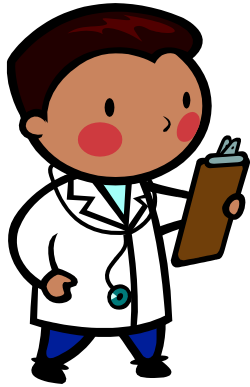


HEALTH TIPS FOR SUMMER 2011



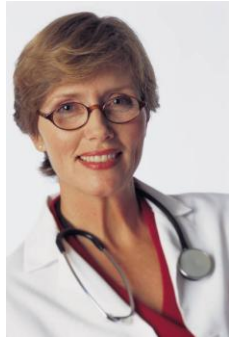
SEVEN SIGNS OF A BAD
DOCTOR

BY

JANE WEST, R.N.

PARISH NURSE

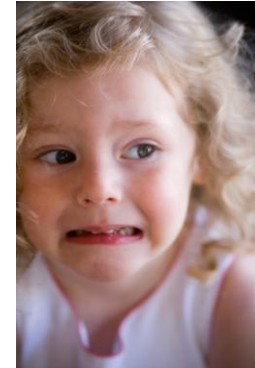




AN INDIFFERENT AND UNCARING ATTITUDE



- Consistently cold and patronizing
- Does not recognize you from one visit to the next
- Does not make eye contact
- Dismisses your fears
- Does not make you feel comfortable
- Caring and curing cannot be separated

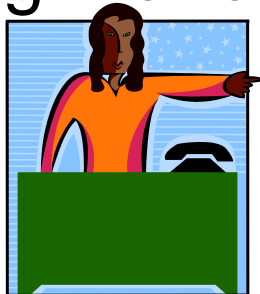




DOESN'T LISTEN, UNRESPONSIVE



- Makes you feel foolish when asking questions
- Unwilling to answer your questions
- States, “I know what to do, this is the only way to do it, and you should just listen to me.”
- Is dogmatic and overconfident, not open-minded.
- You have the right to expect courtesy and responsiveness from everyone in the office including the receptionist, advice nurse and doctor.





LACK OF KNOWLEDGE

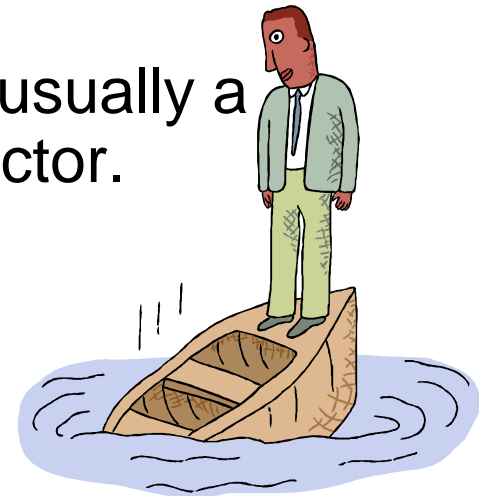


- Isn't up to date on the latest medical literature and is unaware of newest breakthroughs.
- Orders the wrong tests
- Does not inform you of your test results, information about the drugs prescribed, nutrition and other health advice
- While anyone may make a mistake occasionally, look for repeated oversights, routine sloppiness which could lead to more serious blunders



POOR RECOMMENDATIONS

- Consider the doctor's reputation. Is it tarnished?
- What do those who know the doctor say about the service provided?
- Check your state's medical board website to see if there are any infractions committed by him or her.
- You can make up your mind based on your experience with the doctor but doing your homework can prevent a bad experience.
- If there are complaints from others, there is usually a good reason for them. Consider another doctor.





ALWAYS PUSHES FURTHER TESTS AND PROCEDURES

- While many tests and procedures are warranted, be wary if it happens all the time.
- You should not need the same tests repeatedly every time you go to the office.
- A doctor may question his or her own judgment if tests are always being done.
- Doctors may consider excessive testing to avoid litigation.
- If you question the need for a procedure, get a second opinion.
- A doctor should not be offended by requesting a second opinion. It means the patient is thinking clearly about his or her medical care which is a good thing.



IS NOT RESPECTFUL OF YOUR TIME



- How long should you expect to wait for your appointment? A 20 minute wait is reasonable ; more than an hour is not.
- There will be emergencies but if routinely waiting an hour or more, look for a new doctor.
- To avoid long waits, consider scheduling your appointments early in the day and avoid routine checkups in winter during the height of the cold and flu season.
- If you are joining a new practice, try calling the office a few times to see how long you will be on hold until your questions are answered.



SPOTTY CREDENTIALS AND AFFILIATIONS



- NOT BOARD CERTIFIED IN HIS/HERS SPECIALTY AREA
- DOES NOT HAVE A HOSPITAL AFFILIATION OR IS AFFILIATED WITH A HOSPITAL WITH A BAD RATING
- WHILE GRADUATION FROM A FOREIGN MEDICAL SCHOOL IS OK, YOU MAY PREFER A DOCTOR WHO HAS GRADUATED AND DONE AN INTERNSHIP AND RESIDENCY AT AN AMERICAN UNIVERSITY SETTING.
- CREDENTIALS ARE IMPORTANT BUT PERSONAL CHARACTERISTICS MATTER, ALSO. CURIOSITY AND COMPASSION AS AN INDIVIDUAL CAN BE MORE IMPORTANT THAN ANYTHING ELSE.

