

# Preface



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

It is my great pleasure to welcome you all to the twenty-second year of *Family Medicine & Primary Care Review*! I thank you for staying with us as our community continues to expand as a result of our introduction of an Open Access policy, DOI numbers, and the publication of full texts on our website. All our issues have now been entirely digitized, and so are more easily available to all readers. For this reason, we are increasingly often being cited in research publications. We have recently also introduced our Editorial System, an advanced tool that streamlines the admissions and review process and which allows better

online collaboration between authors, reviewers, and editors. These improvements have led to us increasing our Polish Ministry of Science and Higher Education score to 20 points. For a number of years now, *FM&PCR* has been visible in both European and global indexing databases, and since 2016 we have been indexed and abstracted in Thomson Reuters' Emerging Sources Citation Index (Clarivate Analytics, Web of Science), and the EBSCO database. With issue 3/2016, American English became our language of publication, and this has seen an increasing number of health care professionals and researchers from around the world joining us as authors and reviewers. The issue of *FM&PCR* you are now reading continues to follow the guidelines set out twenty years ago, publishing research on evidence-based practice and education with the aim of supporting primary care physicians' daily work. Family medicine is the basis of the healthcare system in every country, and at present it is also undergoing a strengthening in its position as an academic and scientific discipline and healthcare specialty in its own right, with its own educational content, body of accepted data, scientific research, and clinical activity oriented towards primary health care. We primary care physicians, whether we work in more modern or less developed healthcare systems, continue to follow the major principles of family medicine: versatility, coordination, and effective cooperation between specialists from different fields. At the same time we act to extend patient engagement and empowerment. The current issue results from cooperation between family doctors and experts in other disciplines throughout the world. I am confident it will not only support you, our readers, in your research projects, but will also serve as a source of practical information for the everyday care of patients.

This issue begins with original papers on: the prevalence of determinants of obesity, metabolic syndrome and overweight in middle-aged urban women living in a megacity; factors associated with early menopause in Bangladesh; family physicians' problems with patients and own limitations – a qualitative study; being a caregiver as a determinant of quality of life and as a contributor to depressive symptoms; the knowledge of the role of vaccinations, physical activity and other cancer prevention methods among polish outpatients; fear of falling and physical performance among older Czech adults; the effect of counseling on the sexual satisfaction of women with hypoactive sexual desire referring to Hamadan Health Centers, 2017; effect of counselling based on the PLISSIT model on pregnant women's sexual satisfaction: a randomised controlled trial; assessment of alcoholic beverage addiction in Nigerian adolescent secondary schoolers: a cross-sectional study using a self-administered questionnaire adapted from validated WHO substance use questionnaire; multimorbidity daily life activities and socio-economic classification in Central Portugal primary health care setting: an observational study; cross-cultural adaptation and validation of the PRISMA-7 scale for European Portuguese; a path analysis study of factors influence decubitus in the geriatric nursing home: preliminary study; influence of coexisting internal diseases on hearing loss in patients aged over 50; the Gatekeeper Model: patient's view on the family physician role.

In this New Year, I wish to thank all our Authors, Reviewers, Thematic Editors, and Members of the Editorial Board for their extraordinary effort over the previous twelve months. Their dedication resulted in articles of higher quality than ever, and helped the journal receive a score of 20 from the Polish Ministry of Science and Higher Education. Our main aim is to support our authors and to continue to improve the level of information of our publication. For this reason, we encourage you to submit the results of your research projects and to communicate with the Editorial Board. Our Thematic Editors and Editorial Board Members will be glad to guide you throughout the process of submitting articles through our Editorial System, as well as during the reviewing and editing of your article. I would also like to take this opportunity to strongly encourage you all to come to meet our Editorial Board Members at the Polish Society of Family Medicine (PSFM) stand during PSFM conferences, conventions, and congresses, and at the Continuo Publishing stand, which you will find at training courses throughout Poland.

On the occasion of this New Year 2020, and on behalf of the Editorial Board, I wish you much fulfilling time spent with your loved ones, perseverance in carrying out the projects you are passionate about, and success in your research projects into the realities of family medicine, which I hope will result in publications in the pages of *FM&PCR*!

This is my last issue as Editor-in-Chief, so I would like to take this moment to thank you all for the years of fruitful cooperation and support, and above all for the shared journey filled with challenges and a sense of collaboration!

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