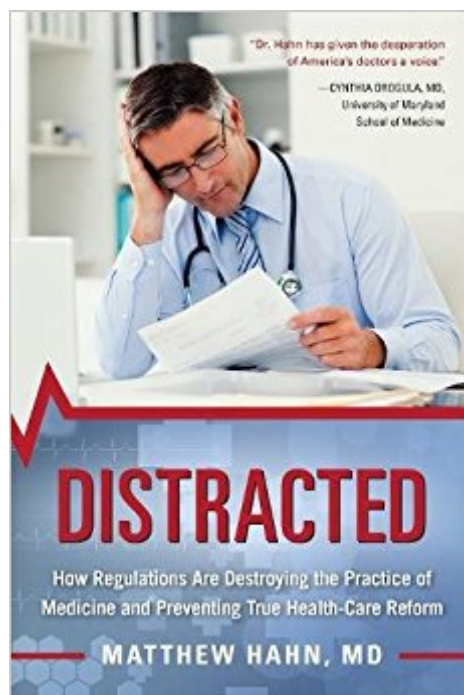




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Distracted: How Regulations Are Destroying The Practice Of Medicine And Preventing True Health-Care Reform



Synopsis

After the many bureaucratic changes that followed the passing of the Affordable Care Act (Obamacare) and other legislation, patient care has become secondary to satisfying the whims of government and giant insurance company administrators, who are in total control. The result is a web of complicated rules and misguided programs whose chief effect has been to distract doctors and nurses from their proper focus on patient care. Access to health care now depends on the ability of patients, doctors, and nurses to navigate in and around this cumbersome and ever-changing system. Written by a practicing doctor and based on years of real-life experience, *Distracted* takes the unique view that it is not the American health care system that is broken; the problem lies in the administration of health care. The solution is simplicity where there is complexity. The solution is an elegant use of health information technology to foster improved care. It is putting control of health care decisions back with those who know best, patients and their health care teams. The solution is caring for patients with fewer distractions.

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Customer Reviews

"Modern day country doctor Matthew Hahn, MD applies his scalpel to much that is wrong with American healthcare in this excellent new book." [Michael D. Shaw, HealthNewsDigest](#); Dr. Hahn . . . has given the desperation of America's doctors a voice. We are on our knees. Every citizen in this country needs to become aware of the systematic abuse of America's doctors which is driving a wedge between doctor and patient.

• Cynthia Drogula, MD, assistant professor of surgery, University of Maryland School of Medicine; A compelling argument for urgent and radical change, from our legislative halls and board rooms all of the way up to the sanctuaries of healing where patients and their clinicians come face to face. • Andrew Delp, MD, family physician and medical educator; Entertaining, analytical, and spot-on! Whether you be patient or clinician, read this book. Our lives depend on it. Dr. Matthew Hahn shows us why health-care administration does not need to be as complex as the powers that be would make you think. . . . [and] how we could take apart the house that Jack built and reassemble it into a functional system. • Catherine Maslen, MD, family physician "An extraordinary book that presents the shocking details of what's killing the health-care system then proposes common sense solutions." • Jeanne Mozier, author

Matthew Hahn, MD, is a practicing family physician in Hancock, Maryland. His passions are the delivery of excellent care and motivating patients to be healthy. He was voted a Maryland Family Doctor of the Year. He is married and has one daughter, and his hobbies include running a lot but slowly. He lives in Berkeley Springs, West Virginia.

I read this book right when the new fix for Health Care via the senate broke. Our Health Care system is undeniably a mess and this book looks at why from a doctor's point of view. We have heard it from the politicians, media, and patients, but in the news, I rarely hear anything from the doctors themselves. According to this book, they are probably too busy dealing with regulations and insurance companies to spend time talking to the media. Dr. Hahn explains from his own personal experience as a family doctor of 20 years, how things have gotten to where they are now, in pretty easy to understand (and even entertaining) ways. Health Care has become complicated and expensive in part due to the many things doctors now must go through to document patient care, provide detailed evidence of their own qualifications, categorize diagnoses, maintain their license, and wrangle with insurance companies. Apparently because computerized systems keep adding new things that they "can do," doctors are forced to "do them." Requirements and documentation have escalated for every aspect of patient care by the many bureaucracies that come between the doctor and his patient, and the doctor and his paycheck. He illustrates how time consuming and ever-changing requirements keep docs away from caring for the patients to spend it on administrative tasks. What is now required from docs in terms of "performance

metrics, *“No Child Left Behind”* all over again, but this time is *“No Patient Left Behind.”* It is the same kind of unrealistic expectations for doctors to magically transform patients, like teachers were supposed to transform kids from poor backgrounds, with fewer resources, and then are penalized for their inability to perform miracles. Dr. Hahn makes good points for what needs changing: to simplify processes for the good of all, to let doctors make decisions about their own patients, using their own judgement and knowledge rather than following a detailed prescribed one-size-fits-no one set of instructions. He outlines some general ideas for how to work these changes into the *“Health Care System”* from several different approaches. Although he doesn’t advocate for a single payer system, his book makes a good case for one in my mind. Every other industrialized country in the world has single payer system, and we come in 28th (?) as far as quality of care. I still think we have one of the best medical education systems in the world, so we SHOULD have the best medical care but we don’t! Let’s let docs get back to doing what they do best - caring for patients without these distractions. This book is recommended as a good primer for those interested in understanding the gridlock of today’s health care from a health care provider and what can be done to fix it. US senators, pay attention. This means you, majority party!

Wow. This book hits it right out of the park. It’s about time the public realized the Byzantine system that their healthcare providers work within. The redundancies, unnecessary paperwork, billing issues, the complexities of credentialing - it’s a wonder we’re not all packing up and leaving - and many of us are. If your provider doesn’t work in a huge, hellish health system that makes your provider see 40 patients a day, they are struggling in a small practice, trying to meet all the demands that commercial and government insurers put on practices these days. THANK YOU.

This is the best book about the challenges facing our Health Care that is out there. It’s written by a doctor who honestly wants to deliver the best health care for his rural MD and WV patients, but is hindered by cumbersome and meaningless regulations. His vision for new directions in health services delivery emerges in the final chapters. It could serve as a road map for a way out of the current crises. I highly recommend the book.

This is an excellent book. It should be read by every US Senator and Representative as well as their staffs.

Distracted: How Regulations Are Destroying the Practice of Medicine and Preventing True Health-Care Reform

What an eye opener! It certainly explained for me, as a consumer, a multitude of frustrating experiences dealing with insurance, patient record errors or omissions and, more importantly, doctor visits where most of the time was spent by the doctor trying to input information into a computer while often not fully listening to answers to questions asked. I am sure most patients have observed more and more this typing - during - the - visit phenomena, but the reasons why, and what the physicians are required to document, often on systems that are often troublesome and time consuming, is alarming in this day and age. Besides being helpful for patients and physicians, it should be mandatory reading for every member of the US House of Representatives and US Senate before they vote on any proposed health care act. Yet here we are, on the brink of yet another proposal to replace Obamacare. I imagine that after reading this book, many would see things differently and then push for regulatory review towards creating a sane, simple regulatory system as suggested by Dr. Hahn which will go a long way in eliminating so much of what has sabotaged health care and the patients that need it. The book is chock full of explanations for the confusions and frustrations both physician practices and patients have had to endure in order to deliver and receive appropriate health care. And, of course, there are the insurance companies. Their varied set of rules and requirements, their influence at the federal level, and the evolving frustrations and limitations with costly coverage, and how a simple health care system is fought by these big guys. The light bulb went on many times while reading this, and I think it will for most reading it. The author gives a history of how the current state of things came to be but it doesn't read like a clinical report or medical journal. His personal and professional frustrations along the way are every man's because he explains how this mess came to be, who is effected by it and what he and others have had to do despite this mess in order to keep practicing medicine and care for patients. It took guts for Hahn to write this book, but someone had to do it.

Oh my God. I have worked in health care my entire career, and this guy gets it like nobody else. I felt myself getting angry while reading every chapter...it was so accurate! But then I would read the Fix at the end of every chapter, and I would feel better. We can have great health care in this country. Dr. Hahn shows we can. I love this book!

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CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS

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