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Patient Centric and Holistic Approach to Health Care as the Core of Health Policies and the Healthcare System

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India has a wide range of healthcare providers and systems. These range from peripheral and rural **primary healthcare** services to urban corporate clinics and multispecialty tertiary care hospitals. In addition, there is an economic bifurcation with public and private healthcare facilities and hospitals, with the public government run centers providing low-cost affordable treatment. India also has a large number of practitioners of alternate and **indigenous systems of medicine**. Over the past few decades, healthcare and treatments have shifted towards a disease centric approach. In a country with immense socio-cultural diversity and varied lifestyles, a **holistic patient centric** (person centric and family centric) therapeutic approach is the need of the hour. The recent pandemic has brought out this requirement with evidence of the same disease manifesting, evolving, and progressing differently in different people and families.

Establishing the concept of the family physician is an extremely important step in healthcare policies as well as at the academic, scientific, and community level. The **family physician** has a holistic approach, engages with all members and age-groups in a family, takes care of physical health and mental health, and is abreast of social, occupational and economic factors, along with lifestyle, and nutrition. In addition, factors like accessibility, patient comfort, dissemination of information and guidance, along with closer monitoring also contribute to more effective patient care. Putting in place health policies to strengthen the healthcare base with family physicians and create a structured referral system, can not only reduce the skewed load on healthcare infrastructure, but can also improve treatment outcomes, and health economics.

Keywords: Family Physician, Holistic Health, Patient centric, Health Policies, Healthcare system.

Biography

Dr Varsha Narayanan - MBBS (Gold Medalist), MS, PGD (Holistic Health, Clinical Research), IMA Fellowship (Family Medicine), is a Health and Pharmaceutical Consultant. She is the founder of Dr Varsha's Health Solutions, a comprehensive and interactive online health platform for health information and guidance. Her professional work includes real-world data generation, comparative clinical studies, developing treatment consensus, and reviewing pharmacotherapies. She is a speaker at health forums, faculty and trainer, has more than 50 publications in peer reviewed journals, and over 100 health articles in the public domain. She is a medical expert with National Health Authority, Govt of India.

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