

REVIEW

by

Prof. Dr. Dimitar Raykov, DSc

Rector

Medical University "Prof. Dr. Paraskev Stoyanov"-Varna

Regarding: Competition for taking an academic position "Associate Professor" in the scientific speciality "Orthopaedics and Traumatology", professional direction 7.1 Medicine in the field of higher education 7. Health and Sports at the Faculty of Medicine, Department of Orthopaedics and Traumatology, Medical University "Prof. Dr. Paraskev Stoyanov"-Varna, in accordance with an announcement in the State Gazette No 7/23.01.2024 with a candidate

Dr. Nikolay Kolarov, PhD

By order of the Rector of Medical University "Prof. Dr. Paraskev Stoyanov"-Varna No. R-109-88/21.03.2024 and Decision of FC (Protocol No 18/11.03.2024), I have been designated to prepare a review regarding the acquisition of an academic position "Associate Professor" in the scientific speciality "Orthopaedics and Traumatology", professional direction 7.1 Medicine in the field of higher education 7. "Health and Sports" at the Faculty of Medicine, Medical University "Prof. Dr. Paraskev Stoyanov"-Varna.

For participation in the competition, only one candidate – Dr. Nikolay Kolarov, PhD has submitted documents. For the competition, the candidate has presented all the required documents in compliance with the requirements of the Development of Academic Staff in the Republic of Bulgaria Act and the Regulations of Medical University–Varna for its implementation.

Dr. Nikolay Kolarov was born 1963 in Varna. He completed his higher education acquiring a Master's Degree in Medicine in 1989. In 1990 he was enrolled in a specialisation in the field of Orthopaedics and Traumatology at MHAT "St. Anna"-Varna AD and acquired a speciality in 1997. In 2012, following a competition, he was appointed an Assistant Professor at the Department of Orthopaedics and Traumatology. He defended a dissertation thesis on "Unipolar Endoprosthesis as a Treatment Option for Hip Joint Fractures in Elderly Patients" and has been a Chief Assistant Professor since 2018. He has practised the profession of orthopaedist-traumatologist at MHAT "St. Anna"-Varna since 1997. He is fluent in English and Russian.

Dr. Nikolay Kolarov has participated regularly at the annual national meetings and congresses of the Bulgarian Orthopaedic and Traumatological Association (BOTA) and at a number of

international congresses of the European Associations (ESSKA, EFORT), and accordingly has been their active member. He holds certifications in Endoprosthesis, Joint Arthroscopy, and Pelvic and Acetabular Surgery. Dr. Kolarov has conducted a number of courses on problems related to Traumatology (AO – courses), Primary Knee Prosthetics, Periprosthetic Fractures, Revision Endoprosthetics, Shoulder Arthroscopy.

The candidate has a teaching experience of 12 years and has been involved in the training of the disciplines "Orthopaedics and Traumatology" for students in the programme of "Medicine" and in the programme of "Rehabilitation Therapist". The candidate's annual scientific workload corresponds to the teaching employment standard, adopted at the University.

His scientific production is presented in a list and availability of copies of scientific publications in Bulgarian (3) and foreign journals and scientific collections (9), a monograph (1), a dissertation thesis (1). As a single or first author, the candidate is presented in 7 scientific works, second author – in 6, third one – in 3, and fourth – in 1 publication.

Dr. Kolarov has been cited 8 times, once in a refereed journal and the remaining 7 – in non-refereed journals.

Distribution of Works by Scientific Fields:

The main directions in the candidate's research activities are focused on fractures of the locomotor apparatus, and more specifically of the wrist, shoulder and hip joints in adults, geriatric patients, and the multidisciplinary approach in the treatment of these nosological units.

Algorithms related to diagnostics, timing, treatment selection based on analysis and assessment prior to operative preparation have been elaborated. Indications for primary shoulder and hip endoprosthesis or osteosynthesis in geriatric fractures of the proximal hip, proximal humerus have been formulated with a view to reaching the patients' pre-traumatic mobility levels. A methodology for postoperative follow-up of patients has been developed aimed at taking into account the outcomes and minimising the risks of early or late postoperative complications.

The candidate has used his own data for statistical processing in the cases of primary, hip, unipolar endoprosthesis after a fracture of the femoral neck, according to Garden and AO classification. In a clinical study comprising 209 cases at MHAT "St. Anna"-Varna, Department of Orthopaedics and Traumatology, 167 patients were monitored after unipolar endoprosthesis. After the first and second year of the follow-up, differences in the degree of pain experienced according to MHHS (modified Harris Hip Score) and HHS (Harris Hip Score) have been observed when comparing the scores of patients with implanted monoarticular and biarticular hemiprostheses and hemiprostheses with elliptical endoprosthetic heads.

Another direction of the candidate's scientific work is related to primary shoulder ("reverse") endoprosthesis in polyfragmental fractures of proximal humerus in geriatric patients with type 3-4 fracture according to Neer classification.

The treatment of the described fractures in geriatric patients as a complete scientific product is inextricably linked to the collaboration between orthopaedists-traumatologists and the rehabilitation team, aimed at recovering health and achieving satisfying final outcomes.

Main Directions of Scientific Work:

1. Treatment of femoral neck fractures in adult patients – developing a therapeutic algorithm for selection of an optimal implant and method of treatment, as well as a specific rehabilitation approach.
2. Analysis and recommendations for selection of optimal endoprosthetic implant in geriatric fractures of the femoral neck and proximal humerus.
3. Emphasising the social significance of optimising the treatment of fractures of proximal humerus, distal radius and proximal thigh in geriatric patients in relation to public health.

In conclusion, the fulfilment of the minimum national requirements set out in the Regulations on the Implementation of the Development of Academic Staff in the Republic of Bulgaria Act and the Regulations of Medical University "Prof. Dr. Paraskev Stoyanov"-Varna, the recognised contributions of the scientific activities of the candidate and his teaching and clinical expertise give me grounds for my positive vote, and I appeal to the honourable members of the Scientific Jury to vote "positive" and to propose to the Rector of Medical University "Prof. Dr. Paraskev Stoyanov"-Varna, Dr. Nikolay Kolarov, PhD to acquire the academic position "Associate Professor" in the scientific speciality "Orthopaedics and Traumatology", professional direction 7.1 Medicine in the field of higher education 7. "Health and Sports" at the Faculty of Medicine, Department of Orthopaedics and Traumatology, Medical University "Prof. Dr. Paraskev Stoyanov"-Varna.

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