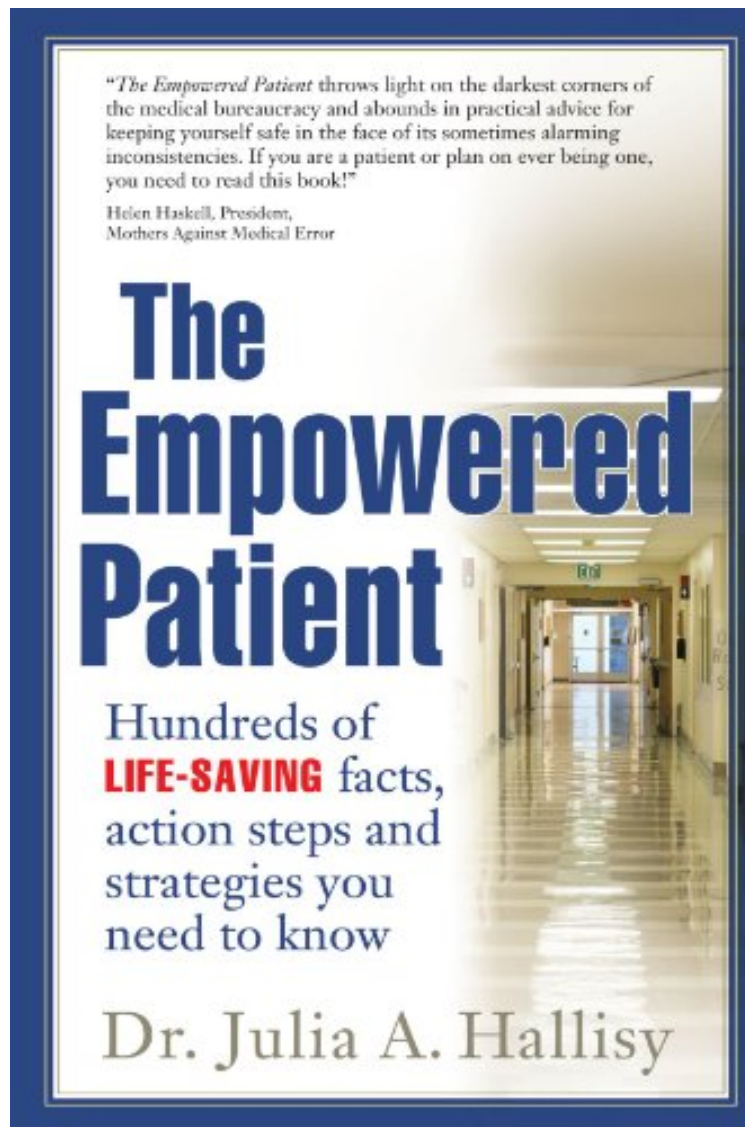


[E-BOOK] The Empowered Patient: Hundreds of Life-Saving Facts, Action Steps and Strategies You Need to Know

The Empowered Patient: Hundreds of Life-Saving Facts, Action Steps and Strategies You Need to Know

Dr. Julia A. Hallisy

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Dr. Julia A. Hallisy : The Empowered Patient: Hundreds of Life-Saving Facts, Action Steps and Strategies You Need to Know before purchasing it in order to gage whether or not it would be worth my time, and all praised The Empowered Patient: Hundreds of Life-Saving Facts, Action Steps and Strategies You Need to Know:

8 of 9 people found the following review helpful. A Profoundly Enlightening and Useful ContributionBy Bart

WindrumAs the author of a book on managing a loved one's end-of-life hospitalization, I've made it my business to research this topic extensively. Julia Hallisy's *The Empowered Patient* is among the best of the best books on the topic of how to engage medical providers and institutions when enmeshed in a hospitalization. To extend a saying, it takes a village of such writers to raise citizen awareness, and Hallisy is a village elder and trail-blazer. From cover to cover, this book discusses vital aspects of citizen hospitalization management that will absolutely make the difference between an informed, controllable experience and an uninformed, risk-prone experience (that is, risk-prone beyond the nominal risks associated with any serious medical matter). Chapters that rose to the top for me include those on the medical team, the patient's medical record, and informed consent. Each contain eye-opening, mind-blowing revelations about patient rights and the pitfalls of patient-families abandoning oversight. I simply cannot recommend Julia's book highly enough. It's one of several books you need to keep with you and refer to during any hospitalization.

1 of 1 people found the following review helpful. *The Real Health Care Initiative*By prisrobAs a health care professional, it is part of my role to educate my patients and others on how to receive the best health care. Much of it takes preparation, and the know how to look at what you want and need. Sometimes, there is no time to prepare, health care is emergent and you learn as you go. Dr Julia Hallisy has written one of the most provocative and knowledgeable books on how to become empowered and receive the best health care. The first bit of advice that I can give is " Become Your Own Advocate". This publication is in e book format and can be downloaded, free of charge. It is important to read every chapter. It is very well written, and it is an easy read. There is so much good information that I suggest that you read the chapters frequently. Be prepared, and know what questions and when to get the most and best experience. There are eleven chapters. Easy to find and to print.: The first chapter is about Advocates, how to be your own and the necessity of choosing an advocate to assist you if there is a long term issue for you or a member of the family. What you need to know, the documents involved, what they are, where to find them, how to complete them and who needs to know about them. The second chapter is about the Healthcare Team. A diagram shows the medical and nursing hierarchy. The positions are defined, to whom do you address questions, and how. A very important chapter to fully understand the questions you need to ask and to whom. The third chapter is Informed Consent, what it is, why it is important and what it means to you. Chapter Four explains Your Medical Record, what you need to know and how to read your record. The fifth chapter is about Diagnostic Tests. What to read on line, how to ask your physician to explain the testing and results. How to check on normal levels. Second opinions and other questions. Chapter six is on Surgery, Anesthesia, and Pain Control. Everything you need to know and how to obtain sufficient knowledge, risks/benefits, preparations, complications and preparation for home. Chapter seven explains Infection Control. This is one of the most important areas in health care. Every medical professional must wash their hands before entering. How you can help control the environment, the different bacteria, hospital and personal equipment to look at, and whom to contact. Chapter eight discusses Medical Errors, what you can do to help prevent an error and on-going surveillance. Injuries and medication errors and what to do if this occurs. Discharge and Home Care is covered in chapter nine. Everything you need to know and ask is covered in this chapter. Chapter ten talks about Communicating Concerns In The Hospital. Who to ask, what questions to discuss and how to express your concerns. The different departments, the forms involved and when to consult legal experience. Chapter eleven is Communication Outside The Hospital, State Medical Boards, Quality Assurance groups, State Medical Boards, and any group you need to know. At last you come to The Next Steps. Now that you are empowered, where to go and what to do. The author wrote this publication after her experience with her daughter in the health care arena. She has written one of the most comprehensive guides I have read. This is a must for every person! Highly Recommended.

prisrob 12-22-12 10 of 11 people found the following review helpful. *Get the health care you deserve*By Linda BulgerIt takes monumental effort to drive errors out of a system as complex as a U.S. hospital. With all the science and technology, with all the regulations, with all the commitment and good will in the world, mistakes happen. Dr. Julia Hallisy's book is the consumer guide you need to improve your outcome when you need care in a hospital. *The Empowered Patient: Hundreds of Life-Saving Facts, Action Steps and Strategies You Need to Know* is chock full of practical advice on how to be a patient or a patient advocate. Some of the crucial topics in this book: how to make sure that the doctor directing your care is experienced; where the risk of infection lurks and how to avoid it; the importance of a second opinion; how to lodge an effective complaint. We've all heard of surgery being performed on the wrong body part, but are you aware that there are about one hundred operating room fires reported every year? Have you thought of the sometimes-fatal difference between .01 milligram and 0.1 milligram of a powerful drug? Do you know whether your local hospital bar-codes drugs and patients for a bedside accuracy check? Do you check and double check that your drug allergies are prominently displayed in your record? I've worked in the health care field for thirty years, in hospitals committed to excellence. All of Dr. Hallisy's terrible possibilities are the focus of close scrutiny and constant system improvement but as a daughter, wife, parent I've seen how mistakes can happen. You may find some of her suggestions to be over-zealous but I can assure you that as a "patient advocate" I've read charts, inspected pills, disinfected surfaces, suggested hand-washing, left notes, asked for supervisors, leap-frogged the hierarchy, gowned up to observe invasive procedures, checked machine settings -- and never been criticized for it. I've made myself part of the team. Members of my family say I'm lucky to know what to look for, but if they read this book they'd know too. Dr.

Hallisy's daughter was diagnosed with bilateral eye cancer and the family spent ten years learning the painful lessons shared so effectively in this book. *The Empowered Patient* is by no means a bitter criticism of hospitals -- it's a practical guide. The days are gone when you can give yourself over gratefully to a benevolent, unified health care system. Unless you are incredibly lucky, you WILL use the information so eloquently presented in this book. Linda Bulger, 2008

In today's healthcare system, patients and their loved ones must share the responsibility for ensuring that they receive safe medical care. Every healthcare system demands critical review and vigilance at every step, especially as a patient. *The Empowered*

Teaching patients how to empower themselves is a tough sell until they have been challenged by the existing system. But once burned, twice or forever shy--and this book can help patients get beyond that shyness. Hallisy spent 11 years fighting the American healthcare system on behalf of her daughter who was born with bilateral retinoblastoma, a form of cancer. Few patients learn how to navigate the system as extensively and successfully as a parent with a very sick or debilitated child. Hallisy has turned her daughter's experience into a book that helps all patients. What I most appreciate about her approach is that she makes us realize that the problems we run into are mostly based on time and/or communication. When communication breaks down, we patients must spend the time making up the difference. This book helps fill those gaps. Further, there is no vague list of ideas here for patients. Each part of each chapter boils down to specific, actionable steps to make navigation through diagnosis and treatment much more successful for all parties. --Trisha Torrey, About.com: Patient Empowerment Forum, Feb 2008 *The Empowered Patient* is at once one of the most pragmatic and one of the most moving healthcare books that I have ever read. Remarkably, *The Empowered Patient* is not an angry book. It is not maudlin. To her great credit, Hallisy manages to keep her tone matter-of-fact as she tells her reader what every patient and every patient's advocate needs to know about how to stay safe in a hospital. Hallisy's 300-page book is eminently readable, and filled with enormously useful detail. This book is not an expose. But ultimately, *The Empowered Patient* frankly acknowledges that U.S. hospitals have become hectic, potentially dangerous places. And you do have a right to feel safe. As Hallisy puts it: "Your need to feel safe is not self-indulgent. You have a right to expect a reasonable degree of safety. In fact, where else should you expect to feel safer than in a hospital?" -- Maggie Mahar, HealthBeat Blog, March 2008 **About the Author** Dr. Hallisy obtained her BS in Biological Science from the University of San Francisco in 1984 and a second Bachelor's degree in 1988 from the University of California at San Francisco in Dental Sciences. In 1988, Dr. Hallisy also received her Doctorate i