

TO

Prof. Stefka Valcheva-Kuzmanova, MD, PhD, DSc
Chairperson of the Academic Panel
for a competition for taking up the academic position "Associate Professor"

OPINION

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REGARDING: competition for taking up the academic position of "Associate Professor" in the field of higher education 7. Health and Sports, Professional field 7.4. Public Health, specialty "Public health management (medicinal use and pharmacoconomics of health care)" at the department "Pharmacology and Clinical Pharmacology and Therapy", announced in SG issue 28 of 03/28/2023.

I present this opinion in my capacity as a member of the Scientific Jury, according to the Order of the Rector of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna (No. R-109-271/25.05.2023) and decision of the first absent meeting of the Scientific Jury from 11.05.2023.

PROCEDURAL MATTERS

The competition for the academic position of "Associate Professor" and the procedure for its holding are based on Art. 2b para 1 and 2 and art. 24 of the Act on Development of the Academic Staff in the Republic of Bulgaria; Art. 1a para 1, art. 2 para. 1, art. 53 and Art. 54 of the Rules for its application; Art. 123 and Article 125 of the Rule for the Development of the Academic Staff of Medical University - Varna (2018). I received in electronic form the necessary documents and materials under Art. 126 para. 1 and 2 of the Rule for the Development of the Academic Staff of Medical University - Varna.

The terms and conditions of the procedure are observed and complied with the regulations. The only candidate with PhD in Professional field 7.1. Medicine, specialty "Pharmacology (incl. Pharmacokinetics and chemotherapy)" is **Miroslav Tsonkov Eftimov**, MPharm, Chief Assistant Professor in the department "Pharmacology and Clinical Pharmacology and Therapy".

I declare that I have no conflict of interest, including co-authorship with the candidate.

EDUCATION AND QUALIFICATION

Chief Assistant Professor Miroslav Eftimov graduated as a Master of Pharmacy at the Medical University "Prof. Dr. P. Stoyanov" Varna (Diploma No. 10785/30.01.2002) in 2004. Since the academic year 2008/2009 he has been an assistant in pharmacology at the Department of "Preclinical and Clinical Pharmacology", MU - Varna. He was enrolled as a PhD student of individual form of study in 2013 in a doctoral program in Pharmacology /incl. pharmacokinetics and chemotherapy/ with the title of the thesis: "Pharmacological study of the effect of Aronia melanocarpa fruit juice in behavioral models in rats". He obtained the educational and science degree "Doctor" in 2015 (Diploma No. 122/18.12.2015) and took the academic position "Chief Assistant Professor" in 2017. He has acquired a specialty in pharmacology and pharmacotherapy since 2020 (Diploma No. 024559/12.02.2021).

He is a member of the Bulgarian Society of Pharmacology and the Bulgarian Society of Clinical Pharmacology.

EVALUATION OF THE IMPLEMENTATION OF THE MINIMUM NATIONAL REQUIREMENTS AND SCIENTIFIC PAPERS

The implementation of the minimum national requirements is a condition for admission to the procedure for the acquisition of academic positions, as a specific requirement in the Regulations of MU - Varna is at least 80 points to collect from articles in journals, referenced and indexed in WoS and/or Scopus (indicator G.7). The table below summarizes by indicators and points the scientific production with which Chief Assistant Eftimov participates in the competition, according to an official academic reference prepared in the Library of the Medical University - Varna (No. 190/22.05.2023).

Group of indicators	Scientific production	Score
A	PhD thesis "Pharmacological study of the effect of Aronia melanocarpa fruit juice in behavioral models in rats", MU - Varna, 2015	50.00
B	Habilitation thesis = 10 scientific articles in journals that are referenced and indexed in WoS and/or Scopus	104.21
G.7	Articles in scientific journals in WoS and Scopus – 10	85.63
G.8	Articles and reports in published in journals with scientific review – 15	117.81
Total score G		203.44
D	Citations in scientific journals in in WoS and Scopus – 8	100.00

Chief Assistant Eftimov has indicated a list of 37 publications, 35 of which were given as evidence necessary to meet the minimum national requirements. The scientific articles, indexed in Web of Science and/or Scopus are 21 (plus article 7 of G8, published in Journal of Biomedical & Clinical Research, which is reviewed in Web of Science). The impact factor from publications is 9.925, and from extended abstracts visible in WoS - 42.489. The extended habilitation reference, which summarizes the articles indicated in indicator B, is a brief statement in which the candidate describes the place of the research carried out in the relevant scientific field and his personal contributions.

I emphasize that 6 full-text publications, which carry 70.0 points, significantly exceeding the required 30 points, are submitted for the acquisition of the degree "Doctor". In the academic reference, 8 full-text articles are indicated for the position "Chief Assistant Professor", which is not required by the regulatory documents. The total scientific output is over 50 papers, 10 of which are extended abstracts with IF. The candidate's total IF is 52.886, has h-index 4 according to Scopus and h-index 7 according to Google Scholar. 33 citations according to Scopus and 166 citations according to Google Scholar to the name Miroslav Eftimov (excluding self-citations) were noted.

OTHER SCIENTIFIC ACTIVITY

Chief Assistant Eftimov Eftimov has 37 participations in international scientific forums, 26 participations in national forums and was a member of the research teams of 5 research projects financed by the "Science" Fund, MU - Varna.

SCIENTIFIC CONTRIBUTIONS

The scientific interests and contributions of Chief Assistant Miroslav Eftimov can be summarized in 2 main directions: Food and nutrition and Prevention, management of diseases and health systems.

Experimental studies of the effects of biologically active substances of plant origin is an essential part of the research work in the department, where the team has significant achievements and recognitions. Ch. assistant Eftimov, as a member of this team, has a significant scientific output, both in quantity and quality, on the discovery of new, beneficial effects of biologically active substances of natural origin in various experimental models of socially significant diseases in experimental animals. The focus is on polyphenols, which are one of the most widely distributed plant compounds. Results should be noted regarding the investigation of new, beneficial effects of *Aronia melanocarpa* fruit juice in experimental rat models. Experimental results have been published on the effects of aqueous and alcoholic infusions of *Cotinus coggygia*, of aqueous infusions of *Kochia scoparia*, of fruit juice of *Chaenomeles maulei*. The results of the research could be the basis for development of products with potential in the prevention and as adjuvant therapy of significant diseases, such as metabolic syndrome, type 2 diabetes, non-alcoholic liver disease, anxiety-depressive states and cognitive changes.

The second direction of the scientific research is aimed at pharmaco-economic analyzes of drug use and analyzes in occupational medicine. Pharmaco-economic analyzes are a valuable tool for determining the value of a new therapy and comparing it with other alternatives, which allows optimizing the distribution of resources to obtain the best results. Research on COVID-19 among different groups of workers is valuable in order to prevent, limit the spread of the disease and reduce labor cost.

TEACHING ACTIVITY

According to an official reference Miroslav Eftimov has a teaching experience in pharmacology for almost 15 years. Participates in the teaching of pharmacology to students from the specialties "Medicine" (English-language education and Bulgarian-language education), "Dental Medicine" and "Pharmacy" and pharmacology and pharmaco-economics to students from the "Health Management" specialty. With an annual study load of 360 hours, he has realized an average of 571.4 per year (official reference 112-176/12.05.2023). He is a member of the author's team of 4 published manuals. The candidate's teaching activity corresponds to the requirements of the Regulations of the MU - Varna (Article 125, Paragraph 1, 3).


CONCLUSION

Chief Assistant Miroslav Tsonkov Eftimov is presented in the current competition with a sufficient number of scientific works for taking up the academic position "Associate professor" pursuant to the Law for Development of the Academic Staff in the Republic of Bulgaria and the Rules of Medical University – Varna. His publications are in-depth, focused in the field of experimental pharmacology, drug use and pharmaco-economics. His scientific articles have a high proportion of personal contribution and contains theoretical and applied contributions. The candidate is a well-rounded specialist, with accumulated high professional, teaching and language competence, research skills and a sense of responsibility

Based on the submitted materials for the competition, as well as my excellent personal and professional impressions, I propose to the honourable Academic Panel to vote in the affirmative for awarding to chief assistant Miroslav Tsonkov Eftimov the academic position "Associate Professor" the field of higher education 7. Health and Sports, Professional field 7.4. Public Health, specialty "Public health

management (medicinal use and pharmacoeconomics of health care)" at the department "Pharmacology and clinical pharmacology and therapy" of the Medical University – Varna.

Pleven
01.08.2023

Prepared by: 
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