

## REVIEW

From

**Prof. Zlatitsa Petrova, M.D.**

Professor from Department "Health Management" in Faculty of Public health  
of the Medical University – Sofia

as an external member of the Jury, appointed with Order РД – 80/16.03.2020 of the Rector  
of University "Prof. Dr. Assen Zlatarov" – Burgas

**SUBJECT:** Organizing a Competition for the academic rank "Associate Professor" in  
professional field: field of higher education 7. Health and sports, professional field 7.4, Public  
Health, scientific specialty "Kinesitherapy", announced in the State Journal No 5 /17.01.2020

Only candidate **Yordan Todorov Gavrailov** was admitted to participate in the published  
competition. The materials for the competition were submitted to me within the legal  
deadline.

### **I. Biographical information on the candidate**

Senior assistant Yordan Todorov Gavrailov was born on 24/06/1977 in the city of Burgas. In  
2002 he graduated with a bachelor's degree in Kinesitherapy, in 2009 he completed a master's  
degree in the same specialty at Ruse University "Angel Kanchev" – Faculty for Public health  
and health care. For the period from 2007 - 2016 he has been an assistant and senior assistant  
(2017 - 2020) at the Faculty for Public health and health care and the Medical College at the  
University "Prof. Dr. Assen Zlatarov"- Burgas. He teaches, prepares curricula and programs  
and works with students majoring in "Medical Rehabilitation and Occupational Therapy" and  
majoring in "Rehabilitator". In 2015 he obtained an educational and scientific degree  
"Doctor" (Theory and methodology of physical education and sports training (including  
physical therapy) with a dissertation on "Kinesitherapy for bronchial asthma" in Ruse  
University "Angel Kanchev" - Faculty for Public health and health care. The candidate shows  
well-planned and progressive ascending development, respectively of growing competence  
and professional experience in the field of teaching and practical skills in the field of  
Kinesitherapy for internal diseases, Therapeutic massage, Electrotherapy and Kinesitherapy  
for vestibular dysfunctions.

### **II. General submission of the Competition materials**

The materials provided for participation in the competition are properly prepared, clearly  
arranged and comply with the recommended requirements of the Regulations of the  
University "Prof. Dr. Assen Zlatarov" Burgas. **Senior Assistant Yordan Todorov Gavrailov**  
meets the mandatory requirements for occupying the academic rank "Associate Professor".  
He has been a Senior assistant since 2017, he has published a monograph, which is on a  
different topic from his dissertation "**Kinesitherapy for vestibular dysfunctions**". He has  
participated in internal institutional research projects - one as a leader and as a member of the  
research team. He presented a list of the overall scientific output in his academic  
development. According to the requirements, other materials and supporting documents were  
presented as well.

**III. Compliance with the minimum requirements specified in Annex 1 from the Regulations of the conditions for acquiring scientific degrees and holding academic positions at the University "Prof. Dr. Assen Zlatarov "- Burgas for holding the academic rank of "Associate Professor "and those met by Senior Assistant Yordan Todorov Gavrailov.**

A complete reference and a list of publications by groups was attached, according to which the total number of points is **566.9** with a minimum requirement of **450** points. The complete list of publications is 25, of which the he is the first author of 14 publications, second of 8 publications, third and fourth-3 publications.

**IV. General evaluation of the scientific and research activity**

One of the publications for participation in the competition is under group B, group G-20, group E-2. 18 of the publications are co-authored. All co-authorship declarations are submitted and signed. Seven of the reports and publications are in English.

Categories scientific works	Monograph	Textbooks under editing	Teaching materials	Scientific publications in magazines	Participations in scientific conferences
Number scientific works	1		2	13	7
Total					23

According to the author's place in the research, as follows:

Total number of published publications	20
First author	10 publications – 50 %
Second author	7 publications – 35 %
Third or further author	3 publications – 15 %

**V. Evaluation of the scientific contributions of Senior Assistant Yordan Todorov Gavrailov**

The scientific research of the candidate is a logical consequence of his education, postgraduate qualification, professional realization and teaching experience.

**Monographic work**

The candidate presents a monograph on "Kinesitherapy for vestibular dysfunction", which meets the requirements for a monograph. Anatomical - physiological features of the vestibular system are described. Tools for diagnosis and functional assessment of injuries of the peripheral and central part of the vestibular system are proposed, enabling the establishment of the neurological status of examinations. The variety of tests serves to monitor the results of the applied kinesitherapeutic approaches. Kinesitherapy modules applied according to the principle of post-load are selected. Specific features and basic methodical instructions for performing exercises from the eastern therapeutic practices for improvement of the balance

abilities are presented. The monograph has a number of scientific and practical contributions and can be used for information of medical and health care professionals working in the field of vestibular kinesitherapy. In the direction "Application of research and kinesitherapeutic agents for impact in vestibular disorders, in addition to the monograph there are 5 publications from the group G, 8: 12,14,16,17, 8.

**Publications:** Contributions and merits in scientific production can be grouped in several directions:

**The first direction** of the research of Senior Assistant Yordan Todorov Gavrailov is "Prevention of health status in patients with bronchial asthma." On this topic is the candidate's dissertation "Kinesitherapy for bronchial asthma" and three publications from group G8; 1,2,4 from the list.

The dissertation and publications are related to Kinesitherapy as an indispensable tool in the treatment of patients with bronchial asthma and the study of the effect of a kinesitherapy program. Scientific and scientific-practical research in the field of the methodology of rehabilitation in bronchial asthma, expressed in the study of the impact of different methods and the choice of methodology according to the stage of the disease.

**The second direction** is related to the Spa and Wellness effects. These publications also have a scientifically applied nature with the main purpose of being able to apply the Spa and Wellness effects as a means of prevention. 4 publications from group G were presented: 4,5,8,14.

**Third direction:** Participation in 2 projects and 1 publication related to the rehabilitation of socially significant diseases are attached. The application of innovative forms, methods and approaches of theoretical and practical training on the problems of diabetes and its complications are considered.

The possibilities of the natural and reformed physical factors in the rehabilitation of diabetes are systematized.

**Fourth direction:** Optimizing the quality of education and training of health care professionals, as well as stress prevention in health professionals, to which he has dedicated several publications and is the leader of the project "Study of occupational stress in health professionals." In a scientifically applied aspect, a complex program for stress prevention through Spa has been developed, effects and application of Kinesitherapy and integrated methods for stress reduction. He also works in the field of specialized massage techniques and tools for both adults and children.

**All researches have significant scientific, scientific, applied and practical contributions.**

### **Textbooks and teaching materials**

In the competition for associate professor the candidate presents 2 textbooks in co-authorship, according to indicator E21:

"Medico-social rehabilitation of diabetes mellitus and its complications", textbook Burgas 2015, ISBN 978-619-7123-34-0.

"Prevention of occupational stress in health care specialists, educational methodical manual", Published by Flat Burgas, 2018, ISBN: 978-619-7125-56-6.

The teaching materials developed with his participation contribute to updating training in line with European requirements and standards. There are 11 citations and total points by group of indicator D11: 11pcs. x 10p. = 110 p.

## VI. Evaluation of teaching activities

According to the official report presented by the University "Prof. Dr. Asen Zlatarov - Burgas, in fulfilling all the requirements is respectively assistant and senior assistant from - (2007 - 2016), Chief Assistant - (2017 - 2020) to the present moment. The workload at the norm of 360 hours at the University "Prof. Dr. Assen Zlatarov" Burgas for the last 3 years is the following:

Academic year	Number of classes
2019/2020	408.4
Academic year	Number of classes
2018/2019	421
Academic year	Number of classes
2017/2018	694

He teaches students in the following specialties:

1. Kinesitherapy for students majoring in "Medical Rehabilitation and Occupational Therapy", Bachelor's degree, full-time education.
2. Kinesitherapy for students majoring in rehabilitation ", qualification degree " Professional Bachelor's degree, full-time education - Medical College.

He has co-authored 2 textbooks. He has actively participated in the preparation of the respective programs in the above-described specialties.

## VII. Conclusion

The evaluation of the scientific production and the educational activity of the candidate shows: compliance with the quantitative and qualitative criteria for the development of the academic staff of the University "Prof. Dr. Assen. Zlatarov" Burgas; highly contributing nature of the presented scientific papers; use of modern methodological approaches in research work; obtained results of high scientific and practical value.

In the competition for holding academic rank "Associate Professor" in professional field: field of higher education 7. Health and Sports, professional field 7.4, Public Health, scientific specialty "Kinesitherapy", announced in the State Journal No 5 /17.01.2020, the only candidate is senior assistant **Yordan Todorov Gavrailov**.

He is an established university lecturer in the professional field in which the competition was announced. The materials provided and my personal opinion on them give me the reason to believe that according to The Law for the development of the academic staff of the Republic of Bulgaria and according to the Regulations for application of the Law on the Academic Staff of the University "Prof. Dr. Assen. Zlatarov 'Burgas, **senior assistant Yordan Todorov Gavrailov meets the recommended requirements for holding the academic rank of "Associate Professor"**.

After all that has been presented so far, I give my positive assessment and as a member of the scientific jury for the announced competition I recommend the respected members of the jury

to vote positively for the award of the academic rank "Associate Professor" to Senior Assistant. **Yordan Todorov Gavrailov.**

The 20<sup>th</sup> June 2020

Review prepared by:.....  
Prof. Zlatitsa Petrova