



Editorial

The Athena Health & Research Journal (AHRJ) is a project dedicated to disseminating research in the health sciences field. The works published in this journal include groundbreaking research that drives new discoveries in the prevention and treatment of diseases, promotes efficiency in patient care, shows promise for health policies, among other pertinent objectives.

This is a space for innovation, where academic research work meets an opportunity for independent publication. This journal aims to overcome externally imposed limitations on publishing, which prove to be conditioning factors not independently grounded on high-quality research, but instead subject to external pressure and financial influences.

Access to open science is fundamental. Values such as transparency, impartiality, quality and accessibility are crucial in guaranteeing that the work developed in higher education institutions in the health field is spread. Sharing data and methodologies with the scientific community to correctly validate research is of the utmost importance, further seeking interdisciplinary collaborations as to more effectively extend the reach of our contributions.

The Pessoaan scientific community has provided a means of publicizing its innovative research contributions. However, it has also taken the role of drawing up, implementing and

disseminating appropriate projects with a diversity of ideas, which promote important scientific themes in the field of health sciences, with high-quality, plural scientific information and innovation, creativity and originality. The research project should be based on strong ethical values and pillars, as this is a fundamental condition for the publication of any research result within health sciences.

The journal is presented as a testimony to the commitment of academia to contribute to the global body of knowledge that results from translational research. It provides a platform for rigorous, independent and transformative research, which will certainly be consolidated in the scientific world through the state-of-the-art contributions of our community.

The AHRJ journal project is an important opportunity for all academia researchers — both teachers and students — especially those from our community, regardless of their experience. An opportunity to present their projects, characterized by innovation, accompanied by rigorous and independent critical thinking, aimed at changing the future of the health sciences and the contributions that this area can make to the scientific community and populations.

This is OUR opportunity. The success of this project depends on ALL OF US.

Sandra Gavinha

*Director of the Faculty of Health Sciences
at Fernando Pessoa University*