



Editorial

Athena Health & Research Journal remains committed to showing impactful studies across diverse fields of health. As healthcare research continues to deepen our understanding of human health and well-being, this issue exemplifies our dedication to advancing knowledge that bridges the gap between research, clinical practice, and patient outcomes—particularly in rapidly evolving domains.

This third edition highlights essential topics in healthcare practice and education, presenting studies on nursing competencies in primary care, pain management in emergency nursing, promotion of physical activity among nursing students, and the effects of static stretching on shoulder joint mobility. Together, these articles offer valuable insights into the evolving roles of students and professionals in primary care, health literacy, and well-being promotion.

The modern landscape of healthcare research demands interdisciplinary collaboration and a forward-thinking approach to emerging technologies.

We also emphasise the importance of inclusivity in research. Diverse perspectives are crucial for producing insights that genuinely represent global populations and propose strategies to expand access to quality healthcare worldwide.

Our sincere gratitude goes to our contributors, reviewers, and readers for fostering a vibrant academic community. Your dedication enables Athena Health & Research Journal to continue serving as a platform for rigorous scholarship and as a catalyst for positive change in healthcare.

We invite you to explore this issue, reflect on our progress, and join us in advancing the future of health research.

Clarinda Festas

Director of Fernando Pessoa Health School