

STATEMENT

by Assoc. Prof. **Lyubomira Naidenova Sazdova, PhD**
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and Tourism, National Sports Academy "Vasil Levski", Sofia
Member of the Scientific Jury, according to **Order № РД 243/ 19.09.2022**
of the Rector of the University "Prof. Dr. Asen Zlatarov", Burgas, Prof. Dr. Magdalena
Mitkova

Regarding: competition for acquiring the academic position of "**Associate Professor**" in the field of higher education 7. "Health and Sports", professional field 7.4. "Public Health", for the needs of teaching in the specialty "Rehabilitator", announced in SG no. 45/17.06.2022.

The statement was prepared in accordance with a decision of the first meeting of the Scientific Jury. In the competition participates only one candidate - Chief Assistant Professor Gergana Angelova-Popova, PhD, who presented a complete set of documents in accordance with the requirements of the Development of the Academic Staff in the Republic of Bulgaria Act, the Regulations for its application and the Regulations for development of the academic staff of University "Prof. Dr. Asen Zlatarov", Burgas.

Biographical data and career development

Gergana Angelova-Popova graduated with a specialty "Rehabilitator", *Specialist's degree*, in 2001 at the Medical College, University "Prof. Dr. Asen Zlatarov, Burgas. In 2005 she acquired *Bachelor's degree*, specialty "Kinesitherapy" at the National Sports Academy "Vasil Levski", Sofia, and in 2011 – *Master's degree*, specialty "Business Administration - Health Management" at the University "Prof. Dr. Asen Zlatarov", Burgas. In 2018 she successfully defended the Educational and scientific degree "*Doctor*", with the topic of the dissertation work "Kinesitherapy in fractures of the distal radius".

The candidate's work experience is a total of 22 years, of which over 20 years as a practicing specialist - rehabilitator and kinesitherapist (in TDKTC OOD - Burgas, SPA center "Diamant" - Sunny Beach, SPA center "Rose" - hotel "Sol Nessebar Palace" , Physiotherapy Center "Vita" - Burgas, Hospital "Heart and Brain" - Burgas) and over 16 years as a lecturer.

The academic career of Chief Assistant Professor Gergana Angelova-Popova, PhD started in 2005 as a *Teacher in Practice* at the Medical College of the University "Prof. Dr. Asen Zlatarov, Burgas, from 2006 to 2019 she held the position of *Assistant*, and since 2019 to the present - a *Chief Assistant* at the Faculty of public health and health care, University "Prof. Dr. "Asen Zlatarov" and Medical College - Burgas.

She is a member of the Bulgarian Association of Physiotherapists (BAPT) and through it a member of the World Physiotherapy (WPT), as well as the Bulgarian Organization of Sports Physiotherapy (BOSPT).

Scientific Research activity

For the participation in the current competition Chief Assistant Professor Gergana Angelova-Popova, PhD, presents a total of 22 scientific works, of which 1 is not subject to peer review (dissertation work for awarding the Educational and scientific degree "Doctor"). One monograph (100 points), two publications in scientific journals, referenced and indexed in world databases with scientific information (80 points) and 18 publications in non-refereed journals, with scientific review (275 points) are presented. Of the publications included for

participation in the competition, 11 are in Bulgarian and 9 in English, single author in 4 and 16 are co-authored.

In the set of documents, a list with a total of 9 citations is attached, of which 3 are in scientific journals, referenced and indexed in world-famous databases with scientific information (45 points), 3 (30 points) - in monographs and collective volumes with scientific review and 3 (15 points) – in non-refereed scientific peer-reviewed papers.

Participation, accompanied by a certificate in 7 university research projects is also indicated by the candidate.

The analysis of the publications of Chief Assistant Professor Gergana Angelova-Popova, PhD shows systematicity and thoroughness in current areas of kinesitherapy. Thematically, the works of the candidate are entirely on the subject of the announced competition. They are oriented in several main areas of scientific development.

The first, the most extensive, examines current aspects of kinesitherapy in orthopedics and traumatology. Worthy of note and of high value here is the monograph "Kinesitherapy in subacromial impingement syndrome and rotator cuff tears", which has a substantial contribution, both theoretically and practically. One of the articles [Г.7.2.] presents a kinesitherapeutic approach after arthroscopic treatment of rotator cuff tears, and another publication [Г.8.18.] analyzes the movements of the scapula and presents guidelines for improving its dynamic stabilization. Several of the studies in this scientific field [Г.8.1., Г.8.2., Г.8.3., Г.8.4.] are dedicated to approbated and implemented in practice rehabilitation methods for recovery after surgical treatment of rhizarthrosis, fracture in the proximal tibia and fibula, open fracture of the distal part of the radius, and evaluated the effect of positional release therapy in patients after distal radius fracture. The publications presented in this area have a marked scientific and practical application.

The second line of scientific interests examines issues related to rehabilitation in metabolic diseases [Г.8.6., Г.8.14., Г.8.16.]. Here, research involving body mass index assessment is presented, and a new InterCriteria Analysis (ICA) method is described for processing data related to overweight among students of the Medical College of the University "Prof. Dr. Asen Zlatarov" in Burgas [Г.8.6.]. The possibilities of implementing a complex rehabilitation program, including peloidotherapy, hydrotherapy, movement, dietary regimen and educational lectures for patients with metabolic syndrome, were examined [Г.8.14.]. A screening for the prevalence of obesity among children aged 10-11 years was conducted in several Burgas schools, and attention is drawn to the need of a complex approach to overcome this problem [Г.8.16.].

The third area of the candidate's scientific publications is pointed to children with autism [Г.8.7-10]. In this direction, the needs and expectations of the parents of children with autism from specialized day care centers were investigated and an assessment was made of the opinion of health professionals, parents and relatives of children with autism regarding the special care that the children receive [Г.8.7.]. A survey was made of the opinion of medical workers regarding specialized medical and psychological assistance and the effectiveness of applied therapeutic interventions in their work with children with autism [Г.8.8.]. A survey was conducted among relatives and parents of children with autistic disorders regarding their awareness of the autistic status, the possibilities for meeting the specific needs of their children and support for their development, as well as regarding the effectiveness of applied therapies, programs and interventions [Г.8.9.]. Another survey was conducted among medical personnel providing specialized care and the possibilities for the prevention of hypotrophy in children with disabilities were discussed [Г.8.10.]. The results of the researches provide a

good basis for optimizing the scientific and practical approach of kinesitherapy for children with this kind of problem.

Two of the publications discuss the possibilities of telemedicine and telerehabilitation [Г.7.1., Г.8.15.] and are an introduction of innovative methods in the kinesitherapeutic practice. One highlighted the advantages of telemedicine as a safe and effective alternative to traditional methods, especially during an emergency situation such as the one observed with COVID-19, and pointed out that the proper referral of patients to the appropriate spa resort, as well as the correct methodology of using mineral water and healing mud, are in the basis for optimal recovery [Г.8.15.]. The other article examines the application possibilities of a reduced Generalized Net Model (GN-model), a telerehabilitation model representing the patient-therapist interaction in real time through a videoconferencing platform [Г.7.1.].

Another area of scientific interest is related to the impact of balneotherapy and the possibilities of its application in some common diseases [Г.8.5.]. The article emphasizes that Pomorie mud and lye treatment in combination with other physical and rehabilitation methods produces significantly better results in terms of pain, function and performance of daily activities and is a preferred therapy by many patients to maintain and enhance their health status.

Several of the candidate's publications are devoted to the recovery processes in student practicing athletic disciplines [Г.8.11., Г.8.12.], where the physical characteristics of the athletes were studied, with a view to optimizing the training process, as well as the changes that cause fatigue. A diagram of the recovery process is also presented and options for speeding up this process are discussed.

One study [Г.8.17.] examines the personal and professional orientation and motivation of candidate students from health care majors at the University "Prof. Dr. Asen Zlatarov", Burgas. In another publication [Г.8.13.], the possibilities for development and management of the Department of Physical Medicine and Rehabilitation at University Hospital - Burgas in the conditions of growing competition and limited financial and human resources were discussed.

Teaching activity

Chief Assistant Professor Gergana Angelova-Popova, PhD is an experienced specialist in the field of kinesitherapy, with extensive professional and teaching experience. The main disciplines in which she teaches are "Kinesitherapy" and "Therapeutic massage", as well as pre-graduate internship of students from the specialty "Rehabilitator" at the Medical College, University "Prof. Dr. Asen Zlatarov", Burgas. As a Chief Assistant Professor in the Faculty of public health and health care of the University "Prof. Dr. "Asen Zlatarov", Burgas she has taught the subject "Kinesitherapy" for Bachelor's degree students in the specialty "Medical rehabilitation and ergotherapy".

From the presented report on the candidate's annual academic workload for the last 5 years, it can be seen that it significantly exceeds the norm of 300 hours. With her active scientific work and participation in projects, national and international scientific conferences and congresses, as well as a number of specialized courses for increasing the professional qualifications, she has significantly developed her professional practice and teaching.

Along with the teaching activity in her professional realization Chief Assistant Professor Gergana Angelova-Popova, PhD actively participates in the development and updating of the curricula of "Kinesitherapy", "Therapeutic massage", "Kinesiology" and "Pathokinesiology", as well as in the organization of the pre-diploma internship for the

students of specialty "Rehabilitator" of the Medical College, University "Prof. Dr. Asen Zlatarov, Burgas. She is the academic supervisor of students' coursework and participates in examinations for the subjects she teaches.

CONCLUSION

Chief Assistant Professor Gergana Angelova-Popova, PhD is a proven university teacher, a notable specialist in the field of kinesitherapy with extensive clinical experience. She is distinguished by exceptional professional commitment, broad scientific interests, creative approach and responsibility in his work.

Presented by the Chief Assistant Professor Gergana Angelova-Popova, PhD scientific work meets all the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for its Application and the Regulations for the Development of the Academic Staff of the University "Prof. Dr. Asen Zlatarov, Burgas. The subject of the publications is in full accordance with the topic of the announced competition, and the scientific works have significant theoretical and applied contributions. No reports of plagiarism have been received and no plagiarism has been detected.

Based on the above, I give a **positive opinion** and I want to propose to the Distinguished Members of the Scientific Jury to vote positively and to award Chief Assistant Professor Gergana Angelova-Popova, PhD the academic position "**Associate Professor**" in the professional field 7.4 "Public Health".

Sofia
15.11.2022 г.

Prepared the statement:

/ Assoc. Prof.

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