

Preface



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

Issue 3/2016 of *Family Medicine & Primary Care Review*, which you are now reading, is an example of the changes that are taking place, not only in the pages of medical journals, but also throughout the whole health care system in Poland. Discussions regarding the most effective health care structures have been underway in Europe for over 40 years. Full of hope, we have observed the intensification of these discussions in Poland for over a year. Yet the goals of accessibility, universality, and comprehensiveness refer not only to medical services, but also to the published re-

sults of projects carried out by family doctors. This journal's very high Ministry of Science and Higher Education score of 12 points (higher than last year's rating in the Index Copernicus, ICV: 106.31), the increasing interest in the quarterly among European family doctors, our successful grant applications to the Ministry of Science and Higher Education, and the high expert ratings we have received have inspired us to take the next step in the development of *Family Medicine & Primary Care Review*: we have begun to publish articles in English only. This was a difficult decision for both the authors and the Editorial Board, and a great challenge for the publisher. Keeping in mind the original assumptions behind the creation of the journal – that it would be a quarterly publication prepared by family medicine professionals for those interested in the results of research and the studies conducted in the field of family medicine – the Editorial Board and the publisher will provide support to all authors in the process of writing and translating texts into English. We hope that the implications of this change will be beneficial to all of our Authors, and will increase the readership of *Family Medicine & Primary Care Review*.

The current issue's articles certainly reconfirm that family medicine should be considered the basis of the health care system, while remaining an academic and scientific subject, as well as a medical speciality with its own educational content, research, and a database with confirmed data and clinical activity targeted at primary care. I thank all the authors, reviewers, thematic editors, and members of the Editorial Board for their enormous efforts in recent months – the result of which is this issue highlighting the importance of interdisciplinarity.

The original papers in this issue present guidelines which describe the population group of children and adolescents in which GPs should be aware of the possibility of metabolic syndrome, a subsequent analysis of results describing the carriage of potentially pathogenic-hemolytic streptococci (β -HS) in healthy adult inhabitants of Wielkopolska, the level of knowledge about diabetes among pregnant women, the role of the primary care outpatient clinic in the promotion of healthy nutrition, the quality of life in patients with psoriasis, the opinions and behavior of family doctors associated with implementing influenza vaccination, influenza virus infections in two epidemic seasons (2013/2014 and 2014/2015), the growing importance of *Enterococcus* and *Streptococcus agalactiae* in uncomplicated urinary tract infections, the profile of medical information searched for by Polish travellers, the assessment of the impact of regular physical activity on pain complaints, the symptoms of anxiety and depression in patients with treatment-resistant hypertension, the incidence of symptoms of depression and other mental disorders among patients over 65 years, the effectiveness of the treatment of benign idiopathic paroxysmal positional and posttraumatic vertigo using movement maneuvers, the symptoms of bruxism in young people from matriculation classes, the results of colonoscopy screening in patients with acromegaly, carbohydrate disorders and their relationship with tumors in patients with acromegaly, and the relationship between the perception of the effects of tooth whitening and temperament. The results of a prospective study defining the risk factors and prognosis of ischemic stroke will certainly be useful in the daily practice of family doctors, as will the evaluation of the results of surgical treatment in patients with cancer of the larynx in a 5-year observation, the analysis of anxiety after heart surgery as part of the health assessment, the evaluation of the effectiveness of treatment with antihypertensive drugs in patients with hypertension using impedance cardiography, the determination of the impact of menopausal symptoms and depression on the quality of life in postmenopausal women, the analysis of respiratory infections, including the frequency of the diagnosis and the use of antibiotics in primary care, the impact of demographic factors on the level of knowledge on primary and secondary prevention of cervical cancer among patients of Lublin province, the evaluation of the diagnostic accuracy of ultrasound examination in differentiating tumors of the appendages, the assessment of the prevalence of autoimmune diseases in patients with diabetes and obesity, the comparison of the Cockcroft–Gault equation, a simplified modification of diet in renal disease and chronic kidney disease epidemiology collaboration in determining the stage of chronic kidney disease (CKD), the analysis of factors determining the level of hospitalization among patients of an emergency department, the determination of the importance of the coexistence of insomnia and chronic diseases in people over 60 years of age, the impact of gender and BMI on the clinical course of asthma and chronic obstructive pulmonary disease, and a summary of effective tobacco control campaign indicators. I also encourage you to read the results of the analysis of social competence among doctors and medical students, the determination of the impact of long-term consumption of energy drinks on memory processes in an animal model, and the assessment of the quality of medical services using the SERVQUAL method.

Among the review papers, we present a description of the assumptions of the European FOCUS project, the diagnosis and treatment of neuroendocrine tumors of the digestive system, a discussion on improving the quality of life depending on the health and the quality of medical services, a review of the literature analyzing a medical consultation and communication with a family doctor from the perspective of patients, and an article on the tasks of primary health care in the realization of the main functions of public health. In the CME section, we publish recommendations that will prove useful in the everyday practice of experts on the treatment of inflammatory lumbosacral pain in primary care patients.

I encourage you to send us the results of your own research projects and to stay in contact with the FM&PCR Editorial Board. Each of the thematic editors and members of the Editorial Board will be happy to provide you with support in the subsequent stages of publication in the FM&PCR Editorial System, including during the process of review and publishing. I invite you to meet with members of the Editorial Board at the Polish Society of Family Medicine stand, which can be found at conferences, seminars, and Polish Society of Medicine conventions, as well as at the stand of Continuo Publishing, which can be found at training sessions throughout Poland.

On behalf of the Editorial Board, I welcome all participants of the Fifth Jubilee Congress of the Polish Society of Family Medicine in Wrocław (30 September to 2 October 2016). I hope that the lectures and discussions at the Congress will inspire you to start working on your own articles for our quarterly.

On the occasion of the beginning of the new academic year, I wish you all, on behalf of the Editorial Board of *Family Medicine & Primary Care Review*, a bright future with fresh challenges, and creativity and success in planning research projects related to the realities of family medicine, which will result in publications in the quarterly FM&PCR.

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