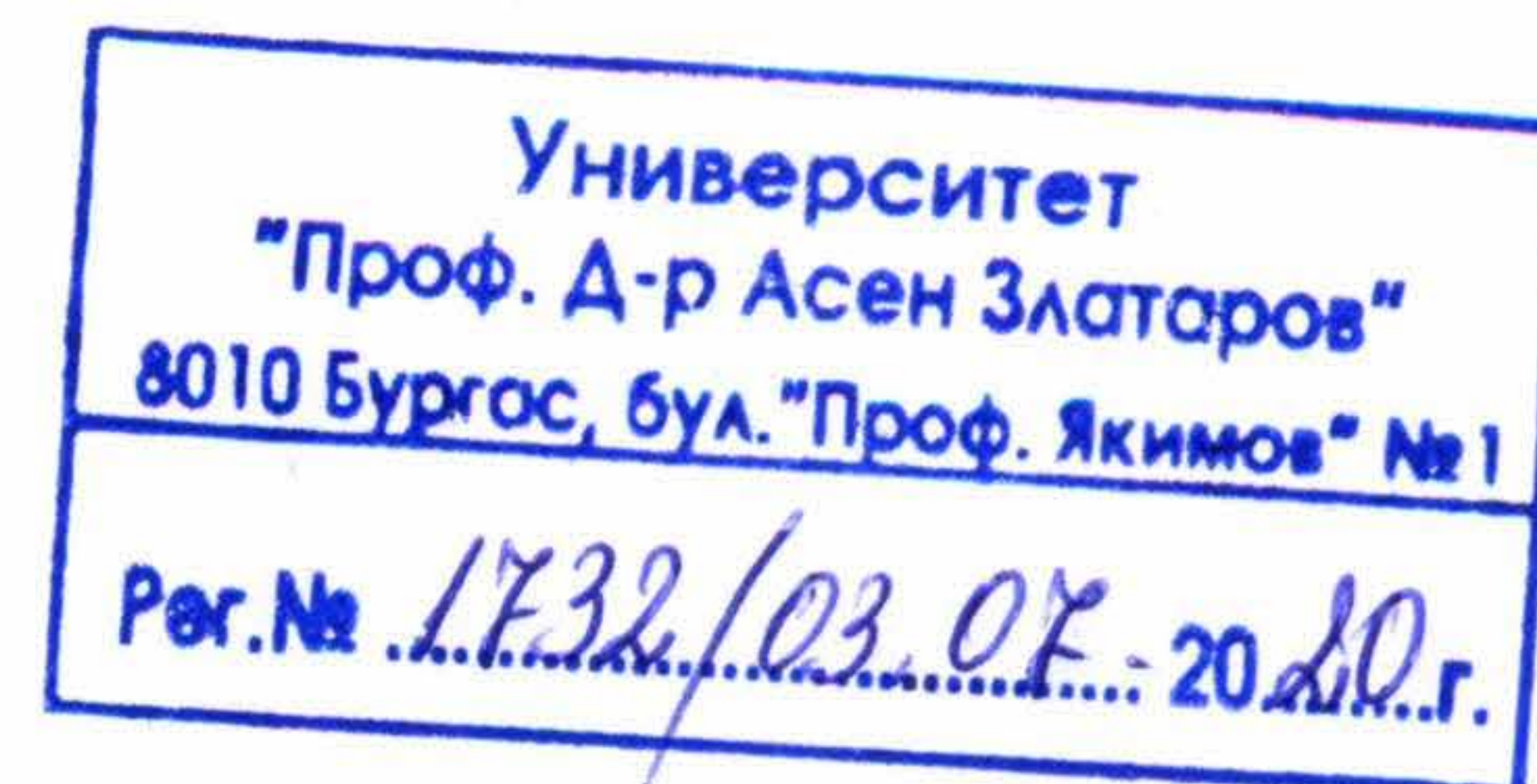


REVIEW



By: Prof. ANTONIYA YORDANOVA YANAKIEVA, PhD
Member of the scientific committee according to order PK-79/ issued from 16 March 2020
by the Rector of the Prof. Dr. Asen Zlatarov University, Burgas

Subject: Competition for academic position **ASSOCIATE PROFESSOR** in the field of Higher Education 7. Health and Sports, Professional Field 7.4 Public Health, scientific specialty of Social Medicine and Organisation of Healthcare and Pharmacy at the Prof. Dr. Asen Zlatarov University, Burgas, announced in the State Newspaper issue №5 /17 January 2020

By the order PK-79 of 16 March 2020 issued from the Rector of the Prof. Dr. Asen Zlatarov University, Burgas, I was elected as a member of the scientific committee for procedure for holding the academic position **Associate Professor** in Department of Rehabilitation and Marine Medicine of the Faculty of Public Health and Healthcare, in the field of Higher Education 7. Health and Sports, in Professional Field 7.4 Public Health, scientific specialty of Social Medicine and Organisation of Healthcare and Pharmacy.

I. Review of the candidate's career profile

Svetla Mihaylova Shopova, Chief Assistant, has obtained in 2003 a Specialist's degree of physiotherapist at Medical College by Prof. Dr. Asen Zlatarov University, Burgas. In 2007 obtained Bachelor's degree in Healthcare Management at the Prof. Dr. Asen Zlatarov University, Burgas, and in 2010 a Master's degree in Healthcare Management by the same university. In 2017 obtained a PhD in the professional field 7.6 Sports in the scientific specialty of Theory and Methodology of Physical Education and Sports Training (including Methodology of Physical training).

During the period 2009-2015 Chief Assistant Shopova has held a position Assistant in the Medical College of the Prof., Dr. Asen Zlatarov University, Burgas. Since 2015 she is a currently Chief Assistant in the same college. The candidate participated in 5 scientific and research projects. She speaks French, English and Russian languages, and she has good communication, organisational and digital skills.

II. General description of the materials submitted in the competition:

For participation in the competition Chief Assistant Shopova presents scientific publications that exceed the minimum quantitative criteria requirements included in

Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at the University "Prof. Dr. Assen Zlatatov"- Burgas

Chief Assistant Shopova, provided in this competition a total of 24 scientific publications. She has 20 publications and reports in non-referenced journals with scientific peer reviews or published in collective volumes. The candidate has presented a published chapter in a collective monograph and participation in two university textbooks. The total number of citations is 12.

III. Assessment of the scientific contributions by the candidate to the overall academic development

- ✓ General characteristics of the scientific production and publication activity

Scientific production of Chief Assistant Shopova features analytical and in-depth thinking. The main fields are: prevention of the health status of patients with bronchial asthma; rehabilitation of socially significant illnesses; applying the SPA&Wellness treatments; optimisation of the quality of education and training of the healthcare specialists; Physiotherapy for vestibular function, etc.

- ✓ Scholar activity – dissemination and usage of the scientific and practical achievements of the candidate among the scientific society.

Chief Assistant Shopova took part in a numerous of national science forums, and presents her results in Bulgarian and international scientific journals.

- ✓ Evaluation of scientific and research activity

The candidate provided following list of publications in specialised scientific literature:

- publications in non-referenced journals with scientific peer reviews or published in collective volumes;
- a monograph;
- co-authored textbooks.

Main fields of the candidate's scientific and research activity are:

First of all, the scope, thoroughness and significance is "**Prevention of health status in patients with bronchial asthma**", and the most important scientific and theoretical contributions characterized by the study of the impact of physiotherapy programs. Scientific reviews and practical examples focus on the methodology of rehabilitation for bronchial asthma and the choice of methods in accordance with the article of the disease.

Second, **application of SPA&Wellness treatments**. The main contributions of the candidate are related to the promotion of the concept and interpretation of "SPA", based on promotion of health and prevention of diseases. The method of cyclic monitoring of

physical activity of the working-age human based on a direct relation between physical activity, stress relief, depression and anxiety proposed by the candidate.

Third scope of activity refers to **Rehabilitation of socially significant diseases**. The main contributions are in the application of innovative forms, methods and approaches of theoretical and practical training on the problems of diabetes and its complications of diabetic foot and diabetic polyneuropathy, as well as the systematization of the possibilities of natural and reshaped physical factors in the rehabilitation of diabetes and related complications. The candidate took part in two scientific research projects in Prof., Dr. Asen Zlatarov University, Burgas: “Modern approaches and methods in teaching medical College students in rehabilitation and prevention of diabetic foot” and “*Innovative approaches to training and qualification of healthcare professionals for the prevention of diabetes and its leading complications*”.

The fourth scope relates to the **optimization of quality education and training of healthcare professionals**. The scientific contributions are also supported by a project “Scientific contributions are also supported by the project on modern methods and approaches to training students” medical rehabilitator and occupational therapist“ to work in Spas and rehabilitation centres.

Other fields

Chief Assistant Svetla Shopova applies makes scientific developments and scientific publications in other fields as well, such as Use of Studies and Physiotherapy Means of Treatment of the Vestibular Function, where she focused on study of the vestibular disorders by means of Fukuda step-test. An algorithm was created for the test with the refinement of individual elements and its implementation. She has taken participated in the project *Role and Place of Thalassotherapy and the Balneological Resources in Burgas Area for Prevention and Rehabilitation of Diseases of the Musculoskeletal System and the Peripheral Nervous System*. Idiopathic Juvenile arthritis is the most common systemic joint tissue disease in childhood and a serious cause of disability. The candidate has developed a digital methodological guide for correct performance of aerobic gymnastics elements for prevention of complications from the cardiovascular system, both for children and to help parents in teaching children. In the field of stress prevention, the following scientific and applied contributions can be indicated: the candidate developed a model and tools for prevention and effective management of work stress for healthcare professionals in hospital structures, the development of a comprehensive stress prevention program with Spa treatments, etc. Scientific contributions are also presented in a focused study of occupational stress through medical professionals, as well as in the direction of specialized massage techniques and tools for therapeutic massage, which was also published as a monograph on the topic of *Chinese Traditional Medicine Massage Techniques to Offer a Relief to Patients with Meniere's Disease*.

IV. Evaluation of monographs or equivalent publications presented by the candidate for the competition in holding position ASSOCIATE PROFESSOR Procedure.

The candidate presents his participation in a monograph on the topic "tools of therapeutic massage", published this year.

V. Comprehensive quality assessment of the candidate's methodological and teaching activity, Including mentoring students and trainees

The candidate teaches the following modules in Prof., Dr. Asen Zlatarov University, Burgas: Therapeutical massage, SPA&Wellness in the following specialties: "Medical Rehabilitation and Occupational Therapy" of the Bachelor's Degree and Rehabilitator's specialty, Professional Bachelor's Degree.

Chief Assistant Shopova has participated in curriculum preparation in the "Therapeutic Massage": for the specialty "Medical Rehabilitation and Occupational Therapy" of the Bachelor's Degree and the "Physiotherapy" specialty for the "Professional Bachelor", "Spa and Wellness methods for rehabilitation and prevention", as well as in the curricula of "Training Practice and Undergraduate Internship". The candidate's teaching activity exceeds the required minimum of 360 academic hours.

VI. Common assessment of the candidate's compliance with the mandatory conditions and the mandatory quantitative criteria and quantitative criteria requirements according to Regulations on the terms and conditions for obtaining scientific degrees and holding academic positions at the Prof. Dr. Asen Zlatarov University.

The presented documentation for competition demonstrated, that Chief Assistant Shopova meets the requirements for holding academic position of "Associate Professor" according to the Regulations on the terms and conditions for obtaining scientific degrees and holding academic positions at the University "Prof. Dr. Asen Zlatarov"- Burgas, in the Act on the Development of Academic Staff in the Republic of Bulgaria and the Regulations for its application.

VII. Conclusion

The submitted documentation in competition, scientific presentations of the candidate, including the academic load, allowed me to note that the Chief Assistant Svetla Shopova is a responsible scientific researcher and she meets the requirements for holding academic position "Associate Professor" according to the Act on the Development of Academic Staff in the Republic of Bulgaria. I endorse the opinion that the most important thing for a scientific researcher is to manage to preserve his creative approach and individuality. The advantages I have mentioned, such as contribution and achievements in the Public Health scope, undoubtedly contribute to the high evaluation of the candidate.

In addition to the scientific work data which are quite convincing, and based on the abovementioned, I give my high assessment and positive vote to Chief Assistant Svetla Shopova for holding the academic position "Associate Professor" in the Higher Education Area 7. Health and Sports, in Professional Field 7.4 Public Health, Scientific specialty of Social Medicine and Organisation of Healthcare and Pharmacy for the needs of the Department of Rehabilitation and Marine Medicine at the Faculty of Public Health and Healthcare of the Prof. Dr. Asen Zlatarov University, Burgas.

30 June 2020

Signature: /...../

Sofia

Prof. ANTONIYA YANAKIEVA, PhD