

The Relationship Chart

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Relationship Type And Key Characteristics

Understanding the different types of relationships and their impact on personal health information is crucial. We've explored essential human relationships and professional relationships, and how they intersect with our personal health information. This knowledge is key to navigating the complex landscape of personal health information management.

Relationship Type	Primary Characteristic	Secondary	Tertiary	Notes and Rating Out of Ten
Human - Building	Mutual Respect	Trust	Communication - Open and Transparent	
Human - Destructive	Conflict	Trust Erosion	Manipulation - Restrictive and Secretive	
Professional - Building	Mutual Respect	Trust	Shared Goals	
Professional - Destructive	Focus on Individual gain	Absence of Trust - might not result in conflict	Poor or Evasive Communication	
Personal Health Record - Building	Understanding of Patient Rights	Commitment to Confidentiality	Jargon-Free Communication	
Personal Health Record - Destructive	Failure to Protect and Secure Rights	Lack of Transparency	Unclear communication	

This chart is something we can print out and take with us. It defines how a destructive relationship differs from one that builds trust. After a new encounter, we should rate it in terms of how each type performed. We only want to build relationships with those who achieve a high score. High scores mean we can trust them as we get to know them better. Our success in protecting our PHI is always a degree of how much we like each other. If we can't like each other enough to rate them as a 9 or 10, we may go searching until we find another person that warrants the high score. Health records can cause absolute havoc and destroy our chances for happiness. There will be those who

score high. We want them in our lives. Those who score low have given us a clue we need to heed. Low scores are a signal to look elsewhere, and we need to heed that signal, or else we are setting ourselves up for trouble.

Once we understand how to build these professional relationships, it is time to learn how to build relationships with the government. Some people find it odd that we need to develop a relationship with our government like we make one with our doctor. Those people are hoodwinked into believing that government is not about us. And they're wrong. The government is our mirror. It reflects us because we gave a politician our vote, transferring our power to polish that mirror so that we, as Americans, are seen.

Many political people believe they can take a free ride with cameras capturing their antics for our amusement if they make it to Congress. They prefer a leisurely trip through Congress. However, they are the minority, amplified by media to sell television shows and newspapers. The majority that we don't see on the news are working hard to earn the place our vote gave them, and they want to secure our freedom, protect liberty, and help us enjoy the justice defined in our Constitution. They stay late hammering out laws to achieve those goals. They don't think much about building a brand or growing a platform to gain more likes and shares. They are too busy getting the job done. They are the ones who create real change instead of entertainment.

The politician-entertainers teach us how to play games with other people. The politician-legislators learn from us and create the laws that define who we are as Americans. For the most part, we don't often access either kind because we access the agencies created to strengthen the Acts the politician-legislators wrote and passed. Agencies are staffed with people who believe in service. They are unsung heroes. Politicians come and go. Some do nothing, and some cause havoc, but all of them are not the natural source of power we can tap into. Government agencies, like the OCR, FDA, FTC, and NIST, depend on the power of legislative acts, and we rely on them. Acts are the result of thousands of hours of debates and negotiations. When they come into force, they find the people who work to help us. In the next chapter, we look closely at each that matters to us and our PHI.