

Review

From: Prof.Dr. Krassimir Metodiev, MD, PhD, DSc,
Member of Scientific Committee for graduation in Assoc.Professor,
with only one applicant: Dr. Rossitza Hristova Chamova

Ref.: application papers of **Dr. Rossitza Hristova Chamova**, MD, PhD, for academic concourse of Medical University of Varna, to obtain the academic title “Assoc.Professor” in the field of higher education 7. Health care and sports; Professional directory 7.1. Medicine, Scientific specialty “Hygiene”, incl. labour, communal, school, radiology, etc.

By decision of the Chair of the Scientific Jury, and order of the Rector of Varna Medical University, N. P-109-395 from 20.09.2021, I had been determined for a member of the Scientific Jury on the aforementioned concourse, and by Protocol N.1 of the meeting of the Scientific Jury, on 29.09.2021, I had been appointed to present my opinion on the procedure for achieving the academic degree “Assoc.Professor” at the Educational section of the Dept. Hygiene and epidemiology, Faculty Public Health, Varna Medical University, with a single applicant Dr. Rossitza Hristova Chamova, MD, PhD

Short biographic data:

Dr. Rossitza Hristova Chamova was born 1972 in Yambol city, Bulgaria
MD Graduate of Plovdiv Medical University in 1996

In 2017 she achieves PhD, based on her dissertation “Breastfeeding and infections of urinal tract of children from Varna, aged up to 3 years”, direction Hygiene

Specialty:

2006 – emergency medicine

2017 – nutrition and dietetics

Working history:

1996-2005: physician at Center of Emergency Medicine, Yambol city

2005-2013: physician at Center of Emergency Medicine, Varna city

2009-2011: part-time assistant professor, Dept. “Hygiene&Disaster Medicine”, Med.Univ. Varna

2011-2018: assistant professor, Dept. “Hygiene&Disaster Medicine”, Med.Univ. Varna

2018-now: Head Assist.Prof., Dept. Hygiene and Epidemiology”, Med.Univ. Varna

Application papers:

A serious set of publication materials has been presented for the Academic Concourse to obtain the academic title Assoc.Professor:

Monography: 1, with a total volume of 139 pages

Book, based on the dissertation for PhD: 1, with 139 pages

Educational tools: 4, with a total volume 475 pages

Text book: 1, with 20 pages (total; volume 604 pages)

Published papers: 25, with a total volume 80 pages

Papers from participation in scientific meetings: 15, with a total; volume 38 pages

Reports: 21

Investigational projects: 4

Supervisor of a post-doc: 1

Educational activity of Dr. Rossitza Chamova is far above the minimum requirements. She teaches **topical practical studies** for students from various faculties and specialties in the Medical University of Varna, mainly in the field of Hygiene, Ecology, Health management, Social care, Nutrition, Environmental, nutritive and social medicine, Medical cosmetics, Nurses, and Midwife specialists, X-Ray technicians, Medical Laboratory technicians, etc.

She speaks relatively well and uses in her practice English and Russian languages, as well as a good level of computer skills.

Participation in national and international scientific meetings:

A total of 21 attendances, 5 of them international (Rome-Italy, with 1 presentation, IMAB Annual Assembly, with 2 presentations and Black Sea Symposium young scientists, with 2 presentations, whereas the rest 16 participations are national conferences and symposia, all of them with main topics adjusted to the basic directions of the scientific approaches of the current candidate for the academic title Assoc.Prof. during the last few years.

Publications:

A total of 12 full-volume papers, 5 of which are in English and in referent national and international journals, and another 7 papers in Bulgarian in non-referent national proceedings.

Monography:

“Nutrition of pregnant women and metabolic programming of diseases”, Publishing House “Steno”, 2021, ISBN 978-619-241-160-2

List of citations, covering the minimal requirements for the academic title “Assoc.Prof.”: the applicant provides 5 citations of her publications

Membership of scientific and professional organizations:

Obviously, the applicant has a various broad spectrum of interests, which is proven by her membership in a number of societies:

Bulgarian Union of Physicians,
Bulgarian Society of nutrition and dietetics,
Bulgarian Society of pediatric gastroenterology, hepatology and nutrition,
Bulgarian Society of public health, European Society of public health,
Bulgarian Association of public health,
European Society of pediatric gastroenterology, hepatology and nutrition,
International Medical Association Bulgaria

Publication activity of the applicant:

33 papers are presented, 15 of which are as a proved material in the questionnaire for completing the minimal requirements for the academic title “Assoc.Prof”, according to the Law for academic degrees in Bulgaria.

Another 2 publications are presented out of the proved material for the same concourse.

Contributions:

The resulting contributions from the dissertation of Dr. Rossitza Chamova are:

- Contributions with confirming character
- Contributions with investigational and practical character
- Contributions with revealing knowledge character during pregnancy
- Contributions with practical-implicational character for healthy nutrition
- Contributions with practical-implicational character for positive healthy results for children and mothers
- Hygiene of pediatric and puberty age
- Study of nutrition habits in various age groups of the population
- Nutrition: basic factor for health of the bone-skeletal system
- Honey consumption as a source of healthy bonus
- Nutritive substances, prevention and treatment of some diseases
- School programmes and influence on the capacity of children, pupils from 1-st to 4-th school grade in Varna
- Study of the nutritive habits and over-weight body mass in Bulgarian ship crews

Dr. Rossitza Chamova demonstrates and presents her dissertation book with 134 pages on the topic:

“Breast-feeding and infections of the urinary tracts of children up to 3 years age in Varna”, for obtaining the scientific degree PhD in the scientific specialty “Hygiene”, incl. labour, communal, school, radiology, etc.

When analyzing the dissertation of Dr. Rossitza Chamova, I must admit immediately that this is a very well conducted, performed and realized scientific research in an approach which had not been done in our country until now.

The dissertation includes 224 references, 32 in Cyrillic and 192 in Latin, thus using excellently the literature data, adding high quality of the PhD-study.

I would wish to congratulate the author of this PhD-dissertation and her academic advisors.

The presented monography, as part of the application papers, includes 137 pages, giving us additional details for the research capacity and potential of the candidate for the academic title Assoc.Prof.

The topic of this work “Nutrition of pregnant women and metabolic programming of diseases” is very well selected in terms of time and location for presentation as a new medical book in Bulgaria, especially when finding depicted exclusively important problems, associated with pregnancy, metabolism and diseases, an approach which, to be honest, is still Terra Incognita for our national health-care.

In addition to the already cited documents, we find a new book, edited and issued in 2021, again with author Dr. Rossitza Chamova “Protective effect of breast milk on infections of urinary system of children up to 3 years of age”.

The topic and the ideas, as thoroughly worked out in this book, are more or less covering the dissertation theme, but in terms of the actuality of the problem, I definitely stand behind my opinion, that this issue is one additional “cherry on top of the cake” of the scientific efforts of the author and applicant for Assoc.Professor.

Evaluation of the research activities, contributions and achievements:

Dr. Rossitza Chamova demonstrates for the present concourse most of her scientific and practical materials, which, I must admit, are much over the requirements for the academic title Assoc.Professor.

I accept completely the submitted publications, questionnaires and documents, provided by the applicant, throwing light on:

- results based on her personal investigations, sufficient for the clinical practice
- consequent and profound information on regional distribution, influence and role of some determinants, laboratory diagnostic and practical possibilities
- scientific production and educational practice, all of which comply to the quantitative and qualitative requirements of the Law for academic development and the Regulations of Varna Medical University for teaching activity and publications.

I would add to my comments, when analyzing the research and educational impact of Dr. R.Chamova, her broad spectrum interest for most updated methods of evaluation of the problems of breast-feeding babies and children up to 3 years, infections, prophylactics, role and implementation of methods to control and collaborate with other institutions.

All aforementioned facts answer completely to the ambitions of Dr. Rossitza Chamova to become and prove herself as a well-distinguished expert in this field of medicine.

To add some other details, I'll include in my review her participation and presentation with short oral and poster papers in the Annual Assembly of IMAB (Intl.Med.Assoc.Bulgaria), which as one of the most qualified and recognized international scientific meetings in our country, including a number of well-respected national and foreign researchers, indicated the high level of the portfolio of Dr. R.Chamova as applicant for Assoc.Prof. in the current Concourse.

Participation in Editorial activity:

Dr. Rossitza Chamova is one of the reviewers of applied papers for publications from her scientific and professional areal in the Journal of IMAB, which is one of the most recognized medical journals in Bulgaria and abroad, with its very high rating in the international registers: Thompson Reuters, PubMed, Index medicus, Citation index, Intl. Library Register, etc.

My personal evaluation of the application documents for the Concourse of Dr. Rossitza Chamova, as well as my personal impression:

I know Dr. Rossitza Chamova for many years, we are neighbours in the building of prophylactic disciplines of our departments of Varna Medical University.

We meet rather often not only in our departments, but also when attending university forums, conferences and round-tables, organized by the University or IMAB.

I am very pleased to admit that she represents herself with humble character, high personal intellect, serious public engagement, proved academic ethics and positive attention to all initiatives, not only in Varna Medical University, but also in her collaboration and contacts with national and international institutions.

Conclusion:

Based on all materials and documents, provided to me for analysis and decision to present my expert opinion and review for the application of Dr. Rossitza Chamova in the academic concourse for Assoc.Professor, after a thorough check-up and evaluation of merits and quality, hereby, I solemnly declare that:

I shall vote positively for her new academic title Assoc.Professor, and I would dare suggest to the rest members of the Scientific Jury to vote in the same manner.

I am convinced that Dr. Rossitza Chamova shall be one of the most promising researchers and university teachers in the specialty "Hygiene", and our Varna Medical University will benefit from her devotion as one highly motivated, energetic, professionally and excellently established specialist and distinguished scientist with high academic capacity.

Signed:

Prof.Dr. Krassimir Metodiev, MD, PhD, DScmed

2 November 2021

