

Keeping appointments is the sign of a good patient

Question: What is the most difficult or frustrating part of being a chiropractor when it comes to patient-doctor relations?

Answer: Missed appointments ranks up there as a top frustration for me as a chiropractor trying to give my patients the best quality care possible. Specific schedules are given to specific patients for specific conditions. There are not any two conditions that are identical. Our bodies develop patterns of adaptation to our conditions which affect our entire physical, emotional and chemical being. When a patient starts their treatment it is imperative to get an opportunity to determine how they respond to treatment. There are protocols to diagnose and treat based on response. When the patient misses appointments it is difficult to manage their patterns of their condition. Most conditions take time to develop and also take time to heal. Many patients claim it was the last task or movement that created their pain or symptom when in reality it is the final reaction of a series of events or patterns that led up to the one that gave them the symptom. Patients that want a quick fix of their problem might as well take a drug and mask the condition. In chiropractic care our goal is to find the cause and correct it. Sometimes it only takes a few treatments and sometimes it may take a year. In either case, the doctor- patient relationship is very important and having the respect and confidence in your chiropractor will only benefit you. Missing scheduled appointments, especially without notification is disrespectful and interferes with appropriate care.

In the same vein of respect for the patient, a doctor should not make their patient wait if they are scheduled at a specific time. Everyone seems to have an agenda these days and time is precious. Making a patient wait for excessive time beyond their appointment is also disrespectful.

I have found that patients that keep appointments throughout care get better quicker and maintain their health at a higher potential.

Quote of the week: *"When in doubt, tell the truth."* Mark Twain