

OPINION

From Prof. Dr. Ara Garabed Kaprelyan, DSc
Department of Neurological Diseases and Neuroscience, MU-Varna
Member of the Scientific Jury under a procedure opened for the needs of
Department of General Medicine of the Faculty of Medicine at the Medical University
"Prof. Dr. Paraskev Stoyanov"-Varna

SUBJECT: procedure for holding the academic position **"Associate Professor"** in the field of higher education 7. Healthcare and sports, professional field 7.1 Medicine, specialty **"General Medicine"**, for the needs of the Department of General Medicine by announced competition in SG no. 61 / 23.07.2021

According to Order № P-109-399/20.09.2021 of the Rector of MU-Varna and Minutes № 49/09.09.2021 from a meeting of the Faculty of Medicine I was appointed to prepare an opinion on the competition for AD "Associate Professor" at MU-Varna for the needs of the Department of General Medicine.

This opinion has been developed and presented in accordance with the requirements of the Law for Development of the Academic Staff in the Republic of Bulgaria (LDASRB), the Regulations for implementation of the LDASRB, and the Regulations for the acquisition of scientific degrees and academic positions at MU-Varna.

1. Brief biographical data of the candidate.

Dr. Zhenya Ruseva Petrova was born on December 14, 1974 in the town of Karnobat. She completed her secondary education in the town of Yambol. In 1999 she graduated as a "master" in medicine at MU-Varna, in 2009 she acquired a specialty in "Physical and Rehabilitation Medicine", and since 2018 she is a specialist in "General Medicine".

Her professional career began as an intern at CSMP-Varna, where she worked from 2000 to 2011. In parallel, for a period of 2 years (2009-2011), Dr. Jenya Ruseva began

working at DCC "St. Marina" Ltd.-Varna, where she is a specialist in Physical and Rehabilitation Medicine until now.

The beginning of the academic development of Dr. Zhenya Ruseva is her election as an assistant in the Department of General Medicine (then Department of GM and Clinical Laboratory), and since 2018 she is a senior assistant after defending a dissertation for ESD "Doctor" on: "Possibilities of physical factors to influence children with tonsillar hypertrophy and symptoms of night breathing disorders (2017).

Dr. Ruseva participates in qualification courses for postgraduate training in neural therapy and prolotherapy. Conducts exercises, seminars and clinical training practice for students of Medicine "BLE", "Organization and care of the patient" - specialty "Health Management" - Bachelor, State undergraduate internship "General Medicine" and specialists in "General Medicine".

2. General description of the materials presented in the competition

Entries submitted for an academic position "associate professor" specialty General Medicine in Higher Education 7. Health and sports, professional direction 7.1 Medical comply with the requirements brought forth in the LDASRB, its Implementing Regulation and the Regulation for the development of academic staff MU-Varna.

The scientific activity of Dr. Zhenya Ruseva Petrova is evaluated on the basis of real publications.

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

Their distribution in the scientometric aspect is as follows:

- dissertation work - 1;
- habilitation work (monograph) - 1;
- full-text articles - 25 (related to the dissertation - 3 pcs., for chief assistant - 7 pcs. and for associate professor - 15 pcs.), of which in scientific journals, referenced and indexed in world-famous databases with scientific information - 11 pcs. and in unrefereed 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, professional field 7.1 Medicine.

3. Qualitative characteristics of the scientific activity

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

1. Adenotonsillar hypertrophy in childhood and related symptoms - treatment options with physical therapy methods.
2. Prevention and treatment through the methods of physical therapy of patients with disc disease.
3. Patients with rheumatic diseases in WMD - diagnostic and therapeutic challenges.
4. Various common clinical problems in WMD.

Of 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.

Also of interest are publications related to rheumatic diseases in WMD, which are often a diagnostic and therapeutic challenge for the physician.

Contributions to common cases in general medical practice, clinical problems in childhood related to children's nutrition and related problems of obesity, children with hyperactivity, frequent congenital anomalies of the urinary tract are also of a contribution to science and practice. Dr. Zhenya Ruseva has participated in 14 scientific forums (congresses and conferences) at home and abroad.

4. Evaluation of the monographic work submitted for participation in the competition for "Associate Professor" by the candidate

The monographic work on "Improving the quality of life of patients with disc disease through physical therapy" is dedicated to an extremely important health and social problem.

The in-depth analytical approach covers a historical overview. The medico-social significance of the topic under consideration is supported by facts and evidences.

The theoretical and practical aspects of the prevention, diagnosis and conservative non-drug treatment of disc disease are presented comprehensively with a wealth of evidence from the candidate's own professional experience.

A study was conducted, including a total of 109 subjects. To fulfill the objectives of the study, clinical, questionnaire and statistical research methods are applied, which are described in details in the relevant section.

The obtained results unequivocally prove the favorable effect of the physiotherapy alone and combined with kinesitherapy, both on the strength of the pain and on the indicators of the individual quality of life in the patients with lumbar and cervical disc herniation.

The issues and content of the work are of interest not only to general practitioners, but also to a wider range of specialists in the field of neurology, physical and rehabilitation medicine.

5. 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).

A total of 7 citations are given, of which in scientific journals, referenced and indexed in world-famous databases (2 copies), in monographs with scientific review (1 copy) and in non-refereed journals with scientific review (4 copies).

6. Conclusion

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

Significant theoretical and applied contributions stand out in the presented scientific works. The research activity stands out with 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 **positively** and propose to the Honorable Jury to award the academic position "Associate Professor" in 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:

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