Dear readers,

People all over the world have basic needs, one of which is health. Governments, development agencies and partners worldwide always take into account and invest a lot in the health sector. Likewise, Ponleu Sokhapheap (PSP) is concerned with the good health of the people of Cambodia, including their wellbeing and quality of life. Although we work through the health providers of Cambodia to reach the people, we consider our printed journal to be a distant training tool. It can provide new knowledge and guide healthcare practices in the way of quality and evidence-based.

Since high blood pressure (HBP) is of concern to both Cambodia and the world, PSP has selected this topic to publish in the Cambodian Journal of Nursing and Midwifery (CJNM) issue. The journal highlights what high blood pressure is, how to measure it correctly, and how to prevent and manage it. We dedicate this issue to improving the opportunities of every person to access healthcare, because being able to seek health care is part of keeping healthy for life.

Known otherwise as hypertension, HBP is a disease that affects many people, especially those who are overweight, obese, diabetic, and/or pregnant. It is a major risk factor for stroke, heart attacks and cardiovascular disease. Moreover, you will be high at risk to high blood pressure if you are ageing, physically inactive and leading an unhealthy lifestyle (e.g. eating foods high in salt, drinking alcohol to excess, smoking). Therefore, prevention through lifestyle modifications and physical exercise play a vital part in preventing hypertension.

This year is a special year for our organization because we celebrated the fiftieth (jubilee) edition of Health Messenger. We held a function, which was presided by the Minister of Health, HE. Dr Mam Bunheng and took the opportunity to introduce the new-look, new-name publication as peer-reviewed scientific journal – the Cambodian Journal of Nursing and Midwifery (CJNM). CJNM will continue the work of Health Messenger in supporting the best practices of healthcare professionals. Meanwhile, we are also pleased to launch a new pilot project – the Cambodian Journal of Medicine (CJM) – an additional printed journal to be a distant training tool. It can provide new knowledge and guide healthcare practices in the way of quality and evidence-based.

On behalf of the PSP team, I would like to take this opportunity to thank MOH for its strong collaboration, and our valued donor USAID/URC for their support. To all readers, I extend best wishes for success in your daily work.

See you again in next CJNM and the first issue of CJM!

Dr. Ly Cheng Huy, MD., MSc.
Executive Director and Editor-in-Chief