

OPINION

Assoc. Prof. Dr. Mariyana Mihaylova Krasteva - Ruseva, MD

Department: Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases

Medical University "Prof. Dr. Paraskev Stoyanov" - Varna

Subject: procedure for acquiring the academic position "**Associate Professor**" in the field of higher education 7. Health and Sports, professional field 7.1 Medicine, specialty "General Medicine" - for the needs of the Department of "General Medicine" by competition in SG no. 61 / 23.07.2021

I. Career profile of the candidate

Zhenya Ruseva Petrova, MD, graduated in medicine in 1999. at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna, and in 2009 acquired a degree in Physical and Rehabilitation Medicine.

In 2017 on the basis of a successfully defended dissertation on the topic: "Possibilities of the physical factors for influencing children with tonsillar hypertrophy and symptoms of night breathing disorders" Dr. Ruseva was awarded the educational and scientific degree "Doctor", and in 2018. acquires a specialty in General Medicine.

Dr. Ruseva has passed qualification courses for postgraduate training in prolotherapy and neural therapy.

The professional realization and experience of Zhenya Ruseva began in 2000 in CEMH(Center for Emergency medical help) as a doctor. Later in 2009 started working as a specialist in Physical and Rehabilitation Medicine at the Medical Center "St. Marina". Since 2011 she has been an assistant at the Department of General Medicine, and in 2019 after a competition she held the academic position of "chief assistant".

Participates in the practical training of students majoring in Medicine BEO, "Organization and care of the patient" - specialty "Health Management" - Bachelor, State undergraduate internship "General Medicine", specialists "General Medicine" conducting exercises, seminars and clinical training practice.

II. General description of the materials presented in the competition

The submitted competition materials for the academic position of "Associate Professor" in "General Medicine" in the field of higher education 7. Health and Sports, professional field 7.1 Medicine, meet the requirements of the LRA in the Republic of Bulgaria, its Implementing Regulations and Development Regulations of the academic staff of the Medical University - Varna.

The documents submitted by the candidate include: academic CV; higher education

diploma; diploma for ONS "doctor"; abstracts of papers in Bulgarian and English; a list of publications and a copy of them; academic reference for the citations from the Library of MU-Varna, based on information provided by the author and automated information from international scientific databases: Google Scholar, ORCID, Researcher ID and eLibrary. Information on the implementation of the minimum national requirements and the additional requirements (accompanied by evidence) and other documents certifying the indicators, according to the requirements for holding the academic position of "Associate Professor" at the Medical University - Varna.

III. Evaluation of the candidate's scientific works for the overall academic development

Zhenya Ruseva, MD, has presented 27 scientific papers. Of these, 15 scientific papers count as evidence in the report on the implementation of the minimum requirements for borrowing JSC "Associate Professor", according to ZRASRB from 2018. 2 publications are also presented, apart from the evidence for fulfillment of the minimum requirements for becoming AD "Associate Professor".

Their distribution in scientometric aspect is as follows:

- dissertation - 1;
- habilitation thesis (monograph) - 1;

Full-text articles: 25 pcs.

Related to the dissertation - 3; for chief assistant - 7; for associate professor - 15, of which:

- in scientific publications, referenced and indexed in world-famous databases with scientific information: 11;
- in unreferenced journals with scientific review: 4 pcs.

The quantitative analysis of the scientific publications of Chief Assistant Zhenya Ruseva, MD shows that they meet the national scientometric criteria for holding the academic position of "Associate Professor" in the field of higher education 7. Health and Sports,

Qualitative characteristics of the scientific activity

The research work and the main scientific contributions of Dr. Zhenya Ruseva are focused on the following four main areas:

- Adenotonsillar hypertrophy in childhood and related symptoms - options for treatment with physical therapy
- Prevention and treatment through the methods of physical therapy of patients with disc disease
- Patients with rheumatic diseases in WMD - Diagnostic and therapeutic challenges
- Various common clinical problems in WMD

In the presented report, the original scientific contributions cover scientific issues aimed at current and significant issues in the field of public health and general medical practice.

Of great importance for the practice is the original complex physiotherapeutic program developed by the author with polarized polychromatic incoherent low-energy light and ultrasound for use in children with adenotonsillar hypertrophy, symptoms of disturbed night breathing, nocturnal enuresis and diurnal behavioral symptoms.

The developments related to the implementation of specific programs with included physical factors in the complex treatment of patients with disc disease also have a practical application. Following the algorithm developed by the author for physical therapy leads to a significant improvement of the indicators for the assessment of the individual quality of life of patients with lumbar disc herniation.

Of interest to science and practice are also studies devoted to common cases in general medical practice, clinical problems in childhood related to children's nutrition and related problems of overweight and obesity; children with hyperactivity; frequent congenital anomalies of the urinary system in children; primary amenorrhea; acute cholecystitis, etc.

Dr. Zhenya Ruseva has also participated in a number of conferences and scientific sessions on important topics related to public health.

IV. Evaluation of the monographic work or equivalent publications submitted for participation in the competition for "ASSOCIATE ASSOCIATE" by the candidate

The monographic work on "Improving the quality of life of patients with disc disease through the means of physical therapy" by Dr. Zhenya Ruseva, reflects the impact of the increasingly common disc disease of the spine on the quality of life of patients and is a current topic with wide public interest, which is why its development from a professional point of view is a serious challenge.

The in-depth analytical approach covers a historical overview, the medical and social significance of the topic is supported by facts and evidence. The theoretical and practical aspects of the prevention, diagnosis and conservative non-drug treatment of disc disease are presented comprehensively, with rich evidence from the candidate's own professional experience.

Significant theoretical knowledge in this field, practical experience and research work allow the author to present analytically and consistently recommendations for disease management through the means of physical medicine and prevention.

V. Reflection (citation) of the candidate's publications in the national literature

The competition documents are accompanied by an academic reference prepared in the Library of MU-Varna, based on information provided by the author and automated information from international scientific databases: Google Scholar, Research Gate, ORCID, Researcher ID and eLibrary. Citations are presented in scientific journals, referenced and indexed in world-famous databases with scientific information (2 pcs.), In monographs with

scientific review (1 pc.) And in unreferenced journals with scientific peer-review (4 pcs.)
Total number 7.

VI. Complex, qualitative assessment of the teaching-methodical and teaching activity, incl. administrative activity.

From the presented documents it is evident that Dr. Zhenya Ruseva has 10 years of teaching experience at the Medical University - Varna. For the last five years, her teaching workload has averaged 135 hours. She participates in the teaching of the obligatory discipline General Medicine of students in Medicine "BEO", and the discipline "Organization and care of the patient" of students in Health Management .

VII. Recommendation

Chief assistant Zhenya Ruseva, MD. has sufficient professional experience and in the future I recommend publishing the results of scientific research in a wider range of scientific journals, as well as in publications with an impact factor.

VIII. Conclusion

According to the Regulations for development of the academic staff of the Medical University - Varna, the presented scientific and journalistic activity fully covers the minimum scientometric requirements for the candidate for the academic position of "Associate Professor" in higher education 7. Health and Sports, Professional 7.1 Medicine.

Significant theoretical and applied contributions stand out in the scientific papers submitted by the candidate for participation in the competition. The research activity represents significant achievements in science and practice.

Based on the analysis of the overall scientific and teaching activity and its compliance with the requirements of the Law on the Development of the Academic Staff of the Republic of Bulgaria, I have reason to vote "positive" and propose to the Honorable Jury to award the academic position "Associate Professor". higher education 7. Healthcare and sports, professional field 7.1. Medicine, in the scientific specialty "General Medicine" - for the needs of the Department of "General Medicine"

15.10.2021
Varna

Prepared the opinion:



(Assoc. Prof. Dr. Mariyana Mihaylova, MD)