

Navigating your own Health Care: Part I

Have you noticed that the “Marcus Welby” model of health care delivery has been greatly modified?!!! Overall, for the better. However, long gone are the days that we can depend on the “family doctor” to make sure everything is managed, from cradle to grave. We can all give examples of friends or family members who have gotten lost in bewilderment about how to manage their own health care in our present relatively de-personalized system.

In an ideal world, each of us would have a primary care provider who would be the gatekeeper for all health issues. This could be an M.D., a D.O., a Nurse Practitioner, or a Physician’s Assistant. These issues would be managed at that level or referrals made for recommendations on management by a specialist. Some issues might need referral to home a health care agency.

So, when the system doesn’t work for us, how can we “navigate”? Any number of examples of roadblocks here: don’t have a primary care provider, can’t get in to see one, new problems have arisen and don’t know what to do, don’t understand what my plan for care is (didn’t know there **WAS** such a thing), think I need to go see another type of provider, assume all my health maintenance issues (e.g. cancer and cardio-vascular routine screening and vaccinations) will happen automatically.

Keehna and I have compiled a list of actions to keep in your “arsenal” that might help with addressing these issues. We will publish these in our “Part II” of this article in April.

Please feel welcome to send questions regarding health—either yours, or in general—so that we might foster overall wellness: physical, emotional, and spiritual.

Julie Cargill: jcargill@cableone.net or Keehna Sture at ksture5983@gmail.com.