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Ekonomika leczenia a podejście psychosomatyczne

The economics of treatment and psychosomatic approach

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Introduction: Economic aspects in the work of primary care physicians becomes more and more important, not only in Germany, but also in other European countries.

Aims: The question arose: focusing on psychosomatic aspects and especially on the physician-patient relationship is it cheaper for the health care system (in a monetary sense) or becomes it more expensive?

Methods: In the region of Berlin we looked up to four years on different monetary and non-monetary variables resulting from general practitioners activities: increasing diagnostic and therapeutic measures, understanding better the physician-patient relationship, prescribing fewer drugs or prescribing fewer lost working days of patients. Or the feeling of physicians during the daily work.

Results: I will present different monetary and non-monetary calculations, which we had administered together with the Berlin Medical Association (Kassenärztliche Vereinigung), the general insurance company (Allgemeine Ortskrankenkasse) and the company insurance (Betriebskrankenkasse). The results show

a benefit of an additional psychosomatic activity in the health care system on different levels.

Conclusion: Further cost benefit analyses in different European countries are helpful to give support for advances in Psychosomatic Medicine integrated in their health care systems.