

YOUR CARE POLMED

May 2021



Stick with one doctor
- and get coordinated care



Less is often more, especially when dealing with doctors. It may seem logical to consult different medical professionals for various conditions, but by sticking with the doctor who knows you, your medical history and past medication best, you will receive the best care. They will treat you holistically and refer you to a specialist if necessary.

Risks of consulting multiple doctors



Poor doctor-patient relationship

A healthy doctor-patient relationship ensures good communication. Having multiple doctors makes it challenging to build a healthy relationship, affecting the way you receive information, thus putting you at risk.



Over-servicing

Unnecessary testing and overprescription of medication is a common risk of having multiple doctors. Not only is this financially taxing and stressful, but it can place your health at risk.



Fragmented care

If you have more than one doctor, they may not work together. Fragmented care increases one's rate of emergency department visits and hospital admissions.



Consulting with two doctors

If you're going to have more than one doctor, they must work together to provide you with the most effective care.

Make sure to provide both relevant medical information, including your medical history, new diagnoses, medication, side-effects experienced, and allergies. If you find it difficult, you could ask your primary doctor to coordinate your care and share all relevant information with the other doctor.

While you may think it's wise to consult different doctors for different conditions, coordinated care is how to manage your health optimally.

References:

- <https://www.theguardian.com/science/2018/jun/29/keeping-the-same-doctor-reduces-death-risk-study-finds>
- <https://www.healthify.us/healthify-insights/the-implications-of-fragmentation-in-care>
- <https://www.ahrq.gov/ncepcr/care/coordination.html>
- <https://www.essenburgh.com/en/blog/fragmented-care-the-causes-and-what-we-can-do-about-it>
- <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2712173>
- <https://www.commonwealthfund.org/publications/journal-article/2018/oct/fragmented-care-chronic-conditions-overuse-hospital>
- <https://pubmed.ncbi.nlm.nih.gov/30638610/>