

Preface



Dear Readers!

I would like to begin today's editorial with a reminder of the great news. Since 2023, our quarterly *Family Medicine and Primary Care Review* has been indexed in JCR with a score of 0.7 IF. In addition, the quarterly's score, awarded by the Polish Ministry of Education and Science, has increased from 20 to 100 points. This proves the growing importance of the quarterly in the community of medical and health science researchers conducting research in the field of family medicine/primary care. This success was possible thanks to many years of the joint work of authors, reviewers, as well as the editorial and publishing team. The road to success is not taken by a lift but by steep stairs – without joint, reliable and systematic work, we would not be in the place where we meet today.

The current issue of the quarterly *Family Medicine and Primary Care Review* contains many interesting original articles, including a description of the effect of diet on emotional eating behaviors (Gunes et al.) or the effects of anxiety during COVID-19 on psychological exhaustion and social participation in college students (Beomo et al.). We also present the results of clinical and control studies. One study describes the relationship between maternal factors and preterm infant birth (Azizi et al.). The second study discusses the association of mental health and medication adherence with blood pressure control in primary care patients with hypertension (Ahmed et al.).

Patient care always requires teamwork, and its effectiveness will decrease when medical professionals show signs of fatigue or professional burnout. In this context, it will be interesting to read the article about factors affecting the incidence of fatigue among nursing staff caring for patients infected with SARS-CoV-2 (Repka et al.).

More and more research concerns the subject of patient satisfaction. What is patient satisfaction and why does it matter? In some ways, patient satisfaction has become as important as providing good medical care. But what exactly does “patient satisfaction” mean? Patient satisfaction is a measure of how happy a patient is with their health care. Although “patient satisfaction” and “patient experience” are sometimes used interchangeably, they are actually two separate concepts.

Patient satisfaction and health system responsiveness among attendants to family health centers and units affiliated with universal health insurance has been studied by Behiry et al., and their results seem to be very interesting.

In the post-pandemic era, we have observed a deterioration of the epidemiological situation of many infectious diseases, which were reported less frequently in the period dominated by COVID-19 (this applies to influenza, pneumococcal infections, streptococcal tonsillitis, chickenpox). This makes vaccination and the proper implementation of vaccination programs even more important. How family doctors carry out vaccinations in a situation when the medical history of a patient indicates the possibility of allergies – this is the topic of the article written by Ozer et al.

In the current issue of *Family Medicine and Primary Care Review*, there will also be review papers presenting current views on the complications of COVID-19 (Kowalik et al.) and the treatment of COVID-19 with nirmatrelvir/ritonavir (Mirowska-Guzel et al.).

In conclusion, I suggest reading the article about the link between happiness and health (Mendes et al.), as it has been said that “Being happy doesn't just make us feel better, it improves our health. It helps us eat healthier, be more active and sleep better”.

With best wishes for optimism and exciting reading, I invariably encourage you to submit the results of your research to the quarterly!

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