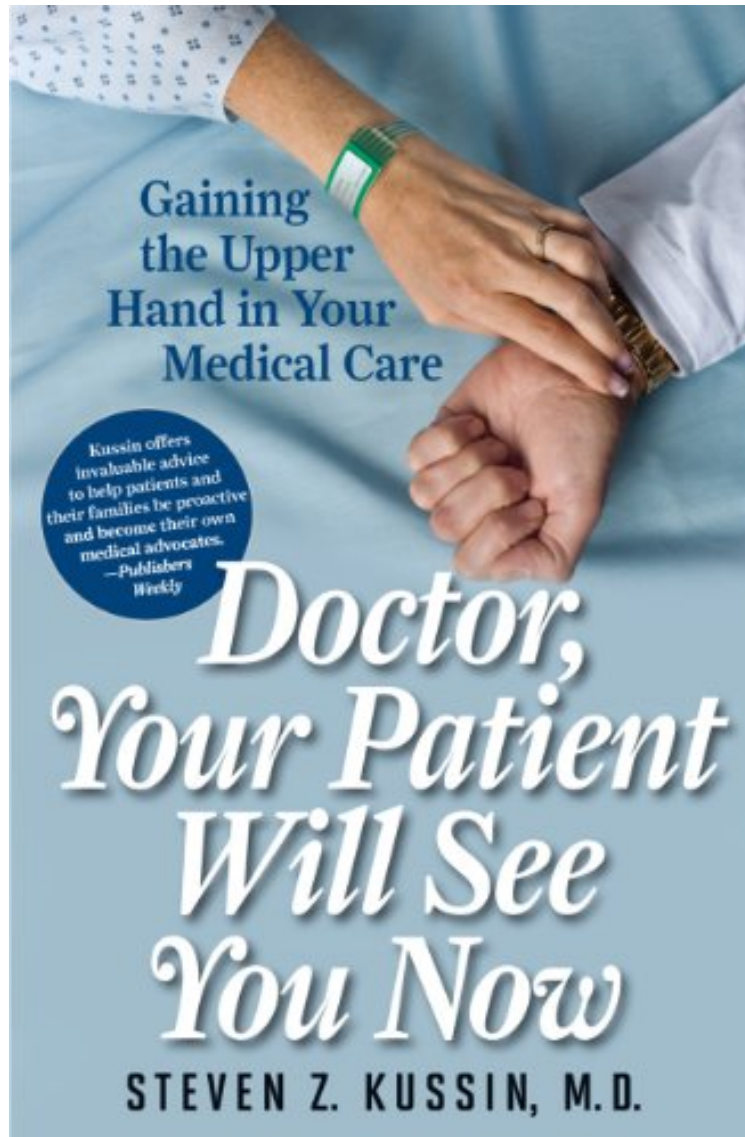


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Doctor, Your Patient Will See You Now: Gaining the Upper Hand in Your Medical Care

Steven Z. Kussin

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Steven Z. Kussin : Doctor, Your Patient Will See You Now: Gaining the Upper Hand in Your Medical Care before purchasing it in order to gage whether or not it would be worth my time, and all praised Doctor, Your Patient Will See You Now: Gaining the Upper Hand in Your Medical Care:

2 of 2 people found the following review helpful. Love it, Hate it, NEED it, or All of the aboveBy SHEILAThis is a

remarkable book, that I am not sure if I Love it or Hate it! On the GOOD side, it exposes a side of the medical world that for most of us is totally foreign. We all need to understand how that world works, not only so we can better manage and comprehend our own care but so we can better relate and respond to our own caregivers. While it may expose some of our more trusted doctors for their own failings, it will also explain some of what we may simply not be able to comprehend. There could be a great deal of forgiveness and a stronger sense of respect and pride in our own choice of doctors ... OR it may expose some failings we did not see and direct us to others who will better serve our needs. It offers some insight and advice on how to anticipate and avoid some pitfalls inherent in the machinations of the medical world. I have a totally different attitude and respect for my doctor while at the same time, I am questioning if I am wise in my choice. I will never enter another hospital without feeling a lot more defensive and protective of my own rights. The author has stated with some authority many of the fears and failures I have seen yet could not relate well to others. However, I can see now, I was not only right in my assessments, I was also not fearful enough. In addition, I would advise any in this profession to not presume that this is going to automatically make you out to be the bad guy or the superhero. The author himself is a practicing physician, and is not making accusations. You need not fear this is just an open attack. I, a patient/consumer, did not get this sense in any way. However, just as it has given me a new point of view, I expect that it will do the same for those within the profession, especially if they can set aside the understandable defensive posture it may invite. On the BAD side, I came away very discouraged and depressed. While I have no doubts as to his assessments, partly because of my own experiences but mostly because of his own, I DO have some doubts about some of his advice. He offers some sound, common-sense tactics to use to protect yourself, such as keeping copious notes and records and questioning or even challenging others. For him, a doctor himself, these may be acceptable, but for some/most of us, these are simply not practical, and in some cases, openly risky. I would suggest that if you do take some of these approaches, be prepared to find yourself without the help you may desperately need. While the doctors and hospitals and practices they serve have become openly commercial, they have adopted the posture "we reserve the right to refuse service ... so it's my way or the highway ...". In many cases, they don't need our custom; there are plenty of others waiting in their over-booked waiting rooms or crowded offices, so they can be quick to dismiss you and move onto the next, more compliant, less-questioning more positive and up-beat person in line. I fear that much of the author's advice is more wishful thinking than reality. I can see a true need for this and similar revelations, but I would advise to any readers, BE PREPARED... You will probably be amazed at what you did not know, see or understand, and don't expect to come away with many answers. You will look at your doctor(s) with a more analytical eye, weighing more of what you are now seeing, and in some things, you may be disappointed by what you now recognize. It may also give you a much greater respect for these same people, as it has for me. It will instill some unsettling doubts in you, that only YOU can manage in your own world. For some, like me, the sense of defeat and total hopelessness may darken the entire horizon, or as with others I see, it may expose the shadows in ways that allow you to navigate these waters far better. For those on the inside, it may well open your eyes to how you are perceived by those you are so diligently attempting to serve. This may be a good thing, or it may be a painful experience. Regardless of how it is received, it could make a profound difference in how you function in the future. For me, if you read only one of the many books about the medical profession as it is from the inside, I would say THIS is the one you should choose. It is one of those books that I will buy multiple copies of, and proffer them to those I feel might most need or can understand what it has to offer. I may not be able to fix things, but I do feel a need to open some eyes on such as this. Be aware, however, this book is from 2011. This world is changing very quickly, so in many ways, it may already be a bit dated. Also, I am a fan of audio books, and as this book is not recorded, it is my first attempt at having my Kindle Fire HD "READ" it to me as I drive or work out. For those who may not want to sit and read it, there are alternatives these days. Technology is a mixed blessing for us all. 5 of 5 people found the following review helpful. Best patient advice on the market! By Charlie I have to admit that the idea of a patient advisory type of book seemed at first to me to be an item you would wish for as you would a car jack if you had a flat tire. Then once I open the book and read the first few pages, I realized that no one should be without a jack at all times. Same is true for this book. Now the amazing part is really that the book is so well written that it both captivates and entertains as it teaches. I find the contradictions in the medical community in terms of care, diagnosis and empathy appalling. I find it bone chilling to realize the level of incompetent care abounds. I find it REFRESHING as a spring breeze to find a patient bible for helping me choose competently when choosing a doctor and or medical care and practices. To be informed when making informed decisions is priceless and there is no time you can't be too prepared. I am grateful for the broad expanse of subjects covered and the wonderful advice offered in : "Doctor, Your Patient Will See You Now: Gaining the Upper Hand in Your Medical Care" 9 of 9 people found the following review helpful. Head and shoulders above any other book I've read about becoming an informed participatory patient! By Bruce K. This book is about as close to perfect as a patient guide can be. While I initially blanched at paying the hardcover price, I felt by the time that I had finished Chapter 1 that I had already gotten my money's worth. Seriously! Most guides of this sort are written by patients or medical writers. A few have been written by physicians as was this book. Nearly all offer up the promise of giving you the inside scoop in obtaining quality patient care, but of all the books I've read thus far in this area, none have delivered on that promise. At least not until now. Dr. Kussin delivers and for that I am most

grateful.

The state of health care in this country is routinely discussed in the media, at the office, and around the kitchen table. Yet as consumers of medical care, Americans often blindly accept medical advice that may or may not be relevant or even appropriate. *Doctor, Your Patient Will See You Now* is meant to turn on its head the old notion that medical care is dictated by the doctors who offer advice. Today, it's all about the patients who receive it. Bias, financial incentives, and preventable medical error are common to the point of inevitability and have proven resistant to reform. Patients increasingly and correctly feel that they are on their own in a large, bewildering, impersonal, and dangerous medical system. Offering an insider's perspective, Dr. Kussin provides the tools readers need to make informed decisions about their care, as well as the confidence to question their doctor's advice, seek out additional information, and discern the best path for their care. With this book, readers learn how to maintain a professional approach that, rather than straining the doctor-patient relationship, makes it stronger and more cooperative.

Primers on how to get the best possible medical care can be boring. This one is not. It opens dramatically, with a teenage driver crashing into the author's car, which ended his 30 years in clinical practice as a doctor and turned him into a patient. This experience, not just his status as a physician, gives Kussin automatic credibility before he launches into how to choose a doctor and a hospital (the best physician is more important than a big-name medical center) and how to prevent disasters (constant vigilance). Kussin can be scary: 'From the moment you arrive until the second you leave, your hospital, any hospital, is the most unsafe environment most of you will ever enter.' Kussin's list of possible errors is a long one: accidental punctures during surgery, infections, identity mistakes, and medication errors (six percent of in hospital deaths are, in part, drug-related). He offers advice about how to prevent each horror and reminds us that doctors and insurance companies make mistakes. Kussin's advice: 'Be nice, be courteous, but be persistent.' This book can save lives. (Booklist, Starred) After a traumatic automobile accident put an end to his career, Dr. Kussin, once a successful gastroenterologist, took on the role of patient, undergoing several surgeries, was confined to a wheelchair and faced prolonged rehabilitation. Although he was regarded as a medical professional by the doctors and nurses who treated him, his long stay in the hospital gave him a new perspective on the problems faced by ordinary patients and their families who are frequently out of the loop on important decisions. He became a close observer of medical errors in his own treatment but more so in that of others patients. According to Kussin's findings, hundreds of thousands die, or are injured each year from preventable error and infection. High on the list is the failure of medical professionals simply to wash their hands and maintain a sanitary environment. As a solution, Kussin recommends a number of low-cost sites where useful medical information can be found. He also discusses criteria for choosing a doctor and a hospital and he reviews the problem of pharmaceutical over-kill. Aimed at those who are well covered by insurance, Kussin offers invaluable advice to help patients and their families be proactive and become their own medical advocates. (Publishers Weekly) The American medical system is a vast, sprawling, complicated thing. It is barely understandable to the physicians who work in it, and totally bewildering to the majority of patients who must use it. Dr. Kussin's book is a hard-headed, practical user's guide for people who want to know how our complicated and messy system works day-to-day in doctors' offices and hospitals. It shows readers how to be savvy, how to be their own best advocate in getting good care and avoiding bad care—in short, how to become proficient in the art of what Dr. Kussin aptly calls "patienthood." (Christopher M. Johnson M.D., author of *How Your Child Heals: An Inside Look at Common Childhood Ailments*) Dr. Kussin writes a riveting story of the stark reality when a doctor becomes a patient. He offers advice from both sides of the bedrails on how to navigate a complex system and get the care you need. (Rosemary Gibson) We're often told these days that we need to advocate for ourselves in the health care arena, but those of us who have tried know that we're likely to end up feeling like David (without his sling). In *Doctor, Your Patient Will See You Now*, Dr. Steven Z. Kussin has given us scores of valuable tools we can use to protect our own health as we encounter the complex health care system. In the bargain, he has also given us a passionate, articulate, and often laugh-out-loud funny book. Doctors as well as patients should read this. (Tom Cathcart, author of *Plato and a Platypus Walk into a Bar and Heidegger and a Hippo Walk through Those Pearly Gates*) So many "smart patient" books are penned by physicians, intending to teach patients what doctors prefer patients do in order to make their doctor jobs easier. But this book is different. Instead it reveals behind-the-scenes, and sometimes unsettling inside information allowing us patients a glimpse at why the system operates the way it does so we can learn to overcome obstacles to the care we truly deserve. (About.Com) About the Author Steven Z. Kussin, M.D., is the founder of the Shared Decision Center of Central New York. He has published scholarly articles in several journals, has been in practice for more than thirty years, and has taught at the Albert Einstein College of Medicine and Columbia College of Physicians and Surgeons. He has an international following on his blog MedicalAdvocate.com.