

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 № RD – 243/15.09.2022 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 45/17.06.2022.

One candidate, senior assist. prof. Dr. Gergana Angelova Angelova - Popova, 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. Popova was born in 1979 in the city of Burgas. Her bachelor's degree in "Kinesitherapy" was obtained from the National Sports Academy (NSA) "Vassil Levski" – Sofia in 2005, and in 2011 she acquired her Master Degree in Healthcare management, at the University "Prof. Dr. Assen Zlatarov" – Burgas'. In 2017 she obtained her PhD degree in Theory and methods of physical education (and also methods in remedial gymnastics), (dissertation topic: Kinesitherapy in distal radial fractures) at the National Sports Academy (NSA) "Vassil Levski" - Sofia. Her professional career as a physical therapist, started in 2003, in "Transport Diagnostics & Consultation Center EOOD, Burgas. During the years, Dr. Popova has worked as a rehabilitator in several specialized medical centers. Since the beginning of 2022, she works as a kinesitherapist in the General hospital for active treatment "Heart and Brain" – Burgas. In 2006 she 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. Gergana Angelova – Popova consists of lectures and practical exercises for students majoring in "Medical Rehabilitation and Occupational Therapy" and "Rehabilitator", as well as in the preparation of curriculum in "Therapeutic massage", "Kinesitherapy", "Kinesiology", "Pathokinesiology" and "Internship". Dr. Popova is a member of the Association of Physiotherapists in Bulgaria (BAPT) and the Bulgarian Sports Physiotherapy Organization (BOSFT). She has successfully completed over 15 international and national specialized courses, such as: "Kinesiological taping", "Manual therapeutic techniques for knee injuries", " Cyriax Orthopaedic medicine ", International course "Brian Mulligan's Concept - Mobilization with movement, NAGS, PRP's, ETC A+B Parts', 'Peripheral Nerve Mobilization', etc. 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, and a Habilitation work – individual monograph. Dr. Popova is a sole author of 3 of the papers and a first, second and subsequent author of 13 of the presented papers. Dr. Popova participated in 7 national scientific and educational projects. The applicant has clearly defined scientific profile. Based on the presented documents, her 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:

1. **Application of kinesitherapy in patients with musculoskeletal dysfunctions** (B1., Г7.2., Г8.1, Г8.2., Г8.3., Г8.4., Г8.18.). The main contributions here are: the clarification of the role of dynamic stabilization of the scapula for the complex rehabilitation of patients, as well as the proposal of author's modifications of mobilization techniques with movement, and a complete rehabilitation protocol for conservative treatment of subacromial impingement syndrome has been developed in the individual phases of the disease. In a number of publications, the results of the author prove the effect of the timely kinesitherapy treatment and the possibility of achieving functional results in patients with diseases and injuries of the musculoskeletal system and musculoskeletal dysfunctions,
2. **Rehabilitation for metabolic diseases** (Г.8.6, Г.8.14, Г.8.16). The candidate's research in this area is expressed in the search of correlations between body weight, body mass index (BMI), percentage of body and visceral fat with physical activity and gender. Based on the results, complex rehabilitation programs, a specific exercise program and dietary regimen are proposed,
3. **The Impact of balneotherapy in socially significant diseases** (Г.8.5) In this direction the focus is on the assessment of patients visiting the Specialized Hospital for Rehabilitation "St. George" - Pomorie for their choice of treatment with Pomorian mud and lye and the effect on their health parameters and overall condition. A major contribution here is the conclusion 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,
4. **Studies in children with autism and hypotrophy** (Г.8.7, Г.8.8, Г.8.9, Г.8.10). The main contribution here is the recommendations for creating an appropriate environment for ensuring age-optimal motor activity in children with autism, supporting their development and social interaction based on the results obtained from a series of studies among medical personnel and parents of children with autism and hypotrophy,
5. **Telemedicine and telerehabilitation** (Г7.1, Г.8.15). The main scientific and scientific-applied contributions of the candidate in this direction are related to the development of an algorithm for telerehabilitation in patients with socially significant diseases and the possibility of balneotherapy teleconsultations, as well as the application of mineral waters and peloids for the recovery of patients with Covid19,
6. **Optimizing the quality of education and training of students** (Г.8.11, Г.8.12). Here, the emphasis is placed on the study of the physical capacity, sports-training and sports-competition activities of the students from the University "Prof. Dr. A. Zlatarov" - Burgas, analysis of the problems and trends for the development of sports and competition activities at the University and the attitudes and orientation in the choice of profession of the future

students. A major contribution here is finding ways to promote the different specialties and target groups of prospective students.

7. **Studies in the field of health management** (Г.8.13). The candidate's research in this area is expressed in the finding of new mechanisms for the prospective development and improvement of the Department of Physical Medicine and Rehabilitation in Hospital MBALBourgas and outlining some guidelines for the strategic development of the department.

The materials presented by Dr. Popova 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: 355 points
- Criteria D: 90 points
- Criteria E: 30 points

The total sum of the points of the participant is **650** 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. Popova. The scientific indicators fully responded to the law and requirements for the occupation of the academic position “associate professor” in the University “Prof. Prof. Dr. Assen Zlatarov” – Burgas. The above gives me a reason to assess **positively** the candidature of Dr. Popova 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. Gergana Angelova - Popova** as “**Associate professor**” in the scientific field 7. Health Care and Sport, professional field 7.4. Public Health, scientific specialty “Kinesitherapy”.

18.11.2022

Member of the Scientific Board

/ Assoc. Prof. Simeon Aleksandrov Ribagin, PhD/