

Preface



Colleagues, Readers,
Authors, Reviewers,
Members of the Scientific Committee,
Thematic Editors,
Members of the Editorial Board,

Issue 03/2017 of *Family Medicine & Primary Care Review*, which you are now reading, is the result of many months of work with authors and reviewers, and of the effort of the Thematic Editors, the Editorial Team, and Continuo Publisher. You will notice a systematic increase in the scientific quality and international character of the articles in our quarterly. It is no accident, then, that our Index Copernicus Value is higher than a year ago (ICV: 120.81). The work published in our recent issues also demonstrates that health research is essential in primary health care and that the scientific evidence generated by it can be implemented and used in everyday practice. Primary health care team members

are becoming advocates, not only of their patients, but also of their patients' families, including informal caregivers, are modeling the local community, and are acting as stakeholders in current health policies. This is a modern image of family medicine that exists in various dimensions, regardless of the capacity of each European country, or of the world, to influence global decisions on the health care system as a whole. On account of the increasing awareness of the importance of proactively integrating patients into processes of care, connecting to local communities, and emphasizing the need for care in nonclinical constituents, we are seeing changes in health care, in which patients and their families are now partners. This is reflected in the current issue of *Family Medicine & Primary Care Review*. Let us not forget, however, that issues around the collection of data and evidence as well as more family doctors in the system improves the outcomes for patients.

I thank all Authors, Reviewers, Thematic Editors, Members of the Editorial Committee and Continuo Publisher for their tremendous efforts and time spent in recent months, resulting in this issue that highlights the importance of interdisciplinarity and confirms that family medicine should be considered as the basis of the health care system, and should become an academic, scientific, and medical specialty with its own educational content, research, evidence-based and clinical activity, targeted at primary health care.

In our original articles, we present the results of the evaluation of fat mass and its correlation with abnormal blood pressure in children and adolescents, as well as results of the projects on: knowledge of selected cancer prevention methods among Polish outpatients; analysis of risk factors for recurring nonspecific lower back pain, with particular emphasis on predictive factors; lifestyle risk factors for noncommunicable diseases among patients after liver transplantation; factors causing insomnia in postmenopausal women; premature mortality due to alcohol-related diseases in Poland, by voivodeship; the relationship between diet and other elements of high school students; the consumption of fish and seafood by pregnant Polish women and the supply of docosahexaenoic acid and eicosapentaenoic acid from these products; and Internet information as a source of health-related information among Polish Internet users. You will also find the results of a preliminary study into autoimmune polyglandular syndrome, an evaluation of the long-term effectiveness of tension-free vaginal tape procedures, and results from projects on: postoperative hypoparathyroidism; learned helplessness and its associations with perception, depression, and anxiety among patients with systemic lupus erythematosus; unmet needs in emergency department patients as an important aspect of increasing hospitalization; the EORTC QLQ-15 PAL questionnaire as tool for estimating quality of life in patients with pancreas adenocarcinoma; comparison of the EORTC QLQ-C15 PAL and QLQ-C30 questionnaires' practical usefulness in estimating pancreatic adenocarcinoma patients' quality of life; weekend courses on ultrasonography as a means of teaching the knowledge and skills necessary to perform ultrasounds in the family physician's practice, and the incidence of insomnia and somnolence during daytime among professional drivers.

Among the review papers in this issue, we included articles on: approaches to the therapy and prevention of frailty in the light of contemporary medicine; remarks on travel medicine in primary health care; comparison of home physical therapy services in Poland and the United States; current ontology as medical data security in the family doctors' practices; and the role of the primary health care physician in validating patients' abilities to make legal statements and express their last will and testament.

I encourage you to familiarize yourself with the two guidelines in the CME section: the recommendations of the Polish Society of Physiotherapy, the Polish Society of Family Medicine, and the College of Family Physicians in Poland regarding the physiotherapy of back pain syndromes in primary health care, and the joint guidelines of the Polish Psychiatric Association (Wrocław Division), the Polish Society of Family Medicine, and the College of Family Physicians in Poland for the diagnosis and treatment of depressive disorders in primary health care.

I encourage you all to submit your own research projects and to stay in touch with the *FM&PCR* Editorial Board. All of the Thematic Editors and Members of the Editorial Board will be happy to assist you in the stages of submitting publications through the *FM&PCR* Editorial System, as well as during the review process and all revisions. I invite you to meet with members of the Editorial Board at the Polish Society of Family Medicine booth during conferences and congresses, as well as at the stand of Continuo Publisher, which you will see during meetings throughout Poland.

On behalf of the Editorial Committee, I welcome all participants of the 6th Congress of the Polish Society of Family Medicine in Wrocław (29.09–01.10.2017). I hope that the presentations and discussions during the Congress will inspire you to start work on articles for our quarterly.

On the occasion of the new academic year, and on behalf of *Family Medicine & Primary Care Review*, I wish you the best of luck with your scientific plans that will benefit the family medicine field, with challenges that bring fulfillment, and success in realizing research projects involving real family medicine, the result of which will appear in the pages of *FM&PCR*.

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