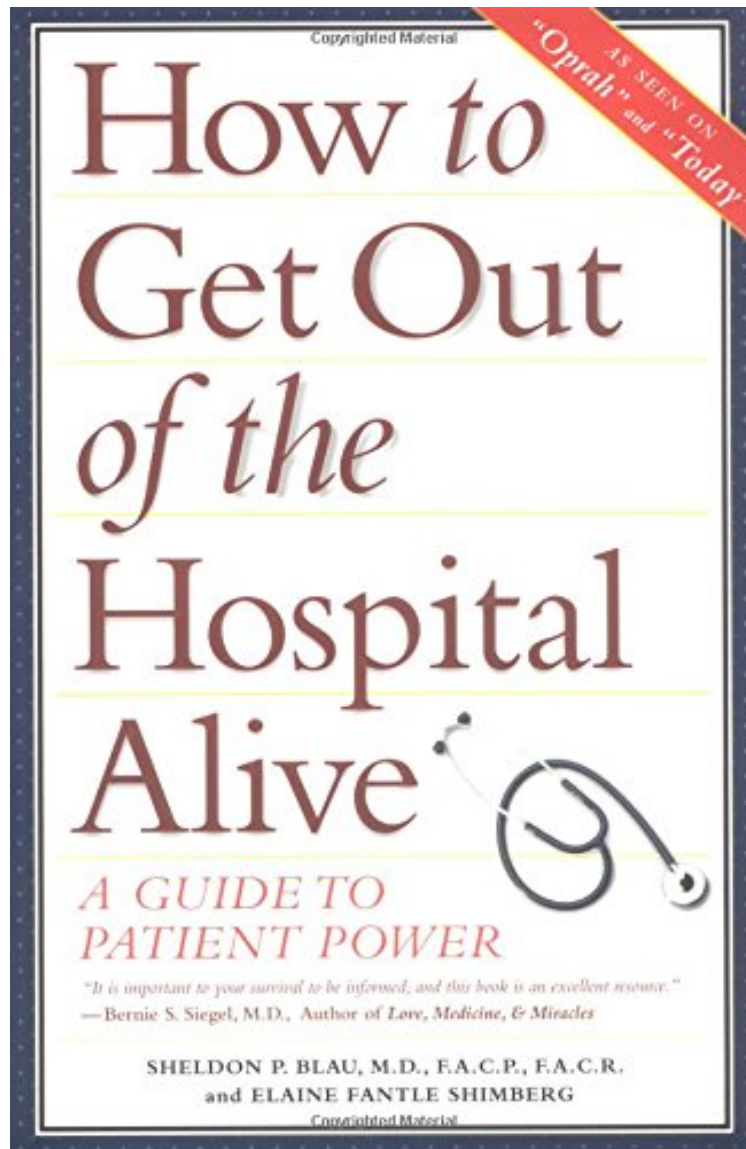


How to Get Out of the Hospital Alive: A Guide to Patient Power

Sheldon Paul Blau

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reading.but, once again, delivery??great!!2 of 3 people found the following review helpful. Dr. Blau Tells You the Truth!!By My3PupsMy mom is a patient of Dr. Blau. He treats her for her rheumatoid arthritis, and is a wonderful diagnostician and doctor. A year ago, he mentioned his book to her, but she was not interested in reading it, because she had never been in the hospital. Five months later, she was hospitalized with a heart attack. While recuperating, she asked me to purchase this book so she could read it. She did read it, and three months later, she was diagnosed with lung cancer. She is in the same hospital as Dr. Blau was, and as she now recuperates, she leaves his book on her bedside table. My mom has become a lot more savvy thanks to her rheumatologist. As her daughter, I have embraced my role as health care advocate with increased vigilance. So thank you, Dr. Blau, for a fine book that may help to save lives, or at the very least,to prevent needless pain and suffering!0 of 0 people found the following review helpful. Very good seller. Bought two volumes and happy with purchase ...By cbVery good seller. Bought two volumes and happy with purchase however one copy showed more age

Dr. Sheldon Blau almost died after undergoing open-heart surgery;not from the surgery or heart disease, but from infectious bacteria introduced during surgery. His in-hospital experiences made him a better doctor, and inspired him to write *How to Get Out of the Hospital Alive*. The book describes the role of each member of the medical team, shows patients how to become active, effective members of that team, and offers concrete advice about ways to avoid the most common hospital-related errors. *Ten Things You Can Do to Get Out of the Hospital Alive*Make sure all your known allergies are clearly marked on your chart, wrist band, or on a piece of paper taped above your bed.Mark the area of your body to be operated on with a felt-tip pen.Never eat or drink anything before surgery, even if the nurse brings you a food tray.Tell your anesthesiologist if you're on any type of medication.Have a reliable advocate with you as often as possible throughout your hospital stay.Write your name prominently on a piece of paper and tape it to the wall above your bed.Always ask the nurse to check the name and dosage of any medication he or she is about to give you.Don't let anyone bully you.Don't hesitate to get a second;or third;opinion.Trust your instincts.Visit us online at <http://www.mgr.com>

.com The title is scary enough--wait until you get to the part where Blau, a clinical professor of medicine at SUNY Stony Brook, and health writer Shimberg reveal that 180,000 Americans die of preventable medical mistakes each year. What's more, 5 to 10 percent of hospitalized patients will acquire an infection they didn't have before, while 6.5 percent will have a bad reaction to drugs. But there's a lot you can do to make your stay safer, the authors say, from getting to know the layout of the hospital and its staff to making sure anyone who examines you washes his or her hands first. Hospitals can seem like strange, harrowing places, especially when you're sick enough to need to be in one. This vital book not only arms patients with the insider tips they need to improve the quality of their care, it also will help people understand what actually goes on in hospitals--something that patients will find comforting and E.R. fans will find fascinating.From the Back CoverDr. Sheldon Blau almost died after undergoing open-heart surgery--not from the surgery or heart disease, but from infectious bacteria introduced during surgery. His in-hospital experiences made him a better doctor, and inspired him to write *How to Get Out of the Hospital Alive*. The book describes the role of each member of the medical team, shows patients how to become active, effective members of that team, and offers concrete advice about ways to avoid the most common hospital-related errors. *Ten Things You Can Do to Get Out of the Hospital Alive*Make sure all your known allergies are clearly marked on your chart, wrist band, or on a piece of paper taped above your bed.Mark the area of your body to be operated on with a felt-tip pen.Never eat or drink anything before surgery, even if the nurse brings you a food tray.Tell your anesthesiologist if you're on any type of medication.Have a reliable advocate with you as often as possible throughout your hospital stay.Write your name prominently on a piece of paper and tape it to the wall above your bed.Always ask the nurse to check the name and dosage of any medication he or she is about to give you.Don't let anyone bully you.Don't hesitate to get a second--or third--opinion.Trust your instincts.Visit us online at <http://www.mgr.com>About the AuthorSHELDON P. BLAU, M.D., is an attending physician at numerous hospitals in Long Island, a Clinical Professor of Medicine at SUNY Stony Brook, and a Consultant in Rheumatology at New York area hospitals. ELAINE FANTLE SHIMBERG, the author of many health books, is the first lay member of the Florida Medical Association's Council on Ethical and Judicial Affairs.