

REVIEW
from
PROF. IVAN MAZNEV, M.D., PH.D.

Subject: Competition for the academic position of "PROFESSOR" in the field of higher education 7. Health and sports, professional field 7.4. Public Health, specialty "Public Health Management" for the needs of the Department of Physiotherapy, Rehabilitation, Sea Treatment and Occupational Diseases at the Faculty of Public Health of the Medical University "Prof. Dr. Paraskev Stoyanov "- Varna, published in the State Gazette no. 86 of 06.10.2020

The only candidate for participation in the competition is Assoc. Prof. Gergana Boncheva Nenova, Ph.D. The procedure is in compliance with the RASRB and the Regulations for its application and is in accordance with the Regulations for the development of the academic staff at the Medical University "Prof. Dr. Paraskev Stoyanov "- Varna.

I. Education and professional qualification

Assoc. Prof. Gergana Nenova graduated with a bachelor's degree in Kinesitherapy from the University of Ruse "Angel Kanchev" in 1998. In 1999 she obtained a master's degree in the same specialty. In 2016 she successfully defended her dissertation for the acquisition of "doctor" degree in the scientific specialty "Public Health Management", professional field 7.4. Public Health.

During the period 1999 - 2009 Assoc. Prof. Nenova was working in the various balneological and SPA centers on the Black Sea coast. From 2009 to 2016 she worked as a physiotherapist at the University Hospital "St. Marina "- Varna. Since 2014 she has been a part-time lecturer at the Medical University - Varna. In

2016 she was appointed to the academic position of "assistant" at the Medical College of the Medical University - Varna. Since 2017 she has held the academic position of "Associate Professor" in Kinesitherapy at the Medical University - Varna. In 2020 she obtained the scientific degree "Doctor of Science" in "Kinesitherapy" at the National Sports Academy "V. Levski" Sofia.

II. Research

Assoc. Prof. Nenova participates in the competition with 26 publications that have not been reviewed in connection with competitions for academic positions and defense of dissertations - 1 monograph, 1 chapter of a collective monograph and 24 articles in foreign and Bulgarian journals and collections. 8 of the articles are in journals referenced in international databases (SCOPUS).

The presented for review monograph "Kinesitherapeutic management in individual hip arthroplasty" is 134 pages long, meeting the requirements of ZRASRB in volume, structure and content. The monograph has five chapters. The first chapter discusses the problem of hip arthroplasty - history, benefits of individual prosthetics and the Bulgarian experience in this regard, the essence of kinesitherapy. The second chapter discusses the role of kinesitherapy in achieving a better quality of life. The third chapter is dedicated to the experience of the Clinic of Orthopedics and Traumatology of the University Hospital "St. Marina" regarding the rehabilitation of the patients after individual prosthetics of the hip joint. The therapeutic modalities of the applied kinesitherapy in the early and late postoperative period are presented. The individual hip prosthesis allows for the expansion of the kinesitherapy at a much earlier stage than the conventional one. The fourth chapter is devoted to the kinesitherapeutic approach in individual hip arthroplasty. The effects of the cooperation "orthopedist-kinesitherapist" are related to early rehabilitation, rapid return to work, incl. and to a hobby. The fifth

chapter is devoted to kinesitherapy management and chronic disease management. The ultimate goal is to achieve a better quality of life.

The presented monograph contains a number of theoretical and practical contributions. Of these, the most important are the development of a specialized kinesitherapy methodology for the treatment of patients after hip arthroplasty with an individual femoral stem and the study of the relationship between the satisfaction of patients with endoprosthetics with an individual femoral stem and the expectations for their recovery.

Another direction in the work of Assoc. Prof. Nenova is aimed at creating reliable methods for studying patient satisfaction with the work of the physiotherapist (IB_2/1, IB_3 / 1, LG_7 / 6, IIG_3, IG_8 / 6, IIB_1, IIB_4, IIB_5 u IIT_1). This allows an objective assessment of the work of kinesitherapists. It has been established that the rehabilitation of the patients through specialized kinesitherapy affects not only the deficit of the existing disease, but also the overall functional status. This leads to the patient satisfaction within the treatment.

Some of the publications submitted for review are aimed at revealing the role of kinesitherapy in the complex treatment of patients with various chronic diseases and the advantages of the individual kinesitherapy. The Bulgarian and international experience in providing integrated care for the patient are considered. (IA_1 / 1, IG_7 / 2, IG_7 / 4, IG_7 / 5, IG_8 / 1, IIB_3, IG_8 / 2, IG_8 / 5)

Some of the publications are related to the testing of new teaching methods in the field of kinesitherapy. A study was made of the students' satisfaction with the conducted training and the possibilities for correction of the applied curricula. (IB_8 / 4, IB_8 / 9, IIA_1, IIB_2)

Another part of the publications show that inadequate rehabilitation of the patients is associated with slower recovery and is a prerequisite for disability, which negatively affects the quality of life (IG_7/1, IG_8 / 3, IG_8 / 7, IG_8 / 8,

IIB_2 , IIF_4). The role of physical activity for functional recovery and improvement of the quality of life has been proven (IG_9 / 1, IG_8 / 10, IIG_2)

Assoc. Prof. Nenova participated in 29 national and international scientific forums. She is the supervisor of two doctoral students who have successfully defended a dissertation for the educational and scientific degree "Doctor".

III. Pedagogical activity

Assoc. Prof. Nenova has significant teaching experience. She started her pedagogical activity as a part-time teacher in 2014. Since 2016 she has been a full-time assistant. She teaches classes in a number of disciplines: therapeutic massage, kinesitherapy in orthopedics and traumatology, kinesitherapy in outpatient and home settings, kinesitherapy in nervous and mental illnesses.

Assoc. Prof. Nenova participates in the development and updating of curricula in the field of kinesitherapy. Actively participates in the accreditation of the specialty "Kinesitherapy" at the Medical University - Varna.

Assoc. Prof. Nenova performs the compulsory study load at the Medical University - Varna during the previous four academic years. She has participated in a national educational project ("Student Internships - Phase 1" - 2014 and 2020).

CONCLUSION

The documents and materials presented by Assoc. Prof. Gergana Boncheva Nenova, Ph.D. meet the requirements of ZRASRB, the Regulations for application of ZRASRB and the Regulations for the development of the academic staff at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna. The attached evidences satisfy the minimum national requirements and the requirements of MU - Varna.

Having in mind the qualitative and quantitative characteristics of the scientific works of the candidate, her teaching and public activity, I propose Assoc.

Prof. Gergana Boncheva Nenova, Ph.D. to take the academic position of "PROFESSOR" in the field of higher education 7. Health and sports, professional field 7.4. Public Health, specialty "Public Health Management" for the needs of the Department of Physiotherapy, Rehabilitation, Sea Treatment and Occupational Diseases at the Faculty of Public Health of the Medical University "Prof. Dr. Paraskev Stoyanov "- Varna.

January 11, 2021.

Reviewer: 
Prof. Ivan Maznev, M.D., Ph.D.