



Editorial

The Foundations of Preventive Care

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Editorial

Preventive care in nursing and midwifery is more than adherence to technical protocols; it is a multidimensional practice rooted in human behavior, ethical awareness, psychological resilience, and system-level readiness. This issue of the Preventive Care in Nursing and Midwifery Journal highlights these dimensions, offering insights that bridge research and clinical practice.

Infection prevention remains a cornerstone of patient safety. Despite widespread knowledge, adherence to hand hygiene before patient contact remains influenced by workload and organizational culture [1]. These findings underscore the need for preventive actions to receive structural support and a systemic approach.

Psychological well-being emerges as another critical domain. Studies on infertility-related stigma illustrate how resilience buffers the impact of social and emotional stress [2]. Complementing this, structured positive psychological counseling during pregnancy enhances hope, optimism, and self-efficacy, emphasizing the role of mental health in preventive maternal care [3].

Ethical sustainability in nursing is equally vital. Exploring moral distress in pediatric nurses provides a framework for preventive ethics, guiding institutions to implement strategies before ethical strain evolves into burnout [4]. Health literacy also proves pivotal: maternal knowledge strongly influences breastfeeding self-efficacy and infant nutrition, highlighting education as a long-term preventive investment [5].

Professional preparedness and environment design further extend the preventive lens. Identifying core competencies for intensive care nurses ensures readiness in high-risk settings [6], while psychiatric hospital architecture can actively promote mental health and recovery [7]. Nutritional decision-making in metabolic syndrome illustrates how policy, patient education, and informed choice converge to prevent chronic disease [8].

Finally, rehabilitation nursing models offer structured frameworks to prevent complications, support independence, and maintain continuity of care for patients with chronic conditions or disabilities [9].

Collectively, these studies present prevention as a human-centered, evidence-informed endeavor, one that integrates technical competence, ethical sensitivity, psychological insight, and structural awareness. By reflecting on these insights, nurses and midwives are reminded that preventive care is not only about protocols but about fostering resilience, compassion, and responsibility across the care continuum.

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