

EXAMINER'S ASSESSMENT

by Assoc. Prof. Gergana Nenova, DSc

Faculty of Public Health
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Member of an Academic Board of Examiners
appointed by the Rector of the Medical University of Varna in compliance with
Decree № R-109-177/03.06.2020

Regarding: A selection procedure for the academic position of “*associate professor*” in the higher education field of “7. *Healthcare and Sport*“, research area „7.4. *Public Health*“, academic major „*Public Health Management*“ promulgated in State Gazette, issue No 8 dated 28th January 2020, for the needs of Medical College – Varna, training sector “*Rehabilitator*”.

A single candidate applied for the announced vacancy - **assistant Nikolay Svetoslavov Nedev, MD**. The applicant has submitted all necessary documents, relevant to the requirements of the Development of Academic Staff in the Republic of Bulgaria Act (DASRBA), the corresponding implementing regulation and the Rules on the Development of Academic Staff of the Medical University of Varna.

A brief introduction to the applicant's career development

Nikolay Nedev successively earned a bachelor's degree in *Kinesitherapy* at the Angel Kanchev University of Ruse (2005), a master's degree in *Health Management* (2007) and a master's degree in *Rehabilitation, Sea Treatment, Wellness & Spa* (2016) at the Medical University of Varna and a master's degree in *Kinesitherapy* (2018) at The Vassil Levski National Sports Academy. In 2018 he obtained the academic degree Doctor of Philosophy (PhD) in *Public Health Management* after defending a thesis - “*Rehabilitation Care and Quality of Life in Stroke Patients*”.

His work experience and academic career began in 2009 as an assistant at the training sector “Rehabilitator” - part of the Medical College at the Medical University of Varna. From 2013 to 2015 the candidate was the Head of this Training sector (TS), and in 2015 the applicant was appointed as the Deputy Director of the Medical College at the Medical University of Varna, where he continues to work today. Nikolay Nedev actively participates in courses for extending educational

qualifications and short-term specializations. He is also a member of the Association of Physiotherapists in Bulgaria (APB). The candidate has a good proficiency in English, which he applies in his professional activity.

General characteristics of the research and the scientifically applied activity of the candidate

The attached documents for participation in the procedure prove the scientific activity of the candidate in research, publication and scientifically applicable capacity. Assistant Nikolay Nedev applied for the position with a sufficient amount of scientific work, which fully covers the requirements of the Rules on the Development of Academic Staff of the Medical University of Varna.

The following scientometric indicators, covering the minimum requirements for the academic position of "associate professor" in accordance with the DASRBA and the respective implementing regulation, are applied in relation to the application for the vacancy:

- dissertation (with abstract) for the conferral of the academic degree Doctor of Philosophy (PhD) - 50 points;
- monograph (habilitation thesis) – 100 points;
- 19 full-text publications in magazines and journals, of which 14 are for review – 210 points;
- citations – 50 points.

12 full-text publications in scientific peer-reviewed journals, unrefereed to in world-famous databases containing scientific information – 2 in foreign editions and 10 in Bulgarian editions.

The publications are in established in Bulgaria scientific journals such as: issues of IMAB (*Journal of IMAB Annual Proceedings*); "Heart-lungs" („Сърце-бля дроб“); "Collection of articles" - Russian editions („Сборник статий“ – руски издания) and issues by the Medical University of Varna: "Journal of the Medical College" („Журнал на Медицински колеж“); "Varna Medical Forum" („Варненски медицински форум“). All publications are correctly described and attached in full to the application for the vacancy.

High personal contribution to the actual publications and the scientific work of the candidate has been proven, as well as intensive research and publication activity after the defense of the doctoral thesis. Nikolay Nedev is:

1. Independent author of 5 publications – 36%
2. First author of 3 publications – 21%
3. Second author of 1 publication – 7%
4. Third and/or subsequent author of 5 publications – 36%

Additionally, the candidate presents 4 full-text publications, which are available in the "*Varna Medical Forum*" journal.

The scientific production of the applicant is characterized by contemporary topics, interdisciplinary focus, and potential for applying the scientific results into practice. The main thematic areas in the candidate's research and scientific contributions are the following:

1. Rehabilitation care for stroke patients.
2. The scope and possibilities of respiratory rehabilitation in Public Health.
3. Rehabilitation care for common chronic diseases.
4. Improving student education at the Medical College - Varna (innovative methods and electronic forms of education).

Contributions related to the main fields of the scientific works:

The research in the first field focuses on the importance of rehabilitation care in the recovery of stroke patients. The possibilities for rehabilitation in patients with this pathology were investigated. The patients' opinion on the duration of the rehabilitation process and the environment, where the procedures took place, were examined. A systematic analysis was completed. It was carried out an assessment on the quality of life and the degree of motor ability of stroke patients, documented at the Labour Expert Medical Commission, who used rehabilitation care and those who did not. Given the obtained findings, a comparative analysis of original results with those of similar studies was made. On this basis, it was developed a model for providing rehabilitation care at home.

A/1_1; Γ/8_4; Γ/8_5; II/A_1; II/A_2; II/A_3; II/A_4; - there are theoretical, methodological and applicable in the practice contributions.

The second field of research is related to respiratory rehabilitation. The scope of action in this area is focused on restoring the functional activity of patients undergoing rehabilitation through the methods and means of physiotherapy. This serves as an addition to the basic treatment and contributes to improving the quality of life. The effects of respiratory physiotherapy are noted - the treatment ensures the patient's rapid recovery and reduces the risk of complications and disability. In addition, results from various clinical trials of pulmonary and cardiac conditions, where such rehabilitation was deemed as appropriate, are summarized in support. (B/3_1; Γ/8_9; Γ/8_11; Γ/8_12) – A contribution of theoretical and applicable in the practice character.

The works in the third area of research stand out with their theoretical quality and applicability in the field of physical and rehabilitation medicine. In particular, covered are topics such as management of lumbar pain, suction therapy for osteochondrosis CS, kinesitherapy for patients with musculoskeletal dysfunction

(Scheurman's disease), adverse effects of chronic kidney disease on musculoskeletal health and physiotherapy's capabilities in improving the quality of life, concepts and socio-medical aspects of dealing with chronic pain and the place of physiotherapy the complex rehabilitation care.

(Г/8_3; Г/8_6; Г/8_7; Г/8_8; Г/8_10) – A contribution of theoretical and applicable in the practice character.

The fourth field of research consolidates studies on the impact of teaching methods on student competence, proving that interactive learning strategies significantly improve results. Innovative methods and tools present in a new way the basic requirements that are important for the effectiveness of training. The practical contribution of interactive learning is expressed as an improvement and refinement of knowledge and skills when using different types of tools related to the integrated marketing communications.

(Г/7_1; Г/8_1; Г/8_2) – A contribution of theoretical and applicable in the practice character.

Reference list

The candidate has submitted a reference list from the library of the Medical University of Varna containing 10 citations in unrefereed journals with scientific review. The reference list constitutes in total of 50 points as a minimum national requirement for this indicator.

An assessment of the candidate's teaching activity

The teaching activity of the candidate is in the field of his practical experience and scientific interests. His career as a lecturer began in 2009 at the Medical College, part of the Medical University of Varna. Nikolay Nedev has a sufficient classroom workload that meets the requirements for teaching employment. Since 2014, the applicant has taught respectively 453, 245, 215, 249 and 285 hours per year.

He participates in the teaching process of students, majoring in rehabilitation at the Medical College – Varna, in the following disciplines: "Kinesitherapy in Neurological and Mental Diseases", "Therapeutic Massage" and "Manual and Muscular Testing".

Personal impression of the applicant

My personal impressions of the candidate are that he is a responsible, hardworking, dedicated and committed professional, as well as being an honest and

good individual. I find his goodwill, helpfulness, communication and teamwork skills to be impressive.

Nikolay Nedev has demonstrated qualities of a thorough and conscientious specialist and a lecturer with willingness for professional development.

Conclusion

The applicant fully meets the requirements of the Development of Academic Staff in the Republic of Bulgaria Act, the corresponding implementing regulation and the Rules on the Development of Academic Staff of the Medical University of Varna for the academic post "associate professor". Nikolay Nedev has provided a sufficient in volume, contemporary scientific work proving the fulfillment of the minimum requirements. Thus the candidate could be deemed eligible for conferring the academic position of "associate professor", in accordance with DASRBA from 2018.

The overall assessment of the applicant's professional development, teaching activity, scientific contribution, organizational experience and his established authority in the professional sphere corroborate my positive opinion towards the candidate's capabilities. I could confidently suggest to the respected members of the academic board of examiners to vote in favor of bestowing Nikolay Svetoslavov Nedev with the academic post "associate professor" in the higher education field "7. *Healthcare and Sports*", research area "7.4. *Public Health*", academic major "*Public Health Management*" for the needs of Training Sector "*Rehabilitator*" at the Medical College of Varna.

24.07.2020

Member of the Academic
Board of Examiners:



/Assoc. Prof. Gergana Nenova, DSc/