



Editorial

The Athena Health & Research Journal (AHRJ) is a privileged space for sharing and disseminating scientific knowledge in the field of Health Sciences, contributing significantly to the strengthening and consolidation of the various study cycles at the Escola Superior de Saúde Fernando Pessoa (ESS-FP), including the degree in Speech Therapy. Its mission reflects ESS-FP's commitment to excellence in education, based on human and ethical values, scientific evidence and rigorous, up-to-date and contextualized clinical practice.

In the contemporary context, the training of healthcare professionals requires constant integration of new challenges and paradigms. Technological evolution, growing multiculturalism, and a heightened sense of social responsibility and empathy towards others require ongoing reflection on the role of various healthcare professionals. This response must focus primarily on the individual, promoting quality of life, participation, and inclusion in all its dimensions. In the particular case of Speech Therapy, this commitment manifests itself in the areas of communication and swallowing, fundamental pillars of well-being and human interaction.

It is impossible to conceive of a professional approach that disregards the complexity and scope of human development. The approach to health must therefore take a translational, holistic and multidimensional view, based on the articulation of knowledge, disciplines and perspectives that converge towards the same purpose: to provide the best, most effective and most humane support, in a timely manner that minimizes the impact on the person's life and maximizes their potential for recovery, participation and

social integration. In this context, it is imperative to train speech therapists who embrace their profession with a deep sense of responsibility, dedication and ethical commitment to others. This can only be achieved through an awareness that scientific knowledge is constantly evolving, and that its pursuit, updating and sharing are inseparable dimensions of professional practice and academic identity.

The AHRJ is thus an essential resource for the development and dissemination of knowledge in health. In a judicious and rigorous manner, it contributes to the construction of a solid and pluralistic scientific base, promoting a pluridisciplinary dimension that is indispensable for understanding the various phenomena that traverse the field of health and rehabilitation. The diversity of articles it hosts reflects its alignment with innovation, quality, and scientific relevance.

In addition to fostering sharing between researchers and professionals, the AHRJ also provides a unique opportunity to disseminate the research work carried out by students, encouraging critical thinking and early integration into the scientific community. In doing so, it positions itself as a strategic ally of all the school's courses, including the degree in Speech Therapy, strengthening the bridge between academia, clinical practice and society.

Well done, AHRJ!

Fátima Maia

Coordinator of the Speech Therapy Degree Program