

STATEMENT

by Assoc. Prof. Sylvia Ivanova Filkova, PhD
Educational Sector "Rehabilitator", Medical College,
Medical University "Prof. Dr. Paraskev Stoyanov" - Varna

Member of the Scientific Jury, according to Order № RD-243/15.09.2022.
of the Rector of University - Prof. Dr. Asen Zlatarov" - Burgas
in a competition for the academic position of Associate Professor

Regarding: competition for the academic position of "Associate Professor" in the field of higher education 7. Health and Sport, professional field 7.4 Public Health, scientific specialty "Kinesitherapy" SG 45/17.06.2022.

In the competition for the academic position of "Associate Professor", Chief Assisstant Gergana Angelova – Popova, PhD is the only candidate. The submitted set of materials and documents for participation in the competition, contain all the necessary information for evaluation and comply with the requirements of the Law on the Development of Academic Staff in the Republic of Bulgaria (LDASRB), the Regulations for the Implementation of the Law on the Development of Academic Staff in the Republic of Bulgaria (RILDASRB) and the Regulations on the Conditions and Procedure for the Acquisition of Scientific Degrees and the Occupation of Academic Positions at University - Prof. Dr. Asen Zlatarov University - Burgas.

Gergana Angelova Angelova - Popova was born on 15.10.1979 in the city of Burgas. She acquired the Educational Qualification Degree (EQD) "Specialist" in the specialty "Rehabilitator" at the Medical College of the University - Prof. Dr. Asen Zlatarov" – Burgas in 2001.

In 2005 she received a diploma for the Bachelor's degree in "Kinesitherapy" at the NSA "Vasil Levski" - Sofia.

She obtained her Master's degree in 2011 in the specialty "Economic Management - Health Management" at the University "Prof. Dr. Asen Zlatarov" - Burgas. She has many additional courses and qualifications.

In 2018 she defended her educational and scientific degree "Doctor", in the scientific specialty "Theory and Methodology of Physical Education and Sports Training (including Methodology of Medical Physical Education)" - NSA "Vasil Levski" - Sofia.

The candidate's work experience began as a rehabilitation therapist in 2001 in TDCC Ltd. In 2005 she was appointed as a lecturer in practice at the Medical College, University Prof. Dr. "Asen Zlatarov" - Burgas. She worked on a second contract as a rehabilitation therapist at the SPA "Diamond" - Sunny Beach, and in 2010 at the SPA "Rose" at the hotel "Sol Nessebar Palace". In 2019 she was appointed as a kinesiotherapist at the Physiotherapy Centre "Vita" - in Burgas. In 2013, she was appointed as an assistant at "Medical College", University "Prof. Dr. "Asen Zlatarov" - Burgas. In 2022, she started working at "Heart and Brain" Hospital - Burgas - kinesiotherapist (second employment contract).

It is a member of the following organisations:

- The Association of Physiotherapists in Bulgaria (AFB);
- Bulgarian Organization of Sports Physiotherapy (BOSP).

Research papers that have been submitted by the applicant for the competition include a reference in a form demonstrating fulfilment of the minimum requirements for holding the academic post of "Associate Professor", according to the LDASRB.

Dissertation on criterion A, indicator 1 for the award of the educational and scientific degree "Doctor" on the topic "Kinesitherapy in distal radius fractures". For participation in the competition under criterion B, indicator 3, a published habilitation thesis - 1 monograph and a total of 20 scientific publications were submitted.

For participation in the competition under criterion D, indicator 7 - publications in scientific journals, refereed and indexed in world-known databases of scientific information are 2 numbers;

For participation in criterion D., indicator 8 - publications in journals refereed and not refereed in known databases of scientific information are 18 pieces, of which

- Publications in non-refereed Bulgarian journals are 14;
- Publications in unrefereed foreign refereed journals are 4.

The main thematic areas in the scientific works are:

I. Application of kinesitherapy in patients with musculoskeletal disorders and injuries (C.1; D.7.2; D.8.1; D.8.2; D.8.3; D.8.4; D.8.18). The publications present and analyse current theoretical knowledge, practical approaches and our own observations related to the kinesiotherapeutic approach to shoulder impingement syndrome and rotator cuff tears.

II. Rehabilitation of metabolic diseases (D.8.6; D.8.14; D.8.16). As a result of the studies conducted in the above publications, it is concluded that increasing motivation for lifestyle changes - exercise, diet and supplement use - is of utmost importance to improve the quality of life of patients with metabolic syndrome.

III. Impact of spa treatment in common diseases (D.8.5). Based on the results of this study, it is concluded that treatment with Pomeranian mud and lye in combination with other physical and rehabilitation modalities produces significantly better results in terms of pain, function and performance of activities of daily living and is the therapy of choice for many patients to maintain and improve their health status.

IV. Research in children with autism and hypotrophy (D.8.7; D.8.8; D.8.9; D.8.10). In the above publications, the views of health professionals, parents and relatives of children with autism on the special care they need are explored in order to organise appropriate support and understanding from parents. Options for the prevention of hypotrophy in children with disabilities are identified and discussed.

V. Telemedicine and telerehabilitation (D.7.1; D.8.15). In this topic area, a reduced GN-model representing real-time patient-therapist interaction via a videoconferencing platform is discussed. The model describes a tele-rehabilitation protocol and an algorithm for selecting the best rehabilitation treatment based on the patient's dysfunctions and possible outcomes.

VI. Optimizing the quality of student learning and preparation (D.8.11; D.8.12; D.8.17). Research in this topic area focuses on factors that cause fatigue in athletes. An outline of the recovery process is presented. The results of the research on students involved in athletics significantly outperform the results of other students.

VII. Health Management Research (D.8.13). The main scientific and applied contributions are the development of guidelines to optimize the potential development of the department by implementing an effective product, technology, personnel and financial strategy and improving rehabilitation activities.

Regarding the minimum requirements under Annex 1 of the Regulations on the conditions and procedure for the acquisition of scientific degrees and academic positions at the University "Prof. Dr. Asen Zlatarov" - Burgas in scientific field 7. Health and Sport, professional field 7.4. Public Health, the candidate exceeds the minimum total number of points in the groups of indicators for the academic position of Associate Professor, namely:

- Indicator A: 50 points
- Indicator B: 100 points
- Indicator D: 355 points
- Indicator E: 90 points
- Indicator F: 30 points

Gergana Angelova - Popova has a total of 625 points. The minimum number of points for the post of Associate Professor in Area 7. Health and Sport is 450.

I accept the scientific contributions listed systematically in the candidate's reference. They are correctly defined, distinguished by thematic areas and well substantiated in the attached scientific papers. The scientific production of Gergana Angelova - Popova demonstrates competence in the researched areas and reflects her professional training, practical experience, her erudition, interests and dedication in research searches.

Gergana Angelova - Popova manages to combine her scientific and practical experience with her teaching work. This gives me reason to highly appreciate her teaching and learning activities.

My personal impressions of Gergana Angelova - Popova characterize her as purposeful, consistent, efficient, prepared, conscientious and responsible professional, teacher and researcher. She has extensive practical experience in rehabilitation care and is an established and respected teacher and colleague.

Conclusion

The candidate for this competition, Gergana Angelova Angelova - Popova fully meets and exceeds the scores for indicators D, E and F of the minimum requirements in the LDASRB of the University "Prof. Dr. "Asen Zlatarov" - Sofia". 7. Health and Sport, professional field 7.4 Public Health, scientific specialty "Kinesitherapy".

She has developed a suitable career profile with a marked aspiration for development and potential further intensive activity. The candidate provides up-to-date, valuable and sufficient scientific production with innovative ideas and potential for practical applicability. She has very good professional experience and is an established teacher in the field of rehabilitation care.

The overall assessment of the professional development, teaching and learning activity, work with students and young researchers, scientific appearances and contributions, the established authority and recognition of the candidate give me grounds to give a positive opinion and to confidently propose to the members of the Scientific Jury to award to Gergana Angelova Angelova - Popova, academic position of "Associate Professor" in the field of higher education 7. Health and Sport, professional field 7.4 Public Health, scientific specialty "Kinesitherapy".

16.11.2022r.
Varna

Prepared the statement:
(Assoc. Prof. Sylvia Ivanova **ГЕРГАНОВА**)