

TO

the chairman of the scientific jury,

as defined by Order No. P-2599/14.11.2019

of the Rector of the Medical University -

Plovdiv



## **S T A T E M E N T**

by

prof. Mladen Grigorov, MD, PhD, Sci -

head of the clinic at

City Clinic Hospital – “St. George”, city of Montana

for

“Associated Professor” in Cardiology to the Cardiology section of the First Department of Internal Diseases of the Medical University of Plovdiv for teaching English in the discipline of Cardiology at a competition, announced in SG, issue 72/13.09.2019

The statement is prepared in accordance with the Law on Academic Staff Development (ASDL) and the Regulations on the Terms and Conditions for Acquisition of Academic Degrees and Occupation of Academic Positions at the Medical University of Plovdiv.

All the necessary materials for the competition are provided. The only candidate, d-r Peter Fedev Nikolov, MD, PhD is the participant in the competition.

## **1. Biographical data:**

D-r Peter Nikolov is a graduate of Plovdiv's Medical University in 2007 with the Hippocratic Medal. He won an assistant professor competition in 2009 at the section of Cardiology of the First Department of Internal Diseases of the Medical University of Plovdiv, and since 2014 he has been a chief assistant professor. He acquired a specialty in cardiology in 2012. In 2013 he defended his doctorate, entitled "Hypertension. Dissemination, functional and laboratory changes. Therapeutic Approach ". Since 2015 he has been working in the Invasive Cardiology Unit at the Cardiology Clinic of St. George University Hospital – Plovdiv.

## **2. General description of the submitted materials for the competition:**

The following scientific works are presented in this competition:

- Abstract of dissertation work,
- Publications in refereed and non-refereed journals,
- Summaries of scientific forums,
- Monographs,
- Textbooks and manuals,
- Scientific projects.

## **3. Evaluation of the scientific works on the overall academic development:**

D-r Nikolov has presented 31 publications in foreign and Bulgarian journals, 10 of which are in refereed journals. The attendance at congresses and conferences is 21, 16 of which are abroad.

The citations are 28, of which 17 are from sources abroad and 11- from Bulgarian authors.

The publications cover a variety of topics - arterial hypertension, heart failure, metabolic syndrome, endothelial dysfunction, atherosclerosis and dyslipidemias, interventional procedures.

The profile of the scientific interests reflects the different periods of the applicant's professional development.

At the beginning the dominating publications are in concern with the arterial hypertension. A definite applicant's achievement is the thesis that pre hypertension is a borderline state. In order initial organ damages to be registered sensitive laboratory and functional examinations are needed. Metabolic and functional changes that are a prerequisite for higher cardiovascular risk are described in detail. The use of ACE inhibitors in a definite risk group of pre hypertensives is motivated. Endothelial dysfunction, methods for its detection and metabolic syndrome are another part of the publication activity. Some of the publications are related to atherosclerosis. Of interest is the atherogenic mouse model and the effect of the ACE inhibitor trandolapril on vascular and organ changes. Another publication parallels the changes in the carotid arteries, which are closely correlated with coronary artery disease, and the ability of statins to be used to prevent cerebrovascular disease. At a later stage of d-r Nikolov's professional development, there are publications related to the complications of interventional procedures in acute coronary syndrome. Another area of scientific interest is the heart failure, where the detection of the new marker YKL-40, which is associated with the degree of inflammation and pathological tissue reconstruction, is of importance.

The monographic work entitled "Endothelial Dysfunction and Coronary Disease" reflects profoundly and in a discussion style the complexity of myocardial ischemia. Clinically speaking, it is particularly simplistic to identify ischemia with coronary stenosis or spasm. In some cases, changes in the microcirculation can be leading - microvascular angina, Takotsubo KMP, "X" syndrome. The role of endothelial dysfunction throughout the cardiovascular continuum, from the formation of the coronary plaque, during its destabilization period, and the consequent complications have been monitored. The role of endothelium in stenting and stent proliferation is also commented. The complex methods for the diagnosis of micro- and macrovascular endothelial dysfunction are indicated. Of particular practical importance are the approaches to influencing it. Also impressive are the numerous references - 554.

D-r Nikolov is the author of the chapter "Pleotropic effects of statins" in a collective monograph, "A Guide to Lipid Regulators in Clinical Practice-Past, Present, and Future."

The candidate's scientific publications are cited 28 times. In foreign sources - 17, 11 - in Bulgarian journals.

D-r Nikolov has participated in three scientific projects, two of which have been successfully completed.

#### **4. Teaching activity:**

D-r Nikolov's teaching activity exceeds 420 hours per year. He teaches in Bulgarian and English. He is the co-author of two textbooks. He participates in lectures, practical lessons, semester and state exams, thematic courses for cardiology specialists and trainee doctors.



## 5. Professional evaluation:

D-r Nikolov has 12 years of experience in the Cardiology Clinic of the Medical University of Plovdiv. The harmonious and complex professional development makes an impression. Initially working in a general cardiology department, defending a specialty in 2012. Acquires functional diagnostics skills, obtains a certificate for expert level in echocardiography. He defended his PhD in 2013 on the topic of "Hypertension. Dissemination, functional and laboratory changes. Therapeutic approach." Subsequently, he directed to invasive cardiology and in 2015 he acquired the qualification of an interventional cardiologist and until now has worked at the Invasive Unit of the Cardiology Clinic of the University Hospital "St. George" - Plovdiv. He is a member of the National Societies of Cardiology and Invasive Cardiology, as well as of the European Society of Cardiology.

## 6. Overall assessment of the applicant's compliance with the national minimal scientometric requirements according to the 2018 ASDL, as well as compliance with the mandatory conditions and scientometric criteria to the Rules of the Medical University of Plovdiv.

According to the 2018 ASDL and national scientometric requirements, D-r Nikolov completely fulfills the requirements for the academic position (AD) "Associate Professor". At minimal scientometric requirements of 400 points, 934 items are presented for by d-r Nikolov.

### Minimal required points by the groups of indices for the academic positions

#### "Associate Professor" and "Professor" according to the 2018 ASDL

Group of indices	Content	Associate professor (points)	Professor (points)	d-r Petar F.Nikolov, DM,PhD (points)
A	Index 1	50	50	50
B	Index 2	-	-	
C	Indices 3 or 4	100	100	100
D	Sum of indices from 5 to 9	200 (160 for PD 7.6)	200 (180 for PD 7.6)	392
E	Sum of indices from 10 to 12	50	100	270
F	Sum of indices from 13 till	-	100	115

	the end		(80 for PD 7.6)	
Overall points		400		934

D-r P. Nikolov fulfills all the mandatory requirements of the Rules of the MU- Plovdiv for the AP "Associate Professor", as well as the mandatory scientometric criteria:

**Mandatory scientometric criteria according to the rules of the Plovdiv Medical University**

Academic position – Associate professor	Medical clinical disciplines	D-r Petar F.Nikolov, MD, PhD
Total number of publications - 25	25	31
- in refereed journals	5	10
- in journals with impact factor	1	5
Positive citations	15	28

**7. Conclusion:**

Considering the criteria of 2018 ASDL, as well as the Rules for the development of the academic staff at the Medical University of Plovdiv, I believe that D-r Petar Fedev Nikolov completely meets the criteria for the academic position of "Associate Professor", for which I vote positively.

15.12.2019

Signature:

(Prof. Mladen Vladimirov Grigorov, MD, PhD, Sci)