

To the Chairman of the Scientific Jury,
Protocol of FC № 53 / 28.10.2021
and Order № 109-472 / 05.11.2021
of the Dean of the Medical University - Varna

OPINION

by Assoc. Prof. Dr. Alexander Ivanov Osichenko, M.D., scientific specialty - nephrology
Head of Dialysis Treatment Clinic, Acibadem City Clinic Tokuda Hospital, Sofia
concerning

a dissertation „Level of awareness of patients with Chronic Kidney Disease regarding kidney trans-
plantation and importance of awareness in the choice of renal replacement therapy”
for an adjudication of educational and scientific degree “doctor”
in the field of a scientific specialty "nephrology" of Dr. Alexander Alexandrov Petrov,
Medical University „Prof. Dr. Parskev Stojanov” - Varna,
Faculty of Medicine, Second Department of Internal Medicine

Chronic kidney disease (CKD) is one of the basic and socially significant health problems, concern-
ing the global society. The morbidity in Bulgaria is 12.8%; there are approximately 3800 patients on
chroniodialysis. The determination of the actual awareness concerning the different possibilities of
renal replacement therapies, especially renal transplantation, is important for the whole prognosis
and directly reflects the quality of life of the recipients.

That determines the actuality of the presented dissertation of Dr. Alexander Alexandrov Petrov,
whose aim is to evaluate the level of awareness of the patients with CKD about renal transplantation
and the significance of the awareness for the choice of a renal replacement treatment. Five main
tasks are clearly and exactly formulated for the realization of the aim. A hypothesis is suggested –
the Bulgarian patient is not enough informed about his disease and he needs a precise synthesized
information, which will be needed to make his informed decision for his treatment.

The dissertation consists of 145 standard pages, 2 tables, 84 figures and 1 application. The literature
references include 233 sources, 11 in cyrillic and 222 in latin alphabet. Dr. Alexander Alexandrov
has a good knowledge of the problem and presented a creative evaluation of the analyzed literature
material.

The dissertation includes 126 patients, divided in 4 groups: a control group of healthy persons, who
do not have an information about the renal disease (37 patients), predialysis patients (20 patients),

patients on chroniodialysis and peritoneal dialysis (47 patients), transplanted (22 patients). The inclusion and exclusion criteria are formulated clearly and correctly.

The investigated persons fill a special questionnaire with 5 panels: demographic data, questions concerning the level of awareness about CKD, renal transplantation, hemodialysis, peritoneal dialysis and quality of life. The applied modern methods – documentary, historic, sociological and statistical, agree with the aim of the study.

The results are interpreted in-depth and in accordance with the published literature data, if they are available. The results confirm the hypothesis of the low health literacy of the population about CKD and the method of renal replacing therapies. The high percentage of unawareness within the predialysis and dialysis patients (the future recipients), proves that the necessity of taking measures on local and national level is of major importance. The contributions of the dissertation are scientific-theoretical and practical defined.

Theoretical contributions: 1) a detailed analysis is made about the essence and the role of CKD as far as the public health and the burden for the patients and the health-care system is concerned, 2) a thorough review is made of the literature data about the awareness and the health literacy of the population, as far as CKD, the risk factors, different types of treatments and their implication on the quality of life are concerned. 3) a difference is defined in the awareness of the ill persons, and those without health problems.

Practical contributions: 1) Base gaps and disadvantages are defined in the awareness and the health knowledge of the patients about the essence of CKD, the therapy, the risk factors, the changes in quality of life and the legal framework of the country in case organ transplantation, 2) An algorithm is developed and proposed for guidance of prevention, diagnosis, treatment and tracing of patients with CKD.

The dissertation gives a start to a specialized Guideline for the patients with an aim to improve their health knowledge in order to make an informed choice for renal replacement treatment.

In connection with the dissertation of Dr. Alexander Alexandrov there are 3 scientific publications.

The submitted materials meet all the requirements for the scientific position “doctor” in accordance to the Law for development of the academic staff in Republic of Bulgaria and the Regulations for the development of the academic staff at the Medical University “Prof. Paraskev Stoyanov”- Varna.

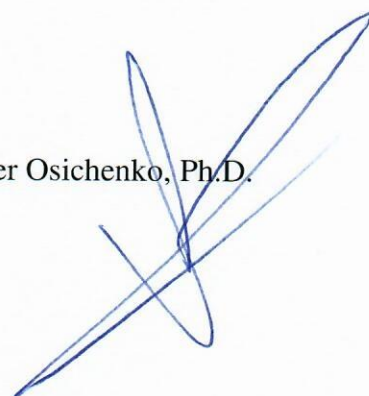
In conclusion, the dissertation of Dr. Alexander Alexandrov is accomplished, up-to-day, in-depth, well structured and framed, with clear formulated and developed aims, conclusions and contributions not only for the pure science, but also for the practice in one interesting and socially significant field, as is the renal replacement therapy. Based on the above, I recommend to the members of the scientific jury to award Dr. Alexander Alexandrov educational and scientific degree “doctor” in

the field of higher education 7. Health and Sports, professional field 7.1 Medicine and specialty "nephrology".

22.11.2021

Sofia

Assoc. Prof. Dr. Alexander Osichenko, Ph.D.

A handwritten signature in blue ink, consisting of several overlapping loops and a long horizontal stroke, positioned to the right of the typed name.