

# Verso un nuovo equilibrio: riflessioni sul futuro della relazione medico-paziente

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*Towards a New Balance: Reflections on the Future of the Doctor-patient Relationship*

**Abstract:** Thinking about the healthcare of the future requires an in-depth reflection on the relational and communicative dynamics between doctor and patient, with particular attention to the intrinsic asymmetry characterizing this relationship. This study, based on 25 semi-structured interviews conducted with Italian doctors, aims to analyse the impact of the Covid-19 pandemic in redefining the doctor-patient relationship, highlighting the tension between a paternalistic approach and the active participation of the patient in the care process. The awareness of this asymmetry, further illuminated by phenomenological reflections on the doctor-patient relationship, offers a crucial perspective for rethinking the therapeutic relationship, promoting a communicative model conceived as a dynamic space for negotiation, capable of integrating the patient's autonomy, personal values, and social conditions. Furthermore, the article emphasizes the importance of a multidisciplinary educational approach for clinicians, essential for addressing the complexity of the human experience and meeting the challenges of future healthcare systems.

**Keywords:** Medical humanities, Doctor-patient relationship, Public health, Care, Phenomenology.

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