

ALLERGY

# SAY NO

13.02.2007

German [Ärzteblatt](#) has some important suggestions “*Mehr Mut zum Nein-sagen*” how the German healthcare system may be improved. In brief,

- (1) patients need to be empowered to make their own health decision – Norwegians have on average only 3 but Germans 16 physician contacts per year
- (2) during professional contact patients need more trust in doctor, nurse, pharmacist and physical therapist
- (3) more money for the ill, less for the health people



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