

Keeping the Doctor-Patient Relationship Alive Under Managed Care



Healing Touch: Keeping the Doctor-Patient Relationship Alive Under Managed Care

★★★★★ 5 out of 5

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Managed care has become the dominant form of healthcare delivery in the United States, and it has had a profound impact on the doctor-patient relationship. Managed care is a system of healthcare delivery that emphasizes cost control and efficiency. It does this by negotiating discounts with healthcare providers and by limiting the number of services that patients can receive. Managed care plans also often require patients to get referrals from their primary care physicians before they can see specialists.

These changes have led to a number of challenges for the doctor-patient relationship. Patients may feel that they have less access to their doctors and that their doctors are less responsive to their needs. Doctors may feel that they are being forced to provide care that is not in the best interests of their patients. And both patients and doctors may feel that the managed

care system is interfering with their ability to have a trusting and open relationship.

Challenges to the Doctor-Patient Relationship Under Managed Care

There are a number of challenges to the doctor-patient relationship under managed care. These challenges include:

- **Limited access to care.** Managed care plans often limit the number of services that patients can receive. This can make it difficult for patients to get the care they need, when they need it.
- **Lack of continuity of care.** Managed care plans often require patients to get referrals from their primary care physicians before they can see specialists. This can lead to delays in care and can make it difficult for patients to build relationships with their doctors.
- **Financial barriers to care.** Managed care plans often have high deductibles and co-pays. This can make it difficult for patients to afford the care they need.
- **Lack of patient choice.** Managed care plans often limit the number of healthcare providers that patients can choose from. This can make it difficult for patients to find a doctor who they feel comfortable with.

Strategies for Preserving the Doctor-Patient Relationship Under Managed Care

Despite the challenges, it is possible to preserve the doctor-patient relationship under managed care. Here are some strategies that can help:

- **Communicate openly and honestly with your doctor.** Talk to your doctor about your concerns about managed care and how it is

affecting your care. Your doctor can help you to understand your plan and can advocate for you if necessary.

- **Be an active participant in your care.** Ask questions about your treatment options and make sure that you understand the risks and benefits of each option. You should also be involved in making decisions about your care.
- **Build a relationship with your doctor outside of the managed care setting.** See your doctor for regular checkups and screenings, even if you are not sick. This will help you to get to know your doctor and to build a trusting relationship.
- **Get involved in your community.** There are a number of organizations that are working to improve the doctor-patient relationship under managed care. You can get involved in these organizations by volunteering your time or donating money.

Managed care has had a profound impact on the doctor-patient relationship. However, it is possible to preserve this relationship by communicating openly and honestly with your doctor, being an active participant in your care, building a relationship with your doctor outside of the managed care setting, and getting involved in your community. By working together, patients and doctors can ensure that the doctor-patient relationship remains a cornerstone of our healthcare system.



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