 220 classes/year according to the rulebook of MU-Varna). In addition to teaching, Dr. Grudeva is constantly engaged in developing diet regimens for the patients at St. Marina University Hospital for which she is a sought-after expert.

## **II. General Description of the Presented Materials:**

Dr. Grudeva has presented for review 28 full-text publications in non-indexed journals with peer review or in reviewed compiled volumes, and 1 monograph. Out of all publications, 17 are in Bulgarian, and 11 – in English. The candidate has participated in scientific forums – 21 in total, 4 international and 17 national, where she has presented posters and proceedings.

## **III. Assessment of the Scientific Work for the Overall Academic Development:**

The candidate has presented publications – reviews and original ones. They can be divided into the following fields:

1. Gluten enteropathy

- a. Clinical and diagnostic characteristics, pathogenetic mechanisms, diet therapy, monitoring, diet training of the patients
  - b. Gluten enteropathy and pregnancy
  - c. Gluten enteropathy and concomitant diseases
  - d. Gluten-related disorders
  - e. Gluten-free diet and its impact on the quality of life
2. Chronic liver diseases with viral and non-viral etiology
  3. Antioxidants, diet, prevention
  4. Enteral feeding, functional foods, problems of diet regimens in some hospitals in Varna
  5. Diet regimens and nutritional status assessment in patients with chronic kidney diseases
  6. Digestive enzymes
  7. Healthy nutrition

It is logical, having in mind the scientific interests and the practical focus of the candidate, for the articles to include predominantly the most frequent autoimmune disease of the small intestine, namely gluten enteropathy. However, they also encompass other spheres, such as liver diseases, diet regimens, enteral feeding, etc. They are written in the necessary scientific style.

#### **IV. Assessment of the Monograph:**

The candidate has submitted a monograph titled – Gluten Enteropathy. Scientific Facts and Real Proof, published in 2019. The book aims to present the most current scientific facts related to the pathogenesis of one of the most widely spread autoimmune intestinal disorders. It examines in detail the role of the microbiota, its relationship with the host, as well as the factors of the environment, which may act as modifiers of the disease. The hematologic changes are indicated among the extra-intestinal characteristics of gluten enteropathy – refractory to treatment iron-deficiency anemia, hemorrhagic and thromboembolic disorders, as well as the complication with the worst prognosis – T-cell lymphoma. The real proof in this book is supported by the long-standing

clinical experience and the thorough study of 134 patients, analyzed in detail based on demographic, clinical, laboratory, immunologic, and histomorphological indicators.

In conclusion, the monograph – Gluten Enteropathy. Scientific Facts and Real Proof, is a valuable handbook for each specialist who would like to acquire additional qualification in regard to this problem. It is written in an accessible and understandable style and could help the clinician when searching for a suitable strategy for diagnostics, treatment, and follow-up of patients with this disease.

**V. Citations of the Published Works of the Candidate:**

Dr. Grudeva has presented for assessment 28 publications of which 17 in Bulgarian and 11 in English. The submitted reference shows that there are 6 citations in non-indexed journals with peer review. Cited are the above-mentioned monograph, as well as the article on the role of the nutritional status and inflammatory markers as predictors of the survival of patients with chronic kidney diseases.

**VI. Assessment of the Teaching Activities of the Candidate:**

Dr. Grudeva participates in the training of medical students, interns, and specializing physicians. According to the presented reference, she is conducting a course in Bromatology for assistant-pharmacist students, as well as a course in Medical Nutrition for the Midwife and Nurse programs. With a norm of 220 classes per academic year for lecturers without habilitations according to the rulebook of the Medical University of Varna, Dr. Grudeva presents a load of 234 classes for the 2017/2018 academic year, and 286 classes for 2018/2019.

**VII. General Assessment of the Compliance of the Candidate Based on the Requirements and Compulsory Quantitative Criteria and Sciencemetric Indicators:**

Field 7.0/Criteria	Output to the Relevant Criteria	A	B	C	D	E	F
Doctor	X	0			440		
Doctor of Science	X	0	-50		370	-40	
Chief Assistant	X	0					
Associate Professor	X	0		0	270	10	
Professor	X	0		0	270	-40	-80
							175

According to the presented reference and the self-assessment of the candidate, the latter covers and exceeds the minimum quantitative and sciencemetric indicators needed for the acquisition of the academic title Associate Professor.

#### VIII. Conclusion:

The candidate **FULFILS** the compulsory and specific conditions and the sciencemetric criteria for the academic position ASSOCIATE PROFESSOR.

21.07.2020

Assoc. Prof. Milko Mirchev, MD, PhD:

