

Estima Journal: the journey of the only specialized journal in enterostomal therapy in Latin America

Revista Estima: percurso do único periódico especializado em estomaterapia da América Latina

Revista Estima: el recorrido de la única revista especializada en estomaterapia de América Latina

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Reflecting on *Estima Journal – Brazilian Journal of Enterostomal Therapy Nursing* brings forth memories of a period when enterostomal therapy was still in its early stages of development. Having personally witnessed and actively participated in this journey since its inception in Brazil in 2003, I feel privileged to having been part of the evolution of this magazine over the years up to the present day.


Firstly, it is essential to grasp that the origin of a scientific journal comes from the need of an academic community or a particular group to disseminate knowledge, discoveries, new theories, and study results within a specific field.


Hence, the recognition of gaps within the field, particularly in enterostomal therapy, and the necessity for a scientifically acknowledged platform to disseminate novel knowledge served as the primary motivations behind the creation of *Estima Journal*, which is now celebrating its 21st year of existence this year.

Prior to the establishment of *Estima Journal*, the Brazilian Association of Enterostomal therapy (*Associação Brasileira de Estomaterapia – SOBEST*): ostomies, wounds, and incontinence, founded in 1992, maintained a newsletter, initiated in 1999, through which it distributed news, information, and scientific studies. The progression culminated in the inception of the magazine in 2003, driven by the imperative to advance within the specialty, tackle challenges, and disseminate knowledge, thereby amplifying the accessibility of this specialized knowledge among field professionals.

Since then, a series of enhancements have characterized the magazine's journey. Initially, the quantity of published articles was more restricted, and the magazine's cover underwent modifications with each edition, showcasing illustrations by an artist who was living with an ostomy. This initiative was seized upon by the Association's directors, at the time, as an opportunity to honor individuals with ostomies, acknowledging that enterostomal therapy arises from the dedicated care provided to these individuals.

Initially, the journal was exclusively printed, but later expanded to offer both digital and printed versions. Presently, only the digital format is available. Another noteworthy aspect pertains to the publication frequency, which was quarterly until 2017, when a continuous flow model was adopted in accordance with contemporary recommendations for scientific journals. Additionally, all articles are accessible openly, facilitating extensive dissemination of knowledge within the field.

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Section Editor: Manuela de Mendonça F. Coelho 

Received: April 23, 2024 | Accepted: April 23, 2024

How to cite: Boccara MA. Estima Journal: the journey of the only specialized journal in enterostomal therapy in Latin America. ESTIMA, Braz J Enterostomal Ther. 2024;22:e1563. https://doi.org/10.30886/estima.v22.1563_EN

In 2016, the cover of *Estima Journal* underwent a transformation, acquiring a distinctive and contemporary design that bestowed the periodical with its unique identity, unlike its early days, where the cover changed with each edition. It is noteworthy that all printed editions have been digitized and are accessible on the journal's website.

The decision to embrace open access is pivotal for democratizing knowledge, enabling individuals worldwide, irrespective of their geographic location or institutional affiliation, to freely access and utilize its content. This approach significantly fosters the dissemination of key scientific advancements within the field and their potential practical applications, while also promoting transparency and bolstering credibility, which are inherent benefits of open access.

The submission, evaluation, and publication process are entirely digital, streamlining the journey of submitted manuscripts, cutting costs, and advocating environmental sustainability. A dedicated and cost-free platform is utilized for this purpose, backed by technical support to aid editors and evaluators throughout all stages, from submission to article publication.

Every article published in *Estima Journal* is assigned a Digital Object Identifier (DOI), ensuring its identification and permanent accessibility in digital repositories. This identifier is typically linked with metadata detailing the digital resource and is archived in a centralized registry managed by the DOI Registration Agency. Incorporating a DOI in a publication facilitates its straightforward identification, citation, and tracking by fellow researchers. Additionally, DOI aids in evaluating the article's impact and citations over time, thereby contributing to the assessment of its significance within the scientific community.

Along the way, I've had the privilege of participating in significant milestones of this journal, which serves as a benchmark in Brazilian enterostomal therapy. I have contributed as a writer, served on the editorial board, acted as an editor, and held the position of editor-in-chief for numerous years. I experienced challenges that also served as valuable learning experiences, necessitating courses in the realm of scientific publishing. Ultimately, it has been a path marked by diligent effort and unwavering dedication.

Transitioning from manual processes to digital ones has necessitated adaptation to numerous new realities. Presently, we benefit from the assistance of several collaborators and section editors, who play integral roles in upholding the journal's quality. All professionals involved are volunteers, dedicating their time and expertise to this endeavor.

Today, the journal holds a Qualis B1 classification (Brazilian system for evaluating scientific journals), a significant achievement for Brazilian enterostomal therapy. While I am stepping down from the role of editor-in-chief, my passion for the trajectory of this specialty and the magazine in Brazil and beyond remains unwavering.

As I step down from my role as editor-in-chief of the journal today, my passion for the trajectory of this specialty and the journal's journey in Brazil and around the world remains steadfast.

Therefore, I conclude this editorial by affirming that *Estima Journal* stands as a milestone in the history of enterostomal therapy in Brazil and worldwide, playing an indispensable role in fostering the production and dissemination of knowledge, while also showcasing the excellence of enterostomal therapists in both clinical practice and research, serving as a source of pride for all individuals involved in this specialty.