

From the Editors

Od redakcji

Dear Readers

Similarly to most issues of the *Art of Healing* journal, this one also contains works on a diversified range of topics – a result of motifs from the Medical Sciences intersecting with the Social Sciences and the Humanities. The current issue is being released at a time when the world – divided and deeply immersed in complex globalization processes – faces agonizing problems of the biosphere transformations and diverging visions of the changes to the postmodern culture. Wishing to retain, at least partially, the *status quo* and to recover from the aftermath of the ongoing coronavirus pandemic, we are aware that it may strike again. These issues are mirrored by the research, whom we expect to promptly deliver adequate diagnoses and solutions to the nagging problems at hand. Traces of the aforesaid situation can be found in the contents of the current issue of our journal.

We open the empirical part with a very timely and interesting paper by Nina Ogińska-Bulik on the *Negative and positive effects of secondary exposure to trauma among nurses*. As the title suggests, it tackles the complex problem of both the positive and the negative effects of stress experienced by nurses providing care to trauma survivors. The study also analyzes the relationship of these two-fold consequences with the way the workload is experienced by the medical personnel.

The following paper, *Activities of hospital ethics committees – availability of information on hospital websites*, is also a report – this time by

four researchers Patrycja Zurzycka, Katarzyna Czyżowicz, Grażyna Puto and Iwona Repka. It navigates through a sensitive but deeply rooted in the entirety of medical care, and thus very important, topic of ethical rules, adherence to which should formally be ensured by ethical committees. In this study, the assessment of the their functioning was based on the information published by the committees on hospital websites. The analyses of the above-mentioned scope of the committees' work show that all too often it is insufficient, which, in such cases, may raise some concerns with regard to the extent to which the founding postulates of such committees are realized.

The theoretical and review part starts with *The phenomenon of tensegration in the musculoskeletal system* by Katarzyna Bobak-Powroźnik and Jolanta Jaworek. The article discusses the fascia and its significance for the proper functioning of the human muscular system. In recent years the subject has gained much attention, especially among physiotherapists. The paper focuses on the phenomenon of the so-called tensegration, which contributes to unriddling the connections between separate body regions and structures that do not have any direct nervous links with one another.

The subsequent article by Marta Barłowska-Trybulec and Joanna Szklarczyk is also related to physiotherapy and addresses the issue of the *Therapeutic exercises used in the rehabilitation of the rheumatoid hand*. With the purpose of presenting a number of exercises that can be applied in a rehabilitation programme for rheumatoid arthritis patients, the authors argue that, if systematically repeated, the described

exercises provide a valuable asset to the treatment process of the said type of patients.

Pertaining to the ongoing pandemic, the following two papers also signal our intent to dedicate the entire next issue to that still pressing matter.

The first of them, by Joanna Skoczek and Klaudia Król, is entitled *Pulmonary physiotherapy in post COVID-19* and covers both the rehabilitation of the respiratory system and the counteracting of changes in the musculoskeletal system after the disease. The declared aim of the paper is to provide a general overview of the rehabilitation process in patients who suffered from COVID-19 caused by SARS-CoV-2 virus, and to inspire physiotherapists to devise effective rehabilitation methods preventing complications during the course of COVID-19 and restoring both respiratory and systemic efficiencies after it.

The second article, ending this section of the issue, is the *COVID-19 pandemic from an ecological perspective* by Bohdan W. Wasilewski, Olha Yourtsenyuk and Eugene Egan. It draws from the previous analytical works of the first author, wherein he analyzed the barriers curbing our understanding of the COVID-19 pandemic. According to the study, one of the main reasons for our failure to fully comprehend the phenomenon of the current situation is the tendency to analyze it in isolation from the ecological and evolutionary perspectives. Therefore the main goal of the paper is to discuss the key aspects of COVID-19 from that particular perspective.

In line with our intent, the last two articles prelude the next issue of the *Art of Healing*, which is to be dedicated to the topic of the current pandemic. At the same time, the nature of the theses advanced in the latter study may give rise to some controversy thus serving as an invitation to discussion and submitting

supplementary or polemical papers. We would be happy to publish them in the research section, in *The Letter to the Editor* section, or in the *Polemics and Discussions* section, depending on the formal characteristics of the submitted paper, and its compliance with Guidelines for Authors.

The next section of the issue comprises *Memoirs*. Here the Reader will find an obituary, by Dorota Kubacka-Jasiecka, for Professor Marek Kossewski – a colleague and a former member of the Scientific Board, who died the previous year.

The penultimate part includes two reviews. The first one, by Zygmunt Pucko and Joanna Przybek-Mita, provides some insights into a book entitled *W czepku urodzone. O niewidzialnych bohaterkach szpitalnych korytarzy / Born in a nurse cap. On the invisible heroines of hospital corridors* by Weronika Nawara. This comprehensive review identifies various motives found in the book in a uniquely aestheticized language. The second one, by Marek Motyka, pertains to the book *Ni przypiął, ni przylatał. Pamiętniki / Without rhyme or reason. Monumoirs* by Mieczysław Klimek and emphasizes the important and highly original feature of the said work – the personal (if not intimate) experience shared by the author and related to both the significant experiences in the so-called ‘normal life’ and the ones that initiate the change in psychotherapy.

The final section customarily offers the *Guidelines for Authors*.

It is our hope that the diverse and relatively rich nature of the papers included in this issue would meet our Reader’s expectations.

Wishing you continued good health and a rejuvenating and reinvigorating summer holiday,

On behalf of the Editorial Board,
Joanna Bonior and Marek Motyka