

STATEMENT

From: **Kremen Tsvetanov Tsvetkov, MD, PhD**

Medical University – Varna,

Department of Obstetrics and Gynecology

Regarding: the postdoctoral thesis of **Assoc. Prof. Stanislav Hristov Slavchev, MD, PhD**

Thesis subject: **Enhanced Recovery after Surgery (Eras – Enhanced Recovery After Surgery Protocol) in Gynecologic Surgery**

For acquiring the scientific degree Doctor of Science (DSc)

I. Brief biographical and career profile of the applicant

Assoc. Prof. Stanislav Slavchev was born in 1972 in Targovishte. He completed his higher education in medicine at the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna in 1996. He gained his initial clinical experience at the Centre for Emergency Medical Care – Varna, where he worked for nine years. Since 2008 until now, he has been an obstetrician-gynecologist at the Gynecology Clinic at St. Anna Hospital – Varna. In 2009, he obtained his Certificate of completion of special training in Obstetrics and Gynecology. In the following years, he attended and completed courses in various highly specialized activities in obstetrics and gynecology in the fields of ultrasound diagnostics, laparoscopy, colposcopy, and high-risk childbirth. Since 2011 he has been a part-time assistant professor at the Department of Obstetrics and Gynecology, MU-Varna; later on, he became a full-time assistant professor; in 2018, he was appointed a chief assistant professor at the same department. In 2019 St. Slavchev acquired the academic position of Associate Professor. His doctoral thesis on “The role of radical hysterectomy with pelvic and/or aortic lymph node dissection for optimal cytoreductive surgery in advanced-stage epithelial ovarian cancer” earned him a doctoral (PhD) degree in 2016. St. Slavchev is the author and co-author of 30 scientific publications published in Bulgarian and international science journals – mainly in the

fields of gynecologic oncology and obstetric pathology. His monographic work on "Modern aspects in the early diagnosis and treatment of carcinomas of the female reproductive system" was published in 2018. St. Slavchev is a member of the Bulgarian Society of Obstetrics and Gynecology and the European Society of Gynecological Oncology (ESGO).

The postdoctoral thesis of Assoc. Prof. Stanislav Slavchev contains 152 pages and is illustrated with 16 figures and 7 tables. A reference to the scientific contributions and a list of thesis-related publications have been supplemented. The bibliographic references cited by the author enclose 432 sources. The thesis is structured according to the established requirements.

II. Relevance of the subject

The Enhanced Recovery After Surgery – ERAS pathway, is a procedure requiring the presence of a trained multidisciplinary team. This methodology, designed to achieve fast recovery of patients, has been initiated as improving the quality of surgery and reducing hospital stay; it is a multimodal approach to pain management, prevention of surgical wound infections, prevention of venous thromboembolism, and early mobilization of patients.

In **the literature review**, Assoc. Prof. Slavchev has systematized and addressed the current discussions and opinions on the subject. The literary data analysis clearly emphasizes the relevance of the problems in focus. The formulation of the set goals and objectives based on the literature data analysis is the groundwork of his interpretation and analysis of the obtained results.

Goal setting and tasks are precise. **The aim** is to evaluate the applicability and effect of the ERAS protocol in operative gynecology by auditing and reporting perioperative outcomes. **Eleven tasks** have been formulated tasks.

In the "**Materials and methods**" section, the main groups of the studied material are specifically and accurately identified. The postdoctoral thesis is based on research conducted at the Gynecology Clinic at St. Anna Hospital – Varna for the period 2020 to 2022. The study is prospective in nature. The author specifies the inclusion and exclusion criteria very precisely, which guarantees maximum credibility of the subsequent conclusions. Statistical processing is based on primary data processing, statistical analysis, and graphical representation.

The section "**Results and discussion**" is presented in 14 subsections in accordance with the tasks of the thesis, thus making the presented data well-balanced and comprehensive. The results are summarized in simplified tables and graphs illustrating the author's conclusions.

In **conclusion**, Assoc. Prof. Slavchev emphasizes that employing the ERAS protocol in gynecologic surgery shortens the hospital stay, respectively reducing costs without this being at the expense of increased complications and the frequency of rehospitalizations.

As a result of the analysis, **11 conclusions** were formulated.

Remarks and recommendations:

The bibliography includes **432** literary sources and demonstrates a broad overview of the experience on the subject in the world literature. This is fundamental for the accurate formulation of the goals and tasks of research, as well as the interpretation of the obtained results.

As **original contributions**, I consider that the following should be highlighted:

1. For the first time in Bulgaria, a prospective single-center study of 121 patients was performed on the applicability of the ERAS protocol in surgical gynecology, and perioperative results were reported.
2. The frequency of complications after introducing measures and procedures for enhanced recovery after gynecologic surgeries was studied.
3. An "Algorithm for limiting wound infections and complications" was developed and implemented in daily practice.

The rest of the contributions are **confirmatory contributions**.

III. Conclusion

The postdoctoral thesis presented by Assoc. Prof. Stanislav Slavchev meets the criteria for scientific research with a clinical and practical focus in its development, implementation methods, content, and form of presentation.

The author's conclusions are well illustrated with figures, diagrams, and tables.

The postdoctoral researcher has successfully mastered the assigned tasks.

In general, all mentioned above conveys the following:

1. The set aim and tasks of the investigated subject have been successfully resolved.
2. The development, summary, and conclusions are theoretically and practically applicable in many aspects.
3. The final result of the research is undoubtedly positive and represents a serious scientific and practical contribution.

The presented thesis on the subject "**Enhanced Recovery after Surgery (Eras – Enhanced Recovery After Surgery Protocol) in Gynecologic Surgery**" bears all the characteristics of postdoctoral scientific research, which is why I give my entirely **positive** assessment.

Therefore, I propose to the respected Scientific Jury to **vote positively** for awarding the educational and scientific degree "**Doctor of Sciences**" in the scientific specialty of Obstetrics and Gynecology to **Assoc. Prof. Stanislav Hristov Slavchev, MD, PhD**.

06.12.2022

STATEMENT BY:.....

/Assoc. Prof. Kr. Tsvetkov, DM, PhD/