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BEYOND THE HORIZON: SHAPING THE FUTURE OF HEALTH AND WELLBEING

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BEYOND THE HORIZON: SHAPING THE FUTURE OF HEALTH AND WELLBEING

Jean Ross

In this edition of *Scope: Contemporary Research Topics (Health & Wellbeing) 10*, I am grateful to the contributors who provide valuable insights into communication, place, wellbeing, networking, teamwork, and reflection. Collectively, these contributions illuminate emerging directions in clinical practice, education, and research. They demonstrate the diverse ways clinicians, educators, researchers, students, and communities contribute to improving health outcomes and enhancing wellbeing.

The cover image of this issue further reflects these themes, depicting a coastal pathway stretching towards the horizon, framed by sea, sky, mountain, and community. The image invites us to pause and consider both where we stand and where we are heading. Like the pathway in the foreground, health and wellbeing are not fixed destinations but ongoing journeys shaped by experience, discovery, collaboration, and purpose. The horizon reminds us that while the future cannot be fully seen, it can be influenced by the actions we take today.

The opening article, an interview with Hayden Croft conducted by Josie Crawley, offers a thought-provoking perspective on teamwork. Although situated within the context of sport and performance analysis, the discussion provides important insights into the future of health and wellbeing, demonstrating that meaningful progress is rarely achieved through individual effort alone. Increasingly, significant advances emerge through collaboration, active listening, and authenticity. These principles underpin effective practice for clinicians, researchers, educators, and community development practitioners alike. Interprofessional teamwork brings together diverse perspectives, expertise, and ways of knowing, fostering innovative responses to complex health challenges. Meaningful partnerships with communities, service users, and whānau further strengthen our capacity to design services and interventions that are relevant, inclusive, and sustainable.

The first of the remaining eight contributions, by Cobley, complements the discussion of teamwork by highlighting the importance of communication, place, and belonging. The article explores both positive and challenging historical events in Aotearoa New Zealand, particularly those associated with early settler and Māori encounters through the concept of the "picnic." The following two articles, by McQuillan and Rohloff and Oshiro, also focus on communication. Both examine the importance of ensuring individuals are appropriately represented and heard, whether in clinician-patient interactions or in accessing healthcare services.

The next four articles focus on nursing education and clinical practice. Bussard and Mahoney recognise that while developing empathetic, person-centred healthcare practice offers significant benefits, students may also experience considerable stress. In response, they describe the creation

of a relaxation room for student nurses, which has demonstrated positive outcomes. Similarly, Miller addresses student stress associated with clinical placement through the development of a "passport for practice," designed to support students as they prepare to demonstrate competency during their first year of clinical education. Nolan, Lopez, and Honeyfield explore whether pharmacology education within undergraduate nursing programmes adequately prepares graduate nurses for evolving healthcare environments and increasingly complex patient needs. Their findings suggest that additional pharmacology education would strengthen graduate nursing practice. The final article in this section, a case study by Ross, Jones, Roberts, and Baker, examines a community development project undertaken by student nurses. The study demonstrates the positive impact of health promotion resources on the communities they were designed to serve and highlights the importance of communication, networking, and teamwork in achieving successful outcomes.

The final reflective article by Cho encourages readers to examine assumptions, learn from experience, celebrate successes, and identify opportunities for growth. Whether undertaken individually or collectively, reflective practice supports continuous improvement and encourages practitioners and researchers to remain responsive to changing circumstances. In an era of rapid transformation, reflection provides the space to connect evidence, experience, and values in ways that support thoughtful action. This volume concludes with a poem by Josie Crawley, entitled "Synergy," which serves as a fitting reminder of the importance of connection and collaboration.

I hope the articles in this issue inspire readers to engage with new ideas and consider future possibilities through communication, teamwork, and individual and collective reflection. By learning from one another and remaining committed to inquiry, collaboration, and excellence in practice, we can continue to shape a future that supports healthier individuals, stronger communities, and more responsive health systems for all. Enjoy.

Jean Ross (https://orcid.org/0000-0003-2467-9233) is a Professor of Nursing at the School of Nursing, Otago Polytechnic. She is also an advocate for sustainable rural community development and nurse education. Jean has been the editor of *Scope (Health & Wellbeing)* since its inception. Jean's practice is research-orientated which both informs and directs her scholarly work. Community engagement and development comprise her practice with nursing students and community members.