

PREFACE

Dear Readers:

I encourage you to read the studies published in this edition of the Review of Primary Care Practice and Education. Brief studies, focussed on local communities may prompt new ideas for your own community of practice. I urge you to share these studies with your colleagues and work to improve or innovate in your ambulatory care clinics. These journal articles offer a stimulus to that process.

As well, it is enlightening to read the education research articles, in this edition and those published in the past year. It is important that we subject what we do as teachers in the health disciplines and as community educators to the validated methodology of the study. We should ensure that the outcomes of our education efforts with learners or the public are achieving the goals that we actually intended. As in evidence-based care for clinical practice, educators cannot assume that the outcomes of even their most enthusiastic and creative efforts are achieving the intended result. I recently attended a presentation at a

local vocational high school in the Yogyakarta region. This inventive health promotion curriculum, implemented through the local community health center, involved the students in learning about and participating in activities for a healthy lifestyle, including diet, exercise, smoking cessation, and more. The curriculum included peers acting as educators for younger students. Now, the passionate family doctor should evaluate this cohort of students after they leave high school, to validate that this imaginative program has an impact after students graduate.

I know that continued editions of the journal will stimulate us all to improve our work in a critical role: health professionals as teachers.

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Health prevention/Preventive medicine aimed to reduce risks or threats to the health. Health prevention has three categories, primary, secondary, and tertiary preventions. In various health problems, health providers have to combine various levels of prevention in order to achieve a better health outcome. Another important aspect of health prevention is community empowering.

In this edition, there are some interesting articles about health prevention.

For primary prevention, there are some articles that talks about Physical Activities and the use of mask by doctors doesn't affect to the patient. For secondary prevention, there are some articles about the role of the 'Prolanis' program in controlling the blood pressure. For Community empowering, there are two articles, one article is about family support relationship with the rate of schizophrenia patients

and the other articles is about breastfeeding practice. Other interesting articles in this edition are about Thalassemia in primary care practice. The case reports poor nutrition in Thalassemia patients in primary care setting. This preliminary finding of poor nutrition in thalassemia is very important and hopefully, will stimulate health provider in primary care to assess and monitor the nutritional status of patients with such rare diseases as thalassemia.

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