



STANDPOINT

by

Assoc. prof. Liliya Davidkova Demirevska-Mihaylova, MD, PhD

Cardiology Clinic, Military Medical Academy - Sofia

Regarding: Competition for academic position "ASSOCIATE PROFESSOR" in the area of higher education 7, „Healthcare and sports“, professional field 7.1. „Medicine“, scientific specialty "Cardiology", to the Cardiology section- National Hospital of Cardiology, announced in SG, issue 52/9.06.2020 according Order № 272/ 17.07.2020.

The statement has been prepared in accordance with the Academic Staff Development Law (ASDL), the Regulations for Application of the ASDL (RAASDL) and the Rules for the Conditions and Procedures for Acquisition of Academic Degrees and Occupation of Academic Positions in the National Hospital of Cardiology. It complies with the national scientometric requirements according to the ASDL. All necessary materials and procedures for the competition have been provided.

The only candidate participating in the competition is d-r Lyubomir Emilov Baurenski, MD.

Professional Development:

D-r Lyubomir Baurenski graduated in medicine in 1983. He began his professional career in 1983 as a doctor in the Internal Medicine Department, Isparih hospital. In 1986, after a competition, he was appointed assistant professor of cardiology at the National Center for Cardiovascular Diseases, Sofia. In the same hospital, now National Hospital of Cardiology, he has had several positions of senior assistant, chief assistant, head of Cardiology Department "C".

He has acquired specialties in "Internal Medicine" and "Cardiology".

In 2017 he has received his PhD for a dissertation work titled "Approach and treatment of hospitalized patients with hypertensive crises and neurological symptoms."

He has specialized in Japan (National CVD Center, Osaka), Austria (Salzburg) and Germany (Munich).

He has taught medical students and residents.

He is a member of the Bulgarian Society of Cardiology, the Bulgarian League of Hypertension, the European Society of Cardiology, the European Society of Echocardiography. Since 2004 he has been Chairman of the Society of the Bulgarian Medical Union at the National Hospital of Medicine, Sofia.

He has participated as a researcher in a number of clinical trials.

He speaks English, Russian and German.

Assessment of the scientific works on the overall academic development:

In the competition the candidate has presented: Before PhD- 3 book chapters, 54 scientific publications, 21 posters, attendances at congresses and conferences; after PhD- 1 book chapter, 3 scientific publications, 1 poster, attendance at conference. Published abroad are 2 articles, 12 abstracts of congresses. 1 article had been published in a medical journal with an impact factor. Dr. Baurenski is the first author In 47 of the presented scientific works.

The presented scientific papers can be grouped in the following directions:

Direction „Epidemiology and prevention of cardiovascular diseases“: 8 publications and 4 abstracts are presented, dedicated to: data from large epidemiological studies in Bulgaria on hypertension, ischemic heart disease and risk factors for them, as well as data from the large European study EuroAspire III - hospital arm for the Bulgarian population.

Direction „Transesophageal echocardiography assessment of the aorta“: 2 publications on early atherosclerotic changes in hypertensives, one of which is in a foreign journal.

Direction „Arterial hypertension and antihypertensive therapy“: 1 monograph, 8 author's articles, 13 reviews, 6 abstracts. 1 of the publications is in a foreign journal.

Direction „Emergencies hypertensive states“: In this direction is the PhD thesis of Dr. Baurenski and 12 publications and 6 abstracts from congresses and conferences.

Direction „Multifocal atherosclerosis - ultrasound screening and coronary heart disease markers“: 1 publication and 1 abstract.

The candidate's scientific publications are cited in Scopus 26 times, in and Web of science - 855 times, 5 times other foreign sources, 51 times in Bulgarian magazines.

Scientific contributions:

Scientific contributions can be grouped thematically in several areas:

- Epidemiology and prevention of cardiovascular diseases: Data from large epidemiological studies in Bulgaria (mass screening in 4 districts of Bulgaria- 711,000 people aged 7 to 80 under the CINDY program) had been analyzed. The frequency and structure of hypertension had been investigated in 1610 randomly selected patients (800 men and 810 women) from one region of Sofia. Dr. Baurenski also participated in a large epidemiological study of 1,600 people from the Dobrich region, conducted by the Group on Epidemiology and Prevention of CVD at NCSS. This study provides a detailed analysis of the epidemiological aspects of hypertension, coronary heart disease and risk factors in the study population. The contribution in the large European study EuroAspire III (hospital arm for the Bulgarian population) is also important. The following: risk profile, control of hypertension, choice of antihypertensive therapy, in patients with coronary heart disease, are considered in this research.

- Hypertension: Other contributions are related to blood pressure monitoring and emergency hypertensive conditions. Dr. Baurenski shares his own experience and research related to the problems of 24-hour outpatient monitoring of blood pressure, diagnosis of renovascular hypertension, the role of renal scintigraphy and captopril test. The comparative analysis between some of antihypertensive drugs is valuable. Another study among Bulgarian doctors considers the choice of drug for the hypertension treatment.

There are some original contributions in the published dissertation on emergency and urgency hypertensive conditions and hypertensive crises with neurological symptoms: "Approach and treatment of patients with hypertensive crisis and acute neurological symptoms, hospitalized in Neurological Clinic". The dissertation analyses antihypertensive therapy, dynamics and variability of blood pressure in acute stroke (ischemic and haemorrhagic), and stroke outcomes. Based on this analysis, different recommendations for hypertension treatment are developed for both types of stroke. Dedicated to arterial hypertension and heart failure is the monograph by Dr. Baurenski. It provides a detailed analysis of the pathophysiological mechanisms for the occurrence of heart failure in hypertension, epidemiology, clinic, diagnosis, treatment and prognosis of heart failure in different types of heart failure (with preserved, middle range and reduced left ventricular ejection fraction).

- Other contributions are related to atherosclerotic changes in blood vessels and coronary heart disease. An original clinical study found early atherosclerotic changes in even relatively young hypertensive patients using transesophageal echocardiography to assess the aorta. Another study on multifocal atherosclerosis in collaboration with the Clinic of Vascular Surgery and Angiology looked at ultrasound screening and markers for coronary heart disease.

The risk profile of patients with myocardial infarction was also studied in a retrospective analysis of 200 patients.

Teaching:

Dr Baurenski's teaching activity exceeds 250 hours per year for the last 10 years. He teaches and actively participates in the training of students, specialists in cardiology and resident doctors.

Professional assessment:

Dr. Lubomir Baurenski is well trained cardiologist with a large clinical experience. He applies the whole range of non-invasive diagnostic methods in daily clinical practice. He has specialties in internal medicine and cardiology.

Conclusion:

The candidate Dr. L. Baurenski covers the qualitative and quantitative requirements for the research, teaching and diagnostic-medical activity for the scientific title "Associate Professor".

I have no remarks on the candidate's participation in the competition.

This gives me reason to recommend to the honorable members of the Scientific jury to vote positively for Dr. Lyubomir Emilov Baurenski to be awarded the academic position "Associate Professor" in the area of higher education 7, „Healthcare and sports“, professional field 7.1. „Medicine“, scientific specialty "Cardiology", to the Cardiology section- National Hospital of Cardiology.

Signature:



3.09.2020

(Assoc. Prof. Liliya Davidkova Demirevska-Mihaylova, MD, PhD)