

## STATEMENT

by **Prof. Dr. Paraskeva Mancheva, MD, PhD, DSc,**

Medical University "Prof. Dr. Paraskev Stoyanov"- Varna, Faculty of Public Health, Member of the Scientific Jury, following an order No P-109-313/7.10.2019 of the Rector of MU-Varna

**Concerning:** Competition for academic position "Professor" in the field of the higher education 7. Healthcare and sport, professional field 7.4. Public health, by specialty "Public Health management", for the needs of Department "Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases", Training sector of Kinesitherapy at the Faculty of Public Health, Medical University "Prof. Dr. Paraskev Stoyanov"- Varna, promulgated in State Gazette 86/06.10.2020.

According to Order No P-109-313/7.10.2019 of the Rector of MU-Varna I was appointed as an internal member of the Scientific Jury and with the decision of its first meeting (Protocol 1 from 11.12.2020) I was designated to prepare a Statement.

In the present competition there is only one candidate, **Assoc. Prof. Gergana Boncheva Nenova, PhD, DSc.**

The candidate has submitted precisely all necessary documents for participation in the competition as required by the Academic Staff Development Act in the Republic of Bulgaria, Rules for its application and Rules of the Medical University-Varna.

### **Brief information about Assoc. Prof. Gergana Nenova's career development**

Gergana Boncheva Nenova has acquired the Bachelor's (1998) and Master's (1999) degrees in Kinesitherapy from the Angel Kanchev University of Ruse, and in 2014 completed her Master's Degree in Health Management at Medical University Varna. She began her professional experience as a kinesitherapist in 2000 at various SPA and Wellness centers located on the Black Sea Coast while also occupying management positions – mostly as a SPA manager. In 2009 she started working as a kinesitherapist in the Rehabilitation Department in the village of Shkorpilovtsi at the University Hospital "St. Marina" EAD, Varna, and in 2011 was appointed as a kinesitherapist in the Department of Orthopedics and Traumatology at the University Hospital, where she continues to work today. Assoc. Prof. Nenova started her academic career in 2014 when she was an assistant professor in the Department of Sea treatment, Physiotherapy and Rehabilitation at the Faculty of Public Health at the Medical University of Varna. In 2016, after winning a competition, she was selected as an assistant professor at the Board of Directors of the Rehabilitation of the Medical College at the

Medical University of Varna and then defended a dissertation on the topic "The Contribution of the Physiotherapist to Public Health and the Development of Integrated Care". In 2017, after a competition, she was selected as an associate professor and in the following year she headed the Board of Kinesitherapy, Faculty of Public Health, Medical University-Varna. In the period 2014-2016 she participated in several short-term courses for further training and qualification enhancement in the field of kinesitherapy, cancer rehabilitation, medical and health tourism.

Assoc. Prof. G. Nenova participates in the teaching of various disciplines such as "Kinesitherapy in Outpatient and At-Home Conditions", "Kinesitherapy for Orthopedic and Surgical Disorders", "Kinesitherapy for Neurological and Mental Disorders" and "Therapeutic Massage: Part 1" to students taking the "Rehabilitation, Sea Treatment, Wellness and SPA" Master's program at the Medical University-Varna. She has publications in periodicals and takes part in numerous scientific forums. Assoc. Prof. G. Nenova is also a member of the Association of Physiotherapists in Bulgaria and a member of the Working Group on European Affairs at ER WCPT. She has good foreign language proficiency - she is professionally proficient in Russian, and also speaks English and German in her professional activities. Assoc. Prof. G. Nenova has many years of practical experience and excellent professional training in the fields of kinesitherapy, management of a multidisciplinary team of specialists and integrated care.

### **General characteristics of the research and scientific activity of the candidate**

The publications and references attached for participation in the competition prove the high scientific productivity of the candidate. A total of 35 scientific works have been submitted - the fruit of the candidate's overall research activity, distributed in different types as follows:

- Dissertation work for the awarding of scientific and educational degree "Doctor (PhD)", presented with an abstract - 1 in total;
- Dissertation work for the awarding of scientific degree "Doctor of Science" - 1 in total;
- Published habilitation work - monograph - 1 in total;
- Publications in scientific journals, referenced and indexed in world renowned databases with scientific information - 6 in total;
- Publications in journals with scientific review, not referenced in world renowned databases with scientific information - 10 in total;
- Published chapter from a collective monograph - 1 in total.

15 titles of full-text publications have been mentioned, excluding the ones presented in the evidence material for the fulfillment of the minimal requirements

for the occupation of academic degree "Professor". I accept 26 scientific publications for review, 18 of which in compliance with the minimal requirements and 8 - not included in the evidence material for the fulfillment of the minimal requirements.

All publications are correctly described, and the publications after the acquirement of academic position "Associate Professor" are attached to the materials used for the competition.

The research covers scientific issues aimed at a wide range of highly relevant and significant problems in the field of science of the announced competition. The main thematic areas of the candidate's research activity unite the achievements of her overall creative and professional path, with kinesitherapy as it's center, and can be divided into the following areas:

1. Satisfaction with the integrated care in kinesitherapeutic practice
2. Specialized kinesitherapeutic approach implemented in the orthopedic practice
3. Kinesitherapy as a part of complex rehabilitation of chronic debilitating diseases
4. Improvement of the students' education in kinesitherapy and rehabilitation

The candidate's works have been published in various scientific journals abroad and in Bulgaria, such as: *Journal of IMAB; Health economics and management; Social medicine; Varna medical forum; Scripta Scientifica Medica; LAP Lambert Academic Publishing u dp.*

**The scientific** contributions are of original and confirmatory nature and of theoretical and practical significance for the region and the country. I accept the scientific contributions indicated in the applicant's report. They are divided into thematic areas and are well substantiated in the attached scientific works and documents.

***The satisfaction with the integrated care in kinesitherapeutic practice*** occupies a pivotal place in the scientific production of the candidate. The place of the kinesitherapist in public health and in the development of integrated care has been determined (IA\_1/1, II\_8/2, II\_8/5). The international and Bulgarian experience with providing integrated care has been considered (III\_5, IIB\_3) and the barriers that are yet to be overcome in Bulgarian conditions have been identified (IIB\_1, II\_7/3).

It has been clarified that the satisfaction of the patients, who have chosen the ***individual kinesitherapeutic approach***, can be applied as a method of competence and work assessment of the kinesitherapist. An original and highly reliable tool for testing the satisfaction with the kinesitherapist's work has been

approved. Based on this, the satisfaction of the chronically ill patients was able to be studied and the kinesiologist's leading role in the model of team rehabilitation in ambulatory, hospital and home environments was substantiated (ИГ\_7/2, ИГ\_7/4, ИГ\_7/5, ИГ\_8/1, ИБ\_3).

Of essential practical importance is the developed specialized kinesitherapeutic approach for the treatment of patients with hip arthroplasty with an individual femoral stem. Exemplary schemes and complexes for patients with endoprosthetics as individual femoral stems are applied. The methodical instructions for performing the kinesitherapeutic procedures are described, which is of special usefulness for the practice. The complex impact of the specialized kinesitherapy program on the functional capabilities, satisfaction and expectations of patients on their recovery has been studied (ИБ\_2/1, ИБ\_3/1, ИГ\_7/6, ИГ\_3). The scientific works (ИГ\_8/6, ИБ\_1, ИБ\_4, ИБ\_5 и ИГ\_1) present the kinesitherapeutic behavior in other orthopedic conditions, with patient-centered solutions and observance of the principles of timeliness, gradualness and systematicity in rehabilitation.

The research related to *the position of kinesitherapy in the complex rehabilitation of chronic debilitating diseases* occupies a significant place in the presented scientific work. The main challenges standing in front of medical specialists-kinesiologists while working with chronically ill patients are presented. Overcoming them can be seen in the adequate motor regimen, as the most physiological means for the performance of everyday life activities. (ИГ\_9/1, ИГ\_8/10, ИГ\_2). Disability is considered as a consequence of untimely and insufficient rehabilitation of chronic disease (ИБ\_2). The candidate is a co-author of articles in which the historical understandings of the individual societies about disability as a severe consequence of the chronic disease, the terminal condition and the desire to end life have been discussed. (ИГ\_7/1, ИГ\_8/3, ИГ\_8/7, ИГ\_8/8, ИГ\_4).

The presented works from *"Improvement of student training in kinesitherapy and rehabilitation"* evaluate the teaching methods and the topics included in the curricula and make proposals for expanding the topics of rehabilitation and kinesitherapy. The needs and satisfaction with the educational process and the realization on the labor market among the rehabilitation students have been studied. On this basis the curriculum has been updated. The main problems of the rehabilitation and kinesitherapy education with a focus on restoring the rehabilitation potential have been studied. The teaching methods as well as the topics included in the curricula were evaluated, proposals for expanding the topics of rehabilitation and kinesitherapy were made. Based on the results of the research, changes have been proposed to adapt the curricula such as content, form and methods of teaching, support for the complex assessment of the learning process (ИБ\_8/4, ИБ\_8/9, ИА\_1, ИБ\_2).

As a generalized characteristic of the scientific works I emphasize the wide scope, the topicality of the considered subject, the original character, as well as the potential for practical applicability of the results on a regional and national level.

Evidence for the quality of the publications and their reflection on the Bulgarian scientific literature is presented. The amendment contains a total of 110 points of positive citations by Bulgarian and foreign authors, which are shown for the purpose of updating the subject and location of the candidates in the Bulgarian scientific community.

### **Assessment of the educational activity of the candidate**

Assoc.Prof. Nenova is a sought-after lecturer with communication skills in the field of the announced competition at Medical University - Varna. Her annual workload meets and exceeds the norm for teaching employment adopted at the University. The candidate actively participates in the teaching of students from different specialties with "professional bachelor", "bachelor" and "master's" degree, leading lectures in "Kinesitherapy". The candidate is a co-author of a textbook published in English.

### **Conclusion**

The full compliance with the criteria set out in the Academic Staff Development Act in Republic of Bulgaria (2018) and the Rules for its implementation and the Rules of the Medical University-Varna, the qualitative characteristics of the candidate's scientific activity and the significant contributions from the cognitive-theoretical, methodological and practical nature, as well as her teaching experience, are grounds for my positive assessment.

I am convinced that by taking the position for which she is aspiring, she will be able to further develop her creative potential as a researcher, teacher and manager and will be useful in the development of MU-Varna. I propose that the honorable members of the Scientific Jury also vote positively and propose to the Rector of MU-Varna, **Assoc. Prof. Gergana Boncheva Nenova, PhD, DSc** to occupy the academic position of "Professor" in the field of the higher education 7. Healthcare and sport, professional field 7.4. Public health, by specialty "Public Health management", for the needs of Department "Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases", Training sector of Kinesitherapy at the Faculty of Public Health, Medical University "Prof. Dr. Paraskev Stoyanov"- Varna.

13<sup>th</sup> of January, 2021

Varna

Signed:

  
/Prof. Dr. Paraskeva Mancheva, MD, PhD, DSc/

