

From the Editors

During an extremely interesting conference of the European Association of Psychosomatic Medicine (EAPM), organized in Wrocław by Professor Joanna Rymaszewska, the special guest was Olga Tokarczuk, who, in a speech written especially for this occasion, drew attention to the fact that people do not live in isolation from what is found and happening around them. We shape the world, but what surrounds us, all animate and inanimate nature, influences who we are. This truth accompanies us, psychiatrists, in our work with patients. Mental crisis is not a phenomenon floating in mid-air, psychopathological symptoms are often a code to decipher the patient's secrets. To help effectively, we must take into account the broad context in which people live: biological, social, historical, cultural, geographical, and natural one. Such reflection may result from inspiration by the work of great poets and writers, but it may also appear during holiday wanderings: when admiring the beauty of nature or the works of human hands, during an encounter with another culture, getting to know the tastes and smells of previously unknown lands, while meeting new people. Then we learn humility, openness, respect for Other and the surrounding world, we get to know ourselves, we come back wiser, richer, and with new energy we can give a part of ourselves to our patients.

Of course, helping requires not only a holistic view of a person and the complex mosaic of his/her life, but also reliable knowledge based on medical data. *Psychiatria Polska* may be useful in this regard. The third issue this year contains a number of important and interesting articles. If the knowledge is based on medical data, it is also based on the recommendations of scientific societies. The issue opens with the recommendations of the Polish Sleep Research Society, Polish Society of Family Medicine and the Polish Psychiatric Association regarding the treatment of insomnia in the elderly. Insomnia is one of the most common health problems. In European countries, 6% to 19% of adults suffer from this condition. The occurrence of insomnia symptoms that do not meet the diagnostic criteria for this disorder is even more common [1]. Unfortunately, our clinics are visited by patients who were treated incorrectly, which led to complications and additional health problems. That is why it is so important to be guided by reliable knowledge and recommendations of experts.

It is equally important to know the legal aspects related to our activities, especially the use of direct coercion [2], dealing with minors [3, 4], admission to a psychiatric ward without consent under urgent or requested procedures, and our role in all the nuances of the relationship between a patient and the justice system. Regarding these issues, we encourage you to read the articles by Dorota Karkowska et al. and Anna Więcek-Durańska and Maryla Malewicz-Sawicka.

In turn, Mira Lisiecka-Biełanowicz et al. assessed the functioning of Mental Health Centers during the SARS-COV2 pandemic. This is still a hot post-pandemic topic due to

the ongoing reform of the mental healthcare system. The operation of Mental Health Centers as part of the pilot program indicates the expected direction of changes in psychiatric care – achieving a significant level of implementation of community care standards [5]. It is necessary to continue this idea and provide additional financial support for specialist programs, which is something the Polish Psychiatric Association is constantly striving for.

These are just a few of the topics included in the summer issue of *Psychiatria Polska*. We assure you that it is also worth reading other articles. In this context, we are pleased to announce that the latest Impact Factor for our journal was 1.7. This indicates an upward trend reflecting the high level of published articles, for which we would like to thank the Authors and Reviewers.

We wish you a wonderful holiday break, full of delights and reflections on the beauty of this best of all worlds.

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References

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