

STATEMENT

from

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Faculty of Public Health at Medical University "Prof. Dr. P. Stoyanov" – Varna

Concerning: Competition for academic position "Associate Professor" – declared in SG issue 61/23.07.2021r in the field of higher education 7. Healthcare and Sports, in the professional field 7.4. Public health, in the specialty "kinesitherapy", for the needs of Training sector "Kinesitherapy", Medical College, Medical University "Prof. Dr. Paraskev Stoyanov"-Varna.

1. Information regarding the procedure

According to Order № P-109-394/20.09.2021 of the Rector of MU-Varna, I have been appointed as a member of the scientific jury to prepare a statement concerning the competition for AP "Associate Professor" at MU-Varna in the field of higher education 7. Healthcare and Sports, in the professional field 7.4. Public health, in the specialty "kinesitherapy".

The competition was announced on SG issue 61/23.07.2021r. It is in accordance with the Law for Development of Academic Staff in the Republic of Bulgaria and the rules for its implementation at Medical University - Varna. Based on the abovementioned legal documents, all the procedural requirements for the announcement of the competition, the deadline for document submission and the selection of scientific jury are met.

The only candidate is Stanislava Martinova Bogomilova, PhD.

2. Brief information about the candidate's career development

Stanislava Bogomilova was born on January 19, 1988 in Varna. She completed his higher education "Master of Kinesitherapy" with a focus on musculoskeletal functions in 2011 in NSA "Vasil Levski", Sofia. Additional qualifications are in the field of manual lymphatic drainage, nutrition and dietetics, cancer rehabilitation and others. In 2019 she defended Dissertation for doctoral degree of kinesitherapy on "Extended

fitball as an emotional and therapeutic method for weight loss" in the Department of Kinesitherapy at SWU "Neofit Rilski", Blagoevgrad.

Stanislava Bogomilova's professional training is in-depth, distinguished by the need to set specific goals and to find ways to achieve them. These qualities of the candidate are a prerequisite for the good quality of her work as a researcher, teacher, practitioner and manager in the field of public health. S. Bogomilova is a member of the Bulgarian Association of Physiotherapists (BGAPT). The candidate speaks good English and Russian.

3. General compliance of the candidate with the Regulations for Development of Academic Staff (RDAS) at MU-Varna

	Conditions according to art. 100 of RDAS	Candidate's information
1.	To have acquired PhD in the relevant scientific specialty	Yes – 2019 г.
2.	Requirements for term and scientific workload of at least 100 hours on average per year for 4 years	Yes, above the norm – 420 hours for academic year 2017/2018, 488 hours for academic year 2018/2019
3.	To have a published monograph	Yes
4.	To have presented original research work	Yes – 21

4. Characteristics of the monographic/habilitation work

The candidate presents a monograph (habilitation work) "Aesthetic kinesitherapy to manage overweight" with ISBN 978-619-221-344-2, published on paper by the publishing house of MU – Varna. The monograph, dedicated to the abilities of kinesitherapy to deal with overweight, has a significant contribution to the enrichment of the medical specialists' knowledge on the unutilized abilities of movement treatment. The scientific work is reviewed by Assoc. Prof. Petya Parashkevova (specialist in kinesitherapy) and Assoc. Prof. Nikolay Nedev (specialist in kinesitherapy). The bibliography includes 245 sources. There are no advertising materials in the monographic work.

5. Scientometric indicators and scientific contributions

Minimal required points by groups of indicators for the academic position of "Associate Professor" according to the Law for Development of Academic Staff in the Republic of Bulgaria and the rules for its implementation

Group of indicators	Content	Associate Professor Law for Development of Academic Staff in the Republic of Bulgaria and the rules for its implementation (number of points)	Stanislava Bogomilova
A	Indicator 1: Dissertation for doctoral degree	50	50
B	Indicator 3 or 4: Habilitation work, i.e. monograph, presented in connection with the habilitation procedure	100	100
Г	Total of indicators from 5 to 9: Publications	200	202
Д	Total of indicators from 10 to 12: Citations	50	60

As can be seen from the comparison, the candidate fulfills the national criteria for the academic position of "Associate Professor".

Scientific activity and scientific contributions.

The candidate Stanislava Martinova Bogomilova presents a total of 21 scientific papers, 19 of which I accept for review. The contribution is distributed as follows:

1. Single author – 4 publications – 21%
2. First author – 4 publications – 21%
3. Second author – 8 publications – 42%
4. Third and subsequent author – 3 publications – 16%

Five of the publications, in two of which the candidate is a second author, are published in scientific journals, referenced and indexed in world-renowned databases with scientific information (Journal of IMAB - Annual Proceeding), and in journals with scientific review, non referenced in world-renowned databases with scientific information – 7 in total. In addition to the publications, used as evidence for the fulfilment of the requirements for the academic position “Associate Professor”, the candidate presents 7 full-text publications, one of which accessible in the Journal of IMAB and the others published in Health Economics and Management and the Scientific Works of “Angle Kanchev”, University of Ruse.

I accept the distribution of the scientific works in the following thematic areas:

1. Kinesitherapy for handling the problems of overweight
2. Kinesitherapy, promotion, prevention and management of the disease
3. Kinesitherapeutic approach in the orthopaedic practice

The research in the **first thematic area** focuses on the main challenges facing kinesitherapy specialists during the reduction of overweight and the handling of its subsequent problems (IA_1, IB_3, IΓ_8/1, IΓ_8/5, IIIΓ_8/1, IIIΓ_8/3, IIIΓ_8/4). The topics considered in this thematic area are obesity as a disease, its consequences in the absence of timely rehabilitation and its medico-social and economic significance in children and adults (IA_1, IB_3, IΓ_8/5). The candidate is the author of scientific works, which analyze the historical understandings of individual societies on overweight, as a reason for the appearance of a number of diseases that lead to the deterioration of the patient’s health. (IA_1, IB_3) - contributions with theoretical, methodological and practical characteristics.

The scope of the **second thematic area** is focused on the role of kinesitherapy in the promotion, prevention and management of the disease (IΓ_8/2, IΓ_8/4). Specialized kinesitherapeutic algorithms have been developed for patients with socially significant diseases in the field of oncological pathology, plastic surgery and neurological diseases, tailored to the individual needs of the patient and aimed at disease management (IΓ_7/2, IΓ_7/4, IΓ_7/5, IΓ_8/3, IIIΓ_7/1). Well-established methods and

tests have been applied to study the rehabilitational potential of the patient, which allows timely prevention and treatment of various diseases (ИГ_7/2, ИГ_7/3, ИГ_7/4, ИГ_7/5). The medical specialists' awareness, concerning the nature of complementary medicine and its application in the kinesitherapeutic practice, have been studied (ИИГ_8/2) - contribution with practical application characteristics..

The scientific works in the third thematic area are focused on the prophylactic and therapeutic application of kinesitherapy in orthopaedic problems (ИГ_7/1, ИГ_8/6, ИИГ_8/5, ИИГ_8/6). The most frequently used methods and techniques for prevention of soft tissue damage have been considered (ИГ_7/1). Specialized kinesitherapeutic approaches are proposed, in accordance with the stage of recovery and the patient's capabilities (ИГ_7/1, ИГ_8/7). Based on the results from the conducted studies, the need for the participation of a kinesitherapy specialist in the team, working on prevention and treatment in the orthopaedic practice, has been distinguished – contribution with practical application characteristics.

Citations The candidate has submitted reference from the library at Medical University "Prof. Dr. P. Stoyanov", Varna with 7 citations, 2 of which in scientific journals, referenced and indexed in world-renowned databases, 1 in monographs and collective volumes with scientific review and 4 in non referenced journals with scientific review. Auto-citations are excluded. The citations bring a total of 60 points to Stanislava Bogomilova, with minimal national requirements for this indicator - 50 points.

Scientific activity. Stanislava Bogomilova's presence in scientific projects has not been documented, but 16 appearances in scientific events have been found, three of which international and two with international participation.

In conclusion to the complex assessment of the scientometric indicators and scientific contributions, I believe that those with practical character prevail over the contributions with theoretical, cognitive and methodological character. I believe that the first thematic area, referring to aesthetic kinesitherapy, has potential for development and can be the subject of future scientific research and practical application.

6. Teaching activity

As of September 08, 2021, Stanislava Bogomilova has 12 years, 2 months and 1 day **experience in the specialty** with 7 years and 41 days **teaching experience**. Since 2016, she has been working according to the norm for scientific workload and exceeds it significantly for the academic years 2017/2018 and 2018/2019. Stanislava Bogomilova's **scientific workload** includes classes in healing massage (general and specialized), kinesitherapy in rheumatology, surgery, orthopaedics and traumatology.

Conclusion

Based on the implementation of the minimal national requirements set out in the Law for Development of Academic Staff in the Republic of Bulgaria and the rules for its implementation at Medical University-Varna, the established contributions of the candidate's scientific activity and teaching experience, I offer to the esteemed members of the scientific jury to vote "positively" and to propose to the Rector of MU-Varna for Stanislava Martinova Bogomilova, PhD, to occupy the academic position of "Associate Professor" in the field of higher education 7. Healthcare and Sports, in the professional field 7.4. Public health, in the specialty "Kinesitherapy", for the needs of Training sector Kinesitherapy, Faculty of Public Health at Medical University "Prof. Dr. P. Stoyanov" – Varna.

19 October, 2021

Prof. Dr Paraskeva Mancheva, MD, PhD, DSc

