

## EDITORIAL

# *Health Care and Quality of Life: A brief overview of journal articles* \_\_\_\_\_

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Health care is a consistent determinant of quality of life. Quality of life is the degree an individual is healthy, comfortable and able to take part in or enjoy life events. Preserving and enhancing health affects positively all population groups ranging from the prevention of disorders such as bad posture and back pain in youths to the best practice treatments of more severe and chronic disorders in older adults and geriatric population.

Articles of this issue of Medicus Journal are focused on the impact of providing medical care in functioning, in enhanced recovery after interventions, and in the general quality of life of patients. Mental health can also influence a person's perception of their quality of life. We measure health by both physical and mental condition. Burn-out of health care workers is an issue of concern, which should be adequately addressed and treated. The prevalence of burnout among healthcare professionals is high, because the work environment in hospitals is characterized by activities that are demanding and strenuous both physically and mentally.

In summary articles of this issue of Medicus Journal address the following:

- One of the studies pointed out a perioperative care model designed to reduce a patient's stress response, prevent organ complications, provide early rehabilitation and minimize the patient's hospital day. This study explores nursing students' attitudes of Bursa Uludağ University toward this model and how clinical experiences influences these attitudes.
- In a study from Medical University of Varna, Bulgaria a significant correlation was found between visual acuity in patients with diabetic retinopathy and social functioning, as well as their mental health.
- Mental health of health professionals and burnout syndrome was also the topic of a literature review. Findings indicated that high workload and

emotional demands, conflicts and lack of support, significantly increased the risk for burnout. Interventions focusing on stress management and social support showed significant improvements in employee well-being.

- A review of literature showed that boredom of students during the class hours manifests itself in altered body postures and these postural changes are associated with an increased risk of developing low back pain.
- One of the articles presents an overview of challenges faced by patients with endocrinological disorders, who also got Covid-19, how to be managed and areas of concern.
- A comparative study in the surgical clinic of the University Hospital Centre « Mother Teresa » in Tirana compared in years apart the microbial charge in the wounds of postoperative patients. They found a considerable improvement in postoperative infection risks, possibly due to much better hygienic-sanitary conditions and infection prevention protocols.

