

The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease. - Edison, 1903

patient PHYSICAL THERAPY

Wellness Wednesday: Healthcare Navigation 101 - Who's Who?

The best doctor gives the least medicines. - Benjamin Franklin

Isn't it a bit unnerving that doctors call what they do 'practice'? - George Carlin

Housekeeping & Review: Healthcare Navigation 101

- Week 1: Introduction
- Week 2: Who's Who?
- Week 3: What is health?

This Week: Who's Who?

- The BIG Picture:
 - Environments: Primary Care, Inpatient (Hospital vs SNF vs Rehab), Outpatient
 - Approaches: Medical, Pharmaceutical, Rehabilitation, Mental Health, Social Work
- Primary Care
 - What is primary care?
 - Primary Care Providers: Medical
 - MD vs DO
 - Physician vs Physician Assistant
 - Physician Assistant vs Nurse Practitioner
 - Direct Access Physical Therapy
- Medical Specialization
 - Complexity: The necessity of specialization
 - Systems: Musculoskeletal, Neurology, Cardiology...
 - Approaches: Preventative, Medical, Rehabilitation
 - Alternative healthcare providers: acupuncture, massage therapy, chiropractic
- Wellness: Where to begin?
 - Prevention → Maintenance → Rehabilitation → Medical



Future Topics:

Up Next: Health Literacy - How did we get here? How has managing wellness become so difficult and expensive? Why is it so hard to get a diagnosis? Why are so many people in daily pain?

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<http://patientphysicaltherapy.com>
patientphysicaltherapy@gmail.com
2620 N Walnut Street, Suite 600
Bloomington, IN 47404
812.558.0708