

## REVIEW

by

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**MEMBER OF THE SCIENTIFIC JURY IN A PROCEDURE FOR ACQUISITION OF**  
**THE ACADEMIC POSITION OF “PROFESSOR” IN THE FIELD OF HIGHER**  
**EDUCATION 7. HEALTHCARE AND SPORTS, PROFESSIONAL FIELD 7.1**  
**MEDICINE, SCIENTIFIC SPECIALTY “SOCIAL MEDICINE AND ORGANIZATION**  
**OF HEALTHCARE AND PHARMACY”**  
**FOR THE NEEDS OF THE CARDIOLOGY CLINIC OF NMTH “TSAR BORIS III” –**  
**SOFIA, ANNOUNCED IN THE STATE GAZETTE, ISSUE 15 OF 06.02.2026**

**CANDIDATE: ASSOC. PROF. ANELIA MILKOVA LUKOVA, MD, PhD**

### **1. General Information**

Pursuant to Order No. 29 of 20.03.2026, issued on the grounds of Art. 29a of the Act on the Development of the Academic Staff in the Republic of Bulgaria, Art. 61(1) of the Regulations for the Implementation of the Act, Art. 78 of the Regulations for the Terms and Conditions for Acquiring Academic Degrees and Holding Academic Positions, in accordance with the Decision of the Scientific Council of NMTBH “Tsar Boris III” (Minutes No. 4 of 17.03.2026), and on the basis of Minutes No. 1/17.04.2026 of the approved Scientific Jury, I hereby present the current review. All required materials submitted by the candidate, Assoc. Prof. Anelia Milkova Lukova, MD, PhD, have been prepared precisely and fully comply with the requirements of the legal framework and the Regulations of the Scientific Organization concerning the procedure for acquisition of the academic position of “Professor”.

### **2. Education, Qualifications, Specializations and Professional Development**

Assoc. Prof. Anelia Milkova Lukova, MD, PhD, was born on 29.04.1962 in Sofia. She graduated in Medicine in 1986 (Diploma No. 006393 of 24.09.1986 from the Medical University – Sofia), after which she successively acquired specialties in Neurology (Diploma No. 35497 of 01.01.1990 from MU-Sofia) and Psychiatry (Diploma No. 42763 of 01.01.1994 from MU-Sofia). In 2006, she completed a second Master’s degree at the Faculty of Public Health of MU-Sofia and acquired an educational and qualification degree in Health Management as Master of Health Management.

During the period 2006–2009, she was an independent doctoral student at the Department of Preventive Medicine of the Faculty of Public Health, MU-Sofia. In 2009, she successfully defended her dissertation entitled “Psychosocial Aspects and Prevention of Alcohol Poisoning in School-Age Children” and acquired the educational and scientific degree “Doctor” in the scientific specialty “Social Medicine and Organization of Healthcare and Pharmacy” – Diploma No. 33656/21.12.2009, awarded by the Higher Attestation Commission.

Since 2012, pursuant to Supplementary Agreement No. 1-229/20.06.2012 to her employment contract, she has held the academic position of “Associate Professor” at the University Multiprofile Hospital for Active Treatment and Emergency Medicine “N. I. Pirogov”, Clinic of Toxicology, Professional Field 7.1 Medicine.

The candidate has a total professional experience of 38 years. She worked at the District Hospital in Vidin as a resident physician in the Neurology Department. Since September 1999 until the present moment, she has been working at UMHATEM “Pirogov”, Clinic of Toxicology, as a psychiatrist.

In the course of her professional activity, Assoc. Prof. Lukova has demonstrated profound knowledge and professional skills in the fields of emergency medical care organization, disaster medicine, cerebrovascular diseases, psychology of motherhood, medical ethics, addiction to illicit drugs and alcohol, medicinal toxicomanias, detoxification and substitution methodologies, organizational models and standards in addiction treatment, emergency conditions in addicted patients, suicide prevention, psychosocial readaptation, public health, and other fields of medical science closely related to social medicine and healthcare organization, which are the subject of the current competition.

Her professional development has also been influenced by specializations carried out in France, Amiens, at Centre Hospitalier Universitaire d’Amiens, Hôpital Nord, Service d’aide médicale urgente régionale de Picardie (SAMU 80); in Switzerland, Lausanne, at Centre Hospitalier Universitaire Vaudois in 2000; in France, Paris, at Groupe Hospitalier Cochin, Centre Cassini in 2001; and in Luxembourg, Ettelbruck, at Centre Hospitalier Neuro-Psychiatrique (CHNP), Services de Toxicologie et d’Alcoologie.

### 3. Research Activity – Scientific Publications

The scientific works presented by Assoc. Prof. Lukova for participation in the competition, totaling 103, reflect her research activity during the period 2012–2026 following her previous habilitation, distributed as follows:

1. Dissertation for acquisition of the educational and scientific degree “Doctor” – 1;
2. Book based on the defended dissertation for acquisition of the educational and scientific degree “Doctor” – 1;
3. Published monograph for the competition for “Professor” – 1;
4. Published co-authored monograph after appointment as Associate Professor – 1;
5. Book chapters after appointment as Associate Professor – 2;
6. Chapter in a teaching manual for students at the Faculty of Public Health of MU-Sofia – 1;
7. Publications in Bulgarian non-indexed peer-reviewed journals – 24;
8. Publications in Bulgarian scientific journals indexed in internationally recognized databases – 7;
9. Publications in foreign non-indexed specialized peer-reviewed journals – 3;
10. Publications in foreign indexed specialized journals – 14;
11. Participation in national scientific forums (congresses, conferences, symposia) – 33;
12. Participation in international scientific forums (congresses, conferences, symposia) – 15.

Independent publications and publications where the candidate is first author predominate, accounting for more than 50%.

The report on fulfillment of the minimum national requirements shows that Assoc. Prof. Lukova fully meets the indicators (1734.86 points), exceeding by more than 3.5 times the required minimum of 550 points.

*Report on Compliance with the Minimum National Requirements for Holding the Academic Position of "Professor"*

Indicators	Content	Professor	Assoc. Prof. Lukova
A	Indicator 1	50	50
B	Indicator 2	-	-
C	Indicator 3 or 4	100	100
D	Indicators from 5 to 9	200	934.86
E	Indicators from 10 to 12	100	505
F	Indicators 13 till the end	100	145
<b>Total</b>		<b>550</b>	<b>1734,86</b>

The scientific fields reflected in the publications may be grouped as follows:

**I. Clinical Management**

**II. Health of Vulnerable Population Groups**

**III. Toxicology**

**IV. Public Health and Preventive Programs for Adolescents**

**V. Socio-Ethical Problems in Medical Practice**

**VI. Other**

**I. Clinical Management**

Theoretical and practical-applied contributions are reflected in the presented contemporary concepts of clinical management and its dimensions based on original scientific results. The principal work in this field is the monograph "Management of Mental Disorders in the Emergency Hospital" and the related publications (Nos. 25, 41, 45, 47, 48, 59), devoted to the organizational and clinical aspects of hospital liaison psychiatric management.

The organizational aspects focus on the principle of integrated medical care. Of interest are also the main steps in the five-stage model of evidence-based medicine practice. Specific proposals have been formulated for relevant institutions to encourage evidence-based medical practice. A valuable educational module for postgraduate training on "Liaison Psychiatry" for teams providing somatic care – physicians and healthcare professionals – has also been developed.

**II. Health of Vulnerable Population Groups**

Specific social and medical problems of vulnerable population groups have been analyzed. Immediate tasks for increasing awareness and health promotion regarding behavioral risk factors related to alcohol consumption among children and adults, psychoactive substance use, transport, domestic and occupational injuries have been outlined.

Emphasis is placed on approaches for behavioral change concerning these risk factors through increasing knowledge, skills and motivation for a healthy lifestyle (Nos. 6, 9, 16, 24, 50, 76).

A recommendation has been made for reconsideration of methadone distribution practices in substitution programs in Bulgaria due to the risk of fatal poisoning or temporary/permanent disability (Nos. 29, 32, 44, 82, and two book chapters).

Of high scientific significance are the studies dedicated to the protection of health among risk contingents of the population in cases of alcohol poisoning in childhood, which are becoming increasingly relevant and constitute a serious issue in pediatric pathology (Nos. 11, 15, 56, 71, 73).

Particularly interesting are the studies on suicidal crises in childhood and adolescence requiring an interdisciplinary and team-based consultative approach. The conclusion regarding the necessity for consultation by a psychiatrist, clinical psychologist and social worker in each individual case is fully justified, with a view to crisis intervention and activation of social institutions (Nos. 4, 33, 34, 69).

The conclusions drawn from the retrospective study of intentional self-poisoning in the geriatric population emphasize that the combination of physiological changes associated with aging and the high prevalence of chronic diseases make these patients vulnerable and susceptible to suicide attempts (Nos. 40, 78, 88).

Research in the field of psychoactive substance dependence has enabled the author to present a model intervention program including medical, social and administrative activities aimed at overcoming heroin addiction behavior, improving health and mental status, and facilitating family and social reintegration.

The obtained treatment results were used in preparing a comprehensive characterization of drug addiction in Bulgaria and in developing an Intervention Program by the National Council on Narcotic Substances at the Council of Ministers (No. 17), which underlines the scientific significance of these studies.

### **III. Toxicology**

This direction of Assoc. Prof. Lukova's research is among the most interesting and characterizes her as a highly erudite researcher with affinity for less explored areas that she naturally incorporates into social medicine.

Clinical toxicology within public healthcare has an essential role in information, treatment and prevention of future incidents. Theoretical and practical-applied contributions are focused on the interaction between clinical toxicology and other medical specialties in the overall treatment process, aiming at positive health, social and economic outcomes (Nos. 1, 58).

Intentional self-poisoning with hypnotic medications has been studied, and insomnia has been considered as a significant medico-social problem of contemporary society. Risks associated with lithium treatment have been identified, and an analysis of suicide attempts involving psychostimulants has been presented.

The need for awareness among medical teams in outpatient and inpatient care regarding the administration of psychotropic medications in contemporary globalized society has been substantiated.

For the first time in Bulgaria, a clinical-epidemiological study of acute intoxications with atypical antipsychotics in adults has been conducted. A comprehensive model for management of these intoxications in pre-hospital and hospital care has also been developed.

#### **IV. Public Health and Preventive Programs for Adolescents**

The studies are devoted to alcohol poisoning in childhood, and conclusions of methodological and theoretical importance for public healthcare have been formulated (Nos. 10, 22, 49, 73).

For the first time in Bulgaria, an analysis has been conducted of the relationships between alcohol poisoning in adolescents and characteristics of the family environment, parents' education and employment, family predisposition, birth order, and age at first alcohol consumption (Nos. 23, 53, 54, 55).

This allows emphasis on psychosocial dimensions, health awareness and the effectiveness of adolescent education (Nos. 14, 22, 26).

The created model of a comprehensive program for active selective prevention of alcohol poisoning among school-age children may successfully be used for the development and monitoring of national programs for prevention of addictive behavior and health promotion.

#### **V. Socio-Ethical Problems in Medical Practice**

The publications are devoted to an in-depth study of the causes leading to conflicts within the healthcare system through analysis of the principles, components of strategies and rules for conflict management in medical practice (Nos. 13, 15).

Particularly valuable for practice are the formulated basic rules for constructive actions and implementation of mechanisms for non-conflict behavior of healthcare professionals in extreme situations arising in emergency medical care.

The recommendations for developing a universal behavioral model for stress management aimed at increasing personal capacity to tolerate tension deserve high appreciation (Nos. 12, 13, 41, 45).

#### **4. Citations**

In the Scopus database (Elsevier), 21 citations and an H-index of 3 were identified, while in the Web of Knowledge database (Clarivate), 17 citations and an H-index of 3 were found.

According to the report prepared by NACID, a total of 32 citations were identified in the databases of Web of Science, SCOPUS and other scientific databases.

According to the reports of the Central Medical Library and NACID regarding Impact Factor (Web of Science) and SCImago Journal Rank (SCOPUS), the journals in which the publications of Assoc. Prof. Anelia Lukova appear have a total Impact Factor of 42.761 and a total SJR of 16.326.

The established data clearly indicate the high level of citation of the candidate's scientific output.

#### **5. Participation in Scientific Projects**

Assoc. Prof. Lukova has presented data characterizing her as a scholar with a high level of expert activity: Expert at the Open Society Foundation under the project "Detoxification of Toxicomanias and Drug Addictions" (2001–2002); Consultant to SOS Children's Villages Bulgaria (2003–2004); Member of the Scientific Council of UMHATEM "N. I. Pirogov" (2013–2014); Coordinator of Scientific Activity at the Specialized Therapeutic Complex of UMHATEM "N. I. Pirogov" (2013–2016); Co-founder of the Bulgarian Society of Emergency

Medicine (2014); participation as a member of a Scientific Jury in a procedure for awarding the educational and scientific degree “Doctor” in 2017; Deputy Editor-in-Chief of the journal “Emergency Medicine” from 2013 to 2019; and member of the editorial board of the journal “Transport Medicine” since 2024.

She is also a member of the Bulgarian Medical Association, the Bulgarian Society of Emergency Medicine and the Bulgarian Association of Clinical Toxicology.

Evidence has also been presented regarding her reviewing activity for doctoral theses and scientific articles in journals indexed in SCOPUS and Web of Science.

## **6. Educational and Teaching Activity**

Assoc. Prof. Lukova has been a part-time lecturer at the Yordanka Filaretova Medical College at MU-Sofia in the specialty “Rehabilitator” since 2019.

Her total teaching workload amounts to 270 hours, including 115 hours during the last three years.

She has delivered lecture courses for residents specializing in Emergency Medicine and has participated in continuing education courses for nurses, midwives and associated healthcare professionals.

She has developed lecture courses for residents in Emergency Medicine and for students pursuing the educational qualification degree “Professional Bachelor” at the Yordanka Filaretova Medical College.

Assoc. Prof. Lukova has supervised two doctoral students in independent training, one of whom successfully defended a dissertation in 2015.

## **CONCLUSION**

The educational and professional development, qualifications, scientific achievements, high publication activity and diverse educational and teaching engagement of Assoc. Prof. Anelia Milkova Lukova, MD, PhD, as well as her personal qualities, demonstrate that the candidate fully satisfies the requirements of the Act on the Development of the Academic Staff in the Republic of Bulgaria.

She meets and significantly exceeds both the national minimum requirements and the additional criteria established by the Regulations of the Scientific Organization concerning the acquisition of academic degrees and academic positions.

Her educational and teaching activity is at a high level. The delivered lectures, conducted practical exercises, successful supervision of doctoral students, active participation in the preparation of educational materials, and participation in semester examinations demonstrate the academic stability of Assoc. Prof. Lukova and her full readiness to occupy the academic position of “Professor”.

The subject matter of her publications is innovative and reflects the contemporary development of social medicine. Through active scholarly work combining theoretical analyses and empirical research, the candidate has achieved the development of entirely new thematic areas perceived as a natural advancement of scientific directions within social medicine.

Her scientific contributions – theoretical, practical-applied, educational and methodological – are substantial and undoubtedly contribute to the development of social medicine as a contemporary interdisciplinary science.

Her engagement in scientific projects also deserves recognition, demonstrating a high level of expertise, broad competence, ability to work in interdisciplinary teams and to achieve sustainable results.

This gives me sufficient grounds to confidently provide my positive assessment and to call upon the members of the Scientific Jury to vote positively for the appointment of Assoc. Prof. Anelia Milkova Lukova, MD, PhD, to the academic position of “Professor” in the field of higher education 7. Healthcare and Sports, Professional Field 7.1 Medicine, scientific specialty “Social Medicine and Organization of Healthcare and Pharmacy” for the needs of the Cardiology Clinic of NMTH “Tsar Boris III”, Sofia.

21.05.2026  
Sofia



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