

## REPORT

by Assoc. Prof. Simeon Aleksandrov Ribagin, PhD

University "Prof. Dr. Assen Zlatarov" – Burgas,

As a member of the Scientific Board of the announced competition, by Rector's Order № ПД – 80/16.03.2020 of the University "Prof. D-r. Assen Zlatarov" – Burgas

**Regarding:** Competition for academic position "associate professor" in 7. Health Care and Sport, professional field 7.4. Public Health, scientific specialty "Kinesitherapy" published in the State Gazette, issue 5/17.02.2020.

One candidate, senior assist. prof. Dr. Jordan Todorov Gavrailov, is currently taking part in the competition for the academic position of " associate professor ". The submitted documents have been prepared in accordance with the requirements of the Law for the Development of the Academic Staff in the Republic of Bulgaria (ZRASRB), the Regulations for its implementation, as well as the regulations for the conditions and the procedure for acquiring academic degrees and occupying academic positions in the University "Prof. Dr. Assen Zlatarov" – Burgas.

Dr. Gavrailov was born in 1977 in the city of Burgas. He acquired his Master Degree in Kinesitherapy, at the University of Ruse „Angel Kanchev”, Faculty of Public Health and Health Care in 2009. In 2013 he obtained his PhD degree in Theory and methods of physical education (and also remedial gymnastics), (dissertation topic: Kinesitherapy of Patients with Bronchial Asthma) at the University of Ruse „Angel Kanchev”. In 2013 he was elected " senior assistant. professor " at the Faculty of Public Health and Health Care and Medical College of the University "Prof. Dr. Assen Zlatarov" – Burgas.

The long-term academic activity of senior assist. prof. Dr. Jordan Todorov Gavrailov consists of lectures and practical exercises for students majoring in "Medical Rehabilitation and Occupational Therapy", specialty "Rehabilitator", as well as in the preparation of curriculum in "Kinesitherapy". The biographical information presents the candidate as a proven academic lecturer with clearly expressed scientific interests in the professional field of the current competition procedure, which fully justifies the requested participation of the candidate.

In the current competition for the academic position of " associate professor ", the applicant participates in a total of 20 scientific publications, 2 published teaching aids and a Habilitation work – individual monograph. Dr. Gavrailov is a sole author of 2 of the papers and a first author of 9. Dr. Gavrailov participated in 5 national



scientific and educational projects, as in 1 of them being a project leader. The applicant has clearly defined scientific profile. Based on the presented documents, his research is focused on the study of several scientific fields. Depending on the subject of study, contributions can be divided into the following main groups:

- Health prevention in patients with bronchial asthma (Γ.8.1., Γ.8.2, Γ.8.4). Here the impact of different rehabilitation methods and choice of methodology according to the stage of the disease in asthmatically ill patients is studied.
- Application of spa and wellness effects (Γ.8.4, Γ.8.5, Γ.8.8, Γ.8.14). The candidate's research in this area is expressed in the promotion and use of the spa and wellness impact as a means of prevention,
- Rehabilitation in socially significant diseases (Γ.8.9, E.1.). In this direction the focus is on the application of innovative approaches and interventions in the complex medical and social rehabilitation of diabetes mellitus, as well as on the theoretical and practical education on the problems related to the disease.
- Optimizing the quality of education and training of health care professionals (Γ.8.10). The candidate proposes an optimization of the quality of education and the training of the health care specialists with the development of a specific training program focused on the "Medical Spa Center" work field.
- Effects of physiotherapy on the systemic connective tissue disease in childhood (Γ.8.11). The scientific contribution in this direction has been developed on a complex physiotherapy approach in children with juvenile idiopathic arthritis.
- Studying the existing assessments, evaluation and kinesitherapy treatment of vestibular dysfunctions (B.1., Γ.8.7, Γ.8.12, Γ.8.13, Γ.8.16, Γ.8.17). The main scientific and scientific-applied contributions of the candidate in this direction are related to the recommendation and modernization of the tests for assessment of postural equilibrium functions and enrichment of the means and methodology of vestibular kinesitherapy.
- Stress prevention (E.2., Γ.8.15, Γ.8.18). Here, the emphasis on the prevention of occupational stress based on scientific evidence and stress reduction through the development of a comprehensive program with spa effects is a serious contribution of the candidate.
- Specialized massage techniques and tools for therapeutic massage (Γ.8.5, Γ.8.6, Γ.8.19, Γ.8.20). The analytical application of various massage techniques and supporting massage tools for various functional disorders is discussed and some critical outlines in terms of complex treatment are proposed.



The materials presented by Dr. Gavrailov meet and exceed the requirements for occupying the academic position of "associate professor" according to the Law for the Development of the Academic Staff in the Republic of Bulgaria (ZRASRB), as well as the regulations specified in Annex №1, for the conditions and the procedure for acquiring academic degrees and occupying academic positions in the University "Prof. Dr. Assen Zlatarov" – Burgas, in the scientific field 7. Health Care and Sport, as following:

- Criteria A: 50 points
- Criteria B: 100 points
- Criteria C: 267.5 points
- Criteria D: 110 points
- Criteria E: 39.4 points

The total sum of the points of the participant is **566.9** and the minimum required amount of points for the academic position of "associate professor" in the scientific field 7. Health Care and Sport is **450** points.

### **Conclusion**

The documents and materials presented at the competition show convincingly the valuable scientific achievements of Dr. Gavrailov. The scientific indicators fully responded to the law and requirements for the occupation of the academic position "associate professor" in the University "Prof. Dr. Assen Zlatarov" – Burgas. The above gives me a reason to assess **positively** the candidature of Dr. Gavrailov and to recommend to the members of Scientific Jury to prepare a report-proposal to the Scientific Council of University "Prof. Dr. Assen Zlatarov" – Burgas for the election of senior assist. prof. **Dr. Jordan Todorov Gavrailov as "Associate professor"** in the scientific field 7. Health Care and Sport, professional field 7.4. Public Health, scientific specialty "Kinesitherapy".

19.06.2020

**Member of the Scientific Board**

/ Assoc. Prof. Simeon Aleksandrov Ribagin, PhD/