Discussion Board

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Discussion Board

At present, we have reached an age where the adult population, in one way or another, has health concerns to worry about. Usually, they tend to see a specialist whose services are delivered at a hospital, where a patient receives individual attention and is treated separately. This can have the ideal effect of putting their mind at ease, while getting the medical aid they had been seeking. However, with an exponential boom in population, most people in need of individual attention to seek assistance through a number of different appointments (Gunderman, 2016).

Not only does this have detrimental effects on their well-being, but they are also unable to receive the sort of healthcare they seek when they need it. It is this inefficient use of resources that makes outpatient care a more attractive option (Levine, Linder, & Landon, 2016). Additionally, the integration of new generation outpatient care using robotics, AI and digital wearables that send health-related data directly to the doctors makes the entire prospective appealing and cost-effective (Lv et al., 2016). This allows healthcare providers to redirect their sources into other means that can prove more effective in terms of improving a patient’s quality of life (Pouragha & Zarei, 2016).

Furthermore, outpatient care allows people to take their health, well-being, and quality of life into their own hands. This self-management makes them aware of the downsides of not looking after themselves and they opt for healthier choices, reducing the number of hospital visits they make. The healthcare trackers also motivate people to look after their wellbeing and make them more goal-oriented towards wanting to be their best possible self (Lv et al., 2016).

Thus, the integration of outpatient care in the healthcare system only improves the system and makes it more patient-centered. This adds value to consultations, keeping one from scheduling multiple appointments with different specialists at a time and makes healthcare navigation more personalized and manageable (Brédart et al., 2015). Ultimately, an individual feels more cared for and looked after, while feeling productive and living a full-filling life.

**References**

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