



STANDPOINT

by Assoc. prof. Daniela Ivanova Popova, Ph.D

Regarding: Competition for the occupation of an academic position "Associate professor" in the field of higher education 7. Health care and sports, professional direction 7.4 Public health, specialty "Kinesitherapy", announced in State newspaper No. 99 /13.12.2022. for the needs of the Medical College at Trakia University (TrU)- Stara Zagora on 0.5 state.

By order No. 294/06.02.2023 to the Rector of TrU-Stara Zagora, I am appointed to present an opinion as a member of the scientific jury.

One candidate participated in the announced competition - Ch. Assistant Professor -Ana Todorova Nikolova, PhD, who submitted the necessary set of administrative documents, according to the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria and Art. 78, par. 1 of the Regulations for the Development of the Academic Staff at Thrakia University.

I. Brief biographical data and career development:

The candidate Ana Nikolova Todorova was allowed to participate in the competition.

Ana Nikolova (born on 30.12.1977 in Sofia) completed her bachelor's degree in kinesitherapy in 2000 in the NSA "V. Levski", and in 2012 she obtained a master's degree in "Public Health and Health Management". The educational and scientific degree "doctor" in professional field 7.4 Public health acquired in 2019 after a successful defense of a dissertation on the topic: "Postoperative kinesitherapy after fractures in the elbow region".

She has been working as a physiotherapist since 2001. Since 2014 is a part-time teacher at the National Academy of Sciences "V. Levski" and SWU "N. Rilski" and from 2021 is a ch.assistant professor at the Medical College of Trakia university- Stara Zagora.

The candidate has acquired competencies from participation in a number of courses - **16** in number to increase her professional qualification, including Specialized training for Physiotherapy of elbow and shoulder joints, PNF in Practice Course, etc., as well as specializations abroad.

The main areas in which he works are: kinesitherapy for musculoskeletal dysfunctions, kinesitherapy in sports practice, kinesitherapy in orthopedics and traumatology, kinesitherapy in pediatrics.

II. Research activity:

The scientific interests of Ch. Assist. Prof. Ana Nikolova concerned the problems of practical and scientific activity in the field of kinesitherapy, as well as organizational activity in the field of sports.

For the competition, 1 monographic work, 11 publications published in scientific journals and anthologies, as well as 1 guide based on a protected dissertation work were submitted.

In terms of scientometric indicators, Ana Nikolova meets the minimum national requirements and participates in the competition with:

1. Dissertation work for the award of the educational and scientific degree "doctor" on the topic: "Postoperative kinesitherapy after fractures in the elbow region".
2. Monographic work "Kinesitherapy in femoroacetabular conflicts".
3. Guideline based on a defended dissertation: "Guideline for postoperative kinesitherapy for fractures of the elbow joint".
4. Publications in scientific journals are 11, of which 1 is independent and 10 are co-authored, 5 of which are published in international journals, referenced and indexed in Scopus and Web of Science.
5. A reference is presented for the citations from Central university library, which are a total of 11 in peer-reviewed journals.

The scientific contributions are presented in detail, the most significant, without detracting from others, in my opinion, are in the field of orthopedic and neurological kinesitherapy practice:

- *A study was made on the functional restoration of the elbow joint in case of intra-articular fractures and a methodology with elastic resistance was developed after complex interventions, as well as a study on the complications after an incorrect kinesitherapeutic approach in the restoration of the elbow complex*

- *A study was conducted on the epidemiology of femoroacetabular impingement. An effective kinesitherapeutic technique has been developed in the conservative treatment of femoroacetabular conflict.*
- *A study was carried out on the influence of proprioceptive facilitation in kinesitherapeutic practice*

III. Scientific activity:

The candidate participated with reports in 8 scientific forums in the country and 15 abroad, and in 14 of them she was as a first author. She is a member of the Association of Physiotherapists in Bulgaria

IV. Teaching and learning activities:

According to the reference, the candidate has a sufficient study load according to the requirements for 2022/2023, amounting to a total of 175 study hours per year for educational qualification degree "professional bachelor", specialty "Rehabilitator" at Medical college of TrU-Stara Zagora, of which 48 hours are lectures. Leads teaching in the following disciplines: "Kinesitherapy", "Kinesiology", "Patokinesiology".

V. Therapeutic and diagnostic activity in the field of kinesitherapy.

Ana Nikolova has a long-standing practice as a physiotherapist. She combines teaching activities with her experience in working with various nosologies. She was also a consultant to the Bulgarian Wrestling Federation.

VI. Personal impressions

Ana Nikolova is a serious and responsible scientist. He has an affinity for both scientific and teaching work, as well as healing practice and organizational activity. I am convinced that her professional and personal qualities will contribute to the development of the institution where she works.

In conclusion:

The quantity and quality of the materials submitted for review give me reason to assume that they meet the requirements of the Law on the Development of the Academic Staff in the Republic of Bulgaria and the Regulations for its Implementation, the minimum national requirements and the additional requirements of the Regulations on the Development of the Academic Staff in TrU-Stara Zagora. No plagiarism detected.

Based on the above, I am convinced to vote positively regarding the candidacy of Ch. assistant professor Ana Todorova Nikolova for the academic position "Associate professor" in Kinesitherapy in the field of higher education 7. Health care and sports, professional direction 7.4 Public health, specialty "Kinesitherapy" according to the announced competition for the needs of the specialty "Rehabilitator" in the Medical College of TrU-Stara Zagora at 0.5 state.

23.02.2023

City. Sofia

Prepared the standpoint:

/ Assoc. prof. Daniela Popova, Doctor/

