

REVIEW

by Prof. Margarita Ivanova Kassarova - Traykova, PhD

Member of the scientific jury, appointed by Order No. R – 2226 /30.04.2025 of the Rector of MU-Plovdiv in implementation of Art. 4(2) and Art. 25 of the Law on Higher Education and Sports and Art. 2, para. 57(2) of the Regulations for the Implementation of the Law on Higher Education and Sports in connection with the procedure for occupying the academic position of "ASSOCIATE PROFESSOR", field of higher education 7. Health and Sports, professional field 7.3. Pharmacy in the scientific specialty "Pharmacoeconomics and Pharmaceutical Regulation" for the needs of the Department "Organization and Economics of Pharmacy" for teaching in Bulgarian and English, Faculty of Pharmacy - Medical University - Plovdiv according to a competition announced in, issue 15 of 21.02.2025 r. upon proposal of the Faculty of Pharmacy Faculty Council, protocol No. 4 of 23.04.2025 for holding a competition for the position of AD "ASSOCIATE PROFESSOR" with one candidate - Assistant Professor Radiana Atanasova Staynova, Ph.D.

The documents submitted in connection with the competition are complete and in accordance with the requirements of the Law on the Development of Academic Staff and the Regulations for the Implementation of the Law on the Development of Academic Staff, the Regulations for Academic Development at the Medical University - Plovdiv and allow for a complete and objective assessment of the candidate participating in the competition.

The only candidate in the competition is Ass. Prof. Radiana Atanasova Staynova, Ph.D.

Analysis of the candidate's career profile

Assist. Prof. Radiana Atanasova Staynova graduated as a Master of Pharmacy at the Faculty of Pharmacy, MU-Plovdiv in 2015. She worked for a short time in an open-type pharmacy in the city of Plovdiv. After winning a competition, Radiana Staynova was appointed as an assistant professor at the Department of Pharmaceutical Sciences at the Faculty of Pharmacy of MU-Plovdiv, where she led practical exercises in the disciplines " Social Pharmacy and Pharmaceutical Legislation", "Pharmacoeconomics" and "Pharmaceutical Care". Since 2020, she has been a Chief Assistant Professor. Radiana Staynova was enrolled as a doctoral student in independent training in 2018 in the Department of Pharmaceutical Sciences of the Faculty of Pharmacy, MU-Plovdiv and after a successful defense in 2019, she acquired the ONS "Doctor" in doctoral program "Pharmacoeconomics and Pharmaceutical Regulation" with the topic of the dissertation "Medical and social aspects and the role of the pharmacist in the management of gestational diabetes mellitus". In 2019, she obtained a specialty in "Organization and economics of distribution and pharmacy practice" and is currently a specialist at the Faculty of Pharmacy – Sofia in the specialty "Organization and Economics of Pharmaceutical Production"

- (Regulation No. 1 of 22.01.2015 on the acquisition of a specialty in the healthcare system). Since 2020, he has also been a master in "Public Health and Health Management". She has completed several educational mobilities for the purpose of studying under the Erasmus+ Program, respectively: in 2017 at Comenius University in Bratislava, Faculty of Pharmacy, Slovakia; in 2019 at the University of the Basque Country, Faculty of Pharmacy, Vitoria-Gasteiz, Spain; in 2023 at the University of Szeged, Szeged – Hungary.

Radiana Staynova has conducted a number of courses to improve her qualifications in Bulgaria and abroad. She is fluent in English and Spanish.

Description of the submitted materials for the competition

The candidate, Senior Asst. Prof. Radiana Staynova, Ph.D., has submitted all documents required by the Law on the Academic Degrees of the Republic of Bulgaria, the Law on the Academic Degrees of the Republic of Bulgaria and the Regulations on the Terms and Procedures for Acquiring Scientific Degrees and Holding Academic Positions at the Medical University - Plovdiv: CV, certified diplomas of education and specialty in SDO, diploma for the Ph. D , certificate of internship in the specialty, official reference for the study load, list of scientific works and full texts of publications, reference for citations, summaries of scientific works in Bulgarian and English, author's monographic work and reviews to it, chapter of a collective work monographic work with an international team of authors, author's reference for original scientific contributions, list of participation in national and international scientific forums, reference - self-assessment according to a template, list of projects in which she has participated, reference for educational activities and other documents.

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

Ch. Assist. Radiana Atanasova Staynova, PhD participated in the competition with a total of 24 publications in specialized scientific journals indexed in Scopus and Web of Science with a total IF = 34.9 and a total number of points 459.1, in non-refereed journals with scientific review – 17 publications. In 8 of the publications she is the first author, in 24 - the second, and in the remaining consecutive author. According to Clarivate indexing, 4 of the publications are indexed in Q1, respectively 4 are - with Q2, 2 - with Q3 and 14 - with Q4. One author's monographic work and one chapter of a collective monograph of an international team of authors are presented. Evidence for 116 citations is attached, respectively: 77 in scientific publications referenced and indexed in Scopus and/or Web of Science; 35 in non-refereed journals with scientific review; 4 citations in monographs and collective volumes. Ch. Assist. Radiana Staynova has participated in the authoring teams of 4 textbooks and 2 teaching aids. The scientific results have been presented at a total of 87 scientific forums - 38 international and 49 national, 61 of which were jointly held with students and doctoral candidates. This has made scientific research available to a wide circle of the scientific community. She has participated in three scientific projects with national and European funding, four projects funded by MŪ-Plovdiv, one project funded by MŪ-Pleven and two educational projects with European funding.

The contribution of the scientific developments of Ch.Assistant Professor Radiana Atanasova Staynova, PhD, are of a scientific - theoretical and scientific - applied nature and can be summarized in the following main areas:

Pharmacoepidemiology and pharmacovigilance in specific population groups and medicinal products:

- The shortcomings of the adopted methodologies for monitoring drug safety in pregnant women, pediatric and geriatric patients, biological drugs, vaccines and medicinal products of plant origin have been systematized and future directions in the development of drug safety (pharmacovigilance) have been outlined.
- The obligations and roles of participants in pharmacovigilance monitoring are outlined against the background of the regulatory framework in the EU and Bulgaria. Existing options for direct reporting of adverse drug reactions by patients in Bulgaria and the Republic of North Macedonia are explored. The options for reporting adverse drug reactions by medical professionals and Bulgarian patients when administering the EU-authorized vaccines against COVID-19 are summarized.
- Of a scientific-applied nature are the conclusions from a study of the impact of OTC products on driving ability and the recommendation made to introduce warning symbols on packaging as a minimizing measure; the cohort study in women with gestational diabetes treated with metformin, in which no adverse effects were observed in newborns.

Pharmacoeconomic studies in socially significant and vaccine-preventable diseases:

- A large, systematic review of studies addressing the cost-effectiveness and prevention of gestational diabetes mellitus was conducted.
- The available economic evidence for the prevention and treatment of cervical cancer was summarized: preventive strategies such as HPV vaccination and the cost-effectiveness of the disease.
- The analysis of worldwide pharmacoeconomic studies on the prevention and treatment of COVID-19 has shown that the implementation of effective vaccines leads to a reduction in the resources used to combat the pandemic.

The results of pharmacoeconomic studies related to gestational diabetes, early diagnosis and prevention of possible complications in children born to mothers with gestational diabetes are of a scientific-applied nature.

Pharmaceutical care and approaches to optimize drug therapy in specific patient groups and diseases

- For the first time, a systematic analysis of the role of the clinical pharmacist in breast cancer management has been conducted. Inclusion of the clinical pharmacist in the oncology team has been shown to reduce the risk of drug interactions, improve adherence to therapy, and increase patient awareness.
- For the first time in our country, an analysis of the implementation of the concept of pharmaceutical care for pregnant and lactating women has been conducted.

The contributions are of a scientific and applied nature, relating to the assessment of barriers to providing individualized pharmaceutical care for pregnant women. The effectiveness of the application of two different dosage forms of vitamin D - oil solution and microcapsules - was assessed - in women taking the microencapsulated form, better effectiveness and improvement of the metabolic profile were noted.

Pharmaceutical regulation.

- A detailed analysis of the procedures for early market access for new medicines in the EU was carried out. A comparative analysis of medicinal products under additional surveillance of the EMA and those available on the pharmaceutical market in Bulgaria was carried out. A comparative study of the regulatory framework for pharmacies in five Balkan countries was carried out - Bulgaria, Greece, Romania, the Republic of Macedonia and Turkey.

Regulatory aspects, nutriviigilance and trends in the use of food supplements

- The existing national systems in the EU member states for reporting adverse effects from the intake of food supplements and the need for their harmonization at the European level have been analyzed.
- For the first time in Bulgaria, a study has been conducted evaluating the use of dietary supplements for weight loss. The need for stricter regulatory measures to prove their safety before they are put on the market has been outlined. The leading reasons for taking them are self-research on the Internet and a recommendation from a personal trainer or fitness instructor.

Application of essential oils in the pharmaceutical and cosmetic industries

- The first large-scale study in the country assessing the frequency of use of essential oils among Bulgarian society was conducted.
- An in-depth meta-analysis was conducted regarding studies related to the biological activity and chemical composition of the little-studied plant species *Salvia verticillata* (L.).

Rational drug use

- For the first time in the country, the frequency of use of hormone replacement therapy with levothyroxine among euthyroid pregnant women has been established - 37.7% were prescribed levothyroxine. The need to review the appropriateness of the use of levothyroxine therapy in euthyroid pregnant women has been highlighted.
- Data for the territory of Bulgaria from 200 prescriptions of patients treated for COVID-19 infection were analyzed – a high frequency of prescribing antibiotics and other medicinal products with signs of polypharmacy was established.

Gestational diabetes mellitus - early screening, prevention and pharmacotherapeutic approaches

- A comprehensive analysis of current therapeutic options for the treatment of gestational diabetes mellitus and innovative approaches to improve the management of gestational diabetes has been performed.
 - A comprehensive assessment of gestational diabetes mellitus and thyroid disorders in pregnant women has been performed using placentalokines for early screening
 - The relationship between thyroid dysfunction and gestational diabetes and pregnancy outcome has been analyzed. The need for early parallel screening for gestational diabetes mellitus and thyroid dysfunction has been confirmed.
 - The role and importance of placentation markers in terms of early diagnosis of the most common endocrine disorders during pregnancy has been established.

Evaluation of the monographic work

The candidate has presented an author's monographic work on the topic "The Pharmaceutical Profession in the 21st Century: Positive Change for Better Healthcare"; ISBN 978-619-7413-51-9, Publisher: Arena Print EOOD, first edition 2025. The monographic work is written on 165 pages, illustrated with 29 figures, 17 tables and a bibliography including over 300 literary sources, most of which are from the last 5 years. The exceptionally good graphic design and visualization of the results with original figures and tables make an impression. The monographic work, structured in seven chapters, is dedicated to the extremely topical problem of recent years - the role of pharmacists and their contribution to protecting public health. Particular emphasis is placed on the expanding role of pharmacists and the promotion of appropriate medication use and patient-centered care. Over the years, the functions of pharmacists have changed, but the COVID-19 pandemic has highlighted their extremely important role as the most accessible healthcare professionals for patients.

A detailed review of the value-added pharmaceutical services provided to patients in different countries around the world is presented, presenting the main factors justifying the need for their introduction: aging population, polypharmacy, threats to public health, rising costs. The author has paid special attention to the studies conducted in Bulgaria on the trends in the attitudes of pharmacists towards performing additional pharmaceutical services with added value. The problem of antimicrobial resistance is extremely important for the whole world at present. The good practices show the possibilities with which pharmacists could contribute to its prevention. The chapter of the monograph dedicated to geriatric patients describes methods for optimizing drug therapy and identifying potentially inappropriate drugs. Particular attention is paid to preconception care for maternal health and the pharmaceutical services applied during pregnancy and postnatal care and the role of the pharmacist. Here the author has also applied her own research, as this topic occupies an important place in her scientific interests. Finally, recommendations are presented for conducting campaigns at the national level, which would increase the safety of the use of medicines during pregnancy and breastfeeding. The last chapter is dedicated to the role of the pharmacist in the fight against doping in sports and how pharmacists can contribute to

protecting the health of professional athletes. This chapter also focuses on a new area for expanding pharmaceutical skills and competencies – “sports pharmacy”. The experience of different countries around the world in training in this discipline and the opportunities for pharmacists as participants in doping prevention are presented. A recommendation has been made regarding pharmaceutical education to provide the necessary training so that pharmacists can advise professional athletes on avoiding unintentional doping.

In conclusion: the monographic work is written in good professional language, well-structured and illustrated, contains comprehensive information, supplemented with own research. With its informativeness, it would be very useful for a wide range of researchers, specialists and the entire pharmaceutical community.

Study-methodical and teaching activity

Ch. Assis. Professor Radiana Atanasova Staynova, PhD, cipates in teaching Pharmacy students in Bulgarian and English in the mandatory disciplines "Social Pharmacy and Pharmaceutical Legislation", "Pharmacoeconomics", "Pharmaceutical Care", "History of Pharmacy" and the SID "Clinical Pharmacy and New Areas in Pharmaceutical Practice". She leads practical exercises, seminars and lectures, participates in semester exams, colloquiums, and certification of pre-graduate internships. She also conducts practical exercises, lectures and colloquiums with postgraduate students in "Organization and Economics of Distribution and Pharmacy Practice". Participates in the development and updating of curricula, the development of tests, teaching aids and presentations. Prepares students for participation in the annual competition "Become a Hospital Pharmacist". Over the last three academic years, she had a study load of over 660 hours per year, significantly exceeding the requirement of 360 hours. She participated in the publication of two study guides - a guide for practical exercises in Pharmaceutical Care - in Bulgarian and English and in the publication of 4 textbooks for master pharmacists. She is the chief administrative assistant and responsible for the educational activities of the Department of Organization and Economics of Pharmacy. She is a member of the Academic Ethics Committee at MU-Plovdiv. The University Quality Committee has twice awarded Ch. Assistant Professor Radiana Staynova a certificate for best lecturer. She has also received awards for her participation in various scientific forums.

Participation in authoritative professional organizations, editorial boards, reviews, etc.

Radiana Staynova is a member of several professional organizations: European Society of Clinical Pharmacy (ESCP), International Society for Pharmacoepidemiology, International Society of Pharmacovigilance (ISoP), International Society of Gynecological Endocrinology (ISGE), BFS, etc.

She has been a multiple reviewer of publications in a few authoritative periodicals (63 reviews): Journal of Clinical Medicine, Healthcare, Integrated Pharmacy Research and Practice, Pharmacy, Clinical Interventions in Aging, BMC Pregnancy and Childbirth, Scientific Reports, Journal of Multidisciplinary Healthcare, Diabetes Metabolic Syndrome and Obesity: Targets and Therapy, International Journal of Women's Health, etc.

Critical notes and recommendations

I have no critical remarks. I would like to share my personal impressions of the candidate in this competition. I have known Radiana Staynova since she was an excellent student, and later as an assistant in the department I headed. She stood out with her activity, broad knowledge, depth, precision, and quite logically, she has shown enviably good results in her overall academic development. I wish her to continue forward with the same enthusiasm.

Overall assessment of the candidate's compliance with the minimum national requirements under Art. 2b, para. 2 and 3, respectively the requirements under Art. 2b, para. 5 of the Law on the State of the Republic of Bulgaria

The candidate has correctly presented the summarized comparative table for fulfilling the minimum national requirements and their fulfillment according to the Regulations on the terms and conditions for acquiring scientific degrees and occupying academic positions at the Medical University – Plovdiv for professional field 7.3. Pharmacy. The quantitative data presented in the table shows full compliance with the individual indicators and the multiple exceeding of some of them above the minimum requirements.

Comparative table of scient metric indicators according to the requirements of MU-Plovdiv and the candidate Ch. Assistant Professor Radiana Atanasova Staynova, Ph.D

A group of indicators	Mandatory minimum scient metric indicators of MU-Plovdiv for direction 7.3. Pharmacy	Ch. Assistant Professor Radiana Atanasova Staynova, Ph. D
A	50	50
B	100	100
Г	210	591,3
Д	300	3225
Е	50	214,5
Ж	560	1102,68
Общо: А - Ж	1270	4373,78

CONCLUSION

Considering the criteria of the Act on the Development of Academic Staff in the Republic of Bulgaria, the Regulations for its implementation, the Minimum requirements under Art. 2b, para. 2 and 3, the Regulations for Academic Development at the Medical University - Plovdiv, Section IV and the Mandatory Minimum Scientometric Indicators for Field 7.3. Pharmacy, I consider that there is full compliance with the requirements and the documents and evidence submitted for the competition by the candidate, Ch. Assistant Professor Radiana Atanasova Staynova, PhD: She has obtained the ONS "doctor" in the same specialty in the announced competition "Pharmacoeconomics and Pharmaceutical Regulation"; has a specialty in the SDO "Organization and Economics of Distribution and Pharmacy Practice"; Has 10 years of teaching experience, of which more than 5 years as a chief assistant; Has presented an author's monographic work and a chapter of a collective monographic work with an international team of authors.

Therefore, I firmly state my positive opinion towards the candidacy of Senior Asst. Radiana Atanasova Staynova, PhD in this competition. She is a well-established researcher with broad scientific interests, a well-established and valuable lecturer in the specialty, has the necessary teaching experience and high scientific achievements. and fully meets the requirements for holding the academic position of "ASSOCIATE PROFESSOR" in the specialty "Pharmacoeconomics and Pharmaceutical Regulation" for the needs of teaching in the Department of "Organization and Economics of Pharmacy" and I strongly recommend to the members of the honorable Scientific Jury to make a positive decision to appoint Ch. Assistant Professor Radiana Atanasova Staynova, Ph.D.

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

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