There are so many intersections in science and life that often go unnoticed. But in this most recent edition the intricate connections between life, science, and work are readily apparent. The entire editorial team is grateful for the opportunity to review the great work submitted by our authors which highlights how to navigate all of these connections. In the insightful survey by Vaisman et al. we learn that there is an over 50% rate of burnout in Latin American Orthopaedic Surgeons who responded to their survey [1]. This highlights the need to emphasize wellness and self care within our profession as this is likely a global phenomenon. Further, the impact of sleep dysfunction on PROMIS scores in those who have rotator cuff tears is also evaluated using mixed effects models by Danilkowicz et al. [2]. Interestingly, there was a high association between sleep dysfunction and stress, fatigue and elevated pain scores [2]. Finally, methodologically sound systematic reviews continue to showcase the best of evidence to inform practice on the most efficient treatment strategies for managing of cartilage defects in the knee and how sex-related differences may impact the rates of Achilles tendon injuries [3,4]. Certainly, these overlapping spheres of interaction in these articles showcase how surgeon wellbeing, patient wellbeing, and gender-based research are at the forefront of current research.

One then recognizes how we as healthcare providers share this impactful research is also pivotal to facilitate knowledge translation. Artificial intelligence and social medial are two examples of technologies that are changing the dynamic of how information is being processed and shared [5,6]. Consequently, we are evaluating these technological developments as an editorial team and pursuing robust strategies focused on how to enhance interaction with JISAKOS publications. Our goals are to increase accessibility and visibility of our journal’s content on the internet. Naturally, social media provides a unique opportunity. We have fortified our team by hiring a Social Media Editor, Katherine Paquette, and developed a social media task force currently being led by Emmanouil Brilakis and Yoan Bourgeault-Gagnon. This team continues to grow, and we encourage those who are interested and are social media savvy to reach out to digital@jisakos.com. We aspire to bring exciting and novel ways to communicate research from JISAKOS and use this intersection to bridge knowledge gaps globally. Going forward, all new authors will have the opportunity and are encouraged to share summary videos as well as social media tags for their published article. This will not only improve understanding of the research we publish across a wide readership, but also broaden the distribution and visibility of your research and impact in the field. So do prepare to get more social and interact with JISAKOS!

References


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