

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 the introduction of our Open Access policy, DOI numbers, and the publication of full texts on our website. All our issues have now been entirely digitized, so our papers are more easily available to all readers, which translates into an increased number of citations in scientific publications. Our new Editorial System is an advanced tool that streamlines the admissions and review process, and which allows better online collaboration between authors, reviewers, and editors. These innovations have allowed us to maintain our Polish Ministry of Science and Higher Education score of 20 points.

FM&PCR is visible in both European and global indexing databases. Since 2016 our papers 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 forms the basis of the healthcare system in every country. 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, 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 fundamental 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.

Our latest issue is the result of cooperation between family doctors and researchers in other disciplines from both Poland and the rest of the world. I am confident that you will not only find interesting insights into healthcare issues that could inspire your further research projects, but will also find our journal a source of practical information for the everyday care of patients.

This issue features articles on a range of issues related to family medicine and primary care. These include the potential relationship between mucosa immunological cells and micro-organisms of the intestinal flora; infection and inflammation in patients with Irritable Bowel Syndrome and hemogram parameters; the level of stress and disease control in type-3 diabetes mellitus in Indonesia; diagnostic difficulties in patients with leptospirosis in outpatient care in Malaysia; the health behavior of young adults in Poland; the relationship between the social competences of physicians, nurses, and paramedics in Poland; practical use of GP smart books in pre- and post-delivery education of husbands, to improve the health of mother and child; a comparison of nasogastric nutrition in different time intervals depending on nutritional tolerance of ICU patients; the impact of Acral co-activation and conventional therapy on sensed pain intensity and disability in patients with non-specific lower back pain in the Czech Republic; improvement of communication and conflict-solving abilities between spouses in Iran with the application of a cognitive behavioral approach; the introduction of a family doctor (FPP) program in Iran to improve quality, reduce costs, and ensure equal access; analysis of decisions of disciplinary committees ("medical courts") and appeal (cassation) judgments of the Polish Supreme Court regarding the professional liability of family doctors and doctors employed in primary care facilities; the relationship between obesity determined by BAI and LAP methods and asthma control in women; and the relationship between pelvic muscle training and improvements in sexual functions in women with multiple sclerosis.

Our main aim is to maintain the position of our publication and our Polish Ministry of Science and Higher Education score of 20; in the longer perspective, we want *FM&PCR* to be present in the PubMed system, as well as to support authors and to continue to improve the level of information of our publication. 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 guide you throughout the process of submitting articles using our Editorial System, as well as during the reviewing and editing of your article.

Please stay free of COVID-19 by observing the sanitary recommendations. I also hope you will be able to engage in new challenges you are passionate about, and enjoy success in your research projects into the realities of family medicine, which I hope will result in publications in the pages of *FM&PCR*!

On behalf of all the editorial team, I would like to thank Professor Donata Kurpas for building the editorial team, development, and many years of her dedication as Editor-in-Chief of *FM&PCR*.

Bożena Mroczek, PhD, Assoc. Prof.
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Acting Editor-in-Chief, *Family Medicine & Primary Care Review*