

Who is the Huisarts?

- The Huisarts (GP) is your primary healthcare provider in the Netherlands.
- They have had a 9 year medical training to treat a variety of medical issues, from minor illnesses to chronic conditions.
- They refer you to specialists when necessary.

What does a 'Huisarts' do?



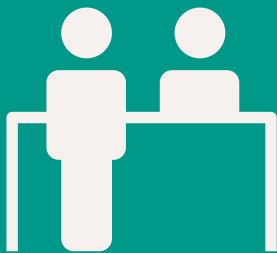
- Manages both physical and mental health issues.
- Performs minor surgical procedures.
- Provides preventive care like vaccinations and lifestyle advice.

- Expect a conservative approach to prescribing medications.
- Antibiotics are prescribed only for bacterial infections to avoid unnecessary side effects and resistance.
- The huisarts trusts in the body's natural ability to heal without antibiotics.
- If symptoms don't improve, you can schedule a follow-up visit for further evaluation.
- The huisarts consults online guidelines to provide treatments according to the latest standards, enhancing the quality and safety of care.

What to expect



The 'doktersassistent'



- First point of contact. Trained doctor's assistant.
- Handles administrative tasks and assesses the urgency of your health issue.
- May perform blood tests, vaccinations, and treat minor injuries.
- Manages scheduling of appointments and may provide advice over the phone for minor health concerns.

- Prepare for your appointment and write down symptoms and questions beforehand.
- Be open about your concerns, if you're unfamiliar with the system, ask questions.
- The huisarts is often direct and clear in his or her communications.
- Request an introductory appointment to learn how Dutch healthcare works.

How to improve contact



Prescribing practices



- Dutch GPs focus on natural recovery and only prescribe medications when necessary.
- Antibiotics are only used when necessary, in order to avoid resistance.
- Antibiotics are only prescribed for bacterial infections.
- Treatments are based on strict medical guidelines to ensure that treatments are safe, effective, and necessary.

- Most infections like colds or the flu are caused by viruses, and antibiotics only work on bacterial infections.
- Antibiotics can cause side effects like nausea or diarrhea.
- Fewer antibiotics help prevent the development of resistant bacteria, ensuring they remain effective for serious infections.

Why are antibiotics prescribed less?

