

Opinion statement

by

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concerning

Procedure for obtaining the academic position of "Associate Professor" in the specialty of "Endocrinology" for the needs of the Second Department of Internal Medicine at MU-Varna and the Clinic of Endocrinology and Metabolic Diseases at UMHAT "St. Marina" in the professional field 7.1 Medicine, area of higher education 7. Healthcare and Sports, according to the announcement published in State Newspaper No. 30 of 8.4.2025.

By decision of the Academic Council No. 40/21.05.25 and Order № P-109-259 of 06.06.2025 of the Rector of MU-Varna, I have been appointed as an official reviewer in a competition for the academic position of "Associate Professor" at the Second Department of Internal Medicine, US Endocrinology.

Dr. Savi Rinaldiev Shishkov, MD, submitted his application within the legal deadline for participation. All necessary documents were submitted in accordance with the requirements of the Law on the Development of Academic Staff and the Regulations of the Medical University of Varna for its implementation.

I. Biography and professional development

Dr. Shishkov's professional career has been linked to the Clinic of Endocrinology and Metabolic Diseases at St. Marina University Hospital in Varna since 2017. In 2021, he obtained a specialization in endocrinology, and in 2023, he defended his doctoral thesis. Currently, Dr. Shishkov holds the position of assistant physician at the Clinic of Endocrinology and Metabolic Diseases and senior assistant at the Department of Endocrinology and Metabolic Diseases.

In 2021, he completed a master's degree in Health Management. Dr. Shishkov has undergone additional training, including a course in highly specialized neck ultrasound and a Europit training course in 2023. He has also participated in an international mobility program through specialization at the University Medical Center in Leiden, Netherlands.

cientific activity

The 23 publications presented demonstrate a wide range of scientific interests in the field of rare endocrine diseases, male gonads, and the relationship between endocrine diseases and certain psychiatric disorders. In each of the publications, the analysis of the results and the design of the original studies are presented excellently. The topics developed are relevant and contribute both practically and theoretically.

The postdoctoral thesis is significant due to its relevance and the practical applicability of the recommendations. Algorithms for complex medical and psychosocial transition are proposed, along with practical recommendations for its implementation and assessment scales. Related scientific publications examine in more detail individual aspects of the treatment and follow-up of patients with rare endocrine diseases.

The candidate's scientific activity also includes work on two projects related to men's health in the context of the endocrine system.

III. Scientometric indicators

Dr. Shishkov is submitting 23 scientific publications reflecting his research activities in the period 2019-2025 for participation in the competition.

Of these:

- Doctoral thesis – 1
- Postdoctoral thesis – 1
- Books, textbooks, teaching manuals – 2
- Publications in journals and collections – 19

Of the scientific publications and reports presented, Dr. Shishkov is

- As a sole author – 4
- As a co-author – 19, of which:
 - first author – in 11 publications
 - second author – in 1 publication
 - third author – in 6 publications
 - fourth author – in 1 publication

The presented works are divided into six separate areas:

- Androgens in cardiovascular diseases
- Rare endocrine diseases and menopause
- Diagnosis and treatment of thyroid diseases
- Diabetes mellitus

Psychosomatics
Educational and scientific activities

IV. Teaching activities

Dr. Shishkov's teaching activities are entirely related to endocrinology and metabolic diseases at the Second Department of Internal Medicine. The candidate has taught a full course of practical seminars for Bulgarian- and English-speaking students, as well as a partial course of lectures. He participates in examination boards for semestral and state exams in medicine.

He is actively involved in the postgraduate training of endocrinology specialists, conducting training seminars as part of basic theoretical courses. He develops and creates training materials, including presentations, video lessons, and case studies for clinical training, intended for endocrinology and internal medicine residents. The candidate is a co-author of teaching materials and manuals and actively participates in the implementation of innovative approaches to training.

V. Medical Practice

Dr. Shishkov has seven years of experience gained in the endocrinology clinic, three of which as a specialist after obtaining his specialty in 2021. During this period, he has gained significant experience and established himself as a motivated specialist through his participation in the treatment and diagnostic work. He participates in multidisciplinary teams for the treatment of rare endocrine diseases, diabetes mellitus, and others.

VI. Conclusion

Based on the information presented regarding the scientific, teaching, and medical activities of Dr. Savi Rinaldiev Shishkov, MD, the requirements of the Law on the Development of Academic Staff and its regulations, as well as the regulations of MU-Varna, I find it reasonable to propose to the Scientific Jury that Dr. Savi Rinaldiev Shishkov, MD, to be appointed to the academic position of "associate professor" at the Faculty of Medicine of MU-Varna in the specialty of endocrinology at the Second Department of Internal Medicine.

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