



Turkish Journal of Endocrinology and Metabolism

JOURNAL OF THE SOCIETY OF ENDOCRINOLOGY AND METABOLISM OF TURKEY

EDITORIAL

Dear esteemed readers of TurkJEM Family,

Most scientists believe that VUCA (Volatile, Uncertain, Complex, and Ambiguous) dynamics will dominate our lives far more in the years ahead, where the health sector will be no exception. Recent medical literature is discussing whether AGILITY imperatives could be a solution to the VUCA world. Agility is “The ability to create and respond to change to succeed in an uncertain and turbulent environment.” But in medicine, agility isn't just about being faster and more patient-centric; it's also about finding new ways of working more purposefully. Agility has three components; “Adaptability”, being more efficient, looking for the sources of disruption, and collaborating cross-functionally and with external partners to keep health care staff engaged, inspired, and productive. In this era, speed in medical decision-making and delivery of health services asks for more “flexibility”. “Execution”, focusing on getting things done removes friction and improves outcomes and recovery. Hospitals moved to team-based patient care as many clinical, nonclinical, and technical staff touchpoints patients require. As health policies and practices change, old data and rules will prove increasingly ineffective. The medical practice requires precision and clarity, and its sole purpose is to reduce patients' bearings. But disruptions like COVID-19 ask for greater risk tolerance. Hieratical health management asks for more active engagement.

Technology is vastly changing medical therapy and thus should be adapted and shared among health personnel. Only complex knowledge levels can feed simplistic solutions which ask for more interdisciplinary collaboration. Most health institutions around the world are beginning to solve the “data” problem within the healthcare system and approach.

The ambiguity term in VUCA underlines the difficulty of interpretation given the available data. Agility seems to be an alternative decision-making mechanism in the medical world for the years ahead.

For this issue of TURKJEM we have: “Correlates of Recurrence-Free Survival in Papillary Thyroid Carcinoma: A Cohort Study in an Iranian Population”, “Effect of Regular Physical Activity on Metabolic Parameters and Anthropometric Indices in Obese Military Personnel: A Quasi-Experimental Study”, “Factors Affecting Incidence of Hypocalcemia Post Thyroid Surgery”, “Genistein Supplementation Alters the Expression Levels of miR-155 and miR-181b in the Uterus of Estrogen-Deficient Rats”, “Thyroid Diseases, Metformin and the AMP Kinase Pathway”, “Consensus Statement of Endocrinology, Cardiology, and Nephrology (ENCARNE) Experts on Prevention, Diagnosis, and Management of Cardiovascular and Renal Complications of Diabetes”, “Postoperative Nutrition and Nutritional Complications in Patients with Bariatric Surgery: An Update”, “Efficacy and Safety of Empagliflozin in Type 1 Diabetes Mellitus Patients: A Systematic Review”.

We thank all scholars who have contributed to this issue, reducing VUCA dynamics. Winter is near and we have to find more powerful means of sharing common values to prepare for the coming year.

With my best regards,

Nilgün Başkal MD
Editor-in-Chief