

REVIEW

from

Prof. Dr. Paraskeva Mancheva, MD, PhD, DSc

Faculty of Public Health at Medical University "Prof. Dr. P. Stoyanov" – Varna

Concerning: Competition for academic position "Associate Professor" – declared in SG issue 8/28.01.2020 in the scientific specialty „Public Health Management“, professional field 7.4. Public health, in the field of higher education 7. Healthcare and Sports, for the needs of Training sector "Rehabilitator", Medical College, Medical University "Prof. Dr. Paraskev Stoyanov"-Varna.

1. Information regarding the procedure

According to Order № P-109-177/03.06.2020 of the Rector of MU-Varna I have been appointed as a member of the scientific jury and to prepare a review concerning the competition for AP "Associate Professor" in the scientific specialty "Public Health Management" at MU-Varna.

The competition was announced on SG issue 8/28.01.2020. It is in accordance with the Academic Staff Development Act in the Republic of Bulgaria and the Rules of Medical University - Varna. On the basis of the abovementioned legal documents, all the procedural requirements for the announcement of the competition, the deadline for submission of documents and the choice of a scientific jury are met.

The only candidate is Nikolay Svetoslavov Nedev, doctor of public health management.

2. Brief information about the candidate's career development

Nikolay Nedev was born on 23.11.1982 г. He completed his higher education "Master in Rehabilitation, Sea Treatment, Wellness and SPA" in 2016 at MU-Varna, and in 2018 he obtained a master's degree in "Kinesitherapy" at the National Sports Academy (excellent student of the course). He has a Master's degree in Health Management since 2007. He has been an assistant in the Training sector "Rehabilitator" since 2009, which

he managed during the period 09.2013-05.2015 and at present, and has been the Deputy Director of the Medical College of MU-Varna since 06.2015. Since 2005 he has been working in rehabilitation along with the management of the working process in the First City Hospital-Ruse (07.2005-12.2005) and Eleganza-Beauty Center-Varna (06.04.2006-04.02.2009). In 2018 he defended his dissertation on "Rehabilitative care and quality of life for patients who have suffered a stroke" in the professional field 7.4. Public Health.

The professional training of Assistant Professor Nikolay Nedev is in-depth, distinguished by the attitude to determine specific goals and ways to achieve them. These qualities of the candidate are a prerequisite for the good quality of his work as a researcher, teacher, practitioner and manager in the field of public health. N. Nedev is a member of the Bulgarian Association of the Physical Therapists (BAPT), the College Council of MC-Varna and Program Councils for the specialties "Rehabilitator" and master's program "Rehabilitation, sea treatment, wellness and SPA". He participates in working groups during program accreditations for the specialties of Medical College-Varna. He is an academic mentor in the Student Internship project at the Ministry of Education and Science, as well as a coordinator for the Erasmus + program. He speaks English.

3. General compliance of the candidate with the requirements of Rules for the development of MU-Varna

	Conditions according to Rules for the development of academic staff	Candidate's information
1.	To have acquired PhD in the relevant scientific specialty	Yes – 2018 г.
2.	Requirements for term and scientific workload of at least 100 hours on average per year for 4 years	Yes, 440 hours - 2014/2015 and a steady workload of an average of 243.5 hours / per year over the last four years
3.	To have published monograph	Yes
4.	To have presented original research work	Yes – 18

4. Characteristics of the monographic/habilitation work

The candidate presents a monograph (habilitation work) "Respiratory health - a challenge for modern kinesitherapy" with ISBN 978-619-221-254-44, published on paper by the publishing house of MU-Varna. The monograph on respiratory health is a topic dealt with by medical professionals in the field of public health. The contributing nature of the monograph is contained in the opportunity it provides – enrichment of the medical professionals' knowledge on the rehabilitation of chronic lung diseases. The paper was reviewed by Assoc. Prof. Dr. Diana Petkova (specialist in lung diseases) and by Assoc. Prof. Dr. Evgeniya Vladeva (specialist in physical and rehabilitation medicine). The bibliography includes 274 sources. There are no advertising materials in the monographic work.

5. Scientometric indicators and scientific contributions

Minimal required points by groups of indicators for the academic position of "Associate Professor" according to the Academic Staff Development Act in Republic of Bulgaria and the rules for its implementation

Group of indicators	Content	Associate Professor Academic Staff Development Act in Republic of Bulgaria and rules for its implementation (number of points)	Nikolay Nedev
A	Indicator 1: Dissertation for doctoral degree	50	50
B	Indicator 3 or 4: Habilitation work, i.e. monograph, presented in connection with the habilitation procedure	100	100
Г	Total of indicators from 5 to 9: Publications	200	210
Д	Total of indicators from 10 to 12: Citations	50	50

As can be seen from the comparison, the candidate fulfills the national criteria for the academic position of "associate professor".

Scientific activity and scientific contributions.

The candidate Nikolay Svetoslavov Nedev presents a total of 19 scientific papers, 14 of which I accept for review. The contribution is distributed as follows:

1. Single author – 5 publications – 36%
2. First author – 3 publications – 21%
3. Second author – 1 publication – 7%
4. Third and subsequent author – 5 publications – 36%

One of the publications, in which the candidate is the sixth consecutive author, is published in scientific journals, referenced and indexed in world famous databases with scientific information (Journal of IMAB - Annual Proceeding), in journals with scientific review, non-referenced in world famous databases with scientific information - a total of 12, one of which is available in Russian. In addition to the evidence covering the minimal requirements for the obtainment of the academic position "Associate Professor", the candidate presents 4 full-text publications, which are available in the journal "Varna Medical Forum".

I accept the distribution of scientific works in the following thematic areas:

1. Rehabilitative care for patients who have suffered a stroke
2. Scope and possibilities for respiratory rehabilitation in public health
3. Rehabilitative care for more common chronic diseases
4. Improvement of the student education at Medical College-Varna (innovative methods and electronic forms of education)

The research in the **first thematic area** focuses on the methods and means of rehabilitation for patients who have suffered a stroke (PSS). The possibilities for rehabilitation for PSS and the effectiveness of the rehabilitation have been studied. The opinion of PSS on the duration and place (environment) of rehabilitative care (RC) has been examined. A systematic analysis of the RC has been performed and the quality

of life of PSS has been assessed. The degree of their motor abilities has been studied. The results obtained have been analyzed for patients who have been subjected to rehabilitative care and those who have not. A model for the provision of RC at home for PSS (A/1_1; Γ/8_4; Γ/8_5; II/A_1; II/A_2; II/A_3; II/A_4) has been developed - contributions with theoretical, methodological and practical character.

The scope of the **second thematic area** is focused on respiratory rehabilitation for patients with lung problems. The historical aspects of pulmonary rehabilitation and the basic principles of respiratory therapy have been studied. The effects of the open and closed environment on respiratory health have been studied and the importance of the early inclusion of respiratory rehabilitation in health care has been derived. The place of kinesitherapeutical methods and means in the complex care for patients with respiratory diseases has been established. The importance of respiratory rehabilitation for individual and public health (B/3_1; Γ/8_9; Γ/8_11; Γ/8_12) - theoretical and cognitive contribution.

The scientific works in the third thematic area are focused on the management of the rehabilitation process for some chronic diseases (lumbar pain, cervical osteochondrosis, Scheuermann's disease). The influence of medical and social problems on the dealing with chronic pain has been studied. The place of rehabilitation in the provision of complex care has been examined (Γ/8_3; Γ/8_6; Γ/8_7; Γ/8_8; Γ/8_10) - contributions of theoretical and cognitive nature.

The third thematic area combines research on the impact of teaching methods on the students' competence. Attitudes were analyzed, needs were identified and satisfaction with the learning process was established. Changes have been proposed in the curriculum of the students from the Professional Bachelor's Degree, majoring in Rehabilitation. On this basis, the topics of the curricula have been updated and their repositioning in the curriculum by semesters (Γ/7_1; Γ/8_1; Γ/8_2) has been substantiated - theoretical and methodological contribution.

Citations The candidate has submitted a reference from the library of Medical University "Prof. Dr. P. Stoyanov", Varna with 10 citations in unrefereed journals with

scientific reviews. Auto-citations are excluded. The citations bring a total of 50 points to Assistant Professor Nedev, with minimal national requirements for this indicator - 50 points.

Scientific activity. Nikolay Nedev's presence in scientific projects has not been documented, but 10 appearances in scientific events have been found, one of which including international participation.

In conclusion to the complex assessment of the scientometric indicators and scientific contributions, I believe that those with theoretical, cognitive and methodological character prevail over the contributions with practical character. I believe that the second thematic area, related to respiratory rehabilitation, needs to be enriched and could be the subject of the candidate's future scientific development. The scientific approach has a complete character which closes the cycle of systematic review of available research, independent research and offers solutions to the identified problems in the teaching of rehabilitators who are trained at the Medical College.

6. Teaching activity

As of February 13, 2020, Nikolay Nedev has 10 years, 11 months and 24 days of teaching experience. Since 2014, he has been working respectively 453, 245, 215, 249 and 285 hours/per year. The scientific workload of Assistant Professor Nikolay Nedev includes classes in manual muscle testing, kinesitherapy in neurology and healing massage.

Conclusion

Based on the implementation of the minimal national requirements set out in the Academic Staff Development Act in the Republic of Bulgaria and the Rules for its implementation and the Rules of the Medical University-Varna, I offer the established contributions of the candidate's scientific activity and teaching experience to the esteemed members of the Scientific Jury to vote "positively" and to propose to the Rector of MU-Varna, Nikolay Svetoslavov Nedev, PhD, to occupy the academic

position of "Associate Professor" in the scientific specialty "Public Health Management" for the needs of Training sector "Rehabilitator", Medical College of MU-Varna Varna.

The 31st of July 2020

Reviewer:



Prof. Dr Paraskeva Mancheva, MD, PhD, DSc