

Preface



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

Issue 03/2018 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 our publisher, Continuo. You will notice a systematic increase in the scientific quality and international character of the articles in our quarterly. It is thus no accident that our Index Copernicus Value is higher than a year ago (ICV: 124.24). The work published in our recent issues also

demonstrates that health research is essential in primary health care, and that the scientific evidence it generates 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 has a number of dimensions, regardless of the capacity of each European country, or of the world, to affect global decisions in the health care system as a whole. On account of the increasing awareness of the importance of proactively integrating patients into the 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*. Yet let us not forget that issues concerning the collection of data and evidence, as well as increased numbers of family doctors in the system, improves the outcomes for patients. I thank all our Authors, Reviewers, Thematic Editors, Members of the Editorial Committee and our publisher, Continuo, for their tremendous efforts and the time they have spent in recent months, resulting in this issue, which highlights the importance of interdisciplinarity and confirms that family medicine ought to be understood as the basis of the health care system, and should become an academic, scientific, and medical specialty with its own educational content, research, evidence-base, and clinical activity, targeted at primary health care.

In our original articles, we present the prevalence of allergy in children with adenoid hypertrophy and otitis media with effusion admitted to the Department of Pediatric Otolaryngology in Poznan; rhinoscopy assisted lacrimal probing – minimal invasive and effective therapeutic option for children with congenital nasolacrimal duct obstruction; orbital complications of acute rhinosinusitis in children: a retrospective review of 33 patients; acute mastoiditis, a severe complication of acute otitis media in children – prevalence, diagnosis and treatment; prevalence of selected mental disorders among graduation class adolescents: data from a screening study; assessment of anthropometric measurements in diagnosis and monitoring of excessive body weight in children; influenza vaccine efficacy in patients aged 60–75 years in the 2016/2017 season; satisfaction with life scale analyses among healthy people, people with noncommunicable diseases and people with disabilities; who do type 2 diabetics inform about their own illness; effect of whole body cryotherapy treatments on antioxidant enzyme activity and biochemical parameters in patients with multiple sclerosis; Polish e-cigarettes: users reasons to start vaping – a survey of 1142 Polish vapers; forced prolonged hospital stays as a manifestation of the dysfunction of the Polish long-term care system; the effect of modern medical technology on the availability and cost of cataract treatment in older patients; years of life lost due to colorectal cancer in Poland between 2000 and 2014 according to voivodeships.

Among the review papers in this issue, we included articles on systemic aspects of securing the health safety of the elderly and fostering digital literacy in the elderly as a means to secure their health needs and human rights in the reality of the twenty-first century.

I encourage you to familiarize yourself in the CME section with the recommendations of the Polish Society of Physiotherapy, Polish Society of Family Medicine and the College of Family Physicians in Poland in the scope of physiotherapy in the painful shoulder syndrome in primary healthcare and the article on the family doctor in the jurisprudence of medical disciplinary boards.

I encourage all our readers to submit your own research projects and to stay in touch with the Editorial Board of *FM&PCR*. Any of our 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 revisions. I invite you to meet with members of the Editorial Board at the Polish Society of Family Medicine, which can be found at conferences and congresses, as well as at the stand of Continuo, which you will see during meetings throughout Poland. On behalf of the Editorial Committee, I welcome all participants of the 7th Congress of the Polish Society of Family Medicine to Wrocław (12–14 October 2018). I hope that the presentations and discussions at 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 all at *Family Medicine & Primary Care Review*, I wish you the best

of luck with your scientific plans that will bring benefit to the field of family medicine, challenges that bring fulfillment, and success in realizing research projects involving real family medicine, the results of which will appear in the pages of *FM&PCR*.

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