

# 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-first 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 for all our readers. For this reason they are increasingly often being cited in research publications. We have recently also introduced our Editorial System, an advanced tool that streamlines the admissions and reviewing process. Thanks to this system,

we now enjoy better online collaboration between authors, reviewers, and editors. All of these improvements have helped us gain an increase in the score received from the Polish Ministry of Science and Higher Education score to 12 points. For a number of years now, *FM&PCR* has been visible in both European and global indexing databases, and since 2016 has 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 scientists from around the world becoming authors and reviewers. In 2017, *FM&PCR* obtained its highest IC rating of 124.56 (the IC is an index similar to the Impact Factor).

The issue of *FM&PCR* you are reading now continues to follow the guidelines we set twenty years ago: research on evidence-based practice and education to support primary care physicians' daily work. Family medicine is the basis of the healthcare system, regardless of country or continent, but at present it is also undergoing a strengthening in its position as an academic and scientific discipline and healthcare specialty, 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 while extending patient engagement and empowerment. Our current issue results from cooperation between family doctors and worldwide experts in other disciplines. 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.

We start this issue with original papers on the effect of Hugo point pressure on postpartum pain in multiparous women; quality of life and the burden of informal caregivers providing care for patients with low functional agility in the home environment; the prevalence of insomnia and use of hypnotics in seniors from Łódź Province, Poland; a seven-year epidemiological study of legal abortion caused by heart disease, blood disorders, diabetes, and hypertension in forensic medicine centers in Fars Province; a qualitative study of local-level challenges to implementing health education programs in rural settings; a comparative analysis of self-treatment in a population of medical students in 2012 and 2017; the influence of psychosocial factors on distress expression; Central Portuguese doctors' agreement with the "Ten Commandments for patient-centred treatment"; the role of attitude, subjective norm, and perceived behavioral control (PBC) of mothers on teaching toothbrushing to preschool children, based on the theory of planned behavior; female sexual function in users of combined oral and traditional contraceptive methods; a three-year retrospective review of corneal ulcers in Hospital Universiti Sains Malaysia; and the relationship between masticatory muscles activity and tinnitus.

The issue then continues with two review articles, which I strongly encourage you to familiarize yourself with. These are a systematic review and meta-analysis of primary health care quality in Iran and a practical guide to cryptorchidism for the primary care physician.

With the 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 year. The result of their work was articles of higher than ever quality as well as the journal receiving a score of 12 from the Polish Ministry of Science and Higher Education and a rating for 124.56 from the Index Copernicus. Our main aim is to support our authors and to continue to improve the informational level of our publication. For this reason, we encourage you to submit the results of your research projects and to communicate with the Editorial Board of *FM&PCR*. Our Thematic Editors and Editorial Board Members will be glad to guide you throughout the process of submitting articles with our Editorial System, as well as during the reviewing and editing of your article. I will also take this opportunity to strongly encourage you all to come 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.

I also specifically invite you to take part in the Eighth Congress of the Polish Society of Family Medicine, which will be held in Wrocław, Poland in 2019. On a related note, I encourage you all to submit articles to this journal on the topics that you will discuss at that congress. All such papers that receive the approval of the Reviewers will be published in issue 03/2019.

On the occasion of this New Year 2019, and on behalf of the Editorial Board, I wish you much fulfilling time spent with your loved ones, perseverance in carrying out the projects of your passion, 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*!

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