

from

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About the procedure for acquiring the educational and scientific degree "Doctor" in the scientific specialty "Nephrology" of Dr. Aleksandar Aleksandrov Petrov, according to the order of the Rector of MU - Varna № 109-472 / 05.11.2021. and Report from faculty meeting № 53 / 28.10.2021 with a dissertation on the topic: "Level of awareness of patients with chronic kidney disease regarding kidney transplantation and importance of awareness in the choice of renal replacement therapy".

The presented materials on the procedure meet the requirements of the Act for the development of the academic staff of the Republic of Bulgaria and the Regulations for the development of the academic staff of MU - Sofia for awarding the scientific degree "Doctor".

Dr. Aleksandar Aleksandrov Petrov graduated from high school in 2009 at the First Language School, Varna, with German language profile. In 2015 he acquired the educational qualification degree "Magister" in specialty "Medicine" at the Medical University "Prof. Dr. Paraskev Stoyanov" Varna. Since 2015 he has been working at the University Hospital "St. Marina" in Varna, and since 2016 - at the Medical University "Prof. Dr. Paraskev Stoyanov" Varna. He speaks German and English.

The dissertation of Dr. Aleksandar Petrov examines a current problem of great practical importance in the field of nephrology - examines the level of awareness of patients with chronic kidney disease regarding kidney transplantation and the importance of awareness in the choice of renal replacement therapy. Given the growing incidence of patients with chronic kidney disease worldwide, including in our country and the importance of awareness of better and timely choice of renal replacement therapy, the work meets the modern needs of nephrological science and practice.

The dissertation is written on 145 pages. It is illustrated with 84 figures, 2 tables and one appendix using 233 literary sources - 11 in Cyrillic and 223 in Latin.

Dr. Petrov has made a detailed review with basic data from the medical literature, which shows in-depth knowledge of the issue, the ability to systematize information and to bring out the most important problems.

The aim of the study is formulated briefly and clearly. The doctoral student sets five tasks for its implementation. 126 persons, using a specifically developed questionnaire, consisting of 5 sections, were studied. The results are processed with modern statistical methods. Well-founded conclusions have been formulated. The difference in the levels of awareness of the examined persons regarding CKD according to the educational degree and the conducted

treatment has been proved, as the persons with higher education and kidney transplantation are the most informed. Healthy controls show the lowest levels of awareness regarding CKD, treatment and factors associated with it. A significant proportion of respondents do not have a realistic assessment of the impact of risk factors such as smoking, obesity and the use of painkillers on kidney health. Persons with CKD are not fully acquainted with the legislation of the Republic of Bulgaria regarding donation, and more than half of the respondents are not aware of their rights to patients with CKD in terms of payment for medical services and medicines. They are best informed about the kidney donation and transplant procedure, patients who are about to have a kidney transplant or have already undergone such a procedure. The majority of patients undergoing dialysis treatment are well acquainted with the procedures related to the preparation and conduct of the treatment itself, but cannot distinguish between hemodialysis and peritoneal dialysis. Approximately $\frac{3}{4}$ of the subjects confirmed the literature data that kidney transplantation improves the quality of life of patients with CKD compared to other types of replacement therapy.

The results of the dissertation confirm the hypothesis of low health literacy of the population in relation to chronic kidney disease and methods for replacement treatment of renal function, which points to the need to take measures both locally and nationally. With the elaboration of the present dissertation work the beginning of the creation of a specialized Guide for the sick is set, which aims to improve the general health culture and thus the overall prognosis for those affected.

There are 6 scientific contributions - 3 with a theoretical nature and 3 with a practical-applied nature.

The dissertation attaches a list of 3 publications related to the dissertation. The attached list meets the requirements for acquiring "Doctor" degree.

The abstract is well formed, sufficiently illustrated and reflects the essence of the dissertation.

In conclusion, the dissertation of Dr. Petrov is a topical scientific work of great practical importance. Based on the presentation, I believe that the presented work meets the requirements of the Act for the development of the scientific staff and Dr. Aleksandar Aleksandrov Petrov can be awarded the educational and scientific degree "Doctor".

12.11.2021


Prof. R. Robeva