

REVIEW

On: Competition for the academic position of "Associate Professor" in the Area of Higher Education 7. "Healthcare and Sports", Professional Direction 7.1. Medicine (Hygiene), announced by Sofia University "St. Kl. Ohridski" in the State Gazette Number 61/02.08.2022.

by Prof. Ludmila Borislavova Ivanova, MD, Ph.D., Faculty of Medicine, Sofia University "St. Kl. Ohridski", member of the Scientific Jury according to the Order of the Rector of the University RD-38-579/06.09.2022.

Competition procedure

The competition for an occupation of the academic position of "Associate Professor" in the Professional Direction 7.1 Medicine (Hygiene) has been announced for the needs of the Department of "Neurology, Psychiatry, Physiotherapy and Rehabilitation, Preventive Medicine and Public Health" at the Faculty of Medicine of SU "St. Kliment Ohridski". The announcement of the competition was published in the State Gazette, Nr. 61/ 02.08.2022. The scientific jury was appointed by Rector's Order No. RD-38-576/06.09. 2022 based on a decision of the Faculty Council of the Faculty of Medicine.

One candidate, Chief Assistant Rosica Bojidarova Popova, MD, PhD. participates in the competition.

The review was prepared in accordance with the Law on the Development of the Academic Staff in the Republic of Bulgaria, the Regulations for the Implementation of the Law, and Section IV - Terms and Procedures for Occupying the Academic Position "Associate Professor" of the Regulations on the Terms and Procedures for acquiring scientific degrees and occupying academic positions at SU "St. Kliment Ohridski".

The applicant's documents are in accordance with the regulatory requirements for admission and participation in a competition for the academic position of "Associate Professor" at Sofia University "St. Kliment Ohridski".

Applicant's curriculum vitae, academic and professional development

Chief Assistant Dr. Rosica Popova was born on February 17, 1978 in the city of Burgas. He obtained a Master's degree in medicine in 2002 at the Faculty of Medicine of the Medical University – Sofia. Diploma No. 012691/13.11.02.). From the year 2007 to 2010, she was a doctoral student at the Clinic for Metabolic-Endocrine Diseases and Dietetics at Medical University, Sofia. After completing his doctoral studies and successfully defending his Ph.D. thesis on "Malnutrition - Modern Diagnostic and Therapeutic Approaches" in 2014, she was awarded the educational and scientific degree "Doctor" in 7.1. Medicine from Medical University - Sofia (Diploma No. 000223/28.01.2014).

In the period 2008-2011, she specialized in "Nutrition and Dietetics" and in 2012 acquired the medical specialty "Nutrition and Dietetics" (Diploma series AC 013629/25.06.2012) from Medical University-Sofia.

Chief assistant R. Popova completed several training courses in Bulgaria and abroad organized by international organizations, having applied the relevant certificates (Basic Course in Nutrition and Dietetics, Course in Diagnosis, Treatment and Prevention of Metabolic Diseases, organized by the Bulgarian Medical Association, a Training on Assessment of Nutritional Status, Nutrition Training of Trainers Course by the European Society for Clinical Nutrition and Metabolism and Leadership Course by the European Platform for Leaders in Nutrition, Parenteral and Enteral Nutrition Courses and a number of others). All this contributes to expanding her professional competence and building good teaching skills in preventive medicine, nutrition and hygiene.

From 2003 to 2013, Dr Popova's professional development was as a "general practitioner", a consultant in healthy nutrition, diet therapy and dietary prevention, infant feeding and promotion of baby formula for preventive and therapeutic use. After winning a competition in February 2013, Dr R. Popova was appointed as an Assistant Professor in Hygiene and Ecology at the Faculty of Medicine of the University of St. Kl. Ohridski", and from 2018 until now she has been a Chief assistant. Since her appointment in 2013, she has been actively involved in teaching medical students in Bulgarian and English, medical students during the state internship, conducting practicum and seminar classes and participating in the semester exams in hygiene and ecology. He also participates in the teaching of hygiene to bachelor's students in "Nursing"

Scientific research and scientometric data

The scientometric data of Chief Assistant Rosica Popova are in full compliance with the criteria and indicators recommended in the regulations for the evaluation by the Scientific Jury at conducting a competition for "Associate Professor". The scientific papers submitted for review are in the field of higher education 7. Healthcare and Sports, professional direction 7.1. Medicine ("Hygiene" -Nutrition and Dietetics). Dr Popova is an author of scientific papers and reports that significantly contribute to the field of preventive medicine.

The total scientific production presented by the candidate includes 40 papers (one is an abstract of the PhD thesis, 10 articles are published in scientific journals, of which 5 (five) are in journals referred to international databases, 7 scientific articles in peer-reviewed scientific-thematic collections, and 21 are textbook chapters and study aids. Of the scientific publications, the abstract and four articles were related to the dissertation. Chief Assistant Popova presented a list of published abstracts from participation in 42 national and international scientific congresses, conferences and symposia, of which 5 (five) abstracts were published in international journals with an impact factor.

For participation in the particular competition, Dr. R. Popova presented one monograph, 7 publications in scientific periodicals (III 1-7), of which 5 in refereed and indexed publications with an impact factor and/or applied quartile, in English and two in Bulgarian language, and 7 scientific articles in peer-reviewed thematic collections. Attached is a list containing 40 participations in international and national scientific forums, of which 5 (five) of abstracts are published in international journals (IV 1-40). Four of the abstracts in the list have been published and included in the abstract in connection with the dissertation (Nr. 26, 29, 37 and

38), and abstracts No. 3, 12, and 15 have been published in periodicals in full text (III-2, III-3, III-5) and the publications are included for participation in the competition.

A total number of 40 citations of the candidate were identified according to the reference by the Central Medical Library and Google Scholar. including citations that are cited only as collective peer-reviewed volumes. The overall IF is 8.57 (including the internationally published abstracts). The h-index of R. Popova is 1, according to Google Scholar.

Scientific-applied and methodical contributions

The scientific-applied and methodological contributions by Dr Rosica Popova are in the field of preventive medicine and hygiene focused mainly on dietary prevention and diet therapy, assessment of nutritional status, nutritional epidemiology and risk assessment in the occupational and educational environment, aspects that are of particular importance for health promotion and disease prevention. The applicant's contributions can be broadly grouped as follows: management of chronic malnutrition, preventive and curative aspects of diet therapy and occupational and educational health risks:

1. Chronic malnutrition. Detailed study research on chronic malnutrition (CM) by the introduction of a complex diagnostic-therapeutic approach, a broad set of methods, individualized diet therapy and sensitive methods for monitoring the effect of nutritional support is presented in the dissertation - "Malnutrition - modern diagnostic and therapeutic approaches", in the monograph "Malnutrition and depression in eating disorders" and in the most of the publications and scientific presentations presented for participation in the competition (III-2, II-4, IV-1,-2,-3, -6, -16,-18,-20,-21, -22,-23,-24,-26, -33, -36). A methodological contribution is the calculation of the muscle area of the arm and echocardiography, in addition to the routine methods for assessment of the nutritional status of patients with chronic malnutrition. The established correlation between muscle area and the degree of ventricular dysfunction with muscle strength in patients with HM allows these indicators to be used not only for diagnosis but also for monitoring and evaluating the effectiveness of nutritional support during the recovery period of patients. Dr. Popova also includes the MMSE (Mini Mental State Examination) test, which is rapid and simple to use and objectivizes the patient's cognitive function to the set of methods for evaluating HM. Dr. Popova proves the relationship between the nutritional status of patients with eating disorders and depression, establishing that the severity of depression determines the development and outcome of the disease. The set of criteria for the early diagnosis of eating disorders has a special scientific and practical contribution, which allows early intervention and reduces the risk of complications and death. A special contribution of the monographic work of Ch. assistant Dr R. Popova is based on his own practical experience and in-depth knowledge of the problems to take a multifaceted look at the problems related to eating disorders.
2. An individualized approach to diet therapy and diet prophylaxis. The contribution of the candidate is the introduction of individualized nutritional regimes and supplementation in patients with HM, taking into account the degree of malnutrition and evaluation of the effectiveness of the regime to avoid the introduction of

parenteral nutrition. Dr Popova explores several areas of application of therapeutic diets for different diseases - alternative diets and their application in autoimmune and neurological diseases, obesity and metabolic syndrome, before and after bone marrow transplantation (II2; II5, II7, III4, IV5, 7, 8). The candidate's scientific and practical contributions are the development and implementation of various dietary regimes, classic and alternative, and recommendations for healthy eating and supplementation for the prevention of non-communicable diseases and nutritional deficiencies (vit D) aimed at-risk population and professional groups (overweight persons and obesity, office workers, persons with vitamin D deficiency) (II7, III1, III6, III11).

3. Occupational and educational health risks. Dr. Popova has contributed to the risk assessment for metabolic syndrome and its complications in office workers and to the development of specific recommendations for nutrition and physical activity regimes for these groups. (III6, IV 11). Studying the level of stress and stressors among medical students allows them to propose individual and group strategies for managing stress in medical universities.

The presented comparative analysis of the minimum national requirements under Art. 2b of the Law of Higher Education in the field of higher education 7. Healthcare and Sports, professional direction 7.1. Medicine with the attached references of the candidate's real points shows that the candidate Dr R. Popova meets the minimum national requirements for holding the academic position of "Associate Professor". The detailed analysis of the relevant groups of indicators A/A, B/B, Г/D, and Д/E, and E/F of the candidate proves the following: Indicators A/A - dissertation for awarding the educational and scientific degree "doctor" - 50 points (required 50 points), B/B - Monograph entitled "Malnutrition and depression in eating disorders" reviewed and with summary and complete bibliography - 100 points. (required 100 points); indicators Г/D - Indicator 7. Publications and reports published in scientific journals, referenced and indexed in world-renowned databases with scientific information. Attached are copies of five scientific articles published in the Journal of International Medical Association Bulgaria (IMAB) - two articles, and one article each in Acta Microbiologica Bulgarica, Archives of the Balkan Medical Union and Bulgarian Public Health Magazine. In two of the articles, Dr. Rosica Popova is the first author, in two she is the second author in one she is the co-author in last place - 125 points; Indicator 8. Publications and reports published in non-refereed journals with the scientific review or published in edited collective volumes. Nine publications are presented, of which two are in journals and seven in edited collective volumes - 177.5 points Total number of points from Indicator Г/D (7-8) - 302.5 (required 200 points). Indicators Д/E (10-12) provides 125 points (required 50 points). The applicant's E/F indicator is 90, which is not included in the minimum requirements for the academic position of "associate professor". The total number of points of Dr Popova is 577.5 with the minimum number as a national requirement for the academic position of "Associate Professor" being 400 points. By groups of indicators (D, E and F) Dr Popova's values points exceed the national minimum requirements.

Teaching and lecturing activities

Since joining the Faculty of Medicine in 2013, Chief Assistant Professor Rosica Popova has been actively involved in teaching the discipline "Hygiene and Ecology". She conducts practicums and seminars for students in Medicine and medical internship students in Bulgarian and English. She also has significant experience in teaching the discipline "Hygiene and Ecology" to students from the specialty "Nursing". According to the presented report, Dr. R. Popova's educational employment for only the last five years alone is significant - total employment of 4254 hours and classroom employment - of 3452 hours. She was actively involved in the assessment and evaluation of candidate students essays in biology for students majoring in "Medicine" at the Faculty of Medicine. Dr. Popova has excellent professional and language training and communication skills, which makes her a successful teacher.

Nutrition education of the population

Along with her academic teaching, Dr. Popova is very active in educating the population on a healthy lifestyle and healthy nutrition. She participates in a number of forums on healthy eating for different population groups. She advises patients and dietary centers on nutrition issues.

Conclusion

Chief Assistant Rosica Popova, PhD, participating in the competition for the occupation of the academic position of "Associate Professor" is persistent, goal-oriented, and responsible as a teacher and researcher. She demonstrates consistency, competence and precision in all aspects of her academic work. The scientometric data of Rosica Popova are not only in compliance but also exceed, the minimum requirements, the regulative criteria, and indicators for the evaluation of candidates in conducting a competition for the academic position "Associate Professor" in professional direction 7.1. Medicine (Hygiene). The comprehensive evaluation of the documents of the candidate gives me grounds for a positive opinion, which is why I strongly suggest to the respected members of the Scientific Jury to make a decision on the selection of Chief Assistant Dr. Rosica Bojiarova Popova, Ph.D. as "Associate Professor" under 7.1. Medicine (Hygiene) and occupation this academic position at the Faculty of Medicine of SU "St. Kl. Ohridski".

22 November 2022

Member of the Scientific Jury



(Prof. Ludmila Borislavova Ivanova, MD, PhD)