



## Editorial

### Human-Centered Prevention: What This Issue Teaches Us About Care, Resilience, and Responsibility

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Preventive care in nursing and midwifery extends far beyond protocols and checklists; it is fundamentally about attending to the human experience, understanding emotional and ethical dimensions, and fostering resilience among both patients and caregivers. The contributions in this collection collectively underscore this principle, illustrating how preventive practices intersect with psychosocial wellbeing, workforce sustainability, and patient-centered care.

Emerging evidence suggests that interventions targeting mindfulness, compassion, and moral sensitivity not only alleviate pain and psychological distress in patients but also improve the professional satisfaction and resilience of healthcare providers [1,2,4]. These studies remind us that preventive care is reciprocal: supporting caregivers' ethical awareness and emotional capacity directly translates into more compassionate, attentive, and effective patient care. Similarly, attention to workforce wellbeing emerges as a preventive strategy in its own right. Understanding how burnout, compassion fatigue, and organizational pressures influence caring behaviors highlights the need for systemic approaches that sustain healthcare teams and protect the quality of care they provide [2,3,7].

Complementary and low-risk interventions, such as aromatherapy, as well as emerging herbal therapies, further illustrate the evolving landscape of preventive strategies that respect both evidence and patient preference [5,8]. At the same time, studies of reproductive health services emphasize that prevention relies on clear communication, client education, and relational quality, which can empower patients to engage in their health and well-being actively [6]. Even in the context of crisis, as highlighted by reflections on healthcare experiences during the COVID-19 pandemic, preventive care is enriched by resilience, adaptability, and system-level learning that fortifies both caregivers and the communities they serve [7].

Taken together, the insights offered by these studies encourage a human-centered perspective in preventive care, one that integrates scientific rigor, ethical reflection, psychosocial support, and clinical innovation. They remind us that prevention is not a distant goal but an ongoing process shaped by attention to human needs, reflection on our practices, and responsibility toward those we serve. I hope that this collection inspires clinicians, educators, and researchers to continue advancing preventive care through evidence, compassion, and ethical vigilance.

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