REVIEW

By Professor Dr. Hristo Tsekov Tsekov, MD, PhD

Head of the Clinic of Neurosurgery, Acibadem City Clinic Tokuda University Hospital, Sofia

Subject: competition for the academic position of "Professor" in the field of: Medicine, The scientific specialty Orthopedics and Traumatology announced for the needs of the Clinic of Orthopedics and Traumatology of Acibadem City Clinic Tokuda Hospital, Sofia

Announced: SG No. 33 of 20.04.2021.

Number of candidates: one, Assoc. Prof. Dr. Vasil Tsankov Yablanski, Ph.D.

Dr. Vasil Tsankov Yablanski was born in 1970, graduated from secondary and higher education in medicine / Medical Faculty of the Thracian University, 1990-1996 / in Stara Zagora. Full-time specialist at the Clinic of Orthopedics and Traumatology at the same university / 1996-2004 /, and in 2001 he was recognized as a specialty in orthopedics and traumatology. Since 2004 he has been working at the Clinic of Orthopedics and Traumatology at the Queen Joana University Hospital, Sofia, and since 2006 he has been the Head of the Department of Orthopedics and Traumatology at Tokuda Hospital, Sofia.

In 2014 he successfully defended his dissertation on "Possibilities of arthroscopy of the hip joint for diagnosis and determination of the stages of osteonecrosis of the femoral head" and obtained the degree of "PhD" in medicine. He has master's degrees in health management and public health. Fluent in English and Russian, as well as working with computer systems. He has specialized in orthopedics in North Carolina / Duke University Hospital /, Israel / Hadassah University Hospital /, Japan / Tokushukai /, Hamburg, Vienna, Lyon, Stockholm, etc.

He is a member of the Bulgarian Medical Assotiation / BMA /, Bulgaria. Orthopedic and Traumatological Association / BOTA /, Bulgarian Association of Spinal Surgeons / BASH /, European Federation of National Associations of Orthopedics and Traumatology / EFORT /, American Academy of Orthopedic Surgeons / AAOS /, EHS.

He systematically participates in practically all scientific and practical events in orthopedics and traumatology in Bulgaria, Europe and outside the European Union.

In 2016, after a competition, he held the academic position of "Associate Professor" at the Clinic of Orthopedics and Traumatology at Tokuda Hospital, Sofia.

His main professional interests are focused on arthroscopic surgery, incl. arthroscopy of the hip joints, traumatology, endoprothesis of large joints, and in recent years is a leading specialist in the surgical treatment of scoliosis in childhood.

He was a lecturer on endoprothesis problems at the Medical University of Astana, Kazakhstan. He leads courses and trains specialists from Macedonia. Conducts systematic training of specialists.

The total number of papers submitted for review is 62/23 in Bulgarian and 14 in English /. Eight of the publications outside the country are in magazines with an impact factor. Of the presented publications, 23 are not cited and are not included in the procedure for acquiring the scientific position of "Associate Professor". This issue includes a separate monography, two chapters from textbooks in orthopedics and traumatology, 14 real publications in journals, of which 4 in international journals / two with an impact factor /. There are six registered participations in scientific forums, two of which are abroad.

In real publications he is an independent author in 11/18% / of them, as the first author is registered in 12/19% / publications, as a second author in 28/45% /, and as a third and

subsequent author in 11/18% / publications. It is cited in Bulgarian periodicals 28 times, and in foreign editions - 44 times, with impact factor 13, 797.

According to scientific interests, the publications of Associate Professor V. Jablanski are directed in several main directions:

Arthroscopy of the hip joint. This diagnostic-therapeutic method is known in more developed countries, while for our country its introduction is due to Dr. Jablanski, who was the first to publish in the Cyrillic literature a series of patients with hip arthroscopy. Studies in this area have shown that this type of arthroscopy has been shown in a number of clinical conditions and has proven its usefulness with precise diagnosis and treatment. The possibilities of this technique are demonstrated, as well as the minimal risk for the patient during its implementation. Mastered, this method is safe and precise in the assessment of intra-articular structures, as the merit of Dr. Jablanski is in the theoretical and practical development of surgical technique, with description of the necessary equipment.

Detailed recommendations are given, the various anatomical variations are described, the risk moments in the practical implementation of hip arthroscopy are analyzed, thus contributing to the introduction and spread of this method in a number of clinics in the country. Assessment of the degree of osteonecrosis of the femoral head, as a major factor in the choice of organ-preserving techniques.

Development of own algorithm when choosing the operative technique for organ-preserving interventions in osteonecrosis of the femoral head.

Proves the practical necessity of including arthroscopy of the hip joint in the treatment-diagnostic algorithm of osteonecrosis of the femoral head. An algorithm for the selection of the operative method suitable for the respective stage of the disease has been developed.

Improvement of the surgical technique in the treatment of patients with spinal deformities

Spinal deformities and their consequences are one of the biggest challenges in medicine. This is a severe pathology, affecting all ages and having a constant tendency to worsen over time. Recent achievements are related to the introduction of the "free hand" technique in the insertion of pedicular screws. This technique was introduced with the active participation of Assoc. Prof. Jablanski together with the Scoliosis Research Society / SRS /.

Under the scientific guidance of Assoc. Prof. Yablanski there is a successfully defended doctoral dissertation by Dr. A. Ivanov on the same topic.

Various new and improved osteotomy techniques have been introduced in the treatment of scoliosis. Routinely applied neuromonitoring has been introduced, which together with the "free hand" technique shortens the operative time, reduces the X-ray exposure of the patient and the team, reduces blood loss, makes the intervention more reliable and with fewer complications - a large number of interventions - over 250, which is an authoritative volume not only for our region.

New stabilization systems have been introduced, allowing remote correction of births and scoliotic changes in direct clinical control. The published results of single-stage anterior transthoracic osteotomies combined with posterior osteotomies, radical osteotomy combined with pedicular subtraction, posterior corpectomy - interventions that are a challenge for leading orthopedic centers are extremely interesting. Of particular interest is the reproduction of an individual three-dimensional model of the spine, which creates conditions for precise planning of the operative effects of the spine.

All these innovations make the Clinic of Orthopedics at Tokuda Hospital a reference center for the country, and Associate Professor Jablanski lecturer on these issues, both at home and abroad.

Surgical treatment of scoliosis in children with rare diseases and high risk.

Neurofibromatosis and neuromuscular dystrophy are a serious challenge for spinal surgery and the clinic run by Assoc. Prof. Jablanski is the only center for treatment of such patients in Bulgaria.

Study of the causes and pathogenesis of idiopathic scoliosis is another direction of the scientific research of Assoc. Prof. Jablanski. Together with the genetic laboratory, dependencies of polymorphic genes and their impact on the risk of occurrence and development of scoliosis in the Bulgarian population have been studied, which results have a significant contribution of global importance and have been published in leading journals abroad.

Of particular scientific and practical interest is the study of the impact of spinal deformities on the function of other organs and systems, which in practice are often underestimated, but often prove to be decisive in terms of the therapeutic effect of surgery. Pre- and post-operative functional examination of respiration in children with severe deformity has been introduced. Pediatric pulmonologists were included in these studies.

A large number of publications / 6,8,10,13,20,21,26,27,29,47 / are practical and reflect problems of trauma, polytrauma, oncology, degenerative diseases and here teams of surgeons and neurosurgeons. Some of these publications include innovative techniques for the practice of orthopedists and traumatologists in Bulgaria, which contributes significantly to improving the quality of treatment.

Another important point in the evolution of idiopathic scoliosis is its rapid progression and decompensation in children under 10 years of age, when the growth potential is extremely pronounced. The rapid growth of children is the reason why standard techniques are insufferable and practically such well-established methods as posterior vertebrodesis are inapplicable.

Moreover, a flexible balance is needed here between the degree of deformation of the spine and the deformation of the thorax with the occurrence of disorders of respiratory function. For the first time, as already mentioned, the team of Assoc. Prof. Yablanski introduced magnetically controlled growing rods, which avoids the frequent reinterventions, so typical of previous surgical methods of treatment.

And all this with a significantly better therapeutic effect and a currently solved problem in fast-growing children suffering from idiopathic scoliosis.

Together with kinesitherapists, the Apifix technology has been implemented, in which the implanted implant achieves dynamic correction without achieving vertebrodesis, and the correction continues with exercises. Thus, the classic vertebrodesis is avoided in case of progressive deformation of the spine with stabilized growth, and the treatment continues with rehabilitation.

Regarding the teaching activity, Associate Professor Jablanski is extremely active. Since 2018 he has been a part-time lecturer in the Department of Special Surgery at the Thracian University in the town of St. Zagora. He teaches the course "Orthopedics and Traumatology" in Sofia Med. University in English, and is a member of the commissions for conducting state and semester exams, and its average annual workload as a lecturer is over 30 hours.

Conclusion: Associate Professor Dr. Vasil Yablanski is a specialist - orthopedist - traumatologist, enjoying authority in medical and social circles, with diverse interests. However, his main research interests are related to the deformation of the spine. He has built a team of various specialists using the latest technologies, working and achieving world-class results. The achieved results have been published in authoritative scientific journals with a high impact factor. His scientific publications are in-depth developments of various current issues of social significance.

Regarding the scientometric criteria for the academic position "Professor", Assoc. Prof. Dr. Vasil Yablanski fully covers them.

He has significant experience in teaching students and graduates in English and Bulgarian.

Based on the presented evidence, I am pleased to vote "Yes" for the award of Assoc. Prof. Vasil Tsankov Yablanski, MD,PhD, academic position "Professor", for the needs of the Clinic of Orthopedics and Traumatology of "Aji Almond City Clinic Tokuda University Hospital", Sofia .

07/30/21

Reviewer:

Prof. Hristo Tsekov, MD, PhD