

Университет  
"Проф. Д-р Асен Златаров"  
8010 Бургас, бул. "Проф. Якимов" №1

Per. № 1595 / 22. 06. 2020 г.

To the Chairman of the Scientific Committee, ordered  
with № RD - 80/16. 03. 2020, of the Rector of the  
University "Prof. Dr. Assen Zlatarov" - Burgas

**REVIEW**

by Prof. Dr. Ioannis Vasileios Papathanasiou, MD, MSc, PhD

**Department of Kinesitherapy**

**Faculty of Public Health**

**Medical University of Sofia**

**Subject:** Competition for the academic position of «Associate Professor», in the field of higher education 7. "Health and Sports", professional field 7.4. Public Health, Kinesitherapy.

In the competition for the academic position "Associate Professor", announced in SG, issue № 5 / 17.01.2020, as well as on the website of the University "Prof. Dr. Assen Zlatarov" - Burgas, one candidate is allowed to participate. Ass.Professor Jordan Todorov Gavrailov, PhD.

By Order of the Rector № RD - 80 / 16.03.2020, I was appointed a member of the scientific jury and I was selected to write a review regarding the procedure for holding the academic position of "Associate Professor" with candidate Ass.Professor Jordan Todorov Gavrailov, PhD.

**I. Analysis of the candidate's career profile**

Jordan Todorov Gavrailov was born in 1977 in the city of Burgas. In 2002, he obtained a bachelor's degree in Kinesitherapy at the University of Ruse "Angel Kanchev" and a master's degree in the same specialty in 2009. He began working as a kinesitherapist at the Military Hospital "St. Georgi Pobedonosets" at the city of Burgas. In the period from 2007-2016 he worked as an assistant at the Medical College at the University "Prof. Dr. Assen Zlatarov", Burgas. During 2015, he acquired a PhD degree from the Faculty of Public Health and Health Care at the University of Ruse "Angel Kanchev" after successfully defending his dissertation entitled "Kinesitherapy for bronchial asthma".

The candidate has conducted qualification courses in PNF, in 2012 in Sofia and in soft tissue mobilization of the lumbosacral region and lower limb, in the city of Burgas.

From 2017 until today, Ass.Professor Jordan Todorov Gavrailov, PhD holds the academic position of "Ass. Professor in the Department of «Rehabilitation and Marine Medicine" in Faculty of Public Health and Health Care and Medical College at the University" Prof. Dr. Assen Zlatarov" - Burgas. He speaks fluently English and intermediate French.

## **II. General description of the submitted materials in the competition**

The documents for participation in the competition of the candidate comply with the requirements included in the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions (PURPNSZAD) at the University "Prof. Dr. Assen Zlatarov "- Burgas.

## **III. Complex qualitative assessment of the teaching activity**

The candidate teaches the discipline "Kinesitherapy" to students of specialty in "Medical Rehabilitation and Occupational Therapy", Bachelor's Degree, full-time education, in Faculty of Public Health and Health Care at the University "Prof. Dr. Assen Zlatarov "- Burgas, as well as students of specialty in "Rehabilitator ", ACS "Professional Bachelor ", full-time education at the Medical College at the University "Prof. Dr. Assen Zlatarov "- Burgas. The Ass. Professor Jordan Todorov Gavrailov, PhD participates in the development of curricula in "Kinesitherapy" for the specialty "Medical Rehabilitation and Occupational Therapy", Bachelor's degree, full-time training and for the specialty "Rehabilitator", Professional Bachelor's degree, regular training at the Medical College at the University "Prof. Dr. Assen Zlatarov "- Burgas. The candidate participates in the practical education and undergraduate internship of students of specialty in "Medical Rehabilitation and Occupational Therapy", Bachelor's degree, full-time education. The report on the workload shows the overwork of the candidate. The report of the candidate workload for the last five years shows a large overworkload. For the academic year 2015-2016 the last was 723 hours with a norm of 360 hours, respectively, for 2016-2017 688.4 hours, for 2017-2018 694 hours, for 2018-2019, 421 hours, and for 2019-2020 respectively 408.4 hours.

## **IV Assessment of the publications**

In the present competition, the Ass. Professor Jordan Todorov Gavrailov, PhD candidate with 1 habilitation thesis-monograph on indicator B1, entitled "Kinesitherapy for vestibular dysfunction" and with 25 scientific publications in non-indexed journals with scientific review - on G8 indicator, as in 14 (56%) of them, the candidate is the leading author, and in the eleven of them (44%) is a co-author.

Fifteen (15) of the submitted publications have been published in collections and issues collective volumes, as four (4) of them have been printed abroad resp. in Montenegro and Serbia. For the needs of this competition the Ass. Professor Jordan Todorov Gavrailov, PhD presented one (1) monograph published in 2020, as well as two (2) university textbooks entitled "Medical and social rehabilitation of diabetes and its complications" and "Prevention of occupational diabetes" and stress in health professionals. "

In the presented scientific papers of the Ass. Professor Jordan Todorov Gavrailov, PhD, various issues related to kinesitherapy were considered, the most important of which were focused on pulmonary rehabilitation and particular the kinesitherapy of patients with bronchial asthma. The candidate presents the application of a methodology for home-based training in patients with asthma, as well as the own developed algorithm and methodological guidelines for respiratory gymnastics in children suffering from bronchial asthma. The Ass. Professor Jordan Gavrailov, PhD describes in detail in his own analysis of the

competitiveness and prospects of spa and wellness services in Bulgaria, while considering them as an essential preventive and interventional tool for cardiovascular disease. The candidate presents positive results from the effects of a self-developed physical program leading to stress reduction.

V.1. The directions of the published manuscripts are the following:

The published works of the candidate are divided into the following thematic areas

- I. Prevention of health status in patients with bronchial asthma
- II. The effects of SPA and wellness
- III. Rehabilitation of socially significant diseases
- IV. The quality of education and training of health care professionals
- V. Physical therapy programs in children suffered from systemic connective tissue diseases
- VI. Prevention of stress

Ass. Professor Jordan Gavrailov, PhD presented a list and evidence for a total of 11 citations identified in monographs and collective volumes with scientific review.

1. Fulfillment by the candidate of the conditions for holding the academic position "Professor" in accordance with existing Law for Scientific Development of the Academic Staff in Bulgaria (LSDASB) as well as the basic national requirements, as well as in accordance with Regulations at the University "Prof. Dr. Assen Zlatarov "Burgas basic required points

The candidate fulfills the conditions for holding the academic position of "associate professor" in accordance with Art. 29 of (LSDASB) and minimum required points for the academic position "Associate Professor", according to (RLSDASB) in Area 7. "Health and Sports", professional field 7.4. "Public Health". The candidate also fulfills all the conditions for holding the academic position of "associate professor" in accordance with Art. 73 of the Regulations on the terms and conditions for acquiring scientific degrees and holding academic positions at the University "Prof. Dr. Assen Zlatarov" Burgas and basic required points (See Table 1).

**Table 1.** Basic required points for the academic position of "Assoc. professor" in Area 7. "Health and Sports", professional field 7.4. "Public Health" according to (RLSDASB), Basic required points for the academic position of "Associate Professor" in Area 7. "Health and Sports", professional field 7.4. "Kinesitherapy" according to RLSDASB at the University "Prof. Dr. Assen Zlatarov"-Burgas.

Indicator groups	Academic position „Assoc. Professor“		
	Fulfillment	Basic National Requirements	Basic National Requirements University "Prof. Dr. Asen Zlatarov"- Burgas.
A Indicator 1	50	50	50
B Indicator 2	0	-	0
C Indicator 3	100	100	100
D Indicator 4	267,5	200	220
E Average of indicators 5 - 9	110	50	60
F Average of indicators 10 -12	39,4	-	20
<b>Overall</b>	<b>566,9</b>	<b>400</b>	<b>450</b>

They do not overlap with the publications that the candidate has presented in the defense of the dissertation for educational and scientific degree "Doctor", as well as for holding the academic position of "Assistant Professor".

№	Type of publication	Unique author	Co-athorship	Overall
		Overall	Overall	Общ брой
1.	Monograph	1	-	1
2.	Group-based monograph	-		
3.	Thesis	-	-	-
4.	Publication		10	10
5.	Scientific announcement		15	15
6.	Textbooks, Compendiums, Manuals		2	2
7.	<b>Overall number of</b>		<b>27</b>	<b>28</b>

#### VI. Reflection of the candidate's publications in the national and foreign literature

Data for implementation of the basic national requirements by group's indicators for the different scientific degrees and academic positions, according to art. 29, para. 3 of LSDASB shows that Assistant Professor Jordan Gavrailov, PhD achieved 110 points, when the minimum required points are 60.

#### **VII. Participation, implementation and project management**

For the needs of this competition ch. Assistant Professor Jordan Gavrailov, PhD presented evidence for participation in a total of five intra-university research projects, one of which is headed by:

1. Contract № NIH-388/2017 on the topic "Study of occupational stress in health professionals" (2017-2019). Project manager.
2. Contract № NIH-299/2013 on the topic "Modern approaches and methods in the training of students from the Medical College in rehabilitation and prevention of diabetic foot" (2013).
3. Contract № NIH-314/2014 on the topic "The role and place of thalassotherapy and balneological resources in the Burgas region for prevention and rehabilitation of diseases of the musculoskeletal system and peripheral nervous system." (2014-2015).
4. Contract № NIH-334/2015 on the topic "Modern methods and approaches for training students of specialties Medical Rehabilitator and Occupational Therapist to work in Medical SPA Center" (2015).
5. Contract № NIH-410/2018 on the topic "Innovative approaches in the training and qualification of health professionals for the prevention of diabetes and its leading complications" (2018-2019).

#### **VIII. General assessment of the applicant's compliance with the mandatory conditions and the mandatory quantitative criteria and scientometric indicators**

Based on the submitted self-assessment reference-for fulfillment of the national basic scientometric criteria, it is evident that Jordan Gavrailov, Ph.D. in the University of Dr. Assen Zlatarov "- Burgas.

#### **Critical issues and recommendations**

In the scientific production presented by the candidate, the lack of scientific papers published in international journals, indexed in databases, was observed. This vacuum seriously limits the visibility as well the number of citations of the candidate in the international journals. I would recommend the candidate to focus his publishing activity in foreign and international journals, and particular to those with impact factor (IF), in order to promote his work. On the other hand, Ass.Professor Jordan Gavrailov, MD could issue a monograph on the prospects of balneal and spa tourism in Bulgaria in English.

#### **Conclusion**

The Assistant Professor Jordan Gavrailov, PhD is a promising scientist and researcher with already acquired teaching experience. The submitted materials for the needs of the present competition show that he covers all the requirements for holding the academic position of "Associate Professor" set in the Law on its implementation, as well as Section IV "Conditions for holding the academic position of" Associate Professor "of the Regulations on the terms and conditions for acquisition of scientific degrees and holding academic positions at the University "Prof. Dr. Assen Zlatarov "- Burgas. The quantitative evaluation of its scientific production, as well as the conducted educational activity show compliance with the

scientometric criteria and requirements set in the Regulations of the University "Prof. Dr. Asen Zlatarov "- Burgas. Following his professional growth, I give my positive vote of his election as "Associate Professor" and recommend the members of the esteemed scientific jury to award Ch. Assistant Professor Jordan Gavrailov, PhD Academic position "Associate Professor" in the field of higher education 7. Health and Sports; Professional field: 7.4. Public Health; Scientific specialty "Kinesitherapy" for the needs of the Department of Rehabilitation and Marine Medicine at the University "Prof. Dr. Asen Zlatarov "- Burgas.

06/21/2020

Reviewer

Prof. Dr. Ioannis Papatheanasiou, MD, MSc, PhD

проф. д-р Йованнис Палатанасиу, дм  
Специалист по Ф.Р.М.  
Медицински Университет-Пловдив  
УИН: 1700004273