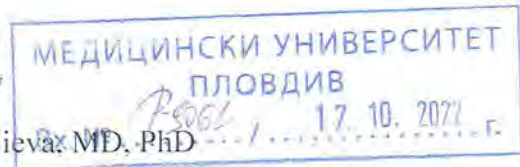


**REVIEW**

By Prof. Mariya Semerdjieva, MD, PhD



Dean of the Faculty of Public Health,

Medical University of Plovdiv

Member of the Scientific Jury according to Order № P-1999/29.08.2022 for a PhD thesis for awarding an academic degree “**Doctor**”.

**Professional field:** 7.1. „Medicine”, scientific specialty „General Practice”

**Author:** Plamen Neychev Latev, MD

**Form of doctoral programme:** doctoral student on *self-study* programme

**Department :** „Urology and General Practice ” – Medical Faculty, Medical University of Plovdiv

**Topic:** „ **CARDIO-VASCULAR RISK MANAGEMENT IN GENERAL PRACTICE BY THE SCORE SYSTEM** ”.

**Scientific supervisor:** Assoc. Prof. Rositsa Dimova, PhD

**Scientific consultant:** Chief Asst. Prof. Rumyana Stoyanova, PhD

**GENERAL PRESENTATION OF THE PROCEDURE  
AND THE DOCTORAL STUDENT**

The submitted document package in paper and electronic format is in accordance with the requirements for obtaining an academic degree "Doctor" in accordance with the Act on Development of the Academic Staff in the Republic of Bulgaria (ADASRB) and the Rules of Procedure of MU-Plovdiv.

The administrative documents are prepared precisely and thoroughly.

**BRIEF BIOGRAPHICAL DATA ABOUT THE DOCTORAL STUDENT**

Dr. Plamen Platev graduates in 1990 the specialty “Medicine” at Medical University of Pleven. IN 2015 he acquired a second Master’s degree in Economics at the “D. A. Tsenov” Academy of Economics- town of Svishtov. He has three specialties "Internal diseases" specialty (1998); "General Practice" (2003); "Occupational Medicine" (2009).

His professional path began in 1990 as a resident at the Pavlikeny Municipal Hospital. In 2010, he established his own practice for primary medical aid- Dr. Plamen Latev Ltd. Ten years later, he expanded the practice by creating the "Mediana" Ltd. In 2017, he again starts individual practice at "Mediana" Ltd. Since 2000, he is the owner (manager) of the Medical Center "Mediana" Ltd. – Pavlikeni for Specialized outpatient medical care. Dr. Latev has extensive management experience, not only at the “Mediana” Medical Center, Ltd. and the practice of Primary Medical Aid, but also in the Occupational Medicine Service. He is also engaged in public activity in the form of a non-profit-making association, and on several occasions he also took on the position of member of the municipal council in the Municipality of Pavlikeni.

He knows English (B2 level), is fluent in Russian and German.

## **RELEVANCE OF THE TOPIC**

The PhD thesis is dedicated to a current problem related to cardiovascular disease prevention (CVD). The social importance of the CVD is becoming an increasingly urgent problem in Bulgaria due to high morbidity and mortality, reduced working capacity, long-term disability. Early diagnosis and dispensary treatment are essential for the successful management and control of these patients. Extensive studies in this area demonstrate the inadequate level of control of the main risk factors for CVD development.

There are many systems to assess the risk of CVD occurrence. Increased attention focused on the population of risk factors (RFs) is reflected both in national and international guidelines on the prevention and treatment of the CVD and related RF. The purpose of these manuals is to assist medical professionals in treating patients with cardiovascular diseases as efficiently as possible or with any risk of their occurrence. Despite these efforts, the possibility of risk assessment under Framingham and many other methods, although easily accessible to healthcare professionals, do not lead to the desired effectiveness.

The clinical perception and treatment of multiple RF in patients with CVD or at risk of developing them requires constant attention from doctors. General practitioners (GPs) have the best opportunity to effectively control the risk profile and to target the patient for diagnosis and treatment in a timely manner.

In this regard, the topic presented is extremely relevant and no such research has been described so far in our country, which confirms the importance of PhD thesis.

## CONTENT AND STRUCTURE OF THE PHD THESIS

By content and structure, PhD thesis fulfils the requirements for acquiring educational and scientific grade "Doctor." It's written on 181 pages, and it's illustrated in 48 tables and 24 figures. It is structurally divided into four main chapters, preceded by an introduction. The scientific work ends with discussion, conclusion, contributions, recommendations, scientific publications in relation to the PhD thesis, references and six appendices.

**Chapter One** is a literary review on the subject. 150 sources have been used, of which 40 in Cyrillic and 110 in Latin characters. The sources presented are immediately concerned with the problem at hand. They are correctly quoted according to the tasks of the PhD thesis. The different cardiovascular risk assessment systems are described in a very detailed and systematic manner. Special emphasis has been given to the role of primary care (PMC) in preventive medicine. The results of the SCORE assessment were analysed on an international basis and in the PMC in Bulgaria at home. The literature review finishes with a summary describing the relevance of the topic of the PhD thesis and outlines the dimensions of the objectives set, tasks and methodology of the study.

**Chapter 2** sets out clearly and precisely the objective and the tasks. Four working hypotheses are presented.

In "**Materials and methods of the study**" chapter the main characteristics of the PhD thesis related to the conduct of the study are defined in detail: Subject matter and object of the study, units and characteristics of observation, approaches and methods of study. The design of the study includes two stages: Preventive examinations and patient categorisation simultaneously by the three methodologies compared and a follow-up of their health status and changes over a period of one year.

Regarding the **methodology**, the doctoral candidate has combined a variety of empirical methods and techniques for the collection and processing of primary information, which is evidence that he possesses in-depth theoretical knowledge and practical skills for their implementation in the analysis and assessment of the problems raised. For the collection of primary information, a medical interview, a documentary, direct observation, expert judgement and an epidemiological method have been used. Adequate statistical methods have been used in the processing of the primary data obtained, highlighting their diversity and innovativeness.

The study is based on objective and comprehensive information that is taken from the primary source- the individual practice for primary medical care of Dr Latev.

For the purpose of the study, three logical units of observation (cohorts) are formed depending on the criteria for the inclusion of monitored patients. The significant number of respondents covered by the study is striking:

- Cohort 1 - 1908 people, meeting the inclusion criteria of SCORE (ECS 2016);
- Cohort 2 - 1598 units, meeting the evaluation criteria of CV risk by the NFA;
- Cohort 3 - 2458 individuals, meeting the criteria for CV risk assessment by SCORE (ECS 2019).

Such large-scale surveys are mainly made at national level, which highlights the organisational skills of Dr Latev and ensures the credibility of the obtained results. The choice and manner of application of the different approaches and methods in the study carried out by the doctoral student gives me the grounds to accept that the methodological tools used are appropriate to the characteristics of the subject and the subject of the study.

The results are presented using the logical sequence of the tasks referred to in Chapter 4 "**Results and discussion.**" In the study a large number of results, suitably illustrated by tables and figures were obtained and successfully analysed, systemized and illustrated. The study carried out confirms the benefit of the 2019 methodology and, in general, the validity of the SCORE system of the European Cardiology Society. Three additional risk factors have been identified that make a significant contribution to the final risk determination: body mass index more than 30, blood glucose over 6,1 mmol / l and medicine intake to treat arterial hypertension at the time of the study or in the past. In discussing the results, the doctoral candidate shows extensive analytical reasoning, thanks to his professionalism and long-standing experience.

Based on the scientific results of the study, his professional competences and the European guidelines on cardiovascular disease prevention in clinical practice, Dr Latev presents the "**Improved Risk Management Model for Cardiovascular Risk in General Medical Practice**" adapted to national specificities.

Nine **summary conclusions** are drawn from the analysis of the results in a correct and logical manner. They are in line with the objectives and tasks of the doctoral student.

The **contributions** originate and reflect the results obtained by reinforcing the place and role of the CVD prevention by identifying cardiovascular RFs and their management.

Specific **recommendations** have been made to different institutions dealing with the issue in question. A positive impression makes the extreme precision and specificity of practical orientation, which is evidence for in-depth knowledge of the problem examined.

## **SUMMARY OF THE PHD THESIS**

The summary is 72 pages long, faithfully reflects the structure, logic, and content of the PhD thesis.

## **PUBLICATIONS ON THE PHD THESIS**

The doctoral student presents three full-scale scientific publications on the topic of PhD thesis and two abstracts of participation in scientific fora. In all the publications and reports, Dr. Latev is the first or only author. One of the scientific works is in a journal refereed in Scopus, and one of the articles is presented at an international conference in Turkey, which ensures the promotion of the author's ideas and achievements in the broad scientific community. The scientific works reflect the nature of the PhD thesis and fully meets the current requirements for the acquisition of the academic degree "Doctor."

## **CONCLUSION**

PhD candidate Latev possesses extensive theoretical knowledge and professional skills in the scientific field, demonstrating qualities and skills for self-conducting scientific research. The necessary relevance of the problem, actual scientific relevance, novelty and applicability of the proposals. The presented scientific work has the necessary qualities and will contribute to improving the management and organisation of CVD preventive activities in primary medical practice.

The PhD thesis contains scientific and practical application results and meets all the requirements of the Act on Development of the Academic Staff in the Republic of Bulgaria and the Rules of Application of ADASRB and the Rules of Procedure of MU-Plovdiv.

In view of the above, I propose propose to the Honourable Scientific Jury to award the academic degree "Doctor" to Dr Plamen Neychev Latev in a doctoral programme in General Medicine, Professional Field 7.1 Medicine, Field of Higher Education 7. Healthcare and sports.

17.10.2022

Reviewer: .....

(Prof. M. Semerdjieva, MD, PhD)

Заличено на основание  
Чл.5 §1, б."В" Регламент (ЕС)2016/679