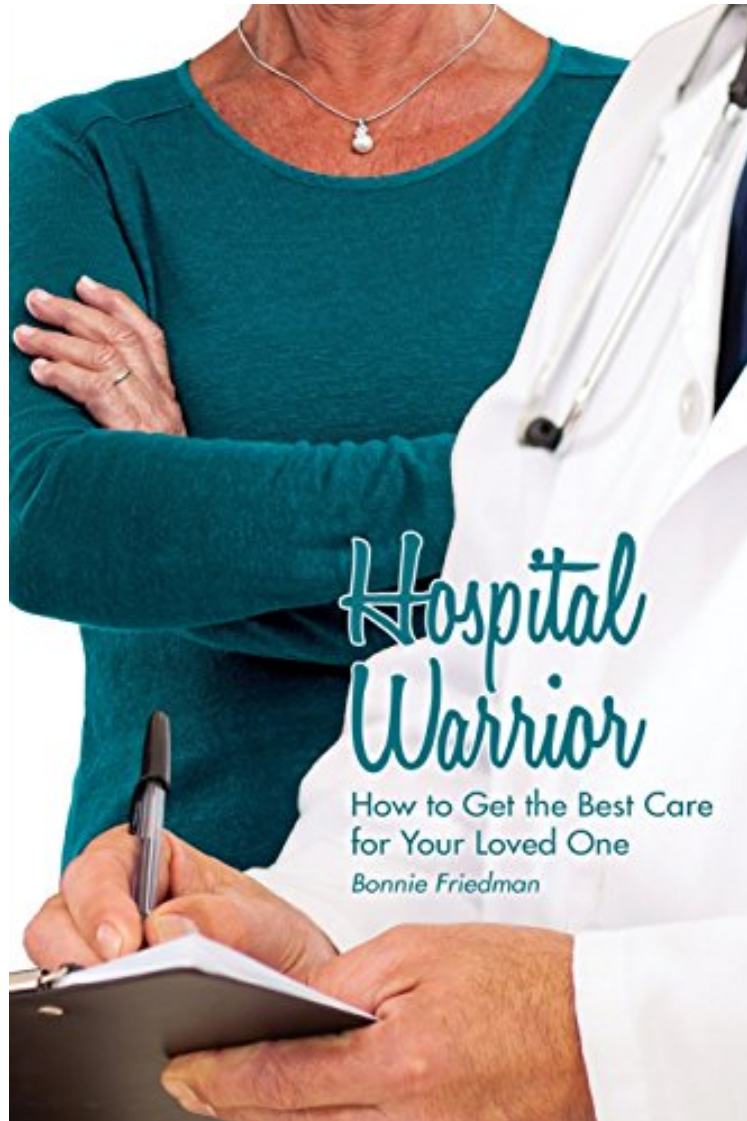


(Download pdf) Hospital Warrior: How to Get the Best Care for Your Loved One

Hospital Warrior: How to Get the Best Care for Your Loved One

Bonnie Friedman

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Bonnie Friedman : Hospital Warrior: How to Get the Best Care for Your Loved One before purchasing it in order to gage whether or not it would be worth my time, and all praised Hospital Warrior: How to Get the Best Care for Your Loved One:

4 of 4 people found the following review helpful. Hospital Warrior Is A Most Valuable GuideBy Donald ElisburgFull disclosure requires that I the reader know that I have known Bonnie and Bob Friedman for almost 40 years as a friend and colleague. I have been privy to a number of the episodes in the book. We have encouraged Bonnie with this book and much of what we have learned on how to handle medical issues and hospitals we have learned from Bonnie.That

said, I consider this book to be the equivalent of Dr Spock for hospital issues. Very few of my peers [I am 77] have much of a clue about the subject matter of the Hospital Warrior. Many of the physicians that we know well have the same puzzlement. Our children and their peer, including those in the medical profession have not much more knowledge although in fairness most of them are fortunate not to have to deal with the level of hospital problems this book addresses. Virtually every problem that my wife and I have encountered with a number of very serious illnesses is discussed in this book. Each of these problems is presented in very clear language and the road maps for dealing with them are laid out with clarity. All of us need checklists these days with almost any kind of consumer, financial and medical problem. Almost no one is available to help so we are left on our own. I would certainly underline and annotate this book and keep it very handy as a reference guide. The most significant discussion is about keeping order among the various doctors. I can attest to having learned about intensivists, hospitalists and case management from Bonnie's experiences and that knowledge has been most valuable to us with our own medical problems. Those of us getting on in years have been advised over and over that getting old is not for sissies. I can attest that dealing with serious and sometimes not serious issues with Hospital and Medical issues is also cause for rapid aging. As the book suggests, the patient is usually very sick and very medicated. The caregiver is the point person and needs to marshal all the reserve and spunk he or she has to get the patient the care needed. The new term for character seems to be resiliency. This book really provides the armor for the Warrior.

3 of 3 people found the following review helpful.
Bonnie's Boot Camp for Hospital Warriors
By Joyce Kelly
Bonnie Friedman, a friend and neighbor, has written a brilliant book for achieving the best care for a hospitalized loved one. With hospitalization rates increasing dramatically with age, anyone with an older spouse or parent will find this book exceedingly helpful. But Hospital Warrior is ESSENTIAL for those with a seriously ill loved one with one or more extended hospital stays. The role of hospital advocate is unfamiliar to most people. How, when and to whom do we explain the needs and preferences of our loved one? How can we communicate effectively with physicians, nurses and others in the hospital? How can we help keep our loved one on track to recover? How might we intervene if things don't seem to be going well? Bonnie addresses all of these issues and more by identifying the most effective types of behavior in dozens of situations. Through practical examples, check lists, tips, and interviews with clinicians, Hospital Warrior demystifies the hospital with a comprehensive guide to what to observe, when and how to ask questions, and when and how to intervene. Bonnie attributes her own success to many factors including becoming an integral member of the hospital team, improving communication among all team members when needed, and maintaining detailed records. Bonnie also was knowledgeable about her husband's condition and care, respectful of the roles of others involved in his care, and tactful in her communications. She spoke up when needed, from informing clinicians about aspects of her husband's condition not in medical records and test results to reminding clinicians to wash their hands before examining her husband to reduce hospital-acquired infections. Hospital Warrior's discussion of these activities is specific, detailed, positive and supportive. When a loved one is hospitalized, Bonnie tells us, "do not freak out! It's time for crisis management not panic." Navigate with Bonnie's road map for advocates - read Hospital Warrior.

0 of 0 people found the following review helpful. . Well organized and helpful
By Kady
This book teaches how a person can become an effective advocate for their hospitalized loved one. The author has been an advocate for her husband who went through 14 hospitalizations. She writes from experience. The information she collected is only available from someone who went through the experience first hand. Her book includes what to expect, tip and advice, as well as links to additional resources. The book has a lot of details about the hospital procedures, hospital's chain of command, hospital rules, hospital care, people who can help in various situations. This book does not cover special cases like the needs of people with mental illness, Alzheimer's care, or issues specific to children. It also does not deal with insurance or billing. I found her "check lists" very helpful, they serve as a summary of everything the author discussed in every chapter. Very helpful and very well organized book!

When someone you love is hospitalized, it can be scary-even terrifying-for the patient and for family and friends. A hospital may seem like a foreign land. Sounds, smells, and the culture are unfamiliar; even the medical terminology sounds like a different language. Understanding the hospital environment and knowing how to navigate its complicated pathways can make you a strong champion for your loved one. You are as critical to your loved one's recovery as the doctors and nurses. Your role is different, but vital. In some cases, you can make the difference between life and death. Hospital Warrior de-mystifies the process and provides the tools, understanding and insight you need to get the best care for your loved one. Based on Bonnie Friedman's own experiences fighting for her husband's healthcare needs for more than 24 years and through 14 separate hospitalizations, Hospital Warrior lays out in direct, simple terms hard-learned and time-tested tactics to help ensure a loved one's medical needs are met. Hospital Warrior also includes checklists and interviews with doctors and other healthcare professionals who provide essential tips and advice for the reader. If you have a loved one in the hospital, don't leave home without this book. Praise for Hospital Warrior "Hospital Warrior isn't just about advocating; it's about saving lives. Bonnie Friedman delves deep into the hospital setting, and provides valuable insights, wisdom and tips to help readers get the best possible medical care for the ones they love. She knows what she's talking about and it shows. Read her book before

someone you know has to go to the hospital." -- Heidi Godman, health journalist, host of Health Check with Heidi Godman on WSRQ-FM, Sarasota, FL. "Hospital Warrior is more than a how-to book on how to advocate for a loved one. It is like having a smart, savvy friend with you every step of the way, helping you get the best hospital care for someone you love. Bonnie Friedman has learned the ropes, and she'll help you learn them too." - Mindy Utay, LCSW, JD, couples and family therapist, psychoanalyst, writer, lecturer, official blogger for the Huffington Post "Ms. Friedman has assembled a well-researched guide to help family and friends navigate the complex environment of modern hospitals. Packed with helpful information, Hospital Warrior was invaluable to me during my husband's three-week stay in intensive care following heart surgery that led to a stroke. The book helped me decipher medical terms, understand treatments and identify appropriate questions to ask amidst the emotional turmoil I faced when my husband was seriously ill. The extensive reference section was also helpful as my husband passed through acute rehab to sub-acute care during recovery." - Susan Fleming, Annandale, VA

The Washington Post, June 17, 2016; ed by Nancy Szokan: You meet a lot of people called "nurse" in a hospital, Bonnie Friedman points out: registered nurse, advanced practice registered nurse, nurse practitioner, clinical nurse specialist, certified registered nurse anesthetist, and so on. If someone you love is a patient, it's useful to know which kind of nurse does what. It also helps to understand the chain of command: director of nursing, nurse manager or supervisor, charge nurse, staff nurse, licensed nurse. And of course there are the doctors: fellow, resident, intern, hospitalist, interventionist. . . Such lists, along with brief explanations, are part of the information Friedman provides in her new book, "Hospital Warrior: How to Get the Best Care for Your Loved One." Friedman, who lives in Silver Spring, draws on a quarter-century of experience shepherding her husband through 14 hospitalizations, beginning with his first heart attack in 1990 and ending with the latest of several surgeries a couple of years ago. (He emerged well enough that they took a carefully managed but hugely enjoyable trip to Alaska.) Chapters cover such topics as patients' legal rights and how to pick a hospital, and the book is peppered with interviews with health-care experts, checklists of things to do or know, and printed or online sources for further information. Throughout, Friedman makes it clear that while she thinks of herself as fighting on her husband's behalf, she does not see the medical establishment as an adversary. Rather, she encourages patient advocates to stay as good-humored as possible, even when it seems that the big, impersonal health-care apparatus is ignoring the patient's needs: "You never want to be rude or lose your temper," she warns. "For example, you might say to a busy doctor or nurse: 'I can see you don't have time to talk now. But I have a few important questions. When is a good time to discuss them?'" Then make sure to get that discussion. From the Back Cover "Dependable communications between a hospitalized patient and key members of the hospital team are vital to successful recovery. Hospital Warrior offers a vivid guide for patient advocacy by families and close friends who can support the healing process through a persistent focus on urgent problems and consistency of care." -- Philip Grimley, MD, Hospital physician previously affiliated with the National Cancer Institute, the New York State Department of Health and the University of Maryland School of Medicine as Clinical Professor About the Author Bob and Bonnie Friedman are enjoying his good health and hoping the worst is behind them. This is their story of love, family and thriving.