

## Review

**of Ass. Prof. Ilia Todorov – head of scientific sector of Thalassotherapy, Physiotherapy and Rehabilitation and head of clinic of Physical and Rehabilitation Medicine – University hospital Saint Marina – Varna**

Concerning a competition for the academic title “ass. prof.” in the field of the higher education 7. Healthcare and sport, professional field 7.1. Medicine and scientific specialty “Physical and rehabilitation medicine” in the faculty of Public Health of the Medical university “Dr. Paraskev Stoyanov” – Varna, for the demand of the department of “Physiotherapy, Rehabilitation, Thalassotherapy and Professional diseases”, according to a publication in State Gazette, issue 12, from 08.02.2019

### **1. Evaluation of the pedagogic level of the candidate**

The candidate graduated high school in ESPY “Stephan Karadzha” – Kavarna. In 1995 she graduated the Medical university – Varna with a Medicine Masters Diploma. She acquired specialty Physical and Rehabilitation medicine in 2004.

The candidate's professional carrier starts as a medical doctor in the clinic of pediatrics in the Kavarna hospital in 1995. After working as a medical doctor in Agrospecter company, Kavarna (1999 – 2004) and specializing in the clinic of Physical therapy and rehabilitation in the University hospital – Varna in 2004 she acquired specialty and won a competition for an assistant in the clinic mentioned above. She became senior assistant in 2009 and chief assistant in 2012. In 2015 – 2016 she is a PhD resident in the Department of “Physiotherapy, Rehabilitation, Thalassotherapy and Professional diseases”. She acquired a medicine PhD in 2016 with dissertation topic “The effect of extension therapy in the complex treatment of the lumbar disc disease”.

Dr. Mihaylova is member of the Bulgarian doctors union, of the Association of physical and rehabilitation medicine, of the Bulgarian society of manual medicine and of the Confederation of Independent Syndicates of Bulgaria.

The candidate is conducting lectures and exercises in the discipline “Physiotherapy” for the specialties Midwife, Nurse and Rehabilitator, and the discipline “Physiotherapy and rehabilitation” for the specialty Medicine. Dr. Mihaylova also takes part in the development of the education programs for the above mentioned specialties.

Dr. Mihaylova is a course leader of the master’s program “Rehabilitation, thalassotherapy, wellness and SPA” and has reviewed two diploma works in 2015.

### **2. Common evaluation of the scientific research and scientific application activity of the candidate.**

For the current competition Dr. Mihaylova has presented 40 scientific articles, all in full text. She is the sole author of a monography. Of the contestant’s articles in 42,5% Dr.

Mihaylova is first author, in 30% - second and third – in 22,5%. The candidate has also 10 citations in Bulgarian editions and one citation in monography.

### **3. Characteristics and contributions of the scientific publications**

The articles are in the field of physical therapy of the disc disease, manual therapy of the functional disorders of the locomotor system, prophylaxis and physiotherapy of osteoporosis, physical therapy of the common pediatric diseases, rehabilitation of kids with autism.

The dissertation is dedicated to the role of the extension therapy in the treatment of a quite common pathology – the lumbar disc disease. A significant number of the publications are also about the opportunities of use of physical factors for treatment and prophylaxis of that same disease.

The monography topic as very contemporary, about the effects of the physical therapy for the treatment and prophylaxis of osteoporosis. This is the first textbook in Bulgaria on that topic.

Of quite interest for the clinicians are the candidate works in the field of the pediatric tonsillar hypertrophy and the associated with that condition disturbances in the breathing during sleep and the ways to affect them with a complex of physical factors.

#### **Original contributions**

- for a first time in Bulgaria a dissertation, concerning a systematic research of the effectiveness of the extension therapy in the treatment of the lumbar disc disease, has been published;
- for a first time in Bulgaria has been used the “SAN” questionnaire for evaluation of the self – esteem, activity and mood after a treatment with extension therapy for patients with lumbar disc disease;
- for a first time in Bulgaria a thorough research has been conducted upon the effect of the Biopton lamp for improving the tonsillar hypertrophy and the night breathing symptoms of kids;
- for a first time a research is conducted for the application of direct transcranial electric stimulation in cases of disturbed functions, such as physical development, cognitive skills, speech etc. of kids with a pathology of the autistic spectre;
- for a first time in Bulgaria the opportunities of the application of physical factors as a treatment and prophylaxis tool in osteoporosis patients.

#### **Scientific application contributions**

- a complex physiotherapy program has been developed including extension therapy procedure with approved efficacy for patients with lumbar disc disease;

- an algorithm for the conduction of intermittent extension therapy for patients with lumbar disc disease has been created;
- a complex physiotherapy program for treatment of kids with tonsillar hypertrophy and symptoms of disturbed night breathing has been developed;
- certain prophylaxis measures for avoiding of low back pain has been developed and presented.

#### **4. Significance of the contributions for the science and clinical practice**

The above mentioned facts prove the scientific contributions of Dr. Mihaylova's work. The articles in the field of physiotherapy and rehabilitation of patients with lumbar disc disease, osteoporosis and common pediatric diseases stand out. The contributions shown up are sufficient to cover the criteria for the academic title "associated professor".

#### **5. Evaluation of the clinical diagnostics and treatment activity**

Dr. Mihaylova has more than 19 years work experience as a medical doctor and more than 15 years as a medical specialist of "Physical and rehabilitation medicine". During that time frame she has actively participated in the treatment of patients in Saint Marina university hospital.

#### **6. Evaluation of the educational and teaching activities**

Dr. Mihaylova has proven that she participates in the conduction of lectures and exercises of Physical and Rehabilitation medicine , in the establishment of educational programs and students tests, and in examination committees.

#### **Conclusion:**

**Bearing in mind the above mentioned facts, I approve the awarding of Dr. Maryana Mihaylova Krasteva – Ruseva with the academic title "associated professor" professional field 7.1. Medicine and scientific specialty "Physical and rehabilitation medicine" for the demands of Medical university – Varna.**

Varna  
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/ass. prof. I. Todorov, MD/