

REVISTA INTERDISCIPLINAR CIÊNCIAS MÉDICAS

— 2025

SPECIAL ISSUE

ISSN 2526-3951

2025 / volume 9 • número 1

SPECIAL ISSUE

Specialized outpatient care is defined as the healthcare provided following primary care, in its various forms, whether or not originating from the demand at this first level of care. This type of care involves a multidisciplinary team of health professionals and includes diagnostic and therapeutic technological resources delivered in an outpatient, non-hospital setting.

Although it serves as an important platform for the training of human resources in health, specialized care presents significant challenges for healthcare systems worldwide, regardless of their organizational structures. One of the major obstacles faced by both public and private management is the extended waiting time for appointments and diagnostic tests.

The irreversible shift toward good governance and regulation practices in local health systems positions primary care as the entry point to the healthcare network. Only after accessing primary care are patients referred to specialized services. However, the counter-referral process does not always occur in an appropriate or systematic manner.

It is important to highlight the recurring cycle of misuse of complementary diagnostic tests—often unnecessary and repeated within a short timeframe—which contributes to a mismatch between supply and demand. Moreover, the array of procedures and the implementation of complex and sophisticated technologies require political and financial decision-making, demanding considerable effort to ensure the effective management of specialized care.

Therefore, this call aims to present the profile of patients/appointments and the main challenges in the management of outpatient specialized care in Belo Horizonte and its metropolitan area.