



Develop a Doctor/Patient Relationship

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Develop a Good Doctor-Patient Relationship

“Do you have a doctor?” is an important question. It’s even more important if you are sick. Having a doctor that knows you and knows your medical history can help you get better and faster care when you are sick or injured.

What Type of Doctor Should You Choose?

Most people choose a general internist, pediatrician, or family practice physician as their primary doctor to help manage their overall health care. Women may choose a gynecologist as a primary doctor. If a person has a

chronic condition, such as cancer or kidney failure, he or she may consider choosing a specialist in that field as their overall health care provider.

The Primary Care Team

Whatever type of doctor you choose, chances are a team of health care professionals will be involved in your care. This team may consist of the doctor, the doctor’s nurse, a nurse practitioner in some cases, or other office staff members. This team will become familiar with you as a patient and be able to provide you with care more quickly than if you have no doctor at all.

The Benefits of a Good Doctor-Patient Relationship

By getting to know you, your lifestyle, your activities, and your preferences, your primary practitioner can be a valuable advisor on all aspects of your health, including preventive care and screenings. Your health care provider may work in collaboration with one or more specialists that may be required for the management of chronic or complex conditions.

Getting Started

Make an appointment for a checkup. Be prepared to answer questions on your medical history, as well as your immediate family’s medical history. Do not be afraid to be open and honest with your health care provider about your health. The doctor/patient relationship is a partnership that is vital to your good health.

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