

REVIEW

by Prof. Elena Kinova, MD, DSc

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appointed as a member of the Scientific Jury in the competition for the academic position of "Associate Professor" in Higher Education Area 7. Healthcare and Sport, Professional Field 7.1.

Medicine, Scientific Specialty "Emergency Medicine", for the needs of the Multiprofile Emergency Department at "Acibadem City Clinic UMHAT Tokuda" EAD, by Order No. 15-03-135#2 of 12 June 2026, issued by the Executive Director and the Procurator.

Regarding: competition for the academic position of "Associate Professor" in the Scientific Specialty "Emergency Medicine", announced in State Gazette, issue No. 35 of 14 April 2026.

The sole candidate in the competition is Dr Parvoleta Krasteva Yakova-Krasteva, MD, DSc.

1. General Overview of the Candidate

Dr Parvoleta Krasteva Yakova-Krasteva is an established specialist in emergency medicine with extensive clinical, organisational, teaching and research experience. Her professional career reflects consistent development within the emergency medical care system, beginning with work at the Centre for Emergency Medical Care – Sofia, continuing as a physician in the Emergency Department of Tokuda Hospital, and further developing in recent years through leadership, research and teaching activities at "Acibadem City Clinic UMHAT Tokuda" EAD.

Dr Parvoleta Krasteva completed her medical education at the Medical University of Sofia in 1996. In 2004, she acquired a specialty in Emergency Medicine, and in the following year completed an additional qualification in health management. Her professional training also includes a certificate in abdominal ultrasonography, obtained in 2009, and qualification in Advanced Life Support following training at Acibadem University in Istanbul in 2017. Since 30 March 2017, Dr Krasteva has served as Head of the Emergency Department at "Acibadem City Clinic UMHAT Tokuda" EAD. Since 16 May 2024, she has held the academic position of Chief Assistant in the Scientific Specialty "Emergency Medicine".

The candidate also carries out active expert work at national level, described in detail in Section 4 of this review.

2. Teaching and Educational Activity

Dr Krasteva has developed sustained teaching and educational activity focused on the training of residents in emergency medicine and trainees from other medical fields. In the Emergency Department, she provides theoretical and practical training to residents from various clinical

specialties within the "Emergency Medicine" module, as well as to trainees in the fields of Physician Assistant, Medical Specialist and paramedicine.

By order of the Rector of the Medical University of Sofia, Dr Krasteva has been appointed to an examination committee conducting colloquia in "Emergency Medicine" at "Acibadem City Clinic UMHAT Tokuda" EAD. This appointment attests to her professional authority, competence and commitment to the quality of specialty training.

For the period from 1 January 2021 to 1 May 2026, the candidate delivered 677 equivalent teaching hours for residents. This volume of teaching demonstrates sustained involvement in the education and practical training of medical professionals in emergency medicine.

Since 2024, Dr Krasteva has been the academic supervisor of one resident in "Emergency Medicine" – Dr Sandra Notev-Todorova. Supervising a resident is a particularly important form of teaching activity, as it involves the transfer of clinical knowledge, development of practical skills and formation of professional competencies for work in conditions of urgency, high responsibility and limited time.

Her experience as a certified instructor in advanced life support in a simulation environment adds further value to the training of medical professionals. Emergency medicine requires not only solid theoretical knowledge, but also the ability to make rapid clinical judgments, communicate effectively, work in a team and take timely decisions. In this context, Dr Krasteva's teaching activity has a clear practical orientation and significance.

3. Research Activity

3.1. Characteristics of the Scientific Output and Professional Recognition

Dr Parvoleta Krasteva's scientific output is thematically coherent and consistently focused on significant issues in emergency medicine. Her principal research interests include the organisation and functioning of the emergency department in a multiprofile hospital, medical triage, diagnostic and therapeutic algorithms for common and life-threatening conditions, patient-flow management, work in crisis situations and pandemics, interhospital transport of critically ill patients, professional burnout among emergency physicians, and specific challenges in patients with oncological diseases.

The scientific output submitted for the competition includes one habilitation thesis – a monograph, 12 publications in scientific journals, one contribution to a collective monograph, and four presentations and scientific communications delivered at scientific forums. The dissertation and the five publications related to it are not considered again in this review.

Of the journal publications, four have been published in Bulgarian journals abstracted and indexed in the Scopus and Web of Science databases, while eight have appeared in Bulgarian peer-reviewed scientific journals that are not indexed in those databases. In addition to the single-author monograph, the candidate is also a co-author of the collective monograph "COVID-19 up to 2023".

A significant feature of the scientific output is the candidate's high level of personal engagement. In a substantial proportion of the publications (93.4%), she is the sole or first author, indicating her leading role in developing the topics, analysing the results and formulating the conclusions.

The publications in abstracted and indexed journals address risk factors for complicated SARS-CoV-2 infection, management algorithms for patients with peripheral vascular diseases in the emergency department, the clinical characteristics of COVID-19, and the organisation of care for patients with suspected infectious disease in a multiprofile emergency department. The remaining publications address current and practically relevant topics, including professional burnout among emergency physicians, the problems and challenges of emergency medicine in a multiprofile hospital, metabolic and structural oncological emergencies, and adverse reactions to antineoplastic therapy requiring urgent assessment and treatment.

Dr Krasteva has participated in four national and international scientific forums. She has presented work related to the organisation of emergency department activity, management algorithms for patients with vascular diseases, and the operation of the emergency department during a pandemic.

The scientific output has a pronounced practical orientation and is directed towards addressing specific clinical and organisational problems in emergency medical care.

The candidate has submitted 11 citations, confirming the recognition and use of her work in the scientific literature.

In 2024, the project "The Key Role of the Emergency Department of a University Multiprofile Hospital during a Pandemic" received first prize from the European Union of Private Hospitals in the category "Healthcare Resilience and Crisis Response". This award indicates the high practical value and international applicability of the organisational models developed.

3.2. Evaluation of the Habilitation Thesis

The principal habilitation thesis in the competition is the monograph "Emergency Department – a Key and Critical Point in a Multiprofile Hospital for Active Treatment", ES Print, Sofia, 2026, ISBN 978-619-7121-69-8.

The monograph is an independent, substantial and timely work devoted to the organisation, functions and strategic role of the emergency department within a multiprofile hospital for active treatment. It is extensive in scope and logically and consistently structured. It examines the main characteristics and regulatory framework of the emergency department, patient-flow organisation, medical triage, patient registration and initial assessment, diagnostic and therapeutic algorithms, interhospital transport of critically ill patients, work in crisis situations and pandemics, as well as a number of everyday challenges faced by emergency teams.

A significant strength of the monograph is the combination of an overview of contemporary principles of emergency medicine with extensive practical experience from the operation of the Emergency Department at "Acibadem City Clinic UMHAT Tokuda" EAD. It presents specific

organisational solutions, internal rules and working procedures, triage models and approaches to coordination among the hospital's various units.

Of particular value is the discussion of the organisation of activity during a pandemic and other crisis situations, including the need to adapt the structure, separate patient flows, isolate patients with suspected infectious disease, reallocate resources and coordinate clinical and diagnostic units. The experience presented has practical value and may be used in future situations involving a mass patient influx or epidemic risk.

Substantial attention is also devoted to the interhospital transport of critically ill patients, examined in its clinical, organisational and communication complexity. The discussion of the everyday problems in emergency department work is also useful, including staff shortages, overcrowding, communication difficulties, professional burnout and aggressive behaviour towards medical teams.

The monograph has indisputable theoretical and practical significance. It is useful for emergency medicine specialists, physicians from other specialties, healthcare professionals, hospital managers, residents and all professionals involved in the organisation of hospital emergency care.

4. Expert and Organisational Activity

Dr Krasteva carries out active expert activity in the field of emergency medicine. Between 2022 and 2024, she was a member of the Expert Council on Emergency Medicine at the Ministry of Health.

She has participated in working groups at the Ministry of Health for the development of diagnostic and therapeutic protocols and algorithms for emergency medical care centres, as well as for the development of methodologies for initial and periodic assessment of the professional competencies of physicians, physician assistants and healthcare professionals within the emergency care system.

In 2024, she participated in a working group at the Ministry of Health for updating the Medical Standard "Emergency Medicine", including the criteria for provision of emergency medical care by air and the interaction between the Air Emergency Medical Care Centre and the other structures of the healthcare system.

5. Theoretical and Applied Scientific Contributions

Dr Krasteva's scientific contributions may be systematised into several main areas.

Theoretical Contributions

1. Practical organisational approaches have been developed for the work of an emergency department in infectious-risk and crisis situations, including early assessment, triage, isolation and coordination with the other hospital units.

2. The principles of patient-flow organisation, triage, the diagnostic and therapeutic process, and interaction between the emergency department and the other hospital units have been systematised.
3. The role of the emergency department as critical infrastructure during pandemics and other crisis situations has been identified, including the need for structural reorganisation, isolation and resource reallocation.
4. The principal organisational and social problems in emergency medicine have been summarised: overcrowding, staff shortages, professional burnout, communication difficulties and aggression towards medical teams.
5. The need for a balanced approach in patients with chronic progressive and oncological diseases has been substantiated, combining active treatment of reversible complications with timely integration of palliative care.

Applied Contributions

1. The publications and the monograph examine the organisation of care in the emergency department for patients with suspected infectious disease, including the need for early assessment, triage, isolation and coordinated interaction with the other hospital units.
2. Practical models of medical documentation in the emergency department have been proposed, including a triage form and an initial nursing assessment.
3. Management algorithms for common emergency conditions, peripheral vascular diseases and interhospital transport of critically ill patients have been developed and tested in practice.
4. The most common emergency conditions in oncology patients have been systematised, and the role of the emergency physician in their assessment, treatment and referral to appropriate specialist or palliative care has been outlined.

In summary, Dr Krasteva's contributions have theoretical and clearly expressed practical value and are directed towards improving the organisation, safety and quality of emergency medical care.

6. Fulfilment of the Minimum National Requirements

The quantitative indicators of Dr Parvoleta Krasteva, amounting to 522.5 points, meet and exceed the national requirements for appointment to the academic position of "Associate Professor", as well as the requirements stipulated in the Regulations for the Development of Academic Staff at "Acibadem City Clinic UMHAT Tokuda" EAD.

Under Indicator Group A, the candidate presents a defended dissertation for the acquisition of the educational and scientific degree "Doctor" and achieves 50 points, against the minimum required 50 points.

Under Indicator Group B, an independent habilitation monograph entitled "Emergency Department – a Key and Critical Point in a Multiprofile Hospital for Active Treatment" is presented, yielding 100 points, against the minimum required 100 points.

Under Indicator Group C, the candidate achieves 317.5 points, against the minimum required 200 points, derived from publications in abstracted and indexed editions, publications in peer-reviewed scientific journals and participation in a collective monograph.

Under Indicator Group D, 11 citations are presented, yielding 55 points, against the minimum required 50 points.

7. Conclusion

The submitted materials demonstrate that Dr Parvoleta Krasteva Yakova-Krasteva, MD, DSc, is an established specialist in emergency medicine with extensive clinical, organisational, teaching and research experience.

Her scientific output is thematically consistent, current and clearly practice-oriented. The principal habilitation thesis represents a significant independent contribution to the organisation of hospital emergency care and has the potential for broad practical application.

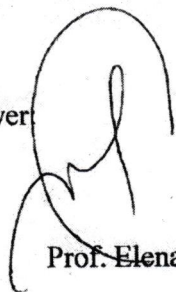
The candidate fulfils the minimum national requirements for appointment to the academic position of "Associate Professor" in Professional Field 7.1. Medicine, Scientific Specialty "Emergency Medicine".

I confidently give my positive assessment and recommend that the esteemed Scientific Jury propose that Dr Parvoleta Krasteva Yakova-Krasteva, MD, DSc, be elected to the academic position of "Associate Professor" in the Scientific Specialty "Emergency Medicine".

Date: 02.07.2026

Sofia

Reviewer


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