

# From the Editor

Od redakcji

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**D**ear Readers  
We put in your hands another issue of *The Art of Healing*, at this particularly difficult time for Ukraine, Poland, Europe, and the world. On the 24<sup>th</sup> of February 2022, the Russian Federation's invasion of Ukraine began, representing an escalation of a war that has been ongoing since 2014. Officially called a "special military operation" in Russia, it was preceded by demands that the North Atlantic Treaty Organisation (NATO) expand no further and that the Alliance's military potential in Central and Eastern Europe be reduced to its pre-1997 level. The criminal war of aggression in Ukraine, which has been brutally attacked by Russia, culminating in genocide, attacks on humanitarian corridors, an economic crisis, energy blackmail, attacks along the Polish-Belarusian border, the Russian disinformation war, the forced resettlement of Ukrainian citizens deep inside Russia, and more, is taking place before the eyes of the whole world. The worrying stance of Germany and France, the leaky sanctions against the aggressor, and the wait-and-see attitude of the European Union, the European Commission, and the lack of sufficient resources on their part to support the fleeing women and children burdened by the trauma of war, fills us with anxiety, even fear, and despondency. Then, in the background, there is still the ongoing SARS-CoV-2 pandemic. However, what has been the difference in the war has been the heroic attitude of the Ukrainian people, the Armed Forces and President Volodymyr

Zelensky himself, who are fighting and actively writing the history of a free Europe and world. In these times, it is also encouraging to observe the wonderful attitude of Poles, who have already received almost 4 million Ukrainians, the most refugees from the war received by a single state in Europe so far. The dedicated and generous attitude, work, and assistance of Polish women and men, volunteers, non-governmental organisations, and the government of the Republic of Poland have ensured that refugees are welcomed into Polish families efficiently, that they receive comprehensive assistance and care, and that no field camps are necessary, as has happened elsewhere in Europe and the world to date. There is also the very extensive diplomatic activity of Poland in the world in support of Ukraine, as well as humanitarian and military support. The unambiguous attitude of the United States of America, the huge aid package, military assistance, and further tough sanctions against the aggressor, as well as the reinstatement by Congress of the Lend-Lease programme for Ukraine together with other adopted measures mean a fundamental and very wide involvement of this superpower in resolving this conflict. The United Kingdom also has been equally committed in providing support at every level. In this very tough situation, the solidarity between Poland, the USA, the UK, and other countries in actively condemning Russia's criminal war in Ukraine is very encouraging and fills us with optimism, hope, and faith in human capabilities, strength,

and the reservoirs of goodness and humanity that lie within us. The latter are also reflected in some of the articles included in this issue of *The Art of Healing*.

The empirical and research section opens with two interesting articles from the field of physiotherapy. The first one, by Monika Gumulińska, Joanna Skoczek, Joanna Zyznawska and Grzegorz Frankowski, is entitled *The impact of a two-week rehabilitation programme on the psychophysical condition of people with osteoarthritis*. In some countries, osteoarthritis affects more than 25 per cent of the population over 45 years of age and more than 80 per cent over 75 years of age. The authors emphasise the great importance of the rehabilitation programme, which contributes to a reduction in pain, increase in muscular strength of the musculoskeletal system, and a positive impact on the general wellbeing of patients. The second paper, by Joanna Zyznawska and Dominika Wicher, entitled *Non-standard physiotherapy in the treatment of avascular necrosis of the distal femoral epiphysis – case study*, presents a unique and rarely described location of a condition in a young patient undergoing surgical treatment with subsequent implementation of individual physiotherapy. Adapting a wide range of kinesiotherapy, physical therapy, and manual therapy techniques restored homeostasis to the joint.

The theoretical and review part of the issue opens with a paper by Lucyna Ścisło, Iwona Bodys-Cupak and Maria Kózka entitled *Patient-centered care – analysis of the model and results of implementation in the health care system*. The authors thoroughly and extensively present the assumptions of Patient Centred Care (PCC), focusing on the benefits, as well as the barriers to implementing this model in the healthcare system with the aim of improving its quality. At the heart of the model is the therapeutic relationship between patient and healthcare team member. At the core of PCC is the very important aspect of respect for the patient's values, needs, and preferences, and the experience gained by the patient in the delivery of that care. Applying patient-centred care in clinical practice leads to improved outcomes and cost reduction, more efficient use of resources and, most importantly, increased patient satisfaction.

The next paper, by Patrycja Zurzycka, Katarzyna Wojtas and Grażyna Puto, entitled *Methods of communication in medical care respecting the dignity of an intellectually disabled person*, raises very important aspects concerning the meaning of communication with people with intellectual disabilities. The authors stress the importance of respecting their dignity and subjectivity in the relationship. They draw attention to the discrimination, stigmatisation, and lack of opportunity to decide for themselves their own affairs in society that these patients experience. The authors also point to the very important role of medical personnel and emphasise that communication with a person with intellectual disabilities is one of the basic interventions during the provision of health services to them. Therefore, it is very important to continuously improve the knowledge and skills in this field by all members of the therapeutic team. The next work is a broad historical analysis conducted by Ryszard Praszkiar entitled *The history of ideas of Kazimierz Jankowski and the "Synopsis" team*. The author commemorates Kazimierz Jankowski, MD, PhD, psychiatrist, psychotherapist and publicist, on the 50<sup>th</sup> anniversary of his establishing the Youth Neurosis Treatment Centre, later transformed into the Family Therapy Centre "Synopsis". Kazimierz Jankowski promoted psychocorrectional methods of therapy for patients suffering from various disorders, propagating a multifaceted model of psychiatry. He made a significant contribution to the development of modern psychiatry in Poland, especially environmental psychiatry. For some time, he also believed that psychosis could be treated without medication. With great knowledge of the subject, Praszkiar knowingly demonstrates the path of a psychiatrist who moved from methods focused on the individual, through their extension to the family, and finally to the environment, from closed wards to open treatment, and then to community psychiatry. The issue closes with an article by Angelika Doroszevska, Marlena Czuryzkiewicz, Aleksandra Byra, Julia Chołuj, Kinga Bielak and Agnieszka Pieczykolan, entitled *Caring for a woman with a cesarean scar ectopic pregnancies*. It presents a very important and frequent clinical problem that constitutes

a threat to a woman's life. Rapid and accurate diagnosis of ectopic pregnancy is crucial for further care, which includes conservative or surgical treatment. However, due to the high risk of shock, expectant treatment is not recommended, and methotrexate seems to be the drug of choice. It is worth noting the authors' presentation of the tasks of the midwife in the care of the woman, depending on the chosen treatment.

The last part of this issue contains the traditional *Guidelines for Authors*. We hope that the wide range of topics covered in this issue will be of interest to you and a pleasure for our Readers. While wishing you good health, peace, and a sense of security, we invite you to begin reading this issue.

On behalf of the editorial staff of *Sztuka Leczenia*  
Joanna Bonior and Marek Motyka