



## ■ Letter to the Editor

# The impact of patient consumerism in clinical laboratories

## *Klinik Laboratuvarında Hasta Tüketiminin Etkisi*

 R. Şeyma Nur Taşdemir ,  Ayşegül Akbay\*

Tıbbi Biyokimya Anabilim Dalı, Yüksek İhtisas Üniversitesi Tıp Fakültesi Ankara

Dear Editor,

We are writing to highlight an important trend in modern healthcare —patient consumerism— and its implications for clinical laboratories. The increasing awareness among patients about their health and the widespread availability of medical information have led to a shift in their expectations from healthcare providers, including laboratory services. Patients today are more proactive, seeking direct access to laboratory tests, questioning test necessity, and comparing services based on cost, turnaround time, and perceived quality. While this shift can enhance patient engagement and health literacy, it also presents challenges. Self-requested testing, often without proper clinical guidance, may lead to unnecessary investigations, misinterpretation of results, and increased healthcare costs [1].

Additionally, the pressure to provide rapid results can sometimes compromise quality and accuracy, affecting clinical decision-making. Clinical laboratories must adapt by balancing patient expectations with ethical and scientific responsibilities. This includes enhancing communication between laboratory professionals and patients, implementing clearer guidelines for direct-access testing, and promoting awareness about the limitations of certain tests [2].

Furthermore, regulatory policies should evolve to ensure that consumer-driven testing aligns with medical necessity and clinical relevance [3]. We believe that patient consumerism in laboratory medicine is an area that warrants further discussion and research.

### Conflict of interest

No conflict of interest was declared by the authors.

### Financial Support

This research did not receive any specific financial support from public, commercial, or non-profit funding agencies.

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Corresponding Author\*: Ayşegül Akbay, İşçi Blokları 1505. Cd. No: 18/A 06530 Ankara/Türkiye

E-mail: [aysegulakbay@yiu.edu.tr](mailto:aysegulakbay@yiu.edu.tr)

Orcid: 0009-0003-6793-4887

Doi: 10.18663/tjcl.1654967

Received: 10.03.2025 accepted: 16.04.2025