Getting the Most from the US Healthcare System of Today and Analyzing Universal Healthcare System Alternatives of Tomorrow

Fall 2019 – Four Weeks – Tues AM – Sept 17, 24; Oct 1, 8

Optional Books (Dr. Gottlieb and Cynthia Perry will share selected readings from these):

- *How to Be Sick*, Toni Bernhard
- *The Healing of America*, T.R. Reid
- *What Patients Say, What Doctors Hear*, Danielle Ofri

Facilitators

- Dr. Tom Gottlieb, billrothiii@msn.com
- Cynthia Perry, cxperry@comcast.net

Class Description

Dr. Gottlieb is a retired doctor of internal medicine. Cynthia Perry has both interviewed healthcare providers in developing medical devices, and is a patient with multiple chronic medical conditions. Together Dr. Gottlieb and Cynthia will share with you what they know about how to get excellent care within the confines of the current US healthcare system.

In the current US system, doctors having an ever-increasing burden of documentation, insurance rules for reimbursement of patient care are getting more, not less, complicated, and 15 minute appointments are the norm. By choosing the right care model and taking the time to properly prepare for your appointments, you can greatly improve your odds of getting the care you need.

There is a push, though, to find ways to ease both provider and patient burdens by changing the current US healthcare system. Dr. Gottlieb is at the forefront of this national conversation. He will lead a discussion about healthcare systems around the world, how they apply to the US, and how universal healthcare in the US might work.

Class Outline (Presentation and Discussion)

Week 1 – Sept 17

Optional Pre-Reading (books): *How to Be Sick*, Toni Bernhard; *What Patients Say, What Doctors Hear*, Danielle Ofri

Recommended Pre-Reading (article): *How to be Your Own Healthcare CEO*, Cynthia Perry

Class Topics

- Review class objectives and outline (CP and Dr. TG)
- Gathering and organizing medical records (CP)
- Creating a medical summary (CP)
- Triaging your conditions (CP)
- Establishing treatment goals (CP)
Week 2 – Sept 24
Recommended Pre-Reading (articles):
- *The Importance of Oncologist-Patient Trust*, Rick Boulay M.D.;
- *Large Independent Primary Care Medical Groups*, Lawrence P. Casalino, MD, PhD, et. al.;
- *The New West Physicians Journey to Becoming a High-Performing Health System*, Ken Cohen, M.D.

Class Topics
- Reviewing insurance options (CP)
- Building your provider team (CP)
- Conducting medical research (CP)
- Creating an appointment agenda (CP)

Week 3 – Oct 1
Recommended Pre-Reading (articles):
- *U. S. Healthcare Financing Reform: The Consolidation of the U.S. Health Insurance Industry*, Eldon Van Der Wege, MBA; and Thomas B. Gottlieb, MD
- *Public Takings of Private Health Insurance*, Eldon Van Der Wege, MBA; and Thomas B. Gottlieb, MD
- *Expanding and Improving Medicare*, Eldon Van Der Wege, MBA; and Thomas B. Gottlieb, MD

Class Topics
- Uncovering how we got to 15-minute appointments (CP)
- Examining how doctors are compensated (CP)
- Reviewing a brief description of how the current healthcare system is financed (Dr. TG)
- Defining patient needs (Dr. TG)
- Defining provider needs with case presentations (Dr. TG)
- Defining changes over the past 25 years of the relationship of capitalism, democracy and ethics (Dr. TG)
- Current healthcare system Q&A (Dr. TG)

Week 4 – Oct 8
Optional Pre-Reading (book): *The Healing of America*, T.R. Reid
Recommended Pre-Reading (insurance document): *Insurance criteria for Rituxan*

Class Topics
- Discussion of solutions to problems of financing health services (health financing directs equitable health care) (Dr. TG)
- Future healthcare Q&A (Dr. TG)
- Selecting treatments (CP)
- Managing multiple prescriptions (CP)
- Reporting results to your providers (CP)
Dr. Tom Gottlieb Bio
Dr. Tom Gottlieb has 48 years of experience in healthcare and was trained as a biochemist at the University of Colorado Boulder and as a physician at the University of Colorado Health Sciences Center (UCHSC) in Denver. He worked in the Public Health Service (Indian Health Service), University of Colorado Division of Clinical Pharmacology, Denver Neighborhood Health Center (medical director), and private practice (Internal Medicine) in West Denver. His experiences include directorship of the Lutheran Medical Center Joint Venture (an Accountable Care Organization), a founder and medical director of a primary care group, New West Physicians, and founder and president of Denver Oncology Consortium. He practiced evidence-based practice principles with an emphasis on patient values and patient-centered decision making. He is now retired and is devoting his time to introduce and implement universal health care financed by a public single-payer system. He has served as a board member for Health Care for All Colorado Foundation since November 2011 and was newly elected president in 2013.

Cynthia Perry Bio
Cynthia Perry has BS in Applied Math, an MBA, and numerous certificates in specialized marketing research and analytic techniques. She has worked in marketing analytics, competitive intelligence, and strategic planning in a variety of industries. In these roles she learned to present complex information in easy-to-grasp formats appropriate for leadership teams. Cynthia was diagnosed with a number of chronic health issues, which resulted in her early retirement. Looking for ways to continue to use her research and presentation skills in retirement, Cynthia facilitates classes at OLLI.