

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-third 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 articles are more easily available to all readers, which translates into an increased number of citations. Our Editorial System is an advanced tool that streamlines the submission and review process, and which allows better online collaboration between authors, reviewers, and editors. The new rules allow 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 articles have been indexed and abstracted in Thomson Reuters' Emerging Sources Citation Index (Clarivate Analytics, Web of Science) and the EBSCO database. Our language of publication is now American English, which has seen an increasing number of researchers from around the world joining us as authors and reviewers.

The issue of *FM&PCR* you are now reading contains 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. At present, it is also undergoing a strengthening in its position as an academic and scientific discipline, and as a 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.

This issue is the fruit of cooperation between family doctors and researchers in other disciplines from Poland and throughout the world. I am confident that you will not only find some interesting insights into healthcare issues that might inspire your further research projects, but you will also find a source of practical information for the everyday care of patients.

Our main aim is to maintain the position of our publication and the score of 20 granted by the Polish Ministry of Science and Higher Education and, in the longer perspective, to have *FM&PCR* present in the PubMed system, as well as to support authors and to continue to improve the level of information contained in 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 with our Editorial System, as well as during the reviewing and editing of your article.

The current issue presents original articles on family medicine and primary care. Some papers discuss quality of life and education of patients with obesity and co-existing chronic diseases. One paper describes the risky sexual behavior of young people in Iran. Based on their research, the authors of another paper emphasize the role of the primary care physician as an advisor to patients and their partner in compliance with therapeutic recommendations. The high treatment costs of chronic diseases are a particularly difficult issue, translating into low adherence and compliance. In a primary care physician's family-centered care (FCC) practice, an understanding of the patient's family scheme is necessary to ensure effective treatment and care. An example of a strategy that ensures optimum care, despite social and physical challenges, is the care of and upbringing of children with Down Syndrome. On the basis of experiences of caregivers of Down Syndrome children, one of our articles identifies five issues that will help healthcare professionals to understand the functioning of such people and to choose the appropriate approach.

May you all remain free of COVID-19 by observing the sanitary recommendations, so that you can engage in new challenges you are passionate about. I wish you success in your research projects into the realities of family medicine, which I hope will result in publications in the pages of *FM&PCR*!

Bożena Mroczek, PhD
Pomeranian Medical University in Szczecin
Editor-in-Chief, *Family Medicine & Primary Care Review*