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Extinguish Burnout - Robert Bogue
2019

An authoritative and relevant guide that provides practical advice for how to avoid and recover from burnout and embark on the pathway to thriving. Trapped. Stuck. Helpless. These are the words that people experiencing burnout use to describe their lives, but they don't have to. The words used after extinguishing burnout are hopeful, thriving, flourishing, and powerful. Nearly everyone has experienced burnout. Some have escaped burnout's grips, but at what cost, and after how long? When we find ourselves succumbing to the pressures of today that move us towards burnout, we need a clear path to get out and avoid it in the future. That's what Rob and Terri Bogue have put together - a clear path out of burnout. In the book, you'll learn: - What causes burnout and how to escape - How to more realistically value the results you're getting - When to ask for and

receive more support - What four simple physical self-care activities reduce burnout - How to change your self-talk for the better - What to do to manage your demands so you're not so exhausted - How to better recognize your personal value - How to integrate your self-image and reduce your stress - How to identify and eliminate barriers to your efficacy - How to build resilience against setbacks - Why hope is essential - Why failure isn't final - How to be detached without being disengaged Rob and Terri convert abstract concepts into tangible activities that you can do to escape burnout. They convert nearly incomprehensible research into practical steps anyone can take. Intentionally short chapters can be read in only a few minutes, so you don't have to commit to a long book or chapter to start feeling better. "If you need to read one book about well-being, this is absolutely it." - Sharlyn Lauby, Author of HR Bartender

Better - Atul Gawande 2008-01-22
NATIONAL BESTSELLER The New York Times bestselling author of *Being Mortal* and *Complications* examines, in riveting accounts of medical failure and triumph, how success is achieved in a complex and risk-filled profession. The struggle to perform well is universal: each one of us faces fatigue, limited resources, and imperfect abilities in whatever we do. But nowhere is this drive to do better more important than in medicine, where lives are on the line with every decision. In this book, Atul Gawande explores how doctors strive to close the gap between best intentions and best performance in the face of obstacles that sometimes seem insurmountable. Gawande's gripping stories of diligence, ingenuity, and what it means to do right by people take us to battlefield surgical tents in Iraq, to labor and delivery rooms in Boston, to a polio outbreak in India, and to malpractice courtrooms around the country. He discusses the ethical dilemmas of doctors' participation in lethal injections, examines the influence of money on modern medicine, and recounts the astoundingly contentious history of hand washing. And as in all his writing, Gawande gives us an inside look at his own life as a practicing surgeon, offering a searingly honest firsthand account of work in a field where mistakes are both unavoidable and unthinkable. At once unflinching and compassionate, *Better* is an exhilarating journey narrated by "arguably the best nonfiction doctor-writer around" (Salon). Gawande's investigation into medical professionals and how they progress from merely good to great provides rare insight into the elements of success, illuminating every area of human endeavor.

The Best American Science Writing

2006 - Atul Gawande 2006-09-05
Together these twenty-one articles on a wide range of today's most leading topics in science, from Dennis Overbye, Jonathan Weiner, and Richard Preston, among others, represent the full spectrum of scientific inquiry, proving once again that "good science writing is evidently plentiful" (American Scientist).

Making Things Happen - Scott Berkun 2008-03-25

Offers a collection of essays on philosophies and strategies for defining, leading, and managing projects. This book explains to technical and non-technical readers alike what it takes to get through a large software or web development project. It does not cite specific methods, but focuses on philosophy and strategy.

Skill - Christopher S. Ahmad 2015-06
"This book provides guidelines--via 40 practical tips and processes--to fulfill anyone's natural ability. It's about becoming the master of your own fate, your own skills and your own success. Greatness is not a natural gift... It is something achieved through hard work and diligent practice--not from dreaming, but from working. Commit to becoming the best: work hard, have a positive mindset, and practice, practice, practice."--Back cover.

The Exact Location of the Soul - Richard Selzer 2002-03-06
Richard Selzer selects from his own classic essays, culled from three decades of writing. Published along with his favorites are five new essays, including "Phantom Vision" and "Braindeath," and an introduction detailing the making of this virtuoso doctor/writer. Compassionate, moving and perversely funny, Richard Selzer's essays intimately connect us with profound questions of life and death.

Improving Diagnosis in Health Care -

National Academies of Sciences, Engineering, and Medicine 2015-12-29
Getting the right diagnosis is a key aspect of health care - it provides an explanation of a patient's health problem and informs subsequent health care decisions. The diagnostic process is a complex, collaborative activity that involves clinical reasoning and information gathering to determine a patient's health problem. According to *Improving Diagnosis in Health Care*, diagnostic errors-inaccurate or delayed diagnoses-persist throughout all settings of care and continue to harm an unacceptable number of patients. It is likely that most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences. Diagnostic errors may cause harm to patients by preventing or delaying appropriate treatment, providing unnecessary or harmful treatment, or resulting in psychological or financial repercussions. The committee concluded that improving the diagnostic process is not only possible, but also represents a moral, professional, and public health imperative. *Improving Diagnosis in Health Care*, a continuation of the landmark Institute of Medicine reports *To Err Is Human* (2000) and *Crossing the Quality Chasm* (2001), finds that diagnosis-and, in particular, the occurrence of diagnostic errors"has been largely unappreciated in efforts to improve the quality and safety of health care. Without a dedicated focus on improving diagnosis, diagnostic errors will likely worsen as the delivery of health care and the diagnostic process continue to increase in complexity. Just as the diagnostic process is a collaborative activity, improving diagnosis will require collaboration and a widespread commitment to change among

health care professionals, health care organizations, patients and their families, researchers, and policy makers. The recommendations of *Improving Diagnosis in Health Care* contribute to the growing momentum for change in this crucial area of health care quality and safety.

Quick Reads This Is Going To Hurt - Adam Kay 2020-02-20

This is not a new book but a specially adapted version of Adam Kay's bestseller *This is Going to Hurt* for Quick Reads. These short books are perfect for adults who are discovering reading for pleasure for the first time. Welcome to the life of a junior doctor. You work 97 hours a week. You make life and death decisions. You are often covered in blood (or worse) from head to toe. And the hospital parking meter earns more money than you do. Adam Kay's diary was written in secret after long days, sleepless nights and missed weekends. It is funny, moving and sometimes shocking. This is everything you wanted to know – and more than a few things you didn't – about life on and off the hospital ward. Specially rewritten for ease of reading by Francesca Main.

When the Air Hits Your Brain: Tales from Neurosurgery - Frank Vertosick 2008-03-17

The story of one man's evolution from naive and ambitious young intern to world-class neurosurgeon. With poignant insight and humor, Frank Vertosick Jr., MD, describes some of the greatest challenges of his career, including a six-week-old infant with a tumor in her brain, a young man struck down in his prime by paraplegia, and a minister with a .22-caliber bullet lodged in his skull. Told through intimate portraits of Vertosick's patients and unsparing yet fascinatingly detailed descriptions of surgical procedures, *When the Air Hits Your Brain*—the

culmination of decades spent struggling to learn an unforgiving craft—illuminates both the mysteries of the mind and the realities of the operating room.

Every Patient Tells a Story - Lisa Sanders 2010-09-21

A riveting exploration of the most difficult and important part of what doctors do, by Yale School of Medicine physician Dr. Lisa Sanders, author of the monthly New York Times Magazine column "Diagnosis," the inspiration for the hit Fox TV series *House, M.D.* "The experience of being ill can be like waking up in a foreign country. Life, as you formerly knew it, is on hold while you travel through this other world as unknown as it is unexpected. When I see patients in the hospital or in my office who are suddenly, surprisingly ill, what they really want to know is, 'What is wrong with me?' They want a road map that will help them manage their new surroundings. The ability to give this unnerving and unfamiliar place a name, to know it—on some level—restores a measure of control, independent of whether or not that diagnosis comes attached to a cure. Because, even today, a diagnosis is frequently all a good doctor has to offer." A healthy young man suddenly loses his memory—making him unable to remember the events of each passing hour. Two patients diagnosed with Lyme disease improve after antibiotic treatment—only to have their symptoms mysteriously return. A young woman lies dying in the ICU—bleeding, jaundiced, incoherent—and none of her doctors know what is killing her. In *Every Patient Tells a Story*, Dr. Lisa Sanders takes us bedside to witness the process of solving these and other diagnostic dilemmas, providing a firsthand account of the expertise and intuition that lead a doctor to make the right diagnosis. Never in

human history have doctors had the knowledge, the tools, and the skills that they have today to diagnose illness and disease. And yet mistakes are made, diagnoses missed, symptoms or tests misunderstood. In this high-tech world of modern medicine, Sanders shows us that knowledge, while essential, is not sufficient to unravel the complexities of illness. She presents an unflinching look inside the detective story that marks nearly every illness—the diagnosis—revealing the combination of uncertainty and intrigue that doctors face when confronting patients who are sick or dying. Through dramatic stories of patients with baffling symptoms, Sanders portrays the absolute necessity and surprising difficulties of getting the patient's story, the challenges of the physical exam, the pitfalls of doctor-to-doctor communication, the vagaries of tests, and the near calamity of diagnostic errors. In *Every Patient Tells a Story*, Dr. Sanders chronicles the real-life drama of doctors solving these difficult medical mysteries that not only illustrate the art and science of diagnosis, but often save the patients' lives.

Complications - Atul Gawande 2003-04-01

A brilliant and courageous doctor reveals, in gripping accounts of true cases, the power and limits of modern medicine. Sometimes in medicine the only way to know what is truly going on in a patient is to operate, to look inside with one's own eyes. This book is exploratory surgery on medicine itself, laying bare a science not in its idealized form but as it actually is -- complicated, perplexing, and profoundly human. Atul Gawande offers an unflinching view from the scalpel's edge, where science is ambiguous, information is limited, the stakes are high, yet

decisions must be made. In dramatic and revealing stories of patients and doctors, he explores how deadly mistakes occur and why good surgeons go bad. He also shows us what happens when medicine comes up against the inexplicable: an architect with incapacitating back pain for which there is no physical cause; a young woman with nausea that won't go away; a television newscaster whose blushing is so severe that she cannot do her job. Gawande offers a richly detailed portrait of the people and the science, even as he tackles the paradoxes and imperfections inherent in caring for human lives. At once tough-minded and humane, *Complications* is a new kind of medical writing, nuanced and lucid, unafraid to confront the conflicts and uncertainties that lie at the heart of modern medicine, yet always alive to the possibilities of wisdom in this extraordinary endeavor. *Complications* is a 2002 National Book Award Finalist for Nonfiction.

Mama Maggie - Marty Makary 2015-03-10
From marketing maven to angel of the garbage district—the inspiring authorized biography of Maggie Gobran, the “Mother Teresa of Egypt.” Since 1997, Maggie Gobran and her organization Stephen’s Children have been changing lives in Cairo’s notorious zabala, or garbage slums. Her innovative, transformational work has garnered worldwide fame and multiple Nobel Prize nominations, but her full story has remained untold—until now. Bestselling authors Martin Makary and Ellen Vaughn chronicle Mama Maggie’s surprising pilgrimage from privileged child to stylish businesswoman to college professor pondering God’s call to change. She answered that call by becoming the modest figure in white who daily navigates piles of stinking trash, bringing hope to the poorest of the poor. Smart and savvy, as

tough as she is tender, Maggie Gobran is utterly surrendered to her mission to the “garbage people” who captured her heart. At her request, the book also spotlights the people she serves—the men, women, and children who prove every day what a little bit of help and a lot of love can do.
A Heart for the Work - Claire L. Wendland 2010-10

Burnout is common among doctors in the West, so one might assume that a medical career in Malawi, one of the poorest countries in the world, would place far greater strain on the idealism that drives many doctors. But, as *A Heart for the Work* makes clear, Malawian medical students learn to confront poverty creatively, experiencing fatigue and frustration but also joy and commitment on their way to becoming physicians. The first ethnography of medical training in the global South, Claire L. Wendland’s book is a moving and perceptive look at medicine in a world where the transnational movement of people and ideas creates both devastation and possibility. Wendland, a physician anthropologist, conducted extensive interviews and worked in wards, clinics, and operating theaters alongside the student doctors whose stories she relates. From the relative calm of Malawi’s College of Medicine to the turbulence of training at hospitals with gravely ill patients and dramatically inadequate supplies, staff, and technology, Wendland’s work reveals the way these young doctors engage the contradictions of their circumstances, shedding new light on debates about the effects of medical training, the impact of traditional healing, and the purposes of medicine.

A Map of the Child - Darshak Sanghavi 2000-09-05
A pediatric cardiologist presents a tour of a child's vital organs,

sharing anecdotes about children struggling with disease and other physical challenges as they progress from birth through adolescence.

The Doctor Stories - William Carlos Williams 1984

Not only for students and doctors, this volume contains Williams's thirteen doctor stories, several of his most famous poems on medical matters, and *The Practice* from *The Autobiography*.

HBR Guide to Making Better Decisions

- Harvard Business Review 2020-02-11

Learn how to make better; faster decisions. You make decisions every day--from prioritizing your to-do list to choosing which long-term innovation projects to pursue. But most decisions don't have a clear-cut answer, and assessing the alternatives and the risks involved can be overwhelming. You need a smarter approach to making the best choice possible. The HBR Guide to Making Better Decisions provides practical tips and advice to help you generate more-creative ideas, evaluate your alternatives fairly, and make the final call with confidence. You'll learn how to: Overcome the cognitive biases that can skew your thinking Look at problems in new ways Manage the trade-offs between options Balance data with your own judgment React appropriately when you've made a bad choice Communicate your decision--and overcome any resistance Arm yourself with the advice you need to succeed on the job, from a source you trust. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

In Stitches - Anthony Youn 2012-02-14

The celebrity cosmetic surgery blogger describes his misfit youth as a nerdy Korean-American student with a misshapen jaw whose life-changing surgery led him to become a

successful plastic surgeon.

Under the Knife - Arnold van de Laar 2018-01-11

'This is history with a surgeon's touch: deft, incisive and sometimes excruciatingly bloody' *The Sunday Times* 'Utterly eccentric and riveting' *Mail on Sunday* 'Eye-opening and, frequently, eye-watering . . . a book that invites readers to peer up the bottoms of kings, into the souls of rock stars and down the ear canals of astronauts' *The Daily Telegraph* How did a decision made in the operating theatre spark hundreds of conspiracy theories about JFK? How did a backstage joke prove fatal to world-famous escape artist Harry Houdini? How did Queen Victoria change the course of surgical history? Through dark centuries of bloodletting and of amputations without anaesthetic to today's sterile, high-tech operating theatres, surgeon Arnold van de Laar uses his experience and expertise to tell an incisive history of the past, present and future of surgery. From the dark centuries of bloodletting and of amputations without anaesthetic to today's sterile, high-tech operating theatres, *Under the Knife* is both a rich cultural history, and a modern anatomy class for us all.

My Own Country - Abraham Verghese 2016-11-15

The memoir and first book from the author of the beloved *New York Times* bestseller *Cutting for Stone*. Nestled in the Smoky Mountains of eastern Tennessee, the town of Johnson City had always seemed exempt from the anxieties of modern American life. But when the local hospital treated its first AIDS patient, a crisis that had once seemed an "urban problem" had arrived in the town to stay. Working in Johnson City was Abraham Verghese, a young Indian doctor specializing in infectious diseases.

Dr. Verghese became by necessity the local AIDS expert, soon besieged by a shocking number of male and female patients whose stories came to occupy his mind, and even take over his life. Verghese brought a singular perspective to Johnson City: as a doctor unique in his abilities; as an outsider who could talk to people suspicious of local practitioners; above all, as a writer of grace and compassion who saw that what was happening in this conservative community was both a medical and a spiritual emergency. Out of his experience comes a startling but ultimately uplifting portrait of the American heartland as it confronts—and surmounts—its deepest prejudices and fears.

Uglies - Scott Westerfeld 2011-05-03
A fresh repackaging of the bestselling Uglies books...the series that started the whole dystopian trend!

Complications - Atul Gawande 2002
In Gripping Accounts Of True Cases, Atul Gawande Performs Exploratory Surgery On Medicine Itself, Laying Bare A Science Not In Its Idealized Form But As It Actually Is Complicated, Perplexing And Profoundly Human. He Offers An Unflinching View From The Scalpel S Edge, Where Science Is Ambiguous, Information Is Limited, The Stakes Are High, Yet Decisions Must Be Made. Dramatic, Revealing Stories Of Patients And Doctors Explore How Daily Mistakes Occur, Why Good Surgeons Go Bad, And What Happens When Medicine Comes Up Against The Inexplicable: An Architect With Incapacitating Back Pain For Which There Is No Physical Cause; A Young Woman With Nausea That Won T Go Away; A Television Newscaster Whose Blushing Is So Severe That She Cannot Do Her Job. At Once Tough-Minded And Humane, Complications Is A New Kind Of Medical Writing, Nuanced And

Lucid, Unafraid To Confront The Uncertainties That Lie At The Heart Of Modern Medicine, Yet Always Alive To The Possibilities Of Wisdom In This Extraordinary Endeavor. Highly Acclaimed Book That Is Destined To Be A Bestseller Literally Straight-From-The-Gut Writing

Terry Pratchett: A Life With Footnotes - Rob Wilkins 2022-09-29
WINNER OF THE 2023 LOCUS AWARD FOR NON-FICTION WINNER OF THE BRITISH SCIENCE FICTION ASSOCIATION AWARD FOR BEST NON-FICTION 'Always readable, illuminating and honest. It made me miss the real Terry.' - Neil Gaiman 'Sometimes joyfully, sometimes painfully, intimate . . . it is wonderful to have this closeup picture of the writer's working life.' - Frank Cottrell-Boyce, Observer ----- At the time of his death in 2015, award-winning and bestselling author Sir Terry Pratchett was working on his finest story yet - his own. The creator of the phenomenally bestselling Discworld series, Terry Pratchett was known and loved around the world for his hugely popular books, his smart satirical humour and the humanity of his campaign work. But that's only part of the picture. Before his untimely death, Terry was writing a memoir: the story of a boy who aged six was told by his teacher that he would never amount to anything and spent the rest of his life proving him wrong. For Terry lived a life full of astonishing achievements: becoming one of the UK's bestselling and most beloved writers, winning the prestigious Carnegie Medal and being awarded a knighthood. Now, the book Terry sadly couldn't finish has been written by Rob Wilkins, his former assistant, friend and now head of the Pratchett literary estate. Drawing on his own extensive memories, along with those of the author's family, friends and colleagues, Rob unveils

the full picture of Terry's life - from childhood to his astonishing writing career, and how he met and coped with what he called the 'Embuggerance' of Alzheimer's disease. A deeply moving and personal portrait of the extraordinary life of Sir Terry Pratchett, written with unparalleled insight and filled with funny anecdotes, this is the only official biography of one of our finest authors. ----- 'Spins magic from mundanity in precisely the way Pratchett himself did.' - Telegraph 'As frank, funny and unsentimental as anything its subject might have produced himself.' - Mail on Sunday
Five Days at Memorial - Sheri Fink
2016-01-26

NEW YORK TIMES BESTSELLER • The award-winning book that inspired an Apple Original series from Apple TV+ • A landmark investigation of patient deaths at a New Orleans hospital ravaged by Hurricane Katrina—and the suspenseful portrayal of the quest for truth and justice—from a Pulitzer Prize-winning physician and reporter “An amazing tale, as inexorable as a Greek tragedy and as gripping as a whodunit.”—Dallas Morning News After Hurricane Katrina struck and power failed, amid rising floodwaters and heat, exhausted staff at Memorial Medical Center designated certain patients last for rescue. Months later, a doctor and two nurses were arrested and accused of injecting some of those patients with life-ending drugs. Five Days at Memorial, the culmination of six years of reporting by Pulitzer Prize winner Sheri Fink, unspools the mystery, bringing us inside a hospital fighting for its life and into the most charged questions in health care: which patients should be prioritized, and can health care professionals ever be excused for hastening death? Transforming our understanding of human nature in

crisis, Five Days at Memorial exposes the hidden dilemmas of end-of-life care and reveals how ill-prepared we are for large-scale disasters—and how we can do better. ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times Book Review • ONE OF THE BEST BOOKS OF THE YEAR: Chicago Tribune, Seattle Times, Entertainment Weekly, Christian Science Monitor, Kansas City Star WINNER: National Book Critics Circle Award, J. Anthony Lukas Book Prize, PEN/John Kenneth Galbraith Award, Los Angeles Times Book Prize, Ridenhour Book Prize, American Medical Writers Association Medical Book Award, National Association of Science Writers Science in Society Award
Also Human - Caroline Elton
2018-06-12

A psychologist's stories of doctors who seek to help others but struggle to help themselves From ER and M*A*S*H to Grey's Anatomy and House, the medical drama endures for good reason: we're fascinated by the people we must trust when we are most vulnerable. In Also Human, vocational psychologist Caroline Elton introduces us to some of the distressed physicians who have come to her for help: doctors who face psychological challenges that threaten to destroy their careers and lives, including an obstetrician grappling with his own homosexuality, a high-achieving junior doctor who walks out of her first job within weeks of starting, and an oncology resident who faints when confronted with cancer patients. Entering a doctor's office can be terrifying, sometimes for the doctor most of all. By examining the inner lives of these professionals, Also Human offers readers insight into, and empathy for, the very real struggles of those who hold power over life and death.
Do No Harm - Henry Marsh 2015-05-26
A New York Times Bestseller

Shortlisted for both the Guardian First Book Prize and the Costa Book Award Longlisted for the Samuel Johnson Prize for Non-Fiction A Finalist for the Pol Roger Duff Cooper Prize A Finalist for the Wellcome Book Prize A Financial Times Best Book of the Year An Economist Best Book of the Year A Washington Post Notable Book of the Year What is it like to be a brain surgeon? How does it feel to hold someone's life in your hands, to cut into the stuff that creates thought, feeling, and reason? How do you live with the consequences of performing a potentially lifesaving operation when it all goes wrong? In neurosurgery, more than in any other branch of medicine, the doctor's oath to "do no harm" holds a bitter irony. Operations on the brain carry grave risks. Every day, leading neurosurgeon Henry Marsh must make agonizing decisions, often in the face of great urgency and uncertainty. If you believe that brain surgery is a precise and exquisite craft, practiced by calm and detached doctors, this gripping, brutally honest account will make you think again. With astonishing compassion and candor, Marsh reveals the fierce joy of operating, the profoundly moving triumphs, the harrowing disasters, the haunting regrets, and the moments of black humor that characterize a brain surgeon's life. Do No Harm provides unforgettable insight into the countless human dramas that take place in a busy modern hospital. Above all, it is a lesson in the need for hope when faced with life's most difficult decisions.

Trauma - James Cole 2011-10-11

In this pulse-pounding medical memoir, trauma surgeon James Cole takes readers straight into the ER, where anything can and does happen. TRAUMA is Dr. Cole's harrowing

account of his life spent in the ER and on the battlegrounds, fighting to save lives. In addition to his gripping stories of treating victims of gunshot wounds, stabbings, attempted suicides, flesh-eating bacteria, car crashes, industrial accidents, murder, and war, the book also covers the years during Cole's residency training when he was faced with 120-hour work weeks, excessive sleep deprivation, and the pressures of having to manage people dying of traumatic injury, often with little support. Unlike the authors of other medical memoirs, Cole trained to be a surgeon in the military and served as a physician member of a Marine Corps reconnaissance unit, United States Special Operations Command (USSOCOM), and on a Navy Reserve SEAL team. From treating war casualties in Afghanistan and Iraq to his experiences as a civilian trauma surgeon treating alcoholics, drug addicts, criminals, and the mentally deranged, TRAUMA is an intense look at one man's commitment to his country and to those most desperately in need of aid.

Singular Intimacies - Danielle Ofri, MD 2009-04-01

A "finely gifted writer" shares "fifteen brilliantly written episodes covering the years from studenthood to the end of medical residency" (Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat*) *Singular Intimacies* is the story of becoming a doctor by immersion at Bellevue Hospital, the oldest public hospital in the country—and perhaps the most legendary. It is both the classic inner-city hospital and a unique amalgam of history, insanity, beauty, and intellect. When Danielle Ofri enters these 250-year-old doors as a tentative medical student, she is immediately plunged into the teeming world of urban medicine: mysterious illnesses, life-and-death

decisions, patients speaking any one of a dozen languages, and overworked interns devising creative strategies to cope with the feverish intensity of a big-city hospital. Yet the emphasis of *Singular Intimacies* is not so much on the arduous hours in medical training (which certainly exist here), but on the evolution of an instinct for healing. In a hospital without the luxury of private physicians, where patients lack resources both financial and societal, where poverty and social strife are as much a part of the pathology as any microbe, it is the medical students and interns who are thrust into the searing intimacy that is the doctor-patient relationship. In each memorable chapter, Ofri's progress toward becoming an experienced healer introduces not just a patient in medical crisis, but a human being with an intricate and compelling history. Ofri learns to navigate the tangled vulnerabilities of doctor and patient—not to simply battle the disease.

The Practice of Autonomy - Carl Schneider 1998

"Exploring what patients do want gives direction to the author's inquiry into what they should want. What patients want, he believes, is properly more complex and ambiguous than being "empowered." In this book he charts that ambiguity to take the autonomy principle past current pieties into the uncertain realities of the sick room and the hospital ward." "The Practice of Autonomy is a sympathetic but trenchant study of the animating principle of modern bioethics. It speaks with freshness, insight, and even passion to bioethicists and moral philosophers (about their theories), to lawyers (about their methods), to medical sociologists (about their subject), to policy-makers (about their ambitions), to doctors (about their

work), and to patients (about their lives)."--BOOK JACKET.

Open Heart - Stephen Westaby

2017-06-20

In gripping prose, one of the world's leading cardiac surgeons lays bare both the wonder and the horror of a life spent a heartbeat away from death when Stephen Westaby witnessed a patient die on the table during open-heart surgery for the first time, he was struck by the quiet, determined way the surgeons walked away. As he soon understood, this detachment is a crucial survival strategy in a profession where death is only a heartbeat away. In *Open Heart*, Westaby reflects on over 11,000 surgeries, showing us why the procedures have never become routine and will never be. With astonishing compassion, he recounts harrowing and sometimes hopeful stories from his operating room: we meet a pulseless man who lives with an electric heart pump, an expecting mother who refuses surgery unless the doctors let her pregnancy reach full term, and a baby who gets a heart transplant—only to die once it's in place. For readers of Atul Gawande's *Being Mortal* and of Henry Marsh's *Do No Harm*, *Open Heart* offers a soul-baring account of a life spent in constant confrontation with death.

Complications - Atul Gawande

2010-07-09

The international bestseller from the author of *Being Mortal* In these gripping accounts of true cases, bestselling author Atul Gawande performs exploratory surgery on medicine itself, laying bare a science not in its idealised form, but as it actually is - complicated, perplexing and profoundly human. This is a stunningly well-written account of the life of a surgeon: what it is like to cut into people's bodies and the terrifying - literally life and death - decisions that have to be

made: operations that go wrong; of doctors who go to the bad; why autopsies are necessary; what it feels like to insert your knife into someone. 'Written as tautly as a thriller' Observer

Another Day in the Frontal Lobe -

Katrina Firlík 2007-06-12

Katrina Firlík is a neurosurgeon, one of only two hundred or so women among the alpha males who dominate this high-pressure, high-prestige medical specialty. She is also a superbly gifted writer—witty, insightful, at once deeply humane and refreshingly wry. In *Another Day in the Frontal Lobe*, Dr. Firlík draws on this rare combination to create a neurosurgeon's Kitchen Confidential—a unique insider's memoir of a fascinating profession. Neurosurgeons are renowned for their big egos and aggressive self-confidence, and Dr. Firlík confirms that timidity is indeed rare in the field. "They're the kids who never lost at musical chairs," she writes. A brain surgeon is not only a highly trained scientist and clinician but also a mechanic who of necessity develops an intimate, hands-on familiarity with the gray matter inside our skulls. It's the balance between cutting-edge medical technology and manual dexterity, between instinct and expertise, that Firlík finds so appealing—and so difficult to master. Firlík recounts how her background as a surgeon's daughter with a strong stomach and a keen interest in the brain led her to this rarefied specialty, and she describes her challenging, atypical trek from medical student to fully qualified surgeon. Among Firlík's more memorable cases: a young roofer who walked into the hospital with a three-inch-long barbed nail driven into his forehead, the result of an accident with his partner's nail gun, and a sweet little seven-year-old boy

whose untreated earache had become a raging, potentially fatal infection of the brain lining. From OR theatrics to thorny ethical questions, from the surprisingly primitive tools in a neurosurgeon's kit to glimpses of future techniques like the "brain lift," Firlík cracks open medicine's most prestigious and secretive specialty. Candid, smart, clear-eyed, and unfailingly engaging, *Another Day in the Frontal Lobe* is a mesmerizing behind-the-scenes glimpse into a world of incredible competition and incalculable rewards.

War Doctor - David Nott 2020-03-03
#1 International Bestseller: A frontline trauma surgeon tells his "riveting" true story of operating in the world's most dangerous war zones (The Times). For more than twenty-five years, surgeon David Nott has volunteered in some of the world's most perilous conflict zones. From Sarajevo under siege in 1993 to clandestine hospitals in rebel-held eastern Aleppo, he has carried out lifesaving operations in the most challenging conditions, and with none of the resources of a major metropolitan hospital. He is now widely acknowledged as the most experienced trauma surgeon in the world. *War Doctor* is his extraordinary story, encompassing his surgeries in nearly every major conflict zone since the end of the Cold War, as well as his struggles to return to a "normal" life and routine after each trip. Culminating in his recent trips to war-torn Syria—and the untold story of his efforts to help secure a humanitarian corridor out of besieged Aleppo to evacuate some 50,000 people—*War Doctor* is a heart-stopping and moving blend of medical memoir, personal journey, and nonfiction thriller that provides unforgettable, at times raw, insight into the human toll of war. "Superb . . . You are constantly amazed that

men such as Nott can witness the extraordinary cruelties of the human race, so many and so foul, yet keep going.” –Sunday Times “Gripping and fascinating medical stories.” –Kirkus Reviews

The Checklist Manifesto - Atul Gawande 2010-04-01

The New York Times bestselling author of *Being Mortal* and *Complications* reveals the surprising power of the ordinary checklist. We live in a world of great and increasing complexity, where even the most expert professionals struggle to master the tasks they face. Longer training, ever more advanced technologies—neither seems to prevent grievous errors. But in a hopeful turn, acclaimed surgeon and writer Atul Gawande finds a remedy in the humblest and simplest of techniques: the checklist. First introduced decades ago by the U.S. Air Force, checklists have enabled pilots to fly aircraft of mind-boggling sophistication. Now innovative checklists are being adopted in hospitals around the world, helping doctors and nurses respond to everything from flu epidemics to avalanches. Even in the immensely complex world of surgery, a simple ninety-second variant has cut the rate of fatalities by more than a third. In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drowning victim who had spent half an hour underwater, to Michigan, where a cleanliness checklist in intensive care units virtually eliminated a type of deadly hospital infection. He explains how checklists actually work to prompt striking and immediate improvements. And he follows the checklist revolution into fields well beyond medicine, from disaster response to investment banking, skyscraper construction, and businesses of all kinds. An

intellectual adventure in which lives are lost and saved and one simple idea makes a tremendous difference, *The Checklist Manifesto* is essential reading for anyone working to get things right.

The Mayo Clinic - David Blstein 2018-09-18

A photo-filled history of the world-renowned medical center, based on the award-winning PBS documentary by Ken Burns, Erik Ewers, and Christopher Loren Ewers. On September 30, 1889, W.W. Mayo and his sons Will and Charlie performed the very first operation at a brand-new Catholic hospital in Rochester, Minnesota. It was called Saint Mary's. The hospital was born out of the devastation of a tornado that had struck the town six years earlier, after which Mother Alfred Moes of the Sisters of Saint Francis told the Mayos that she had a vision of building a hospital that would “become world renowned for its medical arts.” Based on the film by acclaimed documentary filmmaker Ken Burns, *The Mayo Clinic: Faith, Hope, Science* chronicles the history of this unique organization, from its roots as an unlikely partnership between a country doctor and a Franciscan order of nuns to its position today as a worldwide model for patient care, research, and education. Featuring more than 400 compelling archival and modern images, as well as the complete script from the film, the book demonstrates how the institution's remarkable history continues to inspire the way medicine is practiced there today. In addition, case studies reveal patients, doctors, and nurses in their most private moments as together they face difficult diagnoses and embark on uncertain treatments. The film and this companion book tell the story of an organization that has managed to stay true to its primary value: The needs

of the patient come first. Together they make an important contribution to the critical discussions about the delivery of health care today in America—and the world.

Human Error in Medicine - Marilyn Sue Bogner 2018-02-06

This edited collection of articles addresses aspects of medical care in which human error is associated with unanticipated adverse outcomes. For the purposes of this book, human error encompasses mismanagement of medical care due to: * inadequacies or ambiguity in the design of a medical device or institutional setting for the delivery of medical care; * inappropriate responses to antagonistic environmental conditions such as crowding and excessive clutter in institutional settings, extremes in weather, or lack of power and water in a home or field setting; * cognitive errors of omission and commission precipitated by inadequate information and/or situational factors -- stress, fatigue, excessive cognitive workload. The first to address the subject of human error in medicine, this book considers the topic from a problem oriented, systems perspective; that is, human error is considered not as the source of the problem, but as a flag indicating that a problem exists. The focus is on the identification of the factors within the system in which an error occurs that contribute to the problem of human error. As those factors are identified, efforts to alleviate them can be instituted and reduce the likelihood of error in medical care. Human error occurs in all aspects of human activity and can have particularly grave consequences when it occurs in medicine. Nearly everyone at some point in life will be the recipient of medical care and has the possibility of experiencing the consequences of medical error. The consideration of human error in

medicine is important because of the number of people that are affected, the problems incurred by such error, and the societal impact of such problems. The cost of those consequences to the individuals involved in medical error, both in the health care providers' concern and the patients' emotional and physical pain, the cost of care to alleviate the consequences of the error, and the cost to society in dollars and in lost personal contributions, mandates consideration of ways to reduce the likelihood of human error in medicine. The chapters were written by leaders in a variety of fields, including psychology, medicine, engineering, cognitive science, human factors, gerontology, and nursing. Their experience was gained through actual hands-on provision of medical care and/or research into factors contributing to error in such care. Because of the experience of the chapter authors, their systematic consideration of the issues in this book affords the reader an insightful, applied approach to human error in medicine - - an approach fortified by academic discipline.

The Phoenix Project - Gene Kim
2018-02-06

Over a half-million sold! And available now, the Wall Street Journal Bestselling sequel *The Unicorn Project* "Every person involved in a failed IT project should be forced to read this book."—TIM O'REILLY, Founder & CEO of O'Reilly Media "The Phoenix Project is a must read for business and IT executives who are struggling with the growing complexity of IT."—JIM WHITEHURST, President and CEO, Red Hat, Inc. Five years after this sleeper hit took on the world of IT and flipped it on its head, the 5th Anniversary Edition of *The Phoenix Project* continues to guide IT in the

DevOps revolution. In this newly updated and expanded edition of the bestselling *The Phoenix Project*, co-author Gene Kim includes a new afterword and a deeper delve into the Three Ways as described in *The DevOps Handbook*. Bill, an IT manager at Parts Unlimited, has been tasked with taking on a project critical to the future of the business, code named Phoenix Project. But the project is massively over budget and behind schedule. The CEO demands Bill must fix the mess in ninety days or else Bill's entire department will be outsourced. With the help of a prospective board member and his mysterious philosophy of The Three Ways, Bill starts to see that IT work has more in common with a manufacturing plant work than he ever imagined. With the clock ticking, Bill must organize work flow streamline interdepartmental communications, and effectively serve the other business functions at Parts Unlimited. In a fast-paced and entertaining style, three luminaries of the DevOps movement deliver a story that anyone who works in IT will recognize. Readers will not only learn how to improve their own IT organizations, they'll never view IT the same way again. "This book is a gripping read that captures brilliantly the dilemmas that face companies which depend on IT, and offers real-world solutions."—JEZ HUMBLE, Co-author of *Continuous Delivery*, *Lean Enterprise*, *Accelerate*, and *The DevOps Handbook*
How Doctors Think - Jerome Groopman
2008-03-12

On average, a physician will interrupt a patient describing her symptoms within eighteen seconds. In that short time, many doctors decide on the likely diagnosis and best treatment. Often, decisions made this way are correct, but at crucial moments they can also be wrong—with

catastrophic consequences. In this myth-shattering book, Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make. Groopman explores why doctors err and shows when and how they can—with our help—avoid snap judgments, embrace uncertainty, communicate effectively, and deploy other skills that can profoundly impact our health. This book is the first to describe in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses. *How Doctors Think* offers direct, intelligent questions patients can ask their doctors to help them get back on track. Groopman draws on a wealth of research, extensive interviews with some of the country's best doctors, and his own experiences as a doctor and as a patient. He has learned many of the lessons in this book the hard way, from his own mistakes and from errors his doctors made in treating his own debilitating medical problems. *How Doctors Think* reveals a profound new view of twenty-first-century medical practice, giving doctors and patients the vital information they need to make better judgments together.

Being Mortal - Atul Gawande
2014-10-07

#1 New York Times Bestseller In *Being Mortal*, bestselling author Atul Gawande tackles the hardest challenge of his profession: how medicine can not only improve life but also the process of its ending. Medicine has triumphed in modern times, transforming birth, injury, and infectious disease from harrowing to manageable. But in the inevitable condition of aging and death, the goals of medicine seem too frequently to run counter to the interest of the human spirit. Nursing homes, preoccupied with safety, pin patients into railed beds and wheelchairs.

Hospitals isolate the dying, checking for vital signs long after the goals of cure have become moot. Doctors, committed to extending life, continue to carry out devastating procedures that in the end extend suffering. Gawande, a practicing surgeon, addresses his profession's ultimate limitation, arguing that quality of life is the desired goal for patients and families. Gawande offers examples of freer, more socially fulfilling models for assisting the infirm and dependent elderly, and he explores the varieties of hospice care to demonstrate that a person's last weeks or months may be rich and dignified. Full of eye-opening research and riveting storytelling, *Being Mortal* asserts that medicine can comfort and enhance our experience even to the end, providing not only a good life but also a good end.

Paris to the Moon - Adam Gopnik
2001-12-18

Paris. The name alone conjures images of chestnut-lined boulevards, sidewalk cafés, breathtaking façades around every corner--in short, an exquisite romanticism that has captured the American imagination for as long as there have been Americans. In 1995, Adam Gopnik, his wife, and their infant son left the familiar comforts and hassles of New York City for the urbane glamour of the City of Light. Gopnik is a longtime New Yorker writer, and the magazine has sent its writers to Paris for decades--but his was above all a personal pilgrimage to the place that had for so long been the undisputed capital of everything cultural and beautiful. It was also the opportunity to raise a child who would know what it was to romp in the Luxembourg Gardens, to enjoy a croque monsieur in a Left Bank café--a child (and perhaps a father, too) who would have a grasp of that Parisian sense

of style we Americans find so elusive. So, in the grand tradition of the American abroad, Gopnik walked the paths of the Tuileries, enjoyed philosophical discussions at his local bistro, wrote as violet twilight fell on the arrondissements. Of course, as readers of Gopnik's beloved and award-winning "Paris Journals" in *The New Yorker* know, there was also the matter of raising a child and carrying on with day-to-day, not-so-fabled life. Evenings with French intellectuals preceded middle-of-the-night baby feedings; afternoons were filled with trips to the Musée d'Orsay and pinball games; weekday leftovers were eaten while three-star chefs debated a "culinary crisis." As Gopnik describes in this funny and tender book, the dual processes of navigating a foreign city and becoming a parent are not completely dissimilar journeys--both hold new routines, new languages, a new set of rules by which everyday life is lived. With singular wit and insight, Gopnik weaves the magical with the mundane in a wholly delightful, often hilarious look at what it was to be an American family man in Paris at the end of the twentieth century. "We went to Paris for a sentimental reeducation--I did anyway--even though the sentiments we were instructed in were not the ones we were expecting to learn, which I believe is why they call it an education."

The Only EKG Book You'll Ever Need - Malcolm S. Thaler 2014-12-30

For more than 25 years, *The Only EKG Book You'll Ever Need* has lived up to its name as an easy-to-understand, practical, and clear reference for everyday practice and clinical decision making. Dr. Thaler's ability to simplify complex concepts makes this an ideal tool for students, teachers, and practitioners at all levels who need to be competent in

understanding how to read an EKG. Clear illustrations, clinical examples, and case studies help you quickly learn how identify and interpret hypertrophy and enlargement, arrhythmias, conduction blocks, pre-excitation syndromes, myocardial infarction, and more. Features: New material throughout and shortened and simplified explanations ensure that you're reading the most up-to-date, clear, and accurate text available. More than 200 facsimiles of EKG strips provide greater insight

into normal and abnormal tracings, increasing your understanding of their clinical significance. Clinical examples, interactive questions, and case studies put key concepts into real-world context so that what you learn is immediately usable. Full-color, simple illustrations highlight important concepts and make challenging concepts easier to understand. A companion ebook, with fully searchable text and interactive question bank, makes this a great resource for students, teachers, and practitioners.