

OPINION

by Assoc. Prof. Dr. Vanya Atanasova Boycheva (Birdanova)

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Regarding: /SUBJECT: competition for the academic position of "ASSOCIATE PROFESSOR", a field of higher education 7. Healthcare and sport, a professional field 7.1. Medicine, scientific specialty/subject "Hygiene" (including occupational, communal, school, radiational, etc.) at the Hygiene and Epidemiology Department, Faculty of Public Health, Medical University - Varna.

I. GENERAL PRESENTATION OF THE PROCEDURE

Based on Art. 4 (3), (4) of the Law for the Development of the Academic Staff in the Republic of Bulgaria (LDASRB) and art. 127, paragraph 1, paragraph 2, paragraph 3 and paragraph 4 of the Regulations for the Development of the Academic Staff of the Medical University - Varna and a decision of the Faculty Council at the Faculty of Public Health (Protocol № 170 / 10.09.21) with Order № R-109-395 / 20.09.21 of the Rector of the Medical University - Varna I have been appointed to present an opinion in connection with a competition for the academic position of "ASSOCIATE PROFESSOR" in the field of higher education 7. Healthcare and Sport, a professional field 7.1. Medicine, scientific specialty "Hygiene" (including occupational, communal, school, radiation, etc.), Hygiene and Epidemiology Department, Faculty of Public Health, Medical University - Varna.

In the promulgated competition for the position of an associate professor in SG issue № 61/23.07.21, the only candidate is Chief Assistant Professor Rositsa Hristova Chamova, MD, PhD, working with the same department.

Rositsa Hristova Chamova, MD, has submitted all necessary documents in compliance with the requirements of the Law for Development of the Academic Staff of the Republic of Bulgaria and the Regulations for Development of the Academic Staff of MU-Varna for participation in the announced competition.

II. PROFESSIONAL DEVELOPMENT OF THE CANDIDATE

Rositsa Hristova Chamova, MD, was born on November 7, 1972 in the town of Yambol. She graduated in 1996 at the Medical University - Plovdiv. From 1996 to 2013 she worked as an intern at the Center for Emergency Medical Assistance - Yambol and the Center for Emergency Medical Assistance - Varna. Since 2009 she has been a part-time assistant, later an assistant and a chief assistant professor at the Hygiene and Epidemiology Department, Medical University - Varna. She has diplomas in two medical specialties - "Emergency Medicine" and "Nutrition and Dietetics".

In 2017 she obtained an educational and scientific degree "Doctor" with her dissertation on "Breastfeeding and urinary tract infections in children up to 3 years in Varna".

Dr. Chamova's record shows that the candidate has met the minimum national requirements (MNR) under Art. 2b, para. 5 of the LDASRB for taking up the academic position of "ASSOCIATE PROFESSOR", which can be seen from the table below (Table 1).

Table 1. Information on compliance with the minimum national requirements

| Group of indicators | Contents | ASSOCIATE PROFESSOR (number of points) | Points of Rositsa Chamova, MD |
|---------------------|--|--|-------------------------------|
| A | Indicator 1 | (50 +30) | (50+33,5) |
| B | Indicators 3 or 4 | 100 | 100 |
| C | Sum of indicators from 5 to 9 | 200 | 340 |
| D | Sum of indicators from 10 to 12 | 50 | 55 |

III. SCIENTIFIC ACTIVITY

1. Publication activity (full-text publications)

The publishing activity of Dr. Chamova is presented by a total of 33 scientific papers. Of these, publications in foreign and Bulgarian editions, which are referenced and indexed in Scopus and Web of Science - 5 publications, articles in non-referenced journals with a scientific review and in edited collections (including 4 to the dissertation) - 25 publications, 1 dissertation, 1 book based on the dissertation for the acquisition of PhD and 1 monograph. The independent scientific works are 4, and in 7 she is a leading researcher (first author).

For the purpose of this competition, Dr. Chamova has submitted as an evidence 15 full-text scientific papers in her report on the implementation of the minimum requirements for taking the academic position "Associate Professor", according to LDASRB. In addition, 2 more publications are included, apart from the evidence for fulfillment of the minimum requirements for holding the academic position of "Associate Professor".

2. Citations

The total number of citations with which Dr. Chamova participates in this competition is seven, of which one citation is in a referred and indexed journals in world-famous databases with scientific information (Scopus and Web of Science), one in a monograph and collective volumes and five in non-referred journals.

3. Main scientific contributions

Dr. Chamova's reference shows that most of the scientific contributions are innovative and of a practical nature. Scientific production is focused on five main areas. I. The first direction includes: I.1. Nutrition of the pregnant woman and the metabolic programming of the diseases, which summarizes modern scientific evidence for the impact of unhealthy eating during pregnancy on the growth, development and health of the future individual. I.2. Influence of choline dietary intake during pregnancy on the offspring's brain development. Clinical trials for choline intake during pregnancy results have been systematized. I.3. Pregnancy and nutritional supplements. Supplementation during pregnancy is justified. II. The second direction is focused on: II.1. The protective effect of breast milk in infections of the urinary tract in children up to 3 years of age, where the protective effect of the duration of breastfeeding

and the exclusive breastfeeding against development of infection and the reduction of the severity is shown. II.2. Prevention of urinary tract infections in children up to 3 years of age through breastfeeding - the importance of exclusive breastfeeding for the low incidence of infections in children up to 3 years of age has been confirmed. II.3. Content of probiotics, fat-soluble vitamins and antioxidant activity of breast milk – a new scientific evidence for the advantages of the composition of breast milk over milk formulas has been studied and analyzed; III. A third scientific field includes the health benefits of consuming bee products: the impact of royal jelly on health; IV. Hygiene of children and adolescents, where different indicators were studied in students 1st to 4th grade from Varna, respectively: anthropometric status, according to current WHO criteria; the relationship between students' ability to work and the ergonomics of school furniture; V. Study of the eating habits of different groups of the population: the study was analyzed and recommendations were given in women of different age groups for the promotion of health in case of stress at work, during childbearing age and for early prevention of osteoporosis.

IV. SCIENTIFIC ACTIVITY

1. Participation in scientific forums

The scientific activity of Dr. Chamova is impressive, which is evident from the attached list containing 21 participation in scientific forums. Of the 32 scientific reports presented at national and international congresses and conferences, 2 reports are abroad, and 29 reports are at prestigious Bulgarian scientific congresses and conferences, 9 of which have international participation.

2. Participation in scientific-research projects at home and abroad

Dr. Chamova has participated in 4 scientific-research projects.

3. Membership in scientific associations

Dr. Chamova is a member of BMA, Bulgarian Society of Nutrition and Dietetics (BSND), Bulgarian Association of Pediatric Gastroenterology, Hepatology and Nutrition (BAPGHN), Bulgarian Scientific Society of Public Health (BSSPH), Bulgarian Association of Public Health (BAPH), European Public Health Association (EUPHA) and European Society for Pediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN).

V. TEACHING ACTIVITY

According to the report presented by Dr. Chamova, the candidate began her teaching activities at MU-Varna in October 2011. For the period 2016-2021 Dr. Chamova conducted practical exercises in hygiene and ecology of medical students and the specialties: nurse, midwife and rehabilitator. She has also led practical classes in the disciplines "Environment and Health", "Environment, Nutrition and Health", "Nutrition and Health", "Nutrition and Dietetics", "Hygiene and Ecology of Health Facilities" and "Pharmaco-Medical Aspects of nutrition", according to the curriculum of the master's and bachelor's programs at MU-Varna. She has taken part in various lecture courses in hygiene disciplines, including Russian language training, according to the Regulations of MU-Varna.

The total teaching workload of Dr. Chamova in the last 5 years is as follows:

□ Realized academic hours for the completed past 4 academic years (2016/2017, 2017/2018, 2018/2019 and 2019/2020) - a total of 1536 academic hours;

□ Realized academic hours for the academic year 2020/2021 - 411 academic hours at the annual standard of MU-Varna - 360 academic hours.

Dr. Chamova has participated in the development of 1 textbook and 4 studentbooks.

In view of the above-stated, I consider that Dr. Chamova is a fully qualified lecturer in the specialty "Hygiene" with extensive professional experience and high general medical, specialized and foreign language qualifications.

CONCLUSION

Based on the materials presented for participation in the competition, I can say that Chief Assistant Professor Rositsa Chamova, MD, PhD possesses scientific achievements, teaching experience and professional competence, which meet the requirements for taking the academic position of "ASSOCIATE PROFESSOR", according to LDASRB and the Regulations for the development of the academic staff at MU-Varna.

Therefore, I confidently give my positive assessment and offer to the members of the esteemed Scientific Jury to award the academic position "ASSOCIATE PROFESSOR" to Dr. Rositsa Hristova Chamova, MD, PhD in the scientific specialty "Hygiene" (including occupational, communal, children and adolescents', radiation, etc.) at the Hygiene and Epidemiology Department, Faculty of Public Health at the Medical University - Varna.

With respect:



05. 11.2021

Assoc. Prof. Dr. Vanya Boycheva (Birdanova), Ph.D.