
STATEMENT

by Assoc. Prof. Nikolay Nedev, PhD

Deputy Director, Medical College – Varna, Medical University "Prof. Dr. P. Stoyanov" – Varna,

E-mail: nikolay.nedev@mu-varna.bg

Member of the Academic Advancement Board, appointed by Order No P-109-394/20.09.2021. of
the Rector of the Medical University – Varna

Subject

Procedure for holding the academic position of Associate Professor in 7. Health-care and sport – higher education area, 7.4. Public Health – professional field; Kinesiotherapy speciality, opened for Kinesiotherapy Training Sector, Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases at the Faculty of Public Health, Medical University of Varna.

I. Information about the procedure

The current competition for filling the academic position of Associate Professor has been published in the State Gazette, issue 17/23.07.2021. **Stanislava Martinova Bogomilova - chief assistant at Training sector Kinesiotherapy, Faculty of Public Health at the Medical University - Varna**, is the only applicant for filling the academic position. I have been appointed as a Member of the Academic Advancement Board, pursuant to Order No. P-109-394/20.09.2021 of the Rector of the Medical University – Varna. I was designated to make a position statement on the procedure for holding the academic position of Associate Professor under the Minutes Summary No.1 of its first meeting.

The applicant has submitted all relevant documents in accordance with the requirements of the Development of the Academic Staff in the Republic of Bulgaria Act (DASRBA) and the ones specified in the Rules and Regulations of MU-Varna for academic staff development.

II. Brief information about the applicant

Stanislava Bogomilova was born in Varna. In 2011, she acquired a Master's degree in Kinesiotherapy at the National Sports Academy (NSA). Her doctoral thesis on "Extended Fitball as an Emotional and Therapeutical Method for Reducing Overweight" earned her a PhD degree in 2019 at the Department of Kinesiotherapy at South-West University "Neofit Rilski" - Blagoevgrad. In the period of 2014 to 2018, she was an assistant professor at the Rehabilitation Training sector, Medical College – Varna. In February 2018, she was appointed as an Assistant Professor at the

Kinesiotherapy Training Sector, Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases at the Faculty of Public Health, MU-Varna. From February 2021 to present day, Stanislava Bogomilova is a Chief Assistant at the Kinesiotherapy Training Sector. She has participated in various scientific conferences and trainings – nationally and internationally, thus acquiring additional professional training. She is qualified in manual lymphatic drainage massage, in nutrition and dietetics, cancer rehabilitation, etc. Stanislava Bogomilova is a member of the Bulgarian Association of Physiotherapists. The applicant speaks Russian and English.

III. Evaluation of the research, academic and administrative achievements of Ch. Assist. Prof. Stanislava Bogomilova, PhD

❖ G Overview of the academic and applied research of the applicant

The applicant has submitted her research and publication record (**21 research papers, including a PhD thesis and a monograph**) as relevant documentation, thus specified in the competition procedure of the Medical University of Varna for filling the academic position of Associate Professor (State Gazette, issue 61/23.07.2021). The table presents the **applicant's research papers** referenced as meeting the minimum requirements for holding the academic position of Associate Professor in accordance with the requirements of the Development of the Academic Staff in the Republic of Bulgaria Act (2018) – 14 pcs, and **research publications exceeding the minimum requirements** for holding the academic position of Associate Professor – 7 pcs.

| INDICATORS | | Single-authored papers | 1 st author | 2 nd author | 3 rd and next author | Total |
|---|---------------------------------|------------------------|------------------------|------------------------|---------------------------------|-------|
| Indicators included in the reference template for meeting the minimum requirements for holding the academic position of Associate Professor in accordance with the Development of the Academic Staff in the Republic of Bulgaria Act (2018). | | | | | | |
| Thesis | | 1 | | | | 1 |
| Monographs | | 1 | | | | 1 |
| Full-text publications in research journals referenced and indexed in <i>WOS/Scopus</i> | International research journals | - | - | - | - | 5 |
| | Bulgarian research journals | - | - | 2 | 3 | |
| Full-text publications in peer-reviewed journals not referenced in the top list of the world's academic research databases | International research journals | - | - | - | - | 7 |
| | Bulgarian research journals | 2 | 2 | 3 | - | |

| | | | | | | |
|--|---------------------------------|---|---|---|---|-----------|
| Total | | | | | | 14 |
| Research publications exceeding the minimum requirements for holding the academic position of Associate Professor | | | | | | |
| Full-text publications in peer-reviewed journals not referenced in the top list of the world's academic research databases | International research journals | - | - | - | 1 | 1 |
| | Bulgarian research journals | 1 | 2 | 3 | - | 6 |
| Total | | | | | | 7 |

The publications listed in the author's research are mainly in Bulgarian journals. Stanislava Bogomilova is a single author in 16% of the presented papers; she is the first author in 21% of **the total number of the published papers**; the second author in 42% of the publications, and the third or consecutive author in 21% of the works. They present the author's ability to write in a team, thus demonstrating her proficiency in teamwork.

The academic contribution of the applicant's publications in the national and international research literature is presented in a bibliographic and scientometrics summary provided by the University Library of MU-Varna: 7 citations fully meeting the requirements of the competition.

A confirmation reference that Stanislava Bogomilova has an active Google Scholar, Research Gate, ORCID Researcher ID, has been presented.

Stanislava Bogomilova's research area is illustrated in the submitted for review scholarly papers and can be summarised in the following main areas:

❖ **Main research areas of academic papers:**

1. 1. Kinesiotherapy as a method for reducing overweight.

(IB_3, IG_8/1, IG_8/5, IIG_8/1, IIG_8/3, IIG_8/4)

2. Kinesiotherapy, promotion, prevention and management of the disease.

(IG_7/2, IG_7/3, IG_7/4, IG_7/5, IG_8/2, IG_8/3, IG_8/4, IIG_7/, IIG_8/2)

3. Kinesio-therapeutic approach in orthopedic practice.

(IG_7/1, IG_8/6, IG_8/7, IIG_8/5, IIG_8/6)

❖ **Contributions identified with the main areas of scholarly works:**

RESEARCH AREA 1: Kinesiotherapy as a method to deal with the problems of overweight

The author's research in this area reflects her interest in studying issues of overweight and obesity and dealing with the problems associated with them. An adequate physical activity regime as a kinesiio-therapeutic method for increasing the patient's physical activity and culture is required thus improving his/her working capacity and psycho-emotional state. This is why life-span continuous health education is essential. It is a set of conscious human actions aimed at maintaining one's own health. Contributions of cognitive and applied nature in this research area have been presented.

RESEARCH AREA 2: Kinesiotherapy, promotion, prevention and disease management

Research is focused on determining the place of kinesiotherapy in the promotion, prevention and disease management. Customized kinesiio-therapeutic algorithms have been developed for patients with socially significant diseases in the field of oncological pathology, plastic surgery and neurological diseases. Based on the above settings, the role of kinesiotherapy has been substantiated as an integral part of the complex treatment: it aims to achieve physical, mental, professional, and economic comprehensiveness and improve patients' quality of life.

There are contributions of applied nature in this research area.

RESEARCH AREA 3: Kinesiio-therapeutic approach in orthopedic practice

The scholarly papers referring to Research area 3 focus on specific kinesiio-therapeutic approaches. An initial study of the functions of affected areas and a subsequent kinesiotherapy program tailored to the stage of recovery and the patient's capabilities is included. Based on the study results, the need of a physiotherapist present in a prevention and treatment orthopedic team is emphasized. There are contributions of applied nature in this research area.

Stanislava Bogomilova's **teaching activity** spans over 7.5 years. She conducts internships, lectures and exercises in the Rehabilitator and Kinesiotherapy specialties. For the last three years, her teaching workload accounts for an average of 360.6 hours. Stanislava Bogomilova lectures and conducts exercises in the following disciplines: Therapeutic massage, Kinesiotherapy in orthopedics and traumatology, Kinesiotherapy in rheumatology, and Kinesiotherapy in surgery.

The applicant has worked on various projects, including projects involving students. Her tutorial interaction with students includes active participation in students' academic sessions as a consultant and research supervisor.

IV. Recommendations

My recommendation to the applicant is to intensify her publication activity by publishing the research results in specialised scholarly journals – national and international, thus amplifying their impact and visibility to a broader range of rehabilitation specialists.

I consider it necessary to share my **personal impressions** of the applicant.

I have known Stanislava Bogomilova since her training in the Rehabilitation specialty. She has very good teamwork skills – hardworking, patient and dedicated. She is respected by her students and, with her kindness, gains the attention and trust of the practitioners she works with. I have been familiar with the choice of her thesis subject and her research efforts to acquire a PhD doctoral research degree. Her openness of character and scientific curiosity, along with a consistency in actions, have established Stanislava Bogomilova as a respected professor and colleague.

Conclusion

Presented publications show a sufficient volume and genre diversity which attests Stanislava Bogomilova as an established lecturer in Kinesiotherapy. The applied contributions have been summarised. The applicant demonstrates a wide range of interests in the disciplines she teaches. International experience in the field challenges the applicant's pursuit to analyse and search for original methods for applying healthcare innovations consistent with the national context. Stanislava Bogomilova advocates for the application of good practices in the field of Kinesiotherapy.

Considering the undoubtedly high level of professionalism of the applicant, I put forth to the Academic Advancement Board my recommendation to propose to the Rector of Medical University – Varna the candidacy of Ch. Assist. Prof. Stanislava Martinova Bogomilova, PhD, for the academic position of Associate Professor in 7. Health-care and sport – higher education area, 7.4. Public Health – professional field; Kinesiotherapy speciality, opened for Kinesiotherapy Training Sector, Department of Physiotherapy, Rehabilitation, Thalassotherapy and Occupational Diseases at the Faculty of Public Health, Medical University of Varna.

Date: 14.10.2021 год.

A Statement by:
/Assoc. Prof. Nikolay Nedev, PhD/

