

ТРАКИЙСКИ УНИВЕРСИТЕТ	
Стара Загора	
Филиал, гр. Хасково	
Вх. №	156
дата:	06.11.2023г.

EVALUATION REPORT

From Prof. Ruska Vasileva Paskaleva, PhD

Faculty of Medicine, Trakia University - Stara Zagora

Appointed as member of academic jury with Order № 3364/ 29.09.2023 of
the Rector of Trakia University – Stara Zagora

Subject: Competition for academic rank Associate Professor in Health Care Management, professional field 7.4. Public Health, higher education field 7. Health Care and Sport; for the needs of Kinesiotherapy specialty of Haskovo Branch, announced in State Gazette 52/16.06.2023

The only eligible applicant in the announced competition for the academic rank Associate Professor in **Health Care Management** is **Petya Stankova Kasnakova, PhD**.

1. Applicant's professional career

Petya Stankova Kasnakova was born on 11 February 1976 in Plovdiv. In 1997 graduated from the Medical College in Plovdiv, Rehabilitation specialty, and in 1999 gained a Bachelor degree in Health Care from the Medical University – Plovdiv.

In the period 1998-2000 she worked as rehabilitator in Transport Hospital – Plovdiv. In 2004 obtained a Master degree in Public Health and Healthcare Management from the Medical University – Sofia.

The teaching activities of Senior lecturer Petya Kasnakova started in 2000 as instructor and senior lecturer to students in the Rehabilitation specialty, Medical College, Plovdiv. For the period 2022–2023 has worked as part-time lecturer to students in the Kinesiotherapy specialty in the Haskovo Branch. From

2023, she is senior lecturer in labour activities organisation to the Healthcare Department, Medical University – Plovdiv.

In 2014 the applicant was conferred the PhD educational and scientific degree in the scientific specialty “ Healthcare Management” after defense of a dissertation entitled: „Paedagogical skills of instructors at the Medical College – a prerequisite for high-quality training of medical specialists “.

So far, Senior Lecturer Petya Kasnakova underwent a training in Applied Psychology and Psychotherapy in the Medical University – Plovdiv in 2019. In 2006, become qualified specialist in Medical Paedagogics to the Medical University – Sofia.

As instructor in the Medical University – Plovdiv. Petya Kasnakova has actively participated in the development of curricula and programmes of Kinesiotherapy, Therapeutic massage, Kinesiology, Pathokinesiology, Ergotherapy and ergonomics, and Clinical practice for students in the Educational and qualification degree "Professional bachelor in Rehabilitation".

The applicant has participated in 4 national projects and 1 university project on the topic "The application of immunostimulating methods to increase the quality of life in children aged 4-7 years at the MU – Plovdiv". She presented evidence about participation in 57 scientific forums, of which 16 national and 41 international.

For the period 2001-2022, Senior lecturer Petya Kasnakova participated in 14 licensed courses and practical trainings by leading European lecturers for professional qualification improvement in the field of kinesiotherapy and rehabilitation: Bobath approach; soft-tissue mobilisation of cervicothoracic region and upper limb and for the lumbosacral region and lower limb; Manual therapy - mobilisation of cervicothoracic region and upper limb and for the lumbosacral region and lower limb; Su Jok therapy; Manual lymphatic drainage; Neuromuscular taping; Classic sports taping etc. Also, she participated in 5

courses for professional qualification in the field of public health and e-learning to the Medical University- Plovdiv.

Member of the following professional organisations: The Association of Physiotherapists in Bulgaria; The Union of Scientists in Bulgaria (SUB Plovdiv) and the Bulgarian Scientific Society for Public Health.

For 2007-2022, Petya Kasnakova has participated in 8 Erasmus+ teaching mobilities with various European partners (North Macedonia, Greece, Turkey, Poland, Belgium and Portugal) in the field of rehabilitation and public health.

The analysis of the applicant's career outlines clearly her sustained interests and efforts for professional development and improvement in the field of public health, kinesiotherapy and rehabilitation.

2. Analysis of materials presented for the competition

The materials presented by the applicant for the competition for academic rank Associate Professor in Health Care Management, higher education field 7. Health Care and Sport; professional field 7.4. Public Health, comply with the Law for Development of Academic Staff in the Republic of Bulgaria and the Statute for Development of Academic Staff at the Trakia University – Stara Zagora

3. Teaching and learning activities

The applicant for the academic rank “Associate Professor”, Senior Lecturer Petya Stankova Kasnakova PhD, is an instructor with long, more than 20 years teaching experience in the Medical University – Plovdiv. Her career outlines hear as a respected instructor, actively involved in teaching and learning activities with students from the Educational and qualification degrees Professional bachelor in Rehabilitation and Bachelor in Healthcare Management For the period 2010-2018 she was head of the Rehabilitation specialty at the Medical College - Plovdiv.

The teaching load of Senior Lecturer Kasnakova in the Medical University – Plovdiv for **2020-2023 is 2613.9 academic hours**, including lectures and

practical training at the Medical College and Faculty of Public Health – Plovdiv. The average annual teaching load is 871.3 hours. The teaching load as part-time instructor in Haskovo Branch is a total of 740 hours for 2021-2023; the average annual load is 370 hours.

The teaching and learning activities of Senior lecturer Petya Kasnakova, PhD exceeds the normative and confirms its active participation in the training of students from the Medical University – Plovdiv and Haskovo Branch.

4. Research & development activities

4.1. General overview of scientific production and publication activity

In this competition for Associate Professor, the following works are presented:

- 1 PhD thesis
- 1 monograph;

21 publications, refereed and indexed in world scientific information databases. Of them, 6 publications have an Impact Factor (Clarivate Analytics, ex Thomson Reuters) and 11 are with SCImago Journal Rank; SJR (Scopus) The total IF is 3.543. The total score from parameter Г.7 is 577.2 points.

- 27 publications in peer-reviewed Bulgarian and international journals
- 28 publications in non peer-reviewed Bulgarian and international journals
- 16 publications in proceeding books from Bulgarian and international conferences.
- 4 textbooks and teaching aids

4.2. Research activity – dissemination and application of the R & D contributions of the applicant.

In the presented fact sheet, the original scientific contributions cover a wide range of research subjects, focused on current significant problems in the field of

public health and health care and are entirely within the specialty of the announced competition.

The research works and the principal scientific contributions of Senior lecturer Petya Kasnakova, PhD, are focused in the following main fields: *Contemporary implementation of rehabilitation in public health; Training and professional formation of medical specialists; Application of various immunostimulation methods among the pediatric population; Varia.*

- ***Contributions in the field of contemporary implementation of rehabilitation in public health***

The application of rehabilitation and kinesitherapy in the field of public health is a significant topic. The publications discuss and analyse the opportunities provided by rehabilitation and kinesitherapy in the context of the COVID-19 pandemic.

The possibilities for application of rehabilitation methods and means have been investigated to improve patient care and promote health care efficiency for prevention, treatment and rehabilitation of a number of socially significant diseases [II.9, III.1, II.3, II.4, II.5, II. 6, VI A-1, VI A-2, VI A-3, VI A-4, VI A-5].

The need for rehabilitation tailored to the needs and experience of patients as partners in the treatment process was convincingly revealed, with change of orientation from the paternalistic model to the participation of patients in the joint finding of a solution. As a result, patient-oriented rehabilitation has numerous positive effects - increasing patients' knowledge about the disease and the treatment, increasing their satisfaction and expectations about the rehabilitation process [III. 3, III. 4, III. 5, III. 6, III. 16, III. 17, III. 18, III. 19, IV 2, IV A-2, IV A-3, IV 16, IV 26, V A-4, V A-16, V A-17, VI Б -2, VI Б -5].

The positive effect of rehabilitation of patients with chronic illnesses on the preservation of their functional capabilities in daily life was categorically

confirmed [III. 14, III. 19, III. 20, III. 21, IV A-4, IV7, IV 8, VI 9, IV 12, IV18, IV 21, VI A-4, VA-10, VI A-14, VA-15, V Б-2, VB-4, VI Б -7]

- *Contributions in the field of Training and professional formation of medical specialists*

The competences of the instructor for management of higher medical education quality have been thoroughly, comprehensively and purposefully studied.

A detailed analysis of modern concepts in the field of good rehabilitation education practices, and their impact on health care in recent years was made. The main aspects of the training of rehabilitators in the professional field "Health Care" are described consistently and systematically. [I. 1, II.1, II.2, II.3, II.4, II.5, II. 6, VI A-1, VI A-2, VI A-3, VI A-4, VI A-5]

The modern professional-educational model of the instructor at the Higher Medical School as a teacher of adults; the factors from the educational environment and the role of the instructor for quality training, preparation and realisation of medical specialists were purposefully studied. [I. 1, II.1, II.2, IV-1, VI.3., VI.4]

The basic competencies of the instructor, without which the quality medical education and the formation of the modern medical specialist would not be possible, were analyzed and empirically confirmed. Priority competences of the instructor as a specialist, pedagogue, manager, scientist and researcher are shown. [I. 1, II.1, II.2, IV- 6, IV- 17, VI.1, V-A-1. V-A-2. V-A-21]

An original competency-based model, outlining the professional and personal profile and competencies of the modern instructor at the Medical University/College was created on the basis of summarized theoretical and practical experience [I. 1., II.1, IV-19, VI - 20, V-Б 6.]

The attitude towards the distance learning and the assessment of its quality by students completed distance learning courses were studied and analyzed [II.8, III.8, III.13, V-A 18, V-Б 9]

The possibilities of applying interactive presentation systems in the training of medical specialists were proven. It was demonstrated that their use increased the interest of students, stimulated their active participation in the learning process and improved mastering of the taught material [III 2, III 7, III 13]

Some aspects of distance learning quality and effectiveness during the COVID-19 pandemic were also discussed. The possibilities of information technologies to support the non-supervised learning of students were investigated and confirmed [III 2, III 8, III 12]

- *Contributions in the field of application of various immunostimulation methods among the paediatric population*

Extensive research and analysis on the morbidity rate in preschool and primary school children and the need to apply immunostimulation methods in children has been performed.

The role of the family as the primary and most important health and educational factor was studied and demonstrated. Communication in the family determines a healthy behaviour model that children need in their contact with other members of society [II. 10., III. 11. V-A 1, V-A 6, V-A 13, V-A 18]

The need for development and improvement of healthy habits and habits, nutrition, body hygiene, clothing, housing, medical prevention, school hygiene, self-care, safety in adolescents was proven [V-A 1., V-A6, V-A 14V-B 1, V-B 3, V-B 4].

The emphasis in this section is the collective monograph "Childhood Immunity Management", published by Fast Print Books, Plovdiv, ISBN 978-619-236-383-3, 2022. It examines the possibilities of health promotion of children attending kindergartens or primary schools and the general level of their immunity by degree of morbidity. A model for the application of a complex immunostimulating prevention program in preschool and primary school children and educational programs for parents was developed (contribution of methodical applied and practical applied nature)

- *Varia*

Social aspects of health care provision for premature children, the therapeutic results, short-term therapeutic effect, benefits and post-therapy consequences for prematurely born children with respiratory distress syndrome were analysed. [III. 15]

Contributions to studies on healthy lifestyle and physical activity among children and adults (scientific applied and practical applied contributions) [V A 1, V Б 1, VI - Б 3 VI - Б 4]

Individual scientific work with undergraduate students from MU - Plovdiv was carried out, resulting in publications in national and international journals. More than 11 articles with students from the "Rehabilitator" specialty have been published [III 17, IV 13, V-A 13, IV 7, V-A 14, V- Б 2, VI – Б 2, VI - Б 3].

The aforementioned contributions are important for the teaching and practical work of Senior lecturer Kasnakova; they are of theoretical, methodical and scientific-practical nature and allowed for choosing innovative approaches that enrich the training in the rehabilitation and public health field.

4.3. Evaluation of the monograph presented in the Associate Professor competition

The single-author monograph "Key issues in the professional formation of rehabilitators during the training at the Medical College", with scientific editor Prof. B. Tyornova (ISBN 978-619-90575-2-0, published by „Laks Books“, Plovdiv, 2018, is presented as a habilitation work. It discusses the organisational aspects, educational strategies and important issues of the professional training of rehabilitators at the Medical College.

4.4. Compliance of applicant's score with minimum requirements of the Trakia University – Stara Zagora for the academic rank "Associate Professor in professional field 7.4. Public Health

Table 1. Comparative analysis of applicant's scientific works

<i>Group of parameters</i>	<i>Required score for the academic rank "Associate Professor", Appendix 7.4 Public Health</i>	<i>Applicant score</i>
A	50	50
Б	-	-
В	100	100
Г	200	1863.6
Д	50	1070
Е	T. 15 – 40	194
Total	400	3277.6

The scientific and publication activities of Senior lecturer Petya Kasnakova, PhD, far exceeds the minimum national requirements and the required minimum score as per criteria of the Trakia University – Stara Zagora for the academic rank "Associate Professor in professional field 7.4. Public Health (Table 1).

5. Citations of applicant's publications in the national and international literature

A total of 106 citations of Senior lecturer Petya Kasnakova, PhD are presented, of them 42 are in editions refereed and indexed in world scientific databases, 40 – in non-refereed editions, and 24 – in monographs.

6. General evaluation of the applicant

The applicant in the competition for academic rank "Associate Professor", Senior lecturer Petya Kasnakova, PhD *possesses the necessary professional paedagogical and scientific background* in the field of public health – as evidenced by her teaching and research activities at the Medical University – Plovdiv and Haskovo Branch of the Trakia University – Stara Zagora.

In her entire scientific production, original approaches and methods are applied, and relevant contributions are made. They are a prerequisite for optimisation of the training of students from the Kinesiotherapy specialty in Kinesiotherapy, Therapeutic Massage and Clinical Practice as study courses and research directions.

Conclusion. The documents presented by Senior lecturer Petya Kasnakova, PhD in the competition for conferring the academic rank “Associate Professor” are fully compliant with the with the Law for Development of Academic Staff in the Republic of Bulgaria and the Statute for Development of Academic Staff at the Trakia University – Stara Zagora, and scientific metric parameters about professional field 7.4. Public Health.

The overall professional development of Senior lecturer Petya Kasnakova as an instructor and scientist in the field of the scientific specialty for which the competition has been announced has a consistent, upward and sustainable character

On the basis of abovementioned, I am fully convinced in giving a POSITIVE EVALUATION and recommending the honorable academic jury members to give a positive vote and to confer the academic rank “Associate Professor” of Healthcare Management, professional field 7.4. Public Health; higher education field 7. Health Care and Sport, for the needs of the “Kinesiotherapy” specialty in the Haskovo Branch to senior lecturer Petya Stankova Kasnakova, PhD.

06 November 2023

Stara Zagora

Undersigned:.....

/Prof. Ruska Vasileva Paskaleva, PhD/