

To the Chairman of the Scientific Jury,  
designated by the Rector  
of the Medical University  
Prof. Dr. Paraskev Stoyanov  
Varna

## REVIEW

From Assoc. Prof. Dr. Kiril Nadkov Yablanski, PhD

Head of Rheumatology Clinic

MHAT "St. Pantaleimon-EOOD", Pleven

Member of the Scientific Jury, determined by order № P 109-166 / 03.06.2020 of Prof. Dr. Valentin Ignatov, PhD - Rector of the Medical University "Prof. Dr. Paraskev Stoyanov" - Varna.

**Subject:** Competition for the academic position of "Associate Professor" in the specialty "Rheumatology", professional field 7.1. Medicine, field of higher education 7. Healthcare and sports, for the needs of the First Department of Internal Medicine at the Faculty of Medicine, Medical University - Varna and Rheumatology Clinic at the University Hospital "St. Marina", Varna, with candidate Dr. Tanya Kirilova Shivacheva, MD

### **Brief information about the competition**

The procedure and the meetings of the scientific jury are determined by order № P-109-166 / 03.06.2020. The competition was announced in the State Gazette no. 8 of 28.01.2020 Dr. Tanya Kirilova Shivacheva, MD is the only candidate. The procedure for announcing the competition is in accordance with the requirements of the Law for development of the academic staff in the Republic of Bulgaria / 05-05-2018 and with the Regulations for development of the academic staff at the Medical University - Varna / 22-07-2019.

### **Brief information about the candidate**

Dr. Tanya Kirilova Shivacheva, PhD graduated from the Higher Medical Institute - Sofia, medicine in 1982. She started working as a doctor in DNZSV - Varna, where he worked from 1982 to 1985. After that she was a doctor in DNZSG - Varna. Since 1987 he has been an intern in the Rheumatology Department of the Higher Medical Institute in Varna. Since 1989 she has been elected successively as assistant, senior assistant and chief assistant. Dr. Shivacheva speaks English and German.

### **Acquired specialties and postgraduate qualification**

Dr. Tanya Shivacheva, MD has acquired specialties in Internal Medicine in 1989 and Rheumatology in 1997. In 2019 he is a Free Doctoral Student at the Department of Propaedeutics of Internal Medicine, specialty Internal Medicine. In the same year, after successfully defending his doctorate, she obtained the educational and scientific degree "DOCTOR".

Dr. Shivacheva, PhD has participated in 14 qualification courses, incl. Intermediate level of musculoskeletal ultrasound diagnostics (2012), Good clinical practice (2004), Pedagogical bases of academic teaching, Intensive, specialized, foreign language training in English - level B2, Methodology of research.

### **Projects**

Dr. T. Shivacheva, PhD has participated in various multicenter clinical trials of drugs in rheumatology practice.

### **Professional experience**

Dr. Shivacheva, PhD is a physician with many years of clinical therapeutic experience. She is an established specialist internist and rheumatologist. She works in the field of internal medicine and cardiology within the Department of Internal Medicine. For more than 10 years she has been the only certified lecturer in rheumatology in the course of teaching internal medicine to students, interns and graduates.

According to the professional qualification indicator, it meets the requirements for habilitation.

## **Research activity**

Dr. Shivacheva obtained the educational and scientific degree DOCTOR in 2019, after successfully defending her dissertation on the topic: "Study of the clinical activity of rheumatoid arthritis in patients undergoing treatment with biological agents."

A. **Monographic work** with a total volume of 188 pages on the topic: "The patient with rheumatoid arthritis - present and future" - a total of 100 points p.

### **B. Publications:**

1. To meet the minimum national requirements according to the Law of 2018 and the Regulations for implementation of the law of MU-Varna from 2019 - 7 full-text publications in scientific journals, referenced or indexed by world-famous database (WOS or Scopus) - a total of 212 points.
2. Outside the required minimum state requirements according to the Law of 2018 and the Regulations for application of the law of MU-Varna from 2019.
  - 2.1. Full-text publications in scientific journals, referenced or indexed by a world-famous database (WOS or Scopus) - 3 issues
  - 2.2. Full-text publications in scientific journals, unreferenced and indexed in world-famous databases with scientific information - 4 issues;
  - 2.3. Participation in national congresses, symposia, conferences - 30;
  - 2.4. Participation in international congresses, symposia, conferences - 17.

**Full text publications**, published in scientific journals, referenced or indexed by a world-famous database, a total of 10 issues. In unrefereed journals with scientific review or publications in edited collective volumes in full text - 4 issues. **Cited in scientific journals referenced and indexed** in a world-famous database - 5 issues. Participation in congresses, symposia and conferences - in national 30, in international - 17.

The mentioned research activity exceeds the minimum state requirements of the Law for development of the academic staff and the ordinances of MU - Varna for acquiring the academic position of ASSOCIATE PROFESSOR.

## **Scientific achievements and contributions**

The main emphasis in the scientific interest of Dr. Tanya Shivacheva is the impact of biological agents on the activity of RA and improving the prognosis of cardiovascular

comorbidity. A task arising from the lack of a generally accepted opinion for evaluating the effectiveness and impact of target molecules. Dr. Shivacheva monitors in dynamics the activity of RA against the background of biological agents in everyday practice. Of significant practical value is the application of indicators averaging the disease activity of rheumatoid arthritis for a specific period of time, which gives a clearer and more comprehensive description of the inflammatory activity. The assessment of the average annual activity in patients and the relationship of the indicator with the probability of cardiovascular involvement was conducted for the first time in the Bulgarian population and is a contribution of an original nature.

In her monograph, Dr. Shivacheva makes an in-depth analysis of the epidemiology, classification, pathogenesis, clinic and current therapeutic options in rheumatoid arthritis. Its own results outline different risk profiles of patients, requiring appropriate therapeutic models, consistent with comorbidity, risk profile and clinical variants of the disease.

Dr. Shivacheva's research interests include other areas of rheumatology: monitoring the therapeutic efficacy of Arava, Humira, Tocilizumab, Naproxen, Movalis, Feloran in inflammatory joint diseases; nosological characteristics, diagnosis and treatment of reactive arthritis, in particular caused by *Y. Enterocolitica*; serological markers in the diagnosis of rheumatoid arthritis, cardiovascular involvement in systemic progressive scleroderma; gastro-duodenal complications with the use of NSAIDs, chondroprotective treatment in degenerative joint diseases, visceral manifestations in systemic lupus erythematosus. These developments show a wide-ranging research activity.

#### **Educational - teaching activity**

Dr. Shivacheva has been a full-time assistant at the Department of Internal Medicine at the Medical University - Varna since 1989. In 1993 she was promoted to senior assistant, and since 2006 - chief assistant. In this function he carries out teaching activities with students, interns and graduates. Participates in the development of entrance tests for the internal medicine exam, as well as develops exam tests in rheumatology.

A report on the workload in the last 5 years shows study employment with practical exercises 250 hours of average annual classroom employment.

According to this indicator Dr. Shivacheva fulfills and exceeds the required minimum according to PPZRASRB and the Regulations for academic development of MU - Varna (Standard by decision of the AC of MU - Varna with protocol 30 / 11-04-2011 - 220 hours).

**In conclusion**

Dr. Tanya Shivacheva, PhD is built and an established professional in the field of internal medicine and rheumatology, with extensive theoretical knowledge and practical skills, with excellent professional training and proven qualities. He has many years of teaching experience. Respected by her colleagues, students, interns and specialists. The publications are presented in various journals or presented at national and international forums. Its scientific production is sufficient in volume, in-depth, showing a variety of interests. It meets the requirements of the Law for the development of the academic staff in the Republic of Bulgaria and the Regulations for the development of the academic staff in the Medical University - Varna. This, together with the personal qualities of the candidate, gives me reason to recommend to the respected members of the scientific jury to vote positively for the award of the academic position " **Associate Professor**" to Dr. Tanya Kirilova Shivacheva, PhD.

24.07.2020

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(Assoc. Prof. Dr. Kiril Nadkov Yablanski, PhD)

