Evaluation report

FROM PROF. RUSKA VASILEVA PASKALEVA, PHD

University "Prof. D-r Asen Zlatarov" - Burgas

Appointed as member of academic jury with Order № РД - 243/

15.09.2022 of the Rector of University "Prof. D-r Asen Zlatarov" - Burgas

Subject: Competition for academic rank "Associate Professor" in higher education field 7. Health Care and Sport; professional field 7.4. Public Health; scientific specialty „Kinesitherapy", announced in State Gazette 45/17.06.2022.

1. General overview of the procedure

The procedure's rules related to announcement of the competition for academic rank "Associate Professor" is correctly followed. Within the deadline, the only applicant is Chief Assistant Professor Gergana Angelova-Popova, PhD. The materials presented by the applicant contain all necessary information for evaluation and they comply entirely with the requirements of the Statute for application of the Law on the Development of Academic Staff in the Republic of Bulgaria and the Statute for Development of Academic Staff at the University "Prof. D-r Asen Zlatarov" – Burgas.

2. Applicant's biography and professional career

The provided documents outline the ascending career development of the applicant in the specific scientific field of the competition.

Chief Assistant Professor Gergana Angelova-Popova was born in 1979. In 2001, she graduated from the Medical College, University "Prof. D-r Asen Zlatarov" – Burgas in the Rehabilitation specialty. In 2005 she graduated as Bachelor of Kinesitherapy from the National Sports Academy "Vasil Levski" – Sofia whereas in 2011 earned a Master degree in Business Administration – Health Management from the University "Prof. D-r Asen Zlatarov" – Burgas.

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During the period 2001-2003 the candidate worked as rehabilitator in Transport diagnostic and consultative centre EOOD, Burgas, and in 2005-2006 was a clinical practice instructor at the Medical College – Burgas. During the period from 2006 to 2022 she works as kinesitherapist in different rehabilitation centres (second employment contract).

The teaching activities of the applicant begin when she was appointed as Assistant Professor to the Medical College, University "Prof. D-r Asen Zlatarov" – Burgas: from 2006 to 2019. Since 2019 to present, she is Chief Assistant Professor to the Faculty of Public Health and Healthcare to the University "Prof. D-r Asen Zlatarov" – Burgas and the Medical College. In 2018, was conferred the PhD educational and academic degree in the scientific specialty „Theory and methodology of physical education and sports training" (incl. Methods in remedial gymnastics) after defending a thesis entitled "Kinesitherapy of distal radius fractures".

The long-year teaching activities of Chief Assistant Professor Gergana Angelova-Popova comprise lecturing and practical training with students from the Rehabilitation specialty in the Medical College and the Faculty of Public Health and Healthcare to the University "Prof. D-r Asen Zlatarov" – Burgas, as well as development of curricula and study programmes of Kinesitherapy, Remedial Massage, Pre-graduation Practical Training, Kinesiology and Pathokinesiology courses.

She participated in 17 qualification courses associated to her professional development field; two of them international /„Brian Mulligan's Concept - Mobilization with movement, NAGS, PRP's, ETC A+B Parts and PNF Basic Course (PNF 1 + PNF 2)". The rest are specially focused on manual mobilization techniques and Kinesio Tape.

The applicant is member of renowned scientific organizations: The Association of Physiotherapists in Bulgaria (APB) and the The Bulgarian Sports Physiotherapy Organization (BSPO).

Chief Assistant Professor Gergana Angelova-Popova is fluent in written and spoken English. She has good communication skills for work with students and skills for work with Microsoft Office - Word, Power Point.

The analysis of the career development of the applicant outlines clearly her professional interests and consistent efforts for professional development and improvement in the field of kinesitherapy and rehabilitation.

3.   *Teaching and learning activities*

Chief Assistant Professor Gergana Angelova-Popova has a 18-year teaching experience and is a respected instructor involved actively in the teaching activities of the Rehabilitation specialty at the Medical College and the Faculty of Public Health and Healthcare. The fact sheets presented by the authorities of the University "Prof. D-r Asen Zlatarov" – Burgas demonstrate a total annual workload between 380 and 607 academic hours and participation in semester examinations in taught courses listed above. The teaching load covers completely and even exceeds the normative workload stipulated by the University "Prof. D-r Asen Zlatarov" – Burgas for a non-habilitated instructor.

The teaching and learning activities of Chief Assistant Professor Gergana Angelova-Popova complies with the mandatory workload framework and provides proofs for her active participation in the teaching at the University "Prof. D-r Asen Zlatarov" – Burgas.

4.   *Research and development activities*

The evaluation of the evidence provided by the applicant is based on the Statute for terms and conditions for acquiring scientific degrees and academic ranks at the University "Prof. D-r Asen Zlatarov" – Burgas.

In this competition, Chief Assistant Professor Gergana Angelova-Popova participates with a total of 20 scientific publications and 1 monograph. Fro all presented publications, the applicant is sole author of 2, first author of 5 and second, third and subsequent co-author in 13 articles. The materials demonstrate the involvement of the applicant in 7 research projects in the University "Prof. D-r Asen Zlatarov" – Burgas, which are the background of some of publications presented in the competition.

The candidate has listed 9 citations of her works, three of which in world databases with scientific information /Scopus, Web of Science/, 3 in non-refereed international and Bulgarian editions, and 3 in monographs.

4.1.   *Subjects and contributions of research works*

The research interests of the applicant are ultimately realized in a purposeful and sustainable scientific career and publication activity. The subjects of research works of Chief Assistant Professor Gergana Angelova-Popova are in line with the professional field of the competition and contain research/applied and theoretical contributions, grouped in 7 leading research fields:

- *Application of kinesitherapy in patients and locomotor diseases and traumatic injuries and musculoskeletal dysfunctions* (B.1., Г.7.2., Г.8.18, Г.8.1, Г.8.2, Г.8.3, Г.8.4). The effects of kinesitherapy in patients with locomotor diseases and traumas were studied, and rehabilitation protocols in patients suffering from musculoskeletal dysfunctions were elaborated.

The monograph of the candidate – "Kinesitherapy in subacromial impingement syndrome and rotator cuff tears" belonging to this group, describes an

integral rehabilitation protocol for conservative treatment of different stages of the impingement syndrome, presents some original modifications of mobilization techniques and presents an integral kinesitherapeutical algorithm after arthroscopic repair of rotator cuff tears.

- ***Rehabilitation of metabolic diseases*** (Г.8.6, Г.8.14, Г.8.16). An innovative methodic for processing anthropometric data in children and adults with obesity was approved. The efficacy of an integral programme for rehabilitation in patients with metabolic syndrome was investigated.

- ***Effect of balneotherapy in common diseases*** (Г.8.5). The focus in this field is placed on the application of natural and preformed physical factors in the complex rehabilitation of patients with deforming arthrosis.

- ***Investigations in children with autism and hypotrophy*** (Г.8.7, Г.8.8, Г.8.9, Г.8.10). A survey among parents and specialists from the rehabilitation team at the Home for Medical and Social Care for Children "Faith, Hope and Love" - Burgas for prevention of hypotrophy in children with disabilities was conducted.

- ***Telemedicine and telerehabilitation*** (Г.7.1, Г.8.15). A telerehabilitation protocol and algorithm for choosing the best rehab treatment on the basis of patient's dysfunctions through real-time patient/therapist interaction in a video conferencing platform was presented. Its application permits a different behaviour for treatment of patients with various diseases and traumatic injuries.

- ***Optimization of tuition and student preparation quality*** (Г.8.14, Г.8.11, Г.8.12, Г.8.13). The main scientific, research and applied contributions of the candidate in this specific subject field are associated with study of the training motivation of students from various medical specialties.

- ***Investigations in the field of health management*** (Г.8.13). The emphasis is placed on SWOT analysis of the Physical and Rehabilitation Medicine ward to the Multiprofile Hospital for Active Treatment – Burgas. The weak and

strong aspects are outlined, mechanisms for future development and improvement of the work organization at the ward with regard to efficient work of the rehabilitation team are proposed.

The scientific production of the applicant in these fields is original and confirmatory, is outlined with use of adequate methodical approaches and tools and with potential for application of research results in the kinesitherapeutical practice and tuition.

4.2. Compliance of applicant's parameters with the minimum requirements of the University "Prof. D-r Asen Zlatarov" – Burgas for conferral of the academic rank "Associate Professor" in the scientific field 7. Health Care and Sport; professional field 7.4. Public Health.

The comparative analysis of research works of the candidate vs the normative research metric criteria for conferral of academic ranks at the University "Prof. D-r Asen Zlatarov" – Burgas for professional field 7.4. Public Health is presented in Table 1:

Table № 1. Comparison of applicant's score with minimum requirements

Group of parameters		Points of the applicant related to requirements for Associate Professor	Minimum requirements of the University for Associate Professor
A	Parameter 1	50	50
Б	Parameter 2	0	0
B	Parameter 3	100	100
B	Parameter 4	0	0
Г	Sum of parameters 5-9	355	220
Д	Sum of parameters 10-12	90	60
E	Sum of parameters from 13 to the end	30	20

Compared to minimum requirements listed in Appendix 1 of the Statute for terms and conditions for acquiring scientific degrees and academic ranks at the University "Prof. D-r Asen Zlatarov" – Burgas in the scientific field 7. Health Care and Sport; professional field 7.4. Public Health, the score of the applicant – **625 points**, exceeds the minimum required total score /450/ by groups of parameters for conferral of the academic rank "Associate Professor".

I must add also my personal impressions from Gergana Popova, which define her as a responsible, loyal, approachable colleague and a competent, creative instructor, respected by students.

Conclusion

The documents presented by Chief Assistant Professor Gergana Angelova-Popova in the competition for conferral of the academic rank "Associate Professor" are compliant, both by amount and content, to the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria, the Statute for its application in the University "Prof. D-r Asen Zlatarov" – Burgas. The evaluation of the applicant's scientific production and teaching activities provides proofs for conformity to research metric requirements; the scientific and practical value of results; teaching workload exceeding the normative requirements.

The entire professional development of Chief Assistant Professor Gergana Angelova-Popova as an academic instructor and researcher in the field of the scientific specialty for which the competition has been announced, is consistent, upward and sustainable.

On the basis of abovementioned and compliance with the prerequisites of Law on the Development of Academic Staff in the Republic of Bulgaria, the Statute for its application in the University "Prof. D-r Asen Zlatarov" – Burgas, I have well-reasoned rationale to give a POSITIVE EVALUATION and

therefore recommend the honorable academic jury members to vote positively for conferral of the academic rank "Associate Professor" in the scientific specialty Kinesitherapy; higher education field 7. Health Care and Sport; professional field 7.4. Public Health, for the needs of the University "Prof. D-r Asen Zlatarov" – Burgas, to Chief Assistant Professor Gergana Angelova-Popova, PhD.

3 November 2022

Undersigned:……....................…………

/ Prof. Ruska Vasileva Paskaleva, PhD /