

RIASE

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REVISTA IBERO-AMERICANA DE SALUD Y ENVEJECIMIENTO

EDITORIAL

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The new publication of a scientific magazine is something that always brings expectations. The authors, who at a previous stage sent manuscripts, are pleased to be making a mark on new knowledge. Through the space granted to them, they make unique ideas public, defend points of view and wait for recognition in their scientific community. The readers, who later consume what has already been published, in an article format, wait for news. Exposed to new knowledge, they exercise their critical capacity. Thus, publishing brings benefits to those who produce and to those who consume. The organisation of a publication requires the planning of sections, spaces and graphics, which make the volume appealing. Its first piece is the Editorial.

Editorials are written by board members/editorial staff, but also by guest experts or readers. They are small opinion pieces, sometimes even fun texts, written in a more literary style rather than like scientific research. They explore ideas, comment on facts, create controversies or seek, in an aggregating vision, to link journal titles.

Editorials often introduce critiques to the pieces in the volume itself, in a blunt or, on the contrary, pacifying style. In fact, given the diversity of titles that come to the Editor, the random admission of manuscripts, or the unpredictability of the subjects, it is necessary to find a line of thought for the subject matter. This link is one of the purposes of the editorial. That is, a fundamental idea that helps to compile the manuscripts. The text produced is small, with very few words and very few references.

The Editorial of the current volume of RIASE is naturally generalist, given the diversity of themes that constitute it, but that come together as an object of health study. Health is a human right and in the words of the WHO Director-General Tedros Ghebreyesus, on World Health Day, "no one should get sick and die just because they are poor, or because they cannot access the health service they need." In fact, care, focused on the person, based on principles of dignity, compassion and respect, is directed at the person in pain, be it a) oncological or b) chronic, for example through non-pharmacological relief, strengthening knowledge in c) theoretical perspectives whatever the age of the user, and d) in the exercise of technicians. Other suffering, besides pain, is also the object of health study. Abuse, that by not respecting people's differences, becomes e) violence towards the partner or towards f) the most vulnerable people due to the ageing process. Lastly, health interests, perhaps the most extensive and perennial, are those that relate to the life cycle, focused on the end of life or (g) the twists and turns that promise and that anticipate birth.

Returning to the themes of the current RIASE volume, we consider the expression of pain, perhaps an ancestral form of human communication, in the sense of eliciting help, calling attention to oneself, or as an organic reaction of self-defence. Present throughout human history, in pathological and non-pathological occurrences, pain is the 5th vital sign. Related to the study of pain are its different expressions, for example, in the most terrible pain in cancer patients, recounting the experience, as illustrated in "The experience of the person with cancer pain in its transcendence" (article 1). How do cancer patients cope with pain in extreme situations? Will there be a bipolar axis between the magical relief granted by supernatural beings and the determinism of life, which opts for the opposite extreme of abandonment to fate? It will be an interesting read.

When the pain becomes chronic, it accompanies every minute of life. Persistently ravaged, without forgiveness, rain or shine. With a strong impact on quality of life, it pushes people to functional incapacity and makes them ever more dependent on their caregiver, a fact aggravated by the elderly condition of the person. It will be useful to read "Chronic Pain, Family Functionality and Loneliness in Elderly People followed through Pain Consultation" (article 4) in order to understand, among others, the changes that it brings to the family.

Pain relief is transversal to health practices. It is unbearable for a health care provider to know that the person in your care is in pain. Ethically, it is even reprehensible not to seek relief. Some measures that are used are non-pharmacological, but it will be necessary to study what the evidence says, in the most diverse situations, since the users can vary in age and in the condition that causes the pain, or the eyesight of the caregiver. Thus, it will be useful to read Article 8 "Non-Pharmacological Measures in People with Pain, Sensitive Results of the Nurses' Intervention: Systematic Literature Review", since it can offer the systematisation of ideas, from the perspective of those who offer the relief, in this case the nurses. However, the person in pain can express themselves in a very particular way or a way that is difficult to objectify, or even because the instruments of evaluation have different characteristics. To better understand this theme, it will be good to read the review, corresponding to Article 7 "Benefits of non-pharmacological interventions in new-borns and infants - Systematic review"

Besides pain from illness, society suffers from other phenomena that cause suffering. This is the case with violence. The recognition of violence as a public health problem has become more prevalent. The population is now more informed and bothered by physical or psychological aggression/neglect. Violence in marriage leaves the most sublime affective-sexual commitment in tatters, contrary to the promise of "we", subjugating another person. Violence occurs in all social classes, it takes different forms, it

terrifies and it is often passed on to the next generation. It is necessary to break the cycle of violence, and for this reason it will be interesting to read the 3rd article with the title "Domestic violence: investigate to act".

In the sphere of violence, that committed against the elderly, has been highlighted. It is a profound problem, given the ageing of the population. This violence shows inter-generational disrespect. Overwhelmed, shaky, bent over the years, wandering with a faltering step, the elderly convey their fragility. Violence, which perhaps acts against the generation that nurtured and cared for it, needs to be investigated, also in the perspective of concepts and constructs. Validated instruments are needed and hence the interest in reading "Development and Validation of the Scale for Assessing the Risk of Violence for the Elderly", that is, the 2nd article.

Finally, health care dealing with the extremes of life. When there is no longer medical care, due to the pathological condition or the fraying of time, clinical nursing care is maintained. Up until death, it is always possible to at least offer comfort and listen. Actively listening to an elderly person who is saying goodbye to life allows a record, not only of individual experiences, but of an entire culture that is consumed by the passing of time. Article 5 "Images and senses of the long-lived elderly on the process of the end of the life cycle" have stories and unique memories that will later allow the social retelling of the ageing process. At another extreme of life, pregnancy announces birth. Although women are not born mothers, they build their motherly image, which manifests itself early through their physical traits. Curiously, motherhood, the extreme expression of femininity, makes the body strange in size, in textures, in colours. The slender silhouette, for fashion and erotic conjugality, is lost in a few months. In a controversial way, the body in the third trimester of pregnancy can be a reason for disgust or for glory. Thus it will be interesting to read the 6th article "Perception of Body Image in pregnant women in the 3rd trimester".

In this volume of RIASE there is a wealth of knowledge to share. If the Editorial has fulfilled its purpose and has aroused the curiosity of the reader, it will not be known objectively!

However, since this text revives construction rules, it ends with a reference to the authors, who in an ironic prose (Gray, 2015), in an abridged op-ed style (Sullivan, 2001), in a descriptive presentation (Peh & Ng, 2010) or full of frugal attributes (Singh & Singh, 2006) guide the writing of editorials. Perhaps it will be useful to the reader when deciding the tone, the vision or the content of "your" editorial.

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