

## Opinion

for awarding the academic position of "associate professor",  
of Dr. Nikolay Radoslavov Mirinchev, MD,  
in the field of higher education: 7. Healthcare and sports,  
professional direction 7.1. medicine,  
scientific specialty "Urology"  
from  
Prof. Dr. Valentin Konstantinov Vasilev, d.m  
Member of a scientific jury  
according to Order No. 249 of 15.09.2022 of  
Rector of the University "Prof. Dr. Asen Zlatarov", Burgas

The competition announced in the State Gazette no. 45 of 17.06.2022, one candidate appeared - Dr. Nikolay Radoslavov Mirinchev, md, who meets the requirements and criteria of the Regulations for the terms and conditions for acquiring scientific degrees and for holding academic positions at the University "Prof. Dr. Asen Zlatarov", Burgas.

The opinion has been prepared in compliance with the Law on the Development of the Academic Staff in the Republic of Bulgaria (LDASRB), the Regulations for the Implementation of the LDASRB and the Regulations for the Terms and Conditions for Acquiring Scientific Degrees and Holding Academic Positions at Prof. Dr. Asen Zlatarov University " – Burgas.

The only candidate in the competition is Dr. Nikolay Radoslavov Mirinchev, MD.

### **1. Presentation of the candidate**

Dr. Nikolay Radoslavov Mirinchev graduated as a doctor at the Medical University "Prof. Dr. Paraskev Stoyanov" Varna in 1993. In 2009 he completed a master's degree in "Health Management" at the University "Prof. Dr. Asen Zlatarov" - Burgas. The candidate acquired the specialty "Urology" in 1998 at the Medical University of Sofia, Sofia. In 2022, after a successfully defended dissertation on the topic "Prostate biopsy, modern methods and challenges", he obtained the educational and scientific degree "doctor" in the specialty "Urology" at Sofia Medical University.

Dr. Nikolay Mirinchev's experience as a urologist in the Department of Urology, UMBAL Burgas AD, Burgas is 29 years - from December 1993 he was a urologist, and from December 2003 to July 2014 - a senior doctor in the Department in urology, MBAL Burgas. From August 2014 to the present, he is the head of the Department of Urology at UMBAL Burgas AD, Burgas.

His teaching experience at "Prof. Dr. Asen Zlatarov" University dates from March 2021 as a part-time teacher.

## **2. Description of the presented materials**

The necessary materials for participation in the competition have been submitted in accordance with the requirements of the Regulations for the Terms and Conditions for the Acquisition of Scientific Degrees and the Occupancy of Academic Positions at the University "Prof. Dr. Asen Zlatarov" - Burgas.

## **3. Scientific, scientific-applied activity and evaluation of the candidate's personal contribution**

Dr. Nikolay Mirinchev has a total of 17 scientific publications in peer-reviewed journals or in collections with a signature, with a scientific editor and publisher, and in accordance with the national and university educational-normative basis for acquiring scientific degrees and holding academic positions.

Dr. Nikolay Mirinchev, PhD, has sufficient scientific output, as he has submitted 13 scientific papers for awarding and occupying the scientific position "associate professor":

- 1 monograph paper,
- 1 book based on a protected dissertation work,
- 1 publication, referenced and indexed in world-renowned databases with scientific information (Scopus; Web of Science),
- 10 full-text publications and reports in non-refereed peer-reviewed scientific journals or published in edited collective volumes.

The submitted scientific publications for participation in the competition have not been used in previous procedures and are in the field of the announced competition. The candidate is the author of a habilitation thesis: "Ureteroscopy and retrograde intrarenal surgery" ISBN 978-619-7559-12-5. The monograph is well illustrated and organized and is of interest to specialists wishing to enrich their urological knowledge in upper urinary tract endoscopy.

Dr. Mirinchev's publications for participation in the competition are dedicated to Endoscopic treatment of diseases of the upper floors of the excretory system; Diagnosis and treatment of benign and malignant diseases of the prostate gland, Urological emergencies, Treatment of erectile dysfunction.

Topics covered include:

1. Correlation between PIRADS score of MP MRI (multiparametric magnetic resonance imaging) and Gleason scores in positive MP MRI fusion transperineal primary biopsies of the prostate.
2. The correlation between the presence of hypoechoic areas in the transrectal ultrasonography of the prostate and the digital rectal examination, in a positive transrectal ultrasonographic (TRUS) biopsy of the prostate.
3. Complications after biopsy of the prostate gland, which still represent a clinical problem, especially when it comes to infections related to bacteremia and sepsis, as well as hemorrhage leading to acute anemia and even the need for hemotransfusion. Although the 12-point TRUS biopsy is widely advocated worldwide, it remains with a high rate of complications, and therefore the decision for a biopsy should be based

on the criteria and indications according to the recommendations of the European Association of Urology.

4. The diagnostic methods for detecting prostate cancer (PC) (digital rectal examination, prostate-specific antigen, genetic tests for hereditary PC, biomarkers, urine biomarkers, imaging studies), the possibilities of their application and the strategy for mass screening for prostate cancer in the men.

5. The efficacy and safety of extracorporeal low-intensity wave therapy (LI-SWT) in patients with chronic prostatitis (CP) and chronic pelvic pain syndrome (CPPS), allowing to quickly reduce the intensity of the pain symptom and the treatment is not accompanied by side effects. By reducing pain, LI-SWT significantly improves the quality of life of patients with CP and CPPS, which is of primary importance for most of them.

6. Comparative evaluation of thulium laser transurethral vapor resection (ThuVAP) and bipolar transurethral resection of the prostate (B-TURP) in benign prostatic hyperplasia and symptoms of lower urinary tract obstruction, proving that:

- Both procedures are effective in treating benign prostatic hyperplasia and symptoms of lower urinary tract obstruction.

- Laser vapor resection of the prostate using a 200w Thulium laser (ThuVAP) demonstrated higher intraoperative safety in terms of hemostatic properties compared to B-TURP.

- Perioperative parameters such as catheterization time and hospital stay favor ThuVAP.

- Thulium laser vapor resection of the prostate in men with moderate to severe lower urinary tract symptoms with a prostate volume of 30 to 80 mL is an alternative to transurethral bipolar resection of the prostate (B-TURP).

7. Efficacy of low-intensity extracorporeal shock wave therapy for the treatment of chronic pelvic pain syndrome IIIb, significantly and rapidly reducing pain intensity and improving patients' quality of life (QoL).

8. Bilateral single-act urethroscopic approach in patients with obstructive anuria from bilateral ureterolithiasis, which is a modern, minimally invasive and patient-friendly approach to overcome this severe emergency.

9. The use of software for 3D processing of DICOM files to predict the duration of laser lithotripsy in a group of stones with different 3D configuration. The application of 3D reconstruction in real urological practice is proven, as an advantage in preoperative counseling. With the help of this software, an individual approach is possible in each individual case for planning the operative intervention - stages and operative approach, choice of instruments and source of energy.

Also, Dr. Mirinchev has a total of 17 citations of his scientific works, of which citations or reviews in scientific publications, referenced and indexed in world-famous databases with scientific information or in monographs and collective volumes - 1 issue and citations in non-refereed journals with scientific review - 16 issues.

According to the attached references, Dr. Mirinchev participated in the competition with 17 citations, of which 1 was in a scientific publication referenced and indexed in

world-renowned databases with scientific information and 16 in non-refereed journals with scientific review.

According to the scientometric indicators of the University, in accordance with the LDASRB and the Regulations for the implementation of the LDASRB, the minimum requirements for candidates for associate professor are to have 450 points, while Dr. Nikolay Mirinchev, MD, has 665 points:

Indicator C3 – 100 points;

Group of indicators D – 340 points;

Group of indicators E – 95 points;

Group of indicators F – 70 points.

#### **4. The educational and teaching activity of the candidate**

Dr. Nikolay Mirinchev teaches at the University "Prof. Dr. Asen Zlatarov", Burgas in the disciplines "Urology" and "Educational/Clinical Practice" for medical assistants and "Internal Diseases" for rehabilitators.

An essential part of his teaching experience is the training of students in practice at "UMBAL- Burgas" - from 2017 to the present. In parallel with this, from 2016 until now, he has been training specialists in the specialty "Urology" in the Department of Urology of UMBAL-Burgas. Under his guidance, two interns have earned a degree and one is currently in training. Dr. Mirinchev participated in four diagnostic modules of the project "Management of non-neurogenic symptoms of the lower urinary tract in men, including benign prostatic obstruction" for the training of specialists and specialists in urology.

The candidate for the competition has teaching experience. He is an established specialist in practice and has proven achievements and professionalism in his field.

#### **5. Testimonials**

I recommend Dr. Nikolay Mirinchev, MD to direct his efforts to publishing his scientific results in scientific publications, referenced and indexed in world-renowned databases of scientific information.

#### **6. Conclusion**

The scientific criteria and quantitative indicators for the scientific, teaching and medical activities of Dr. Nikolay Radoslavov Mirinchev, md meet the requirements and criteria for "associate professor" of the Regulations for the terms and conditions for acquiring scientific degrees and for holding academic positions at the University "Prof. Dr. Asen Zlatarov", Burgas.

The candidate is a proven urologist, demonstrates competence and precision in his work and is constantly expanding his interests.

I believe that the scientific output and the teaching and teaching qualities of Dr. Nikolay Radoslavov Mirinchev, md., meet the requirements of LDASRB, the Regulations for the implementation of LDASRB and the Regulations for the terms and conditions for acquiring scientific degrees and holding academic positions at the

University "Prof. Dr. Asen Zlatarov" – Burgas to occupy the academic position of "associate professor" in professional direction 7.1. "Medicine".

Based on the above, I give a positive assessment to the candidacy of Dr. Nikolay Radoslavov Mirinchev, MD.

This gives me the reason to give my positive assessment and to propose to the respected members of the Scientific Jury to propose to the Faculty Council of the Faculty of Public Health and Health Care at the University "Prof. Dr. Asen Zlatarov" - Burgas to choose Dr. Nikolay Radoslavov Mirinchev, MD of the academic position " associate professor " in the field of higher education: 7. Health care and sports, professional direction 7.1. Medicine, scientific specialty "Urology".

03.11.2022  
City of Burgas

Signature:  
(Prof. Dr. V. Vasilev, MD)