



To the chairman of the scientific jury,
defined by order № P-2599/14.11.2019
of the Rector of the Medical University–
Plovdiv

STANDPOINT

of Assoc. Prof. Lyudmila Georgieva Vladimirova-Kitova, PhD
Medical University of Plovdiv, Clinic of Cardiology

In regards to the competition for “**Associate professor**” of “Cardiology” in the section of “Cardiology” at the First Department of Internal medicine at MU of Plovdiv for teaching Cardiology in English following the declared competition in SG, № 72, from 13.09.2019.

The recension was written following the Academic staff development act (ASDA) of the Republic of Bulgaria and the Regulations for terms and order for the acquirement of a scientific degree and academic post in MU of Plovdiv.

For the competition only one contestant has submitted his documents – doctor Petar Fedev Nikolov PhD. The procedure and the necessary requirements have all been met in accordance with LDASRB. The candidate was allowed to partake in the competition.

1. Biographic data:

Doc. Petar F. Nikolov finished his secondary education in the English language school in Plovdiv. In 2007 he received his Hippocratic medal from the Medical university of Plovdiv. In 2009 he won the competition for assistant professor at the section of Cardiology of the First Department of Internal medicine at MU of Plovdiv and since 2014 he is chief assistant professor. He acquired his specialty in cardiology in the year 2012. In 2013 he defended his PhD on “Prehypertension. Frequency, functional and laboratory changes. Therapeutic strategies”. In 2015 he acquires his specialty in invasive cardiology, after which he begins his work in the Section of Invasive Cardiology at the Clinic of Cardiology at UMATH “St George” - Plovdiv.

2. A general description of the presented materials for the competition.

In the current competition the presented materials are as followed:

- Publications in referenced and nonreferenced journals,
- Resumes from scientific forums in Bulgaria and abroad,
- Monographies - independent and in a team,
- Abstracts on dissertation work,
- Textbooks and manuals,
- Scientific projects.

3. Evaluation of the scientific works throughout his entire scientific development

The complete work of doctor P. Nikolov consists of 31 publications in foreign and Bulgarian journals. From which 10 have been published in referenced journals. Participations in congresses and conferences are 21 out of which 16 were abroad.

28 citations, 17 of which in foreign sources and 11 by Bulgarian authors.

In 2013 he defended his dissertation work on "Prehypertension. Frequency, functional and laboratory changes. Therapeutic strategies". In the latter he demonstrates a complex laboratory and functional evaluation of the prehypertention condition with the conclusion that it is associated with a higher cardiovascular risk. The latter is a valid argument for pharmacological treatment.

Arterial hypertention is the main topic in most of the publications. Research is done on its frequency, changes to endothelial function in elevated normal arterial tention. Biological markers for endothelial dysfunction have been researched as well. A strong correlation between metabolic syndrome, prehypertention and physical exercise was established. The role of leptin and adiponectin in patients with metabolic syndrome was also researched. The adipose tissue is a abundant source of proinflammatory mediators. Serum levels of asymmetric dimethylarginine, a physiological regulator of the biosynthesis of nitric oxide (NO), are elevated, which facilitates the process of atherosclerosis, which in turn

maintains the endothelial dysfunction that leads to cardiovascular disease. A lowered insulin sensitivity (the commonly named insulin resistance) was established in the peripheral tissues, accompanied by hyperinsulinemia and microvascular dysfunction.

Part of the publications are associated with the process of atherogenesis. The role of ACE inhibitors in an atherogenic mouse models was discussed. The results from a pathohistological, histo-morphological and cytological survey study confirm the delaying of the process of atherogenesis by Trandolapril. He reviews the predictors of carotid atherosclerosis, which is associated strongly with coronary disease, along with the ability of statins to be used in preventing cerebrovascular disease. The important topic on combined lipid lowering therapy was also discussed.

Another group of publications are associated with heart failure – a new inflammatory biomarker was researched - YKL-40. Research was carried out on the effect of Corlentor on the physical capacity in patients with III-IV FC HF.

Two of his publications comment on complications with interventional treatment of acute myocardial infarction.

A large number of his topics was carried out at international congresses. A part of the topics in the publications were carried out in 16 international authoritative congresses.

The monographic work is titled “Endothelial dysfunction and coronary disease”. Published within 238 pages and contains 554 sources.

A thorough description of the normal endothelial function was presented. A separate part discusses the various methods that can be used to evaluate endothelial dysfunction. The latter can affect the large arteries as well as the microcirculation.

The role of endothelial dysfunction in the formation of coronary plaques and its role in the destabilization of the latter was reviewed thoroughly. A complete discussion on stenting, stent proliferation and left ventricular remodeling was presented. He discusses the role of endothelial dysfunction in conditions described as – microvascular angina, Takotsubo CMP, “X” syndrome, nonobstructive coronary incidents. From a significant practical point is the section on pharmacological and nonpharmacological treatment of endothelial dysfunction.

Doctor Niolov is the author of the chapter on “Pleotropic effects of statins” from the collective monograph – “Manual for lipid regulators in clinical practice – past, present, future”.

The scientific publications of the candidate are cited 28 times in Scopus and Web of science – 9 times, 8 times in other foreign sources – dissertations, books and 11 times in Bulgarian journals.

Doctor Nikolov partook in three scientific projects, two of which successfully ended.

4. Academic activity.

Doctor Nikolov academic workload amounts to over 420 hours yearly. It includes lectures, sessions with students, participation in semesterly and state exams for English and Bulgarian speaking students. He takes part in courses for specialist in cardiology and interns.

Doctor Nikolov takes part in two textbooks.

5. Professional evaluation.

Doctor Nikolov presents certificate in expert level echocardiography, along with a certificate in invasive cardiology. He is a member of the national society of cardiology and invasive cardiology, the league of Hypertention and the European society of cardiology. He is an accomplished cardiologist with 12 years of professional practice and 10 years of academic experience.

The general evaluation of the candidate's compliance to the national minimal scientometric requirements according to ASDA from 2018, along with his compliance to the mandatory conditions and scientometric criteria from the regulations of MU of Plovdiv

Doctor Nikolov meets all mandatory requirements according to the regulations of MU of Plovdiv for the title associate professor.

According to the updated national scientometric minimal criteria by ASDA from 2018 doctor Nikolov once again meets the required criteria for the title associate professor. His total score is 934 points with a minimal requirement of 400 points.

Minimal required points grouped by indicators for academic posts associate professor and professor according to ASDA from 2018.

Indicator group	Content	Assoc. professor (points)	Professor (points)	Dr Petar Niolov, PhD (points)
A	Indicator 1	50	50	50
B	Indicator 2	-	-	
C	Indicators 3 or 4	100	100	100
D	Sum of indicators from 5 to 9	200	200	392
E	Sum of indicators from 10 to 12	50	100	270
F	Sum of indicators from 13 to last	-	100	115
Total points		400		934p

6. Conclusion:

Evaluating the complete qualities of doctor Petar Fedev Nikolov, following the requirements of ASDA and the Regulations for ASDA of MU University of Plovdiv I find that he meets all required criteria for the academic title ‘Associate professor’.

09.12.2019

Signature:

/ Assoc. professor Lyudmila Georgieva Vladimirova-Kitova/