Benefits of Group Medical Visits

I think one of the advantages of group visits is that many people have become very isolated and feel lonely. And we all do better in community. We know that other people are experiencing the same health challenges as you.

It creates a camaraderie that you can go further together. The other thing is it reduced the overall cost. When multiple patients share the cost of the time, everyone ends up paying less.

So additionally, in our practice, many people want to see me, I'm the founder of Hope for Healing, but I don't have the ability to do that. And because I love to teach and I loved to engage with people, as we have these group visits, individuals who don' know me will get to know a little bit.

But then you'll have opportunity to go back to your individual medical provider for a very short abbreviated treatment visit. Another advantage of group medical visits is that the collective wisdom of everyone that's involved can be very encouraging and offer insight that one person wouldn't have thought about.

So an example is there was a diabetes education group and a man stated that he really didn't like to take his insulin. And another gentleman chimed up and said, I was just like you before I had my first amputation.

So many times the encouragement of other people who were walking through the same journey with you helps you have the courage and the ability to move forward.