

AN ENGAGED PATIENT

“ An engaged patient sees themselves as the CEO of their health, and views her care team as advisors. Her advisors will become trusted advisors when trust is earned. The more trusted the advisor, the more impact they have in the care of the engaged patient. The engaged patient picks her team, engages her team in the areas that are most critical, manages schedules and budgets, encourages cross team collaboration when needed, turns advice into action when it resonates, and is the responsible, driving force for her successful health outcome.”

Compliant patient - does what he/she is told to do

- Understands medication regimen and takes meds as prescribed
- Makes appointments as requested and shows up to those appointment on time
- Takes tests as asked
- Reads general medical information
- Shares an accurate medical history

Engaged patient - is informed and proactive (all the above is still valid)

- Understands treatment, signs and symptoms for his/her condition
- Keeps up to date and complete personal medical records and shares it with all (or appropriate) caregivers
- Learns from other patients with the same disease;
- If having a serious/chronic condition:
 - Finds the experts in the field,
 - learns about latest research,
 - learns about possible treatments, their costs, side-effects, etc.
 - gets second opinions
- Participates in shared decision making with his/her doctor about possible treatments, benefit of procedures, trial participation
- Finds out costs for procedures and tries to make sure the budget is on track.

Any of the tasks in the engaged patient section are currently awfully time-consuming or even impossible to do for a lot of patients. Direct access to data, getting instant feedback, making everything easily available should help make the job of an engaged patient much easier.