

REVIEW

by **Assoc. Prof. Daniela Ivanova Popova, Ph.D.**

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Subject: procedure for taking an academic position "Associate Professor" in the field of higher education 7. Healthcare and sports, professional field 7.4. Public Health, specialty "Kinesitherapy" at the Faculty of Public Health, Department of Physiotherapy, Rehabilitation, Sea Treatment and Occupational Diseases, published in State newspaper No. 61 of 23.07.2021.

By order of the Rector of MU-Varna № P-109-394/20.09.2021 I am included in the Scientific Jury, and with Protocol №1/30.09.2021 of meeting of Scientific Jury, I have been appointed to prepare a review (in Bulgarian and English) on the procedure for holding an academic position "Associate Professor" at the Medical University - Varna.

One candidate participates in the announced competition - Ch. Assistant Professor **Stanislava Martinova Bogomilova, Ph.D.**

I. Brief biographical data of the applicant

Ch. Assistant Professor Stanislava Bogomilova was born on January 19, 1988. in the city of Varna. He graduated from the Medical Bachelor's degree at the Medical College of the Medical University of Varna, specialty "Rehabilitator" in 2009. In 2011 acquired a Master's degree in Kinesitherapy at the Vasil Levski National Sports Academy in Sofia. After defending a dissertation (2019) on "*Extended fitball as an emotional and therapeutic method for reducing overweight*" in the Department of Kinesitherapy at SWU "Neofit Rilski" - Blagoevgrad, acquired educational and scientific degree "Doctor". In the period 2014-2018 work as a "Assistant professor" in the Training sector "Rehabilitator", Medical College, Medical University-Varna. From 02.2018 occupies an academic position Assistant professor in the Training centre of Kinesitherapy, Department of Physiotherapy, Rehabilitation, Sea Treatment and Occupational Diseases, Faculty of Public Health, and from 02.2021 and at present - an academic position "Chief Assistant professor" in the same training sector.

The candidate has acquired competencies from participation in a number of courses to improve their professional skills, including manual lymphatic drainage, nutrition and dietetics, cancer rehabilitation and others. She has a good foreign

language training - she speaks and uses Russian and English in her professional activity.

The main areas in which she works are: kinesitherapy in orthopedics and traumatology, kinesitherapy for musculoskeletal dysfunctions, metabolic disorders and overweight in children and adults, kinesitherapy in neurology, oncorehabilitation, kinesitherapy for women's health, and in particular her interests are focused. to patients with metabolic diseases and lymphedema.

II. Research activity

The scientific interests of Ch. Assistant Professor Stanislava Bogomilova concern the problems of practical and pedagogical activities in the field of kinesitherapy and pedagogical activities in the field of education.

For participation in this competition Ch. Assistant Professor Bogomilova presents 21 scientific papers, distributed as follows:

- Dissertation work for awarding educational and scientific degree "Doctor"- 1 issue;
- Habilitation work - monograph - 1 issue;
- Publications in scientific journals, referenced and indexed in world-famous databases with scientific information - 5 issues;
- Publications in journals with scientific review, not referenced in world-famous databases , but with scientific information - 7 issues, of which 3 are independent.

The candidate also presents 7 titles of full-text publications outside the participants in the evidence to cover the minimum requirements for holding the academic position of "Associate Professor".

Among the publications, 7 are the first author of the candidate in the competition, and 8 are the second author.

7 citations are presented in Bulgarian and foreign editions.

Ch. Assistant Professor Stanislava Bogomilova has active accounts in Google Scholar, ResearchGate and ORCID.

Regarding the scientometric indicators, the candidate in this competition covered and exceeds the minimum requirements of the Medical University - Varna, which is proven by the attached academic transcript. Ch. Assistant

Professor Stanislava Bogomilova accumulates 50 points (out of 50 required) for a dissertation for educational and scientific degree "Doctor", 100 points (out of 100 required) for presented habilitation work - monograph, 202 points (of 200 required) for publications, of which 82 points (out of 80 required) for such in scientific journals, referenced and indexed in world-famous databases with scientific information, as well as 60 points (out of 50 required) for citations.

Main direction in the research activity of Chief Assistant Stanislava Bogomilova is a physiotherapist for dealing with the problems related to overweight in children and adults, and the author also has interests in the field of promotion, prevention and management of the disease and kinesitherapy in orthopedic practice. The contributions also correspond to these topics:

- **Contributions in the field of 1. Kinesitherapy to deal with the problems of overweight**

The scientific work of the candidate presents the main challenges faced by physiotherapists to reduce obesity and deal with the problems that arise as a result. Overcoming them is achieved through an adequate motor regime, as a means to increase the physical activity and culture of the patient, to perform his daily activities, improve his performance and increase psycho-emotional tone. Obesity as a disease and the consequences it can lead to in the absence or untimely rehabilitation, as well as its medical, social and economic significance in children and adults are considered. The candidate is the author of scientific papers, which analyze the historical understandings of individual societies about overweight, as a reason for the emergence of a number of diseases that worsen the health of the patient as a whole and in some cases leading to disability.

The contributions in direction 1 are of theoretical-methodological and practical-applied nature.

- **Contributions in direction 2. Kinesitherapy, promotion, prevention and management of the disease**

The place of kinesitherapy in the promotion, prevention and management of the disease, as well as its benefits for the patient, his family and society has been determined. Specialized kinesitherapeutic algorithms have been developed for patients with socially significant diseases in the field of oncological pathology, plastic surgery and neurological diseases, in accordance with the individual needs

of the patient and aimed at the management of the disease process. Well-established methods and tests have been applied to study the rehabilitation potential of the patient, which allows for timely prevention and treatment of various diseases. A survey was conducted among medical professionals regarding their awareness of the methods of complementary medicine and their attitudes towards inclusion in practice in the treatment of patients with various diseases. On this basis, the role of kinesitherapy as an integral part of complex treatment, aimed at achieving physical, mental, professional and economic value and improving the quality of life of the patient, is justified.

The contributions in direction 2 are of a practical-applied nature.

• **Contributions in direction 3. Kinesitherapeutic approach in orthopedic practice**

The role of kinesitherapy in conditions, injuries and diseases, object of orthopedic practice, as well as its importance in the prevention of sports injuries is emphasized. The most commonly used kinesitherapeutic agents and techniques to prevent soft tissue damage, which is a common problem in active athletes, are discussed. Specialized kinesitherapeutic approaches are proposed, including an initial examination of the functions of the affected areas and a subsequent kinesitherapy program, precisely dosed and tailored to the stage of recovery and the patient's capabilities. Based on the results of the studies, the need for the participation of a specialist physiotherapist in the formation of a team for prevention and treatment in orthopedic practice is highlighted.

The contributions in direction 3 are of a practical-applied nature.

III. Scientific activity:

The candidate has participated with reports in 2 national congresses, 8 conferences in Bulgaria and in 3 international forums.

Participates in 2 international mobilities under the Erasmus + program.

She is a member of the Association of Physiotherapists in Bulgaria

IV. Teaching activity

In the current competition, Chief Assistant Bogomilova presents a report on her workload in the last 5 years, which meets and exceeds the norm for teaching adopted at the Medical University - Varna. The candidate has 8 years of teaching

experience at the Medical University - Varna, and continues to improve her skills by participating in national and international scientific forums and training courses. She actively assists in the preparation of curricula, tests and other administrative activities related to the learning process, as well as in the organization and provision of practical training of students in clinical facilities.

Ch. Asst. Bogomilova participates in the preparation of curricula in the compulsory and elective subjects of the curriculum for the bachelor's degree, specialty Kinesitherapy. He teaches in the following disciplines: "Therapeutic massage" and "Kinesitherapy in orthopedics" - 2nd part of the Bachelor's degree, specialty "Kinesitherapy", and in the specialty "Medical beautician" - the discipline "Therapeutic massage".

V. Medical-diagnostic activity in the field of kinesitherapy

Stanislava Bogomilova has 12 years of experience as a physiotherapist. She skillfully combines her clinical work with various nosologies with her teaching and research activities.

VI. Personal impressions

I know the candidate from her enrollment as a doctoral student in independent training in the doctoral program "Kinesitherapy" at SWU "N. Rilski" in 2017. and I had the opportunity and pleasure to follow her creative development from then until now. I can say that despite the difficulties, Stanislava Bogomilova has established herself as an intelligent and in-depth researcher with creative thinking and an ambitious spirit. My impressions of her are for a serious professional who can be relied on in both the scientific and practical spheres of our work.

The candidate is a responsible, consistent, balanced and attentive person - these are valuable qualities that, I am convinced, will contribute positively to the development of the institution MU-Varna.

Conclusion:

The quantity and quality of the presented materials give me reason to assume that they fully meet the requirements of the Law on the Development of

Academic Staff in the Republic of Bulgaria, the Regulations for its implementation and the relevant Regulations of MU-Varna.

I am convinced of my positive assessment of the materials submitted for review and the overall assessment of the candidate.

Based on the presentation, I propose to the highly respected scientific jury to vote positively Ch. Assistant Professor Stanislava Bogomilova, PhD to take the academic position of "Associate Professor" in the field of higher education 7. Health and Sports, professional field 7.4. Public Health, specialty "Kinesitherapy" according to the competition announced by MU-Varna for the needs of the Training sector "Kinesitherapy", Department of Physiotherapy, Rehabilitation, Sea Treatment and Occupational Diseases.

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Sofia

Prepared the review:

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