

## STATEMENT

from

**Assoc. Prof. DANELINA EMILOVA VACHEVA, Ph.D.**

*Department of Physical Medicine, Rehabilitation, Occupational Therapy and  
Sports Medical University – Pleven*

Appointed as a member of the Scientific Jury by order №RD 38-510/22.10.2020 of the Rector of Sofia University „St. Kliment Ohridski” – Sofia.

**ABOUT:** Participating in a contest for achieving the academic position of „Associate Professor” professional field 7.4. Public Health (Kinesitherapy), organised by the Medical Faculty of Sofia University „St. Kliment Ohridski” – Sofia in the State Gazette no.67/20.07.2020 г.

In preparation of a formal Opinion to the aforementioned contest, the only submitted documents belong to the candidate – Natalia Petrova Petrova, Ph.D., who is a part-time lecturer in Kinesitherapy at the Department of Neurology, Psychiatry, Physiotherapy and Rehabilitation, Preventive Medicine and Public Health ”of the Medical Faculty at Sofia University “ Kl. Ohridski ” – Sofia since the academic year 2017/18. Based on Article 24, paragraph (1), item 2b of LDASRB and art. 105, para. (1), item 2b of the Regulations for the conditions and the order for acquiring scientific degrees and holding academic positions in Sofia University “St. Kliment Ohridski”, as well as a reference from the Dean of the Medical Faculty №533/18.09.2020, the candidate meets all requirements for participation in the contest for „Associate Professor” in Kinesitherapy, which are expressed in:

1. Holds an educational and scientific degree of “Doctor” (2015);
2. Has teaching experience of at least two years, including part-time lecturer at Sofia University “St. Kliment Ohridski” (since 2017);
3. Participates with a published monograph (2020);
4. Respond to the minimum national requirements for the respective professional field – n 7.4. Public Health;
5. The candidate has presented published work in specialized scientific periodicals at home and abroad;
6. There is no legally proven plagiarism in their scientific works.

All provided documents prove the candidate has correctly complied with all administrative requirements in the course of the procedures related to the contest.

### **Education and professional experience**

Evidently the CV and submitted copies of diplomas of Natalia Petrova she holds a Bachelor degree in "Kinesitherapy" since 1999, A master's degree in "Educational Management" since 2010, and an educational and scientific degree "Doctor" since 2015. All degrees were acquired in SWU „Neofit Rilski” – Blagoevgrad, where she continued her professional and scientific career as an assistant until 2016. At the same time Natalia works as a physiotherapist in the office "Faith, Hope and Love" of Dr. Evelina Nikolova, who is a specialist in physical and rehabilitation medicine in Blagoevgrad.

Natalia has provided certificates for 4 postgraduate specializations, which prove her interest in professional development and advancement:

1. Bobat equipment – 2003
2. Kinesiotaping – 2006
3. Techniques for working with children with Down syndrome – 2009
4. Mulligan concept manual therapy – 2017

### **Scientific practice**

Natalia Petrova Petrova, Ph.D. participates in this contest with 35 scientific papers, with most notable ones:

- ✓ One Abstract of the dissertation for obtaining the educational and scientific degree "Doctor"
- ✓ Twenty four Publications in Bulgarian and international periodicals with abstracts in English and indicated ISSN.
- ✓ Five Full-text publications in collections of scientific events with a summary in English and indicated ISBN.
- ✓ Three Full-text publications in collections of scientific events without ISBNs.
- ✓ One Monograph "Rheumatoid arthritis - a complex diagnostic and therapeutic approach", Sofia: "Simolini", 2020, 1-213.
- ✓ One Participation in a collective textbook edited by Prof. I. Topuzov "Occupational Therapy" - Part 3. Sofia: RIC-SIMEL, 2009, 1-332, (308-326 – 18 pages).

The candidate in this contest is a main or sole author of 42% or 15 of publications. She also provided reports of participations in 11 congresses and conferences where 16 of her summaries were published.

There are overall of 30 citations of Natalia Petrova's publications, of which 23 are in Bulgarian printed editions, 2 in international periodicals, 2 are duplicated, 3 are in dissertations evident in the provided citation reference by CMB with reference number 306/12.08.2020. The citations are in publications without IF in SCOPUS and Web of Science.

In 2015, Natalia Petrova defended her doctoral dissertation on "The role of kinesitherapy in improving the quality of life in patients with rheumatoid arthritis." The author's methodology for rehabilitation of patients with rheumatoid arthritis proposed in the dissertation, uses an individually developed occupational therapy program along with the traditionally used in our country kinesitherapy, which is a natural continuation and final stage of the overall rehabilitation process.

An innovative standardized SF-36 quality of life test has been introduced for use in clinical practice in combination with other traditional research methods in kinesitherapy, recommended by EULAR. The contribution of Natalia's dissertation consists of the skilful, professional and complex application of kinesitherapy and occupational therapy. This method can be used routinely in the practice of specialists in medical rehabilitation – physiotherapists, rehabilitators, occupational therapists and others.

The published monograph "Rheumatoid arthritis - a complex diagnostic and therapeutic approach" systematically examines the knowledge of diagnosis, progressive development of the disease, its drug treatment and supportive rehabilitation program. The section "Occupational Therapy and Ergonomics" contributes to the method's applicational significance in self-care and reducing the long-term chronic pain of patients with rheumatoid arthritis. This is the first time in Bulgaria to look at these issues in such details.

In her scientific work Natalia Petrova, Ph.D. indicates several areas:

✓ Fourteen Publications related to complex kinesitherapy and occupational therapy in patients with rheumatoid arthritis and other injuries of the musculoskeletal system;

✓ Four publications in the field of innovative physiotherapeutic methods, such as shock wave therapy and deep oscillations, combined with kinesitherapy and occupational therapy;

- ✓ Four studies on modern methods for studying the “quality of life” of patients with permanent motor limitations;
- ✓ Two works related to kinesitherapy in pediatrics;
- ✓ Six works related to kinesitherapy and kinesiotaping – function and the effect of their application;
- ✓ Five borderline states of health and disease, overweight and obesity.

It can be concluded that the contributions from the scientific research of Natalia Petrova are primarily of scientific and applied significance for the kinesitherapeutic and occupational therapy clinical practice, based on the provided summaries of publications and author’s contributions in the field.

### **Teaching activity**

Natalia Petrova worked as an assistant at SWU “Neofit Rilski” between 2000 and 2016. Since 2017 she has been a part-time lecturer at Sofia University “St. Kliment Ohridski”. “Department of Education” reports that the candidate in this contest has conducted 285 hours of lectures on the subjects: “Occupational Therapy and Ergonomics”, “Kinesitherapy for Internal Medicine” and “Massage”, as well as 405 hours of applied practice in the same subjects, which is a sufficient annual workload (average 230 hours). She has participated in exam sessions with over 240 students.

During her work at SWU, Natalia Petrova has participated in 4 **scientific and educational projects**:

1. Assessment of motor activity, motor abilities and sports education of students.
2. Implementation of a computerized method for measuring pain after irritation of deep trained and untrained mechanoreceptors and its testing in healthy individuals and patients.
3. Construction and probation of a scientific framework for assessment of physiological and biomechanical parameters during physical activity for the needs of kinesitherapy and sports.
4. Business-innovative approaches for creating and updating the curricula for training students in Social Activities, Speech Therapy, Kinesitherapy and Sports in accordance with the needs of the labor market.

Natalia Petrova Petrova, Ph.D. is a member of the following national **scientific and professional organizations**:

- ✓ The Association of Physiotherapists in Bulgaria
- ✓ Public Health Association – Sofia branch
- ✓ Union of Scientists in Bulgaria – Sofia branch
- ✓ Kinesiotaping Association

**In conclusion**

The compliance of the candidate's documentation for the academic position "Associate Professor" in the specialty "Kinesitherapy" with the minimum national requirements are presented below in tabular form.

| Indicators by groups | Minimum national requirements<br>"Associate Professor" | Sum of<br>Natalia Petrova's points  |
|----------------------|--|---|
| Group A              | 50   | 50<br>Diploma №0162/12.06.2015  |
| Group B              | -  | -   |
| Group C              | 100  | 100<br>ISBN: 978-619-7265-76-7  |
| Group D              | 200  | 271   |
| Group E              | 50   | 140   |
| Group F              | -  | 60 (from participation in research projects)<br>2 (18 pages from count. textbook) |

The information in the table above proves that the candidate Natalia Petrova Petrova, Ph.D. participant in the contest for the academic position "associate professor" in a professional field 7.4. Public Health (Kinesitherapy), meets the minimum national requirements in accordance with the Law on the Development of Academic Staff in the Republic of Bulgaria and the Regulations on the terms and conditions for acquiring scientific degrees and holding academic positions at Sofia University "St. Kliment Ohridski".

Based on the above facts, analysis and assessments, I conclude that the candidate has many years of diverse clinical and teaching experience, in

addition to being an established specialist in the field of kinesitherapy and occupational therapy. .

**IN CONCLUSION, based on provided papers and evidences, I state that Natalia Petrova Petrova, Ph.D. has required qualification and meets the necessary requirements to be selected by the Scientific Jury of the academic position "ASSOCIATE PROFESSOR" in the professional field 7.4. Public health (Kinesitherapy) for the needs of the Medical Faculty of Sofia University "St. Kliment Ohridski".**

**I endorse her candidacy with my positive vote!**

25.11.2020

Signature:.....

/Assoc. Danelina Vacheva, Ph.D./