

Preface



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

The present issue of *Family Medicine & Primary Care Review* represents the culmination of our work in 2019. Our discipline of family medicine is now understood to be the foundation of the healthcare system, a healthcare specialty, and a subject of research with its own research activity, evidence-based practice, educational content, and clinical activity aimed at primary care. At the same time, modern healthcare systems need to be versatile and to cooperate and coordinate with family medicine and other specialists; another of its aims is to increase the empowerment of patients and to further engage them. This current issue is the best example of this, as it is the fruit of cooperation between family doctors and experts in many other disciplines. We hope that the issue will assist our readers in research, while also providing practical information that is relevant to everyday treatment and diagnosis.

We thank you all for being with us in our increasingly broad community. The introduction of DOI numbers, an open access policy, and the publication of full texts on our website mean that *FM&PCR* is now fully digitized. It is thus now more widely available to readers and can be expected to be more frequently cited in publications. Our Editorial System is an advanced tool for streamlining the admission, review, and management of articles, and is making an improvement in the online collaboration between authors, reviewers, and editors. As a result of these developments, the Polish Ministry of Science and Higher Education has awarded *FM&PCR* a score of 20 points. For a number of years, our publication has been visible in both European and global indexing databases, including the Thomson Reuters Emerging Sources Citation Index (ESCI) and the EBSCO database. Since 2016, every article in the journal has been abstracted and indexed in these databases. American English has been the publication language since issue 3/2016, and we have commenced cooperation with numerous researchers and health care professionals from abroad, as both reviewers and authors.

This original articles in the current issue deal with: prevalence and risk factors associated with tobacco smoking among adults in India: a nationally representative household survey; sexual health during menopause – counselling with an approach to emotional regulation on sexual satisfaction; Ottawa Ankle Rules in primary care – awareness, importance and use by family physicians; knowledge and usage of prevention measures against urinary tract infections among young women; consumption of energy drinks and assessment of blood pressure values among young adults; prediction of postpartum depression based on women's quality of life; the relationship between personality types and perceived stress in parturient women referred to hospitals affiliated with the Shiraz University of Medical Sciences; evaluation of the quality of life of ovarian cancer patients in the context of selected quantitative variables such as body mass, number of miscarriages and time from diagnosis; attended versus unattended blood pressure measurement in real-life settings in patients with chronic kidney disease; communication and health: doctor–patient relationship in patients with multimorbidity, an exploratory study; the effect of geothermal water on skinfold and body circumferences; assessment of Vitamin D deficiency among older adult patients with an orthopaedic fracture and its association with increasing age.

The reviews section in this issue includes a systematic review of rational medicine prescription interventions in countries of the world.

At the end of the year, I would like to thank all our Authors, Thematic Editors, Reviewers, and Members of the Editorial Board. It is thanks to their great effort over the course of the year that we have succeeded publishing even higher quality papers, leading to *FM&PCR* receiving a higher score of 20 points from the Polish Ministry of Science and Higher Education. Our primary aim is to support all of our authors and to continuously improve the informational content of *FM&PCR*. To achieve this, we request that readers submit the results of their research projects and liaise with our Editorial Board, the Members of which, along with the Thematic Editors, will be delighted to help you as your paper passes through our Editorial System and also during the editorial work and review process. I also encourage all readers to meet the Members of the Editorial Board at the Polish Society of Family Medicine (PSFM) stand during PSFM conferences, conventions, and congresses. You can additionally meet us at the stand of Continuo Publishing located at training courses throughout Poland!

With Christmas and the New Year approaching, on behalf of the Editorial Board of *Family Medicine & Primary Care Review*, I wish you a peaceful time with your nearest and dearest and much success in your work at the start of the New Year. May you persevere and fulfill your passions into the New Year, and continue to perform research into the realities of family medicine – research that will eventually bear fruit in the articles of next year's *FM&PCR*!

Donata Kurpas, MD, PhD, Associate Professor
Wroclaw Medical University
Editor-in-Chief
Family Medicine & Primary Care Review