

СОФИЙСКИ УНИВЕРСИТЕТ  
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TO  
THE CHAIRMAN OF THE SCIENTIFIC JURY  
DETERMINED BY ORDER № P-109-596 of 31.12.2021  
OF THE RECTOR OF "PROF. DR. PARASKEV STOYANOV ", VARNA

Dear Mr. Chairman,

Attached I am sending you an **Opinion** on the defense of a dissertation on "MONITORING AND EVALUATION OF NUTRITIONAL STATUS AND MARKERS FOR THE INFLAMMATORY PROCESS IN PATIENTS WITH CHRONIC KIDNEY DISEASE" of **Dr. PETAR PLAMENOV PETROV**, Full-time assistant and PhD student of independent training at MU - Varna, Nephrologist at the University Hospital "St. Marina EAD

for awarding Educational and Scientific Degree "DOCTOR", Field of higher education - 7.0 Health and sports, Professional field - 7.1 Medicine, Scientific specialty - 03.01.15 Nephrology

with Supervisor: Prof. Dr. Svetla Vasileva Staykova, Ph.D, DSc  
Scientific consultant: Assoc. Prof. Dr. Lili Slavcheva Grudeva, Ph.D

Prepared the opinion: External member of the Scientific Jury, appointed by the same Order of the Rector of MU - Varna, № P-109-596 from 31.12.2021.  
Assoc. Prof. Dr. Velislava Dimitrova Dimitrova, Ph.D.

Scientific specialties: Internal Medicine, Nephrology, Clinical Pharmacology and Therapy  
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OPINION:

The opinion is part of the procedure for defense of the dissertation on "Monitoring and evaluation of nutritional status and markers of the inflammatory process in patients with chronic kidney disease" for the award of Educational and Scientific Degree "Doctor" and is made in



accordance with the Regulations on the terms and conditions for obtaining scientific degrees and holding academic positions at the Medical University - Varna.

#### PROFESSIONAL DEVELOPMENT:

Dr. Petar Petrov graduated in medicine in 2015 at the Medical University of Varna. His professional development began the same year as a resident doctor at the University Hospital "St. Marina", Varna. In 2017 he started his academic career as a full-time assistant at the Medical University - Varna, UMHAT "St. Marina". From the beginning of 2020 he has a recognized specialty in Nephrology. He has Certificates for mastered methods "Abdominal ultrasound" and Certificate of recognized competence "Biopsy methods in nephrology". While attending courses, he also acquired a qualification for providing temporary vascular access. Fluent in English and German. Member of the BDU.

#### SCIENTIFIC ACTIVITY:

In connection with the topic of the dissertation, Dr. Petrov presents a total of three scientific publications. This production is a good attestation, both for the development itself, for the activity of the doctoral student, and for the effective scientific management. The publication in the selected scientific journals is an assessment of the topicality of the topic, the high quality of the research and is a confirmation of the contributing nature of the dissertation. I believe that the publications really present the achievements of the doctoral student and the team, and contribute to their promotion among the scientific community.

#### DISSERTATION WORK:

The dissertation is very well formed technically according to all requirements, it is written in very good language, it is precise in terms of terminology. The dissertation is written on 149 standard pages. It is richly illustrated with 42 figures, 6 tables and 3 appendices. The bibliographic reference is comprehensive. 183 literature sources were used, of which 2 in Cyrillic and 181 in Latin.

The aim of the dissertation is to establish a correlation between the new non-invasive biomarker Visfatin and the nutritional status / inflammatory process in order to assess its prognostic value in patients with chronic kidney disease (CKD). To achieve it, the dissertation sets 5 specific tasks, which are also very well structured, clear and precise and correspond to the topic of the dissertation. The material and methods also correspond to the topic of the dissertation, the goal and the tasks.

The dissertation is based on the observations and evaluation of the results of a serious clinical study in 30 pre-dialysis patients and 50 patients enrolled in chronic hemodialysis treatment. The work on these tasks includes the use of various modern methods of diagnosis and in-depth analysis of basic clinical, laboratory, immunological and other indicators in patients with CKD. Of particular interest is the survey conducted with them.

The analyzes unequivocally suggest that serum Visfatin could be a new biomarker for endothelial dysfunction used in patients with CKD. New marker with prognostic possibilities for possible significant complications and concomitant quality of life in predialysis kidney patients and those included in chronic hemodialysis treatment.



The doctoral student use many different statistical methods and analyzes to process the data from his dissertation, compare and evaluate the indicators.

The presentation of the results of the conducted research follows the set tasks.

The obtained results are subject to in-depth discussion, which deserves high praise. They are described and illustrated very well. Impressive in quantity and quality are all 42 figures and 6 tables.

The discussion made at the end of the paper follows the results. It is comprehensive and up-to-date, the result of the dissertation's knowledge and work and his ability to handle scientific facts. It highlights the scientific merits, the indisputable qualities of the dissertation, finalized in the generalized Conclusions and Contributions. Their significance as such with scientific-theoretical and scientific-practical character is evident.

The main conclusions made in the dissertation and the outstanding contributions from it will undoubtedly find their inalienable place in the field of nephrological clinical practice.

The dissertation clearly shows that the doctoral student has in-depth theoretical knowledge and professional skills in the scientific specialty of nephrology, demonstrating qualities and skills for individual and team research.

The dissertation in the way it is presented is completely dissertable, very relevant, valuable with a significant contribution to the theory and clinical practice. Meets the requirements of the Academic Staff Development Act (ACAS), the Regulations for the implementation of the Academic Staff Development Act (RASDA) and the Regulations on the terms and conditions for acquiring scientific degrees and holding academic positions at MU - Varna.

I believe that the work on the presented dissertation "MONITORING AND EVALUATION OF NUTRITIONAL STATUS AND MARKERS OF THE INFLAMMATORY PROCESS IN PATIENTS WITH CHRONIC KIDNEY DISEASE" and the data on the overall scientific activity of Dr. Petar Petrov show that he has all the necessary qualities to acquire to degree "Doctor".

Given the relevance of the topic, the original results obtained with scientific and applied contributions, as well as published scientific articles, I confidently give my POSITIVE assessment and propose to the esteemed Jury to award the Educational and Scientific Degree "Doctor" in professional field 7.1. Medicine, Field of Higher Education - Health and Sports, Scientific specialty - Nephrology of Dr. PETAR PLAMENOV PETROV.

Sofia, February 2022

Assoc. Prof. Dr. Velislava Dimitrova, Ph.D.

