

REVIEW

from

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Head of the Department of Orthopedics and Traumatology, Faculty of Medicine

Medical University "Prof. Dr. P. Stoyanov" Varna

About : Course occupying an academic position "Associate Professor" in the field of higher education 7. "Healthcare and Sports" by professional direction 7.1 "Medicine" and scientific specialty "Orthopaedics and Traumatology" - 0.5 full-time position for the Department of "Orthopaedics and Traumatology", Faculty " Medicine" and 1 full-time position for the Department of Orthopedics and Traumatology at the "St. Anna - Varna" Medical Center , in connection with a competition announced in the "State Gazette", no. 7/23/01/2024

With Commandment on The Rector of the University of Varna P-109-88 / 21.03.2024 and with a decision of the Faculty Concil (Protocol No. 18 /11.03.2024) i am included in the Scientific Jury and Decision on the chairman on the scientific jury with minutes #1/ 03/04/2024 am determined Yes prepares **opinion** like **internal** member by procedure for acquisition on the academic position “ Ass.Professor” in the specialty "Orthopaedics and traumatology", Professional direction 7.1 Medicine, in the field of higher education 7. Health care and sports at the Faculty of Medicine, Department of "Orthopaedics and traumatology", Medical University "Prof. Dr. Paraskev Stoyanov"-Varna,

Only one candidate participated in the competition - Dr. Nikolay Petrov Kolarov, PhD - Chief Assistant at the Department of Orthopedics and Traumatology, Varna University of Medical Sciences. For the contest the candidate has presented all necessary documents according to the requirements on The law for development on the academic composition and the Regulations on Medical University-Varna for his application .

Dr. Kolarov was born in 1963. He graduated from Higher Education in Medicine at Varna Medical University in 1989. (Diploma No: 2095 of 13.11.1989). Acquired a specialty in " Orthopaedics and Traumatology " in 1997. (Certificate No: 003600 dated 09.08.1997). In 2017, he obtained the Academic degree after a defended dissertation on the topic "Unipolar endoprosthesis as a treatment option for fractures of the femoral neck in adult patients" (Diploma No.: 253 of 20.12.2017).

Dr. Kolarov's professional experience is entirely related to Orthopedics and Traumatology. In 1991, he was enrolled for specialization in Orthopedics and Traumatology at the "St. Anna" Hospital Varna. From April 1995 until now, etc. Kolarov is a doctor - orthopedist - traumatologist at the "St. Anna" Varna. Dr. Kolarov's total work experience is 34 years and 3 months, with experience in the specialty of 26 years and 8 months (Certificate 332/07.02.2024 from UMBAL "St. Anna" AD - Varna). The Candidate's academic development dates back to January 2012, successively passing through the entire hierarchy of non-habilitated academic career - assistant (2012-2018) and ch. assistant (from 2018 - until now) (Certificate 112-60/07.02.2024). Dr. Kolarov's professional career also includes management positions: Chairman of the Board of Directors (15.04. 2015 - 07.02.2017) and Executive Director (08.02.2017-28.09.2017) of the Medical College "St. Anna" Varna.

The teaching experience of Dr. Nikolay Petrov Kolarov began on 01.03.2012, as an assistant (2012-2018) and chief assistant from 2018 - until now. His seniority as a chief assistant is 4 years and 8 months , and in general 12 years and 1 month.

He is a teacher of students from the Faculty of Medicine at the University of Varna. Leads exercises in Bulgarian. The total classroom employment of Dr. Kolarov for the period 2018 /2019 – 2022 /2023 is 1132 study hours (Reference 112-60 /07.02.2024 MU Varna). Average year old distributed through the last ones 5 years , the candidate's study load is 226.4 study hours, which fully meets the requirement of Art. 125 (3) of Regulations for development on the academic composition at the University of Varna - Varna .

The candidate also leads exercises for students majoring in rehabilitator first year at Varna Medical College.

Dr. Kolarov, PhD, is the scientific supervisor of two residents in Orthopedics and Traumatology.

The submitted works for participation in the competition, a total of 18 works, reflect the scientific research activity in the period 2016-2023.

Distribution on the scientific ones works by type :

Habilitation work - 1 piece

Dissertation work - 1 piece

Publications in magazines and collections – 16 count

Distribution on the scientific ones works by language on issue :

Publications on Bulgarian language – 6 pcs .

Publications on foreign language (English) – 10 pcs .

Distribution on the scientific ones works by authorship :

Like independent author – 4 no .

Co- authored - 12 publications., from who as :

first author - in 6 publications

second author - in 3 publications

third author - in 3 publications

Distribution on the works by scientific areas :

1. Health and sports

The main guidelines in the candidate's research work are aimed at the pathology of large joints with an emphasis on the hip joint. Aspects of shoulder joint trauma and the multidisciplinary approach to the management of geriatric patients with proximal fractures are also covered.

The author develops algorithms related to the diagnosis and treatment of proximal fractures in adult patients. In view of the progressive aging of the population and all the resulting consequences, the candidate's developments are of particular relevance. The detailed analysis of proximal femoral fractures and the possibilities for their treatment is the basis of the majority of Dr. Kolarov's scientific output.

Arthroplasty and osteosynthesis indications in geriatric fractures of the proximal femur are formulated . Patient follow-up is long-term and meticulous, allowing the author to formulate accurate and meaningful conclusions. The focus on a multidisciplinary approach to geriatric fractures demonstrates Dr. Kolarov's in-depth approach to this pathology. In a clinical study of 209 cases in "St. Anna" Medical Center, "Department of Orthopedics and Traumatology" at MU-Varna, 167 patients were followed up after unipolar hip arthroplasty .

According to Art . 125 (2), from The regulations for the development of the academic staff at MU-Varna, the monographic work of Dr. Kolarov - " Therapeutic problems in orthopedic-traumatic geriatrics" ISBN 978-619-241-284-5, STENO Varna 2023 was published in a volume of 130 pages. It contains data from own scientific research and was reviewed by two qualified teachers in the specialty. The monograph fully meets the legal requirements for this type of work and the requirements of the current competition. The candidate presents summaries of the monographic work in Bulgarian and English.

Citations of the candidate's works are 8. One is in a refereed journal.

Basic directions on the scientific ones works :

1. Treatment of femoral neck fracture in adult patients - development of a therapeutic algorithm for choosing the optimal implant and treatment method, as well as a specific rehabilitation protocol.
2. Analysis and recommendations for choosing the optimal endoprosthesis implant in geriatric femoral neck fractures.

3. Emphasizing the social significance of the optimization of the treatment of fractures of the proximal humerus , distal radius and proximal femur in geriatric patients in relation to public health.

Contributions related to the main directions on the scientific ones works :

DIRECTION 1: (A 1; B 3; D8.1, D8.3, D8.8 from Academic Reference)

The fractures of the thigh neck at adult patients are still an unsolved problem given the specificity of the target group and the social significance of this pathology . Although the design of implants has progressively evolved and improved, the challenges from a biological point of view remain, and it is the surgeon who remains the connecting link in this chain. Returning these patients to their daily lifestyle is not an easy task, requiring experience and precision on the part of the surgeon. The results of Dr. Kolarov's work show that the choice of the optimal implant , the precisely performed surgical intervention and adequate care in the postoperative hospital stay are the basis of dealing with this severe and socially significant pathology. Attention was also paid to another specific geriatric pathology – fractures of the proximal humerus .

DIRECTION 2: (A1; B3; D8.1; D8.2 from Academic Reference)

The primary hemiarthroplasty of hip joint after fracture on the femoral neck in geriatric patients, is a technically fast and safe procedure, allowing early verticalization and prevention of complications typical for this age - DVT, pulmonary embolism , decubitus , etc. Dr. Kolarov's careful analysis of the use of unipolar prosthetic heads with a view to minimal postoperative wear of the articular cartilage found that hemiprosthesis ta elliptical head comes closest to the native femur, resp. decreases the most acetabular destruction compared to monoarticular and biarticular prosthetic heads.

DIRECTION 3: (C 3; D8.3; D8.4; D8.5; D8.6; D8.7; D8.8 from Akademic reference)

A multidisciplinary approach to geriatric fractures is essential for the recovery of these patients, the prevention of complications and their return to their pre-morbid state. A complex approach by a number of specialists with the leading role of the surgeon is a prerequisite for a correct treatment algorithm and a satisfactory result for both the patient and the doctor.

Comorbidity and cognitive disorders are common in the geriatric patient group and are directly related not only to the occurrence of fracture, but also to the occurrence of chronic kidney disease. This requires careful laboratory analysis and rapid intervention of teams with a view to rapid and precise preoperative preparation, compensation of renal function and timely operative treatment. This allows stopping the negative pathological cascade and correcting the general metabolic status.

The medico-social aspects of geriatric traumatology are directly related to the diagnostic-treatment algorithm. The complex recommended by the candidate therapeutic approach with a goal optimal treatment is essential and represents Dr. Kolarov's multidisciplinary knowledge and capabilities.

In conclusion , the reason on performance on the minimum national requirements specified in the Regulations for application on The law for development on the academic composition in the Republic Bulgaria and the Regulations on Medical University-Varna , established contributions on the scientific activity on the candidate and the teaching and clinical experience mi they give reason for mine **positive** here I suggest on the venerable members on The scientific Jury vote " positive " and yes offer on The Rector of MU – Varna , the only candidate submitted the necessary documentation for the announced competition (announced in SG No. 7/23.01.2024) for the occupation of an academic position "docent" in the field of higher education 7. "Health and sports" in the professional direction 7.1 "Medicine" and scientific specialty "Orthopedics and Traumatology" - 0.5 full-time position for the Department of Orthopedics and Traumatology, Faculty of Medicine and 1 full-time position for the Clinic of

Orthopedics and Traumatology at the St. Anna Medical Center - Varna JSC, Dr. Nikolay Petrov Kolarov, dm to be elected Associate Professor of Orthopedics and Traumatology.

Varna

12.04.2023

Ass Professor Dr. Svetoslav Dobrilov MD, PhD

Заличено на основание чл. 5,
§1, б. „В“ от Регламент (ЕС)
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