

To

The Chair of the Scientific Jury,
appointed by Order No. 3364/29.09.2023 of the Rector
of Trakia University - Stara Zagora

Please find attached: Review

in competition for the academic position of "ASSOCIATE PROFESSOR"

in the field of higher education 7. Health and Sport,

professional field 7.4. Public Health

Announced for the needs of the specialty "Kinesitherapy" at the Department of Health Care of
Haskovo Branch of Trakia University - Stara Zagora ,

in State Gazette, no.52/16.06.2023

Reviewer. Assoc. Prof. Vanina Mihaylova-Alakidi, PhD

Scientific specialty "Social Medicine and Organization of Health Care and Pharmacy",

Division: Public Health

Institution: Faculty of Public Health "Prof. Dr. Tsekomir Vodenicharov, DMSc", Medical
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REVIEWED

by Assoc. Prof. Vanina Mihaylova-Alakidi, MD

Faculty of Public Health "Prof. Dr. Tsekomir Vodenicharov, DMSc", Medical

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Department of Kinesitherapy

REGARDING: competition for the academic post of "ASSOCIATE PROFESSOR" in Health Care Management, professional field 7.4. Public Health, Trakia University - Stara Zagora, Branch Haskovo, for the needs of the specialty "Kinesitherapy" at the Department of "Health Care", announced in the State Gazette issue 52/16.06.2023.

I. Procedure

On the basis of Article 4 (3), (4) of the Law on the Development of Academic Staff in the Republic of Bulgaria, Article 5 (3) (4) of the Regulations for Applying the Law on the Development of Academic Staff and Art. 70 (2) of the Regulations for the conditions and procedure for the acquisition of scientific degrees and the occupation of academic positions at Trakia University, and Resolution of the Academic Council, Minutes of Meeting №42 of 27.09.2023 of Trakia University, Stara Zagora, and Resolution of the Chairperson of the Scientific Jury, I have been appointed Reviewer concerning the competition for the academic position of ASSOCIATE PROFESSOR in field of higher education 7. Health and Sport, professional field 7.4. Public Health; in the competition announced in State Gazette No. 52/16.06.2023 the only candidate is Senior lecturer Petya Kasnakova, Ph.D.

II. General description of the materials submitted for the competition

The submitted electronic and paper set of materials for the competition complies with the Law on Development of Academic Staff in the Republic of Bulgaria. Bulgaria, respectively the Regulations for its application, including the Regulations for the conditions and procedure for the acquisition of scientific degrees and the occupation of academic positions **at Trakia University, Stara Zagora.**

The necessary supporting material is attached, as well as declarations of originality and reliability of the candidate's scientific works.

III. Analysis of the candidate's career profile

Senior lecturer. Petya Kasnakova, MD was born on 11.02.1976 in the town of Plovdiv. In 1997 she graduated in Physical Rehabilitation Therapy at Medical College-Plovdiv, upgrading at MU-Plovdiv, Medical College, "Professional Bachelor", specialty "Physical Rehabilitation Therapist" (2004), acquired a Bachelor's degree in "Health Care", 1999 at MU-Plovdiv, and a Master's degree in "Psychology" at the University of Veliko Tarnovo "St.St. Cyril and Methodius" (2003) and a Master's degree in Public Health and Health Management from Medical University - Sofia (2004). In 2006 she earned a post-graduate degree in Medical Pedagogy, MU-Sofia. She specialized in "Applied Psychology and Psychotherapy" (PGE, 2019), Certificate of Professional Qualification Series C-PP reg. №0160 at Medical University - Plovdiv. In 2014, Petya Kasnakova successfully defended her dissertation on "Pedagogical competencies of a medical college teacher - a prerequisite for quality training of medical specialists", with scientific advisor prof. Prof. Bianka Tornyova, PhD, in "Health Care Management" - diploma № 095 - DM/27.01.2014, Medical University of Plovdiv. She started working as a physical rehabilitation therapist at the Regional Transport Hospital, Plovdiv (1998-2000).

Her academic development started in 1999 as a lecturer at Plovdiv University "Paisii Hilendarski", Department of "Theory and Methodology of Physical Education", Bachelor's and Master's degree programs, in the discipline of "Sports Massage". In terms of career development, she has had a consistent and rhythmic academic growth - PhD student (2011), awarded PhD (2014), guest lecturer (1999), lecturer and senior lecturer (2000-2022), including head of the specialty of "Physical Rehabilitation Therapy" (2010-2018), Medical College, Medical University of Plovdiv. Since February 2023, she has been a senior lecturer at the Department of Health Care Management, Faculty of Public Health, MU-Plovdiv, including a guest-lecturer at Haskovo Branch of Trakia University Stara Zagora (2023), of Bachelor's degree students in the specialty of "Kinesitherapy", and respectively continues to hold this position.

Senior Lecturer Petya Kasnakova has enclosed a certificate of work experience, including a reference for the academic positions held. A number of qualification certificates have been submitted, incl. licensed courses and practical trainings in the field of physical rehabilitation therapy and kinesitherapy: Bobath Introductory Course at the Karin Dom Centre for Children with Special Needs, Varna, Bulgaria (2003); Soft tissue mobilization of cervicothoracic region and upper limb (2008); Soft tissue mobilization of lumbosacral region and lower limb (2008);

Manual therapy - mobilization techniques for cervicothoracic region and upper limb (2009); Manual therapy - mobilization techniques for lumbosacral region and lower limb (2009); Su Jock - hands-on training (2009); Manual Lymphatic Drainage - hands-on training (2009); Neuromuscular Taping A - Upper Quadrant, Bulgerian Organization of Sports Physiotherapy (IFSPT) (2015); Classical Sports Taping - AFB Basic Course - Member of WCPT (2015); Elastic resistance, proprioceptive training and myofascial release in physiotherapy and sports, Buigarian Association of Physiothrapists, Official Member of WCPT (2015).

Shee is a member of prestigious scientific organizations: the Association of Physiotherapists in Bulgaria (APB); the Union of Scientists in Bulgaria (USB - Plovdiv); the Bulgarian Scientific Society of Public Health - BSPH; Member of the Council for International Cooperation and Project Activities at the Medical University of Plovdiv.

IV. Teaching and educational activities

The candidate's total teaching experience corresponds in duration to her academic activity. As a lecturer and senior lecturer, she teaches tutorials, practical and seminar classes to students in professional bachelor's degree programs; bachelor's degree and master's degree programs in the following specialties: Physical Rehabilitation Therapist at Medical College, Medical University of Plovdiv; 'Physical rehabilitation therapy, wellness, SPA and balneology' at the Faculty of Public Health, Medical University of Plovdiv; and "Kinesitherapy" at Haskovo Branch, Trakia University, Stara Zagora in the following disciplines: *theoretical and practical classes* for students of the specialty of "Physical Rehabilitation Therapist" in the subjects of "Kinesitherapy", "Therapeutic Massage", "Kinesiology", "Pathokinesiology", "Ergotherapy and Ergonomics", "Clinical Practice" and SEA, EPQ " Professional bachelor ".

Her work as *a lecturer (since 2018)* is also relevant – she has been giving lectures to students of the specialty of "Physical Rehabilitation, Wellness, SPA and balneology": "Alternative therapeutic methods", "Psychodiagnostics in SPA and wellness practices", "Taping methods in rehabilitation practice", "Pilates method - characteristics of motor activity", Master's degree students; students in the specialty "Kinesitherapy" (since 2023): "Therapeutic Foundations and Tools of Kinesitherapy", "General Methods of Functional Examination and Assessment in Kinesitherapy", "Massage", "Kinesiological Foundations of Kinesitherapy", "Pathokinesiology - Functional Analysis and Assessment", "Ergotherapy", "Prevention and Rehabilitation with Therapy Balls", B.Sc.

She also conducts practical training and pre-graduation internship of students from the specialty "Physical Rehabilitation Therapy", "Professional Bachelor", "Physical Rehabilitation,

Wellness, SPA and Balneology", Master's degree. She actively participates in the scientific and methodical support of students, incl. in the implementation of joint work with students in research projects, national, international forums and *preparation of curricula* in the disciplines "Kinesitherapy", "Therapeutic Massage", "Kinesiology", "Pathokinesiology", "Ergotherapy and Ergonomics", "Clinical Practice" and PGE, for the *specialty of "Physical Rehabilitation Therapist", Professional Bachelor; for the specialty of "Physical Rehabilitation, Wellness, SPA and Balneology", Master's degree* - "Alternative Therapeutic Methods", "Psychodiagnostics in SPA and Wellness Practices", "Taping Methods in Rehabilitation Practice", "Pilates Method - Characteristics of Movement Activity" and the *specialty "Kinesitherapy", Bachelor's degree program*. - "Therapeutic foundations and means of kinesitherapy", "General methods of functional examination and assessment in kinesitherapy", "Massage", "Kinesiological foundations of kinesitherapy", "Pathokinesiology - functional analysis and assessment", "Ergotherapy", "Prevention and rehabilitation with therapeutic balls".

Her teaching workload exceeds the statutory one, respectively for the academic year 2020/2021 it amounted to 1218.8 teaching hours, of which 1006.8 were hours of lectures, for the academic year 2021/2022 - 1053.5 teaching hours, of which 825.5 were lecturing hours, for the academic year 2022/2023 - 907.6 teaching hours, of which 681.6 are lecturing hours. Her overall attestation grade is "very good" (2021). She is fluent in written and spoken Russian and English.

V. Evaluation of the candidate's scientific works for her overall academic development

General characteristics of scientific production and publication activity. The publication activity of the candidate is multidisciplinary and meaningful in both quantitative and qualitative aspects. It is characterized by a significant volume (101) of diverse in content scientific output, with an emphasis on the contemporary application of physical rehabilitation therapy in public health; management and therapeutic guidelines of chronic diseases; innovative technologies and approaches in medical education and practice; distance learning and factors influencing learning attitudes of medical professionals, including the quality of professional-pedagogical competences in medical education; the application of immunostimulation methods among children; eating habits as a risk and protective factor for the development of chronic infectious diseases.

In terms of the quantity, that is a quantitative comparison of the data presented by the candidate exceeds the required minimum scientific-metric criteria of Trakia University, Stara Zagora for the academic position of Associate Professor in Health Care Management in professional field 7.4. Public Health, she has published **1** independent monograph, 6 independent chapters in foreign monographs, 3 co-authored, incl. 4 chapters in a monographic work: 'Competences of the lecturer at a higher medical school'; in 2 – as an independent author; 3 study guides as an independent author, and 1 – as a co-author; 101 full-text publications, 21 of which in prestigious journals indexed in world-famous data-bases, referenced in Scopus and WoS, 11 of which she has written as an individual or leading author (resp. 48%), including indexed in Clarivate Analytics (Thomson Reuters) - 6 (in 4 - lead or independent author) with total IF=3,543. The candidate has submitted **70** publications and full-text reports in scientific journals and peer-reviewed proceedings, of which in 51 as first or sole author, **9** published in edited collective volumes (outside the PhD), of which **in 62** as sole or lead author (68.00%). The candidate has presented **57** participations in scientific forums, of which national (**16**) and international (**41**).

The candidate's public image is high. The total number of *citations of the* scientific output noted and presented is **106**, **42** of them in scientific journals refereed and indexed in /Scopus and/or WoS, **24** in monographs and collective volumes with scientific peer review and **40** citations in non-refereed journals with scientific peer review. A reference of publications in journals with Impact Factor and Impact Rank, including a reference of citations from the Central Library, Trakia University, is provided.

She has participated in **5** scientific and educational *projects*, respectively at university level (**1**), national level (**4**), among which the application of immunostimulating methods to improve the quality of life in children aged 4-7 years (Project №NO-07/2020) stands out. She is also a participant in the National Scientific Program "Young Scientists and Postdoctoral Fellows" (2019), as well as in the practical training/mentoring under Project BG05M2OPOO1-2.002-001 "Student Practices" - Phase 1, Partnership Agreement №D03-104/13.06.2016 and №P-70/02.01.2018 and Phase 2 (№P-250/23.03.2020).

She participated in the delivery of academic lectures in university structures under the Erasmus + program Macedonia, Bitola 2007, Belgium, Liege 2009, Greece, Larissa 2010, Poland, Wroclaw - 2010, Greece, Patras 2012, Portugal, Lisbon 2012, and also conducted practical training of students under the Erasmus + program of the Republic of Bulgaria. Turkey and R. North Macedonia (2016-2022).

'In medicine, everything begins and ends with physical rehabilitation therapy'

Kurt Pollack

Qualitative analysis. The scientific output of the candidate is matched with valuable content. A polyvalent research methodology and the introduction of modern statistical research tools are used. They are differentiated in the following areas: modern application of rehabilitation in public health - health promotion, management and therapeutic guidelines of chronic diseases, prevention of socially significant diseases, health awareness and education of patients and their relatives; quality of life and health care; quality of professional-pedagogical competencies in medical education; monitoring and evaluation of the quality of medical education and professional training of health care professionals; role of physical rehabilitation therapy and management of chronic diseases; distance learning and factors affecting the attitude to learning of medical specialists; impact of complex immunostimulating programs on pre-school-aged children; social aspects in providing health care to prematurely born babies; analysis of the expenses connected with care for prematurely born babies with respiratory complications and perinatal corticosteroid prophylaxis.

These areas are clearly distinguished or differentiated according to their specificities.

The publications are based on a proprietary complex sociological methodology, illuminate theoretically and in applied terms integrated care and its role in the implementation of a medical-social approach to socially significant diseases. A comprehensive theoretical-practical innovative learning model is derived in response to meeting patients' needs and expectations for improved health and quality of life. If modern medicine adds years to a lifespan, physical rehabilitation therapy is a major factor in adding meaningful life during those years. Publications with an original contribution to the applied science and practical perspectives stand out. Possible applications of physical rehabilitation therapy in conditions of Covid-19 pandemic, including post Covid-19 syndrome, requiring a multi-disciplinary team, individual approach and continuous physical rehabilitation therapy, are analyzed. The role of telerehabilitation therapy in pandemic conditions, respectively the role of the patient in the therapeutic process, are emphasized. The role of the patient-centered multidisciplinary approach in the physical rehabilitation therapy is also a central point. Patients' attitudes to being included in the prevention and educational program are investigated. The need of a focused and analytical approach to the problem is justified, and the importance of physical rehabilitation therapy in comprehensive health care is defined. The essence of one of the most pressing medical-social problems of management, physical rehabilitation therapy and formation of the active routine of people with chronic conditions is elaborated from a modern point of view.

Physical rehabilitation therapy is defined as a continuous complex effort for restoring the patient to their usual functional and social condition or maintaining and strengthening the residual functions. The role and positive impact of physical activity and physical rehabilitation therapy in the complex health prophylaxis are significant.

Theoretical propositions are presented and an attempt is made to derive concrete answers for behaviour in different situations and solutions. After a thorough and in-depth review, views on the nature and role of rehabilitation are presented. The factors of: chronicity of illness; change and priorities in health care; control and challenges in the course of the condition and the rehabilitation process in chronic illness, and its cost-effectiveness are covered.

An overview of WHO initiatives on the development of rehabilitation; its integration into different models of health care; the preparation of health systems for its uptake, and last but not least in importance, its social and economic benefits are covered. Notwithstanding the finding thus drawn, it is recommended that in future research work, the author should highlight and analyse in more detail the contributions of WHO in the area so noted.

The enclosed papers are substantiated and of a distinctly scientific and applied nature, a significant part published in indexed world-renowned databases.

The following are some of the more significant **contributions**:

- The importance of prevention is highlighted, with physical rehabilitation therapy as a protective factor. The introduction of an interdisciplinary approach, skillfully combining psychological, communication and rehabilitation techniques and methods, as well as impact algorithms regarding the preservation of functional abilities in everyday life, strongly confirms the improvement of the quality of life, including the adaptation of the individual and return to the community.

- The importance of the physical rehabilitation process is highlighted - in its efficiency and socio-economic importance, occupying a deserved place in meeting the health needs of the population.

- A view is formulated that health awareness and technology can be used as a source of up-to-date and reliable information on the health status of persons with chronic diseases, or the morbidity of the population; the possibilities that are also available in the context of the COVID-19 pandemic are discussed and analysed.

- The need for a multidisciplinary team is substantiated, respectively focusing on an individualized approach and long-term rehabilitation to influence the physical, mental/emotional and social balance of patients with "post-Covid-19 syndrome".

- The importance of telemedicine and telerehabilitation is highlighted. A strong positive effect is found as a result of telerehabilitation;
- A comprehensive conceptual theoretical-practical innovative model for the application of good practice in the training of student rehabilitation therapists is developed.
- Teacher competencies for quality management in higher medical education are thoroughly and comprehensively studied. A "competency-based" model outlining the professional-personality profile of the modern lecturer is derived. On the basis of empirical studies, the thesis of the dependence between the improvement of pedagogical competences and the increase of the quality of teaching activity is defended.
- The attitude of students to the distance form of education, including its quality, is analyzed and studied. Positive attitudes related to the possibilities of application of interactive presentation systems in the training of medical professionals are found. Their use leads to increased interest of trainees, stimulates them to active participation in the learning process and better learning of the learning material.
- Current problems of health education are studied and brought out. Modern approaches and priorities in the promotion of healthy eating habits in children of pre- and early school age are emphasized, the need for the formation of a value attitude to the health of adolescents is singled out. A model for implementation of a complex immunostimulating program in early school age is developed.

VI. Evaluation of the monographic work or equivalent publications submitted to the competition

The author of the monographic work "Key milestones in the professional formation of rehabilitation therapists in the process of training at the Medical College", ISBN 978-619-900575-2-0, publishing house "Lux Book", Ltd., Plovdiv, 2018, adequately and in a modern light dwells on a hot issue - the importance of the professional formation of physical rehabilitation therapists in the process of training at educational institutions in Bulgaria.

At the same time, a comparison of educational trends, based on reference data, related to the organization and conduct of training (organizational forms, methods, means) and their alignment with European standards is made. The possibilities for the choice of a system for the evaluation of rehabilitation training are highlighted, including a conceptual theoretical model of good practice in training. The most frequently applied didactic technologies, placing the student at the centre of the educational process, are outlined. The specificity of traditional forms

and methods of training and innovative interactive elements in teaching, including elements of program-based learning, are touched upon. A sociological survey among students of physical rehabilitation therapy in MC-Plovdiv, regarding the choice of profession, was carried out. It highlights a panel of questions concerning: leading motives for training, adaptation to the educational environment (influence of the facilities), attitudes and expectations for future realization, training and satisfaction of students with the realized professional choice. The importance of practical training as a decisive factor for the professional formation of students is highlighted, including the role of interactive methods and techniques. The quality of training has a specific impact on meeting the health needs of health care consumers. The approach to the topic, its layout and structure testify to an understanding, depth and affinity for the issues discussed.

The physical rehabilitation process, by its efficiency and socio-economic importance, occupies a deserved place in meeting the health needs of the population. It is from this position that the author emphasizes the valuable nature of the development. In this sense, the author, Senior lecturer. Petya Kasnakova, PhD, has adopted an adequate and complex approach.

VII. Overall assessment of the applicant's compliance with the minimum national requirements under Article 2b(2) and (3), respectively the requirements under Article 2b(5) of the Law on the development of academic staff in the Republic of Bulgaria and the specific requirements per strand set out in the Regulation on academic development of Trakia University, Stara Zagora under Art.70(5).

As is evident from the subsequent arguments, Senior lecturer Petya Kasnakova, PhD meets and significantly exceeds the mandatory scientific-metric criteria, as well as the indicators for the evaluation of the teaching activity for the academic position of Associate Professor in Health Care Management, Haskovo Branch, Trakia University, Stara Zagora.

Group of Criteria /Indicators/	Content	Assoc. Professor	Senior lecturer Petya Kasnakova, Ph.D.
A	Criterion /indicator/ 1	50	50
B	Criterion /indicator/ 2	-	-
C	Criteria 3 or 4	100	100

D	Sum total of the criteria 5 to 9	200 points	1863,6
E	Sum total of the criteria 10 to 12	50 points	1070
F	Sum total of the criteria 13 to 22	40 points T 15	194
	Total:	440	3277,6 т.

VIII. Conclusion

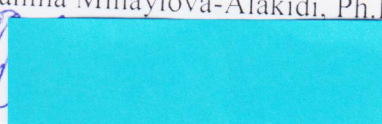
Based on the overall assessment of the candidate in the announced competition, I have sound reasons to conclude that there are skills for the introduction and use of innovative methodological approaches, teaching experience and professional competence for optimizing health processes.

Taking into account that there is **compliance** with the selection criteria for the post of Associate Professor in Health Care Management, Higher Education Area 7. Health and Sport, professional field 7.4. Public Health, for the needs of the specialty "Kinesitherapy", Branch Haskovo, Trakia University Stara Zagora, **I strongly recommend to the scientific jury to award to Senior lecturer Petya Kasnakova, PhD the scientific title "Associate Professor".**

7.11.2023

Sofia

Reviewer: Assoc. Professor Vanina Mihaylova-Alakidi, Ph.D.

7.11.2023

Sofia