Wait-and-see policy

A wait-and-see policy, also known as watchful waiting or active surveillance, is a medical approach where the healthcare provider and patient decide to delay immediate treatment and closely monitor the condition over time. This approach is often employed when the risks and benefits of immediate intervention are uncertain, and there is a potential for the condition to resolve on its own or not progress.

The decision to pursue a wait-and-see policy is typically based on several factors, including:

Nature of the condition: Some medical conditions, such as certain types of cancers or benign tumors, may have a low risk of progression or may not require immediate treatment.

Potential risks and benefits: The healthcare provider will assess the potential risks associated with immediate treatment versus the potential benefits. This evaluation considers factors such as the invasiveness of treatment, potential side effects, and impact on quality of life.

Patient's preferences and overall health: The patient's input and preferences play a crucial role in the decision-making process. Factors such as age, overall health, personal values, and treatment goals are taken into account.

Monitoring and follow-up: If a wait-and-see approach is chosen, the healthcare provider will establish a monitoring schedule to closely observe the condition's progression or changes. This may involve regular physical examinations, imaging tests, blood work, or other diagnostic measures.

It is important to note that a wait-and-see policy is not suitable for all conditions or situations. In some cases, early intervention or treatment may be necessary to prevent complications or worsening of the condition. Therefore, it is crucial to have a thorough discussion with your healthcare provider to understand the potential benefits, risks, and implications of a wait-and-see policy in your specific case.