



## Review

by Prof. Dr. Hristo Stoyanov Bozov, MD,  
Faculty of Medicine, University "Prof. Dr. Asen Zlatarov" - Burgas  
according to an announced competition for the occupation of an academic position  
"associate professor"  
from University "Prof. Dr. Asen Zlatarov" – Burgas

The competition is announced by field of higher education: in field of higher education 7. Health care and sports, professional direction 7.1. Medicine, scientific specialty "Urology", State Gazette, no. 45 of 17.06.2022

The reason for writing the opinion is Order No. RD-249/15.09.2022.

of the Rector of the University "Prof. Dr. Asen Zlatarov" - Burgas for determining the composition of the scientific jury and the first meeting of the scientific jury, at which I am appointed to prepare an opinion.

This statement has been prepared in accordance with the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDASRB), the Regulations for the Implementation of the LDASRB and the Regulations for the Terms and Conditions for Acquiring Scientific Degrees and Holding Academic Positions at Prof. Dr. Assen University Zlatarov" – Burgas.

The only candidate in the competition is Dr. Nikolay Radoslavov Mirinchev, MD.

### **1. General data about the applicant**

Dr. Nikolay Radoslavov Mirinchev, MD was born on June 15, 1966 in the city of Burgas. He completed his secondary education at the English Language High School, Burgas in 1985. In 1993, he graduated in Human Medicine at the Medical University "Prof. Dr. Paraskev Stoyanov" Varna (Diploma No. 1/27.09.1993). In 2009, he received a diploma in the educational and qualification degree "Master" in the specialty "Health Management" at the University "Prof. Dr. Asen Zlatarov" - Burgas (Diploma No. 11820/10.01.2009). In 1998, Dr. Nikolay Mirinchev acquired a specialty "Urology" (Diploma No. 003260/02.07.2022) at Sofia Medical University, Sofia.

In 2022, he acquired the educational and scientific degree "doctor" in the specialty "Urology" in professional direction 7.1. Medicine for a defended dissertation on the topic "Prostate biopsy, modern methods and challenges" at the Medical University of Sofia, Sofia (Diploma No. 916-Д/08.06.2022).

It is evident from the attached documents that the candidate's work experience began in December 1993 as a urologist in the Department of Urology, MBAL Burgas AD, Burgas. From December 2003 to July 2014, he was a senior in the same department. From August 2014 to the present, he is the head of the Department of Urology at UMBAL Burgas AD, Burgas. Since 1999, he has been working as a urologist and on a second employment contract at the NHIF, Burgas.

Since March 2021, he has been a part-time teacher at "Prof. Dr. Asen Zlatarov" University.



## **2. Description of the presented materials**

The presented set of materials for participation in the competition is in accordance with Art. 67. (2) of the Regulations on the terms and conditions for acquiring scientific degrees and occupying academic positions at "Prof. Dr. Asen Zlatarov" University - Burgas.

The materials are carefully arranged and contain sufficient evidentiary material. All required references and documents are available.

## **3. General characteristics of the scientific, scientific-applied activity and evaluation of the candidate's personal contribution**

Dr. Mirinchev has 17 scientific papers published in scientific peer-reviewed journals or in collections with a signature, with a scientific editor and publisher, and in accordance with the national and university educational-normative base for acquiring scientific degrees and holding academic positions: 1 monographic work, 1 published book based on a defended dissertation work for the award of an educational and scientific degree "Doctor", 2 publications referred and indexed in Scopus and Web of Science and 13 in non-refereed peer-reviewed journals.

In the current competition, Dr. Nikolay Mirinchev participated with 13 scientific works, distributed as follows:

- 1 monograph (habilitation thesis, 260 pages),
- 1 book based on a protected dissertation work (to group of indicators D.6),
- 1 publication in a scientific publication, referenced and indexed in world-renowned databases with scientific information (to group of indicators D.7),
- 10 publications in full text and reports in non-refereed scientific journals with scientific review (to group of indicators D.8).

All scientific works for participation in the competition were not used to acquire the educational and scientific degree "doctor", no plagiarism was found and all are subject to review. All are related to the professional direction of the announced competition.

Of particular interest is the candidate's monographic work entitled "Ureteroscopy and retrograde intrarenal surgery". It is well structured and contains an introduction, 15 sections, a conclusion and a bibliography.

It consistently and thoroughly examines the pathological changes that occur in the renal parenchyma in long-term and short-term unilateral or bilateral obstruction of the flow of urine from the kidneys to the bladder. The corresponding reactions of the body after the restoration of urine flow are also carefully described.

The evolution of endoscopy of the excretory system, technological advances and their impact on the endoscopic image, and the role of miniaturization of working additional instruments to access any point of the excretory system are successively reviewed. Emphasis is placed on the role of sterilization for the final result of the treatment and the modern and up-to-date methods of its implementation, the way to obtain a good imaging study, the ways to work safely with the X-ray equipment and the modern trends to protect and reduce the unnecessary X-ray load of patients and staff in the operating room.

Great attention is paid to the types of ureteroscopes, illustrated with photographic material, and their advantages and disadvantages are described in detail, surgical tricks for more efficient and safe use of the equipment are discussed.



Particular attention is paid to the positioning of the patient on the operating table, and different practice scenarios are examined and well illustrated.

Special attention is paid to possible complications and iatrogenic damage, using internationally accepted evaluation scales, as well as the recommendations of the European Association of Urology, and specific practical advice is given to avoid them. It is mainly emphasized on ways and means of dealing with different clinical cases. The main protocols for performing retrograde intrarenal surgery, the necessary additional tools and consumables are presented in detail and illustrated.

In the last chapter, interesting clinical cases from practice are presented in detail, which are challenges for the team and modern treatment methods. I believe that the monographic work is competently presented and illustrated.

According to Indicator C3, the candidate receives 100 points.

The remaining publications of the candidate are devoted to various urological aspects and I can summarize them as follows:

- Endoscopic treatment of diseases of the upper floors of the excretory system. The candidate investigated the use of a 3D slide program in the treatment of patients with urolithiasis, with the aim of individual planning of the operative approach, the necessary working endo-instruments, the settings of the laser and the estimated time required for the procedure ([3]). He analyzed one-act bilateral endoscopic treatment in obstructive anuria, as a modern and effective method to overcome this severe emergency ([8]);
- Diagnosis and treatment of benign and malignant diseases of the prostate gland. Dr. Mirinchev's main research here is related to risk factors for the development of prostate carcinoma and transrectal ultrasonographic biopsy of the prostate and MRI fusion transperineal biopsy of the prostate ([2]); the diagnostic methods for detecting prostate cancer and the possibilities of making recommendations regarding the diagnostic methods for screening and early diagnosis of prostate cancer ([4]); evaluating and presenting the efficacy and safety of thulium laser vapor resection of the prostate (ThuVAP) versus standard transurethral bipolar resection of the prostate (B-TURP) for the treatment of patients with benign prostatic hyperplasia and symptoms of lower urinary tract obstruction ([9]); evaluating the efficacy and safety of extracorporeal low intensity wave therapy (LI-SWT) in patients with chronic prostatitis (CP) and chronic pelvic pain syndrome (CPPS) ([10]); finding a correlation between the presence of hypoechoic areas in the prostate and the digital rectal examination (DRE) in a positive TRUS biopsy of the prostate ([11]); complications during biopsy ([12]); looking for a correlation between PI-RADS and Glason scores in positive MP MRI fusion transperineal primary prostate biopsies ([13]);
- Urological emergencies. The candidate shows an interest in the current problems of our time. He studied the type and dynamics of emergency urological care in UMBAL-Burgas AD during the period of the Covid-19 pandemic ([5]). He presented a rare case of drug-induced priapism ([7]);
- Treatment of erectile dysfunction. The results of a course of low-intensity shock wave therapy (Li-SWT) in the treatment of patients with mild to moderate vasculogenic erectile dysfunction (ED) were evaluated ([6]).

According to Group D indicators, the candidate has 340 points against the required 220 points according to the University Regulations.



According to the attached references, Dr. Mirinchev participated in the competition with 17 citations, of which 1 was in a scientific publication referenced and indexed in world-renowned databases with scientific information and 16 in non-refereed journals with scientific review. The candidate has 95 points in Group of indicators E with a minimum requirement of "Prof. Dr. Asen Zlatarov" University of 60 points.

Group of indicators F with the University's minimum requirement of 20 points, the candidate has 70 points.

The total number of points achieved by the candidate is 665 out of the required 450. Therefore, Dr. Nikolay Mirinchev fully meets the minimum national requirements and the minimum requirements in the RTCASDOAP of the University "Prof. Dr. Asen Zlatarov" - Burgas to occupy the academic position of "associate professor" in professional direction 7.1. Medicine.

#### **4. Quantitative and qualitative assessment of teaching and learning work**

Dr. Mirinchev is a proven specialist in practice with over 24 years of proven experience. From the presented materials, it is clear that Dr. Nikolay Mirinchev conducts training in the disciplines "Urology", "Educational/Clinical Practice" in the specialty "Medical Assistant" and in "Internal Diseases" in the specialty "Rehabilitator" at the University "Prof. Dr. Asen Zlatarov", Burgas.

From 2017 until now, he has been training students in practice at "UMBAL - Burgas" JSC. From 2016 until now, he has been training specialists in the specialty "Urology" at "UMBAL - Burgas" JSC. Under the guidance of Dr. Mirinchev, two specialists have acquired a specialty and one is currently studying.

Dr. Mirinchev skilfully combines his serious scientific and practical experience with his educational and teaching work. This gives me reason to rate the candidate's educational and pedagogical experience highly.

According to the attached reference, Dr. Mirinchev participated in the Medical Training Project for specialists and specialists in urology on the topic: "Management of non-neurogenic symptoms of the lower urinary tract in men, including benign prostatic obstruction" in four diagnostic modules.

I believe that the candidate for the competition has the necessary teaching experience and level of preparation for the academic position of "associate professor".

#### **5. Testimonials**

Referring to the serious practical skills and scientific competences of Dr. Nikolay Radoslavov Mirinchev, md in the field of urology, I believe that it will be useful to work more actively with young researchers and doctoral students.

#### **6. Conclusion**

Dr. Nikolay Radoslavov Mirinchev is a prominent clinician with extensive experience in urology, who manages to combine his practical skills with his scientific interests and his educational and teaching activities.

After having familiarized myself with the materials and scientific works provided by Dr. Nikolay Radoslavov Mirinchev, MD, I confirm the compliance of the candidate's results with the requirements of LDASRB, the Regulations for the implementation of LDASRB and the Regulations for the conditions and procedures for acquiring scientific

degrees and holding academic positions at the University "Prof. Dr. Asen Zlatarov" - Burgas for

occupying the academic position "associate professor" in a professional direction 7.1. "Medicine". The candidate satisfies the minimum national requirements in the professional direction, as well as the additional requirements of the University.

Based on the above, I give a positive assessment to the candidacy of Dr. Nikolay Radoslavov Mirinchev, MD.

I recommend the scientific jury to propose to the Faculty Council of the Faculty of Public Health and Health Care at the University "Prof. Dr. Asen Zlatarov" - Burgas to elect Dr. Nikolay Radoslavov Mirinchev, MD, to take the academic position of "associate professor" in the area of higher education: 7. Health care and sports, professional direction 7.1. Medicine, scientific specialty "Urology".

29/10/2022  
Burgas,

Signature:  
Prof. Dr. Hristo Bozov, MD