Бургаски държавен университет
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To
the chairman of the scientific jury,
declared by order N344/30.09.2025 of
the rector of BSU "Prof. Dr. Asen Zlatarov"
Prof. Dr. SOTIR SOTIROV

STATEMENT REVIEW

by assoc. prof. Tzvetelina Tzvetanova Totomirova
Head of the Clinic of Endocrinology and Metabolic Diseases
Department of "Thoracic Surgery, Pneumology, Phthysiatry and Endocrinology and Metabolic Diseases", Military Medical Academy, Sofia

Regarding: selective competition for the academic position of "Associate Professor", in the field of higher education 7. Health and Sports, professional direction 7.1 Medicine, scientific specialty "Endocrinology"

The competition for the academic position of "Associate Professor", in area of higher education 7. Health and Sports, professional direction 7.1 Medicine, scientific specialty "Endocrinology" was announced in the Government Journal No. 52/June 27, 2025.

By order RD N344/30.09.2025 of the Rector of the Bulgarian State University "Prof. Dr. Asen Zlatarov", I have been appointed as a member of the scientific jury, and the decision of the first absentee meeting is to prepare a statement.

One candidate has applied for participation in the competition - Dr. Nikolay Krasimirov Kostadinov, who has submitted the necessary documents in accordance with the Regulations on the terms and conditions for acquiring scientific degrees and occupying academic positions at the University "Prof. Asen Zlataarov" - Burgas, certified by a protocol of the commission for checking the documents.

Biographical data

Dr. Kostadinov completed his secondary education in 2003 at the Medical University "Acad. Nikola Obreshkov" - Burgas. He obtained his higher education "Master of Medicine" in 2009 at the Faculty of Medicine of Trakia University, Stara Zagora. In 2016, he obtained a specialty "Endocrinology and Metabolic Diseases". In 2017, he completed a master's degree in Health Management at Burgas University "Prof. Dr. Asen Zlatarov". Since 2021, he has been an assistant professor in Internal Medicine at the Faculty of Medicine of the Bulgarian State University "Prof. Dr. Asen Zlatarov". In 2024, he defended his dissertation on the topic "Assessment of the quality of life of patients with type 2 diabetes mellitus depending on the therapy" and obtained the scientific and educational degree "PhD" in the scientific specialty "Endocrinology".

Teaching and educational activity

The teaching and educational activities of Dr. Kostadinov for the period 2021-2025 include a teaching workload of 1066.3 hours, of which 103.8 hours of classroom work and 962.5 hours of extracurricular work as practical exercises in Internal Medicine. Dr. Kostadinov participated in the development of six curricula. He was the head of the specialization of two residents who successfully passed the exam for acquiring a specialty.

Evaluation of scientometric indicators

In this competition, Dr. Nikolay Kostadinov presents 84 scientific works for review, which include: one dissertation, one book based on a defended dissertation, one abstract of the dissertation, one monograph, 8 publications in periodicals indexed and referenced in world-renowned databases (Scopus, Web of Science), 46 publications in bulgarian and foreign periodic journals with scientific review, 26 participations in national congresses and symposia.

The reference from the Central Medical Library with issue No. 552/08.08.2025 shows that the search for citations of publications by Dr. Nikolay Krasimirov Kostadinov – 22 cited – 1 in a dissertation, 1 in an author's monograph, 19 in bulgarian and international publications with scientific review, with self-citations excluded from the reference.

Dr. Kostadinov is the first author of 67% of the submitted papers, the second author of 8% and the third and consecutive author of 25%.

The assessment of the scientometric indicators of Dr. Nikolay Kostadinov shows that he meets and exceeds the minimum national requirements for scientific and teaching activity of candidates for the academic position of "Associate Professor" under the Regulations for the Implementation of the Law on the Development of the Academic Staff of the Republic of Bulgaria and the Regulations for the Acquisition of Scientific Degrees and the Occupancy of Academic Positions of the Bulgarian State University "Prof. Dr. Asen Zlatarov"

Research and Contributions

The dissertation work developed by Dr. Kostadinov on the topic "Assessment of the quality of life of patients with type 2 diabetes mellitus depending on the therapy" is a comprehensive study of patients with diabetes mellitus, reflecting the relationship between treatment and quality of life and the differences caused by changing therapy, regardless of the optimization of control and the additionally influenced indicators. The work is unique in its nature and reflects an important socio-economic aspect of the treatment of patients with type 2 diabetes mellitus.

The monograph developed and published in 2025 by Dr. Kostadinov on the topic "Drug management of type 2 diabetes mellitus and quality of life" examines in details important aspects of the relationship between the treatment of the disease and the quality of life of a patient. In an in-depth analysis, a successful attempt was made to define dependencies and assess how the patient's condition is influenced by therapy not only in terms of effectiveness on the disease, but also in terms of additional social aspects.

Dr. Kostadinov's scientific activity develops in parallel with his daily professional employment as an endocrinologist and as a lecturer at the Bulgarian State University "Prof. Dr. Asen Zlatarov"

The scientific interests covered in Dr. Kostadinov's works are mainly in the field of diabetology, covering topics related to therapy and its impact on the quality of life of patients, the possibilities for monitoring and following up patients, the relationship of therapy with chronic complications and the possibilities for their impact. As an integral part of the works, topics related to obesity, its treatment and possible complications, methods for determining carbohydrate disorders are also noted. In addition, in his works, Dr. Kostadinov also touches on other endocrine diseases, as well as the metabolism of vitamins.

All this defines the contributions of Dr. Kostadinov's scientific work to building the concepts of proper treatment and interaction between doctor and patient, the treatment of diabetes mellitus type and its impact on the self-esteem and normal life of the individual

Conclusion

Based on the analysis of scientific research and educational-teaching activities, I give my positive vote for awarding Dr. Nikolay Krasimirov Kostadinov the academic position of "Associate Professor" in the professional area of "Medicine", in the scientific specialty of "Endocrinology".

Assoc. Prof. Tzvetelina Tzvetanova Totomirova

Sofia
3.11.2025