

Fillmore County Medical Center
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Fillmore County Medical Center_{,P.C.}

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Michelle Dorsey, PA-C has been a physician assistant since August, 2009. The physician assistant is a healthcare provider who usually has a Masters Degree. They are certified by a national governing body, and can see patients, order and interpret tests, make diagnoses, and formulate treatment plans-including prescribing medication. The training of a PA is in the same model as that of a M.D. In fact, medical students and PA students often are in the same classes.

www.fillmoremed.com

Michelle Dorsey, PA-C

Now Accepting New Patients

The difference is that after medical school a physician will go on to complete a residency for further training, and a PA will start practicing right away. PAs will always have a collaborating physician available to help in making care management decisions if needed. PAs have been around since 1965, and the profession has continually been growing. As the population expands, PAs have become very valuable in the effort to be able to provide all people with quality healthcare.

Michelle enjoys taking care of all patients, but especially identifies with women and kids. “I am a woman, and I connect well with other women. I like to counsel them on ways to take care of themselves, and can understand what they are going through as they make their way through life. Women’s health today is very broad encompassing mental health, social health, and physical health,” she commented. “I also really love kids and helping to make sure they grow up healthy and strong.” She is quick to add that men and older people are welcome, too. “One of the best things about family medicine is getting to have a part in the lives of moms and dads, grandmas and grandpas, boys and girls.” Michelle’s supervising physician, Dr. Jason Bspalec commented, “Michelle is an excellent physician assistant and she provides comprehensive family medical care at the highest quality.”

The focus of healthcare has been shifting in the last few years. It is moving from being reactionary to being proactive. “It used to be the only reason someone went to the doctor was because they were sick. But there are many reasons to come to the doctor when you are well. Together we can focus on preventative care,” Michelle shares. She believes that many health problems can be prevented or be more easily managed if they are found early on. She also sees the importance in empowering her patients. Rather than just telling her patients what to do, she strives to really listen to their concerns, and collaborate with them for a plan of care that they feel comfortable with and can take an active role in.

Michelle’s career started off in the lab, but she quickly found she was missing the interaction with patients. After attending PA school on the East Coast, Michelle, her husband, and young son moved to Geneva to be closer to family. The family support Michelle wasn’t expecting was that of her coworkers. “The staff at Fillmore County Medical Center has become my second family. We all work very well together” she added.

Michelle and her husband Aaron, who works for the Postal Service, have settled into the Geneva community. They now have three children, Oliver (5), Elliot (3) and Avienne (8 months). One of Michelle’s favorite places to be is at the table with her family, enjoying a meal she created herself.

Annual Wellness Visits

Medicare beneficiaries, and all others too!

The Importance

It is intended to keep Medicare beneficiaries healthy, or to help Medicare beneficiaries become healthier; by promoting positive health habits and healthy lifestyle. Unlike much of medical care, which is primarily directed at treating, annual wellness visits prevent the onset of disease and disability or slow the progression and exacerbation of existing illnesses. An annual wellness visit can highlight behaviors and lifestyle choices that beneficiaries can adopt to keep them from getting sick or sicker, and to improve their quality of life and day-to-day functioning. It encourages individuals to take an active role in accurately assessing and managing their health, and consequently improve their well-being and quality of life. This refocuses on an individual’s active role in their health care. This is accomplished by evaluating beneficiaries’ current health and wellness behaviors, followed by advice and counsel on ways to become healthier and remain healthy for as long as possible.

The Benefits

As the initial step in the Annual Wellness Visit, a personalized prevention plan and a Health Risk Assessments (HRA) can play an important role in raising awareness of health issues. It also motivates behavior change among patients by intentionally creating teachable moments that may inspire health improvements. Medicare’s HRA may include physical activity, tobacco use, alcohol use, nutrition, seat belt use, depression, anxiety, stress, social support, pain, general health, blood work, sleep, self-reported Biometric measures (blood pressure, cholesterol, glucose, height and weight).

Visit with your Family Practice Provider today about the Annual Wellness Visit for Medicare beneficiaries.