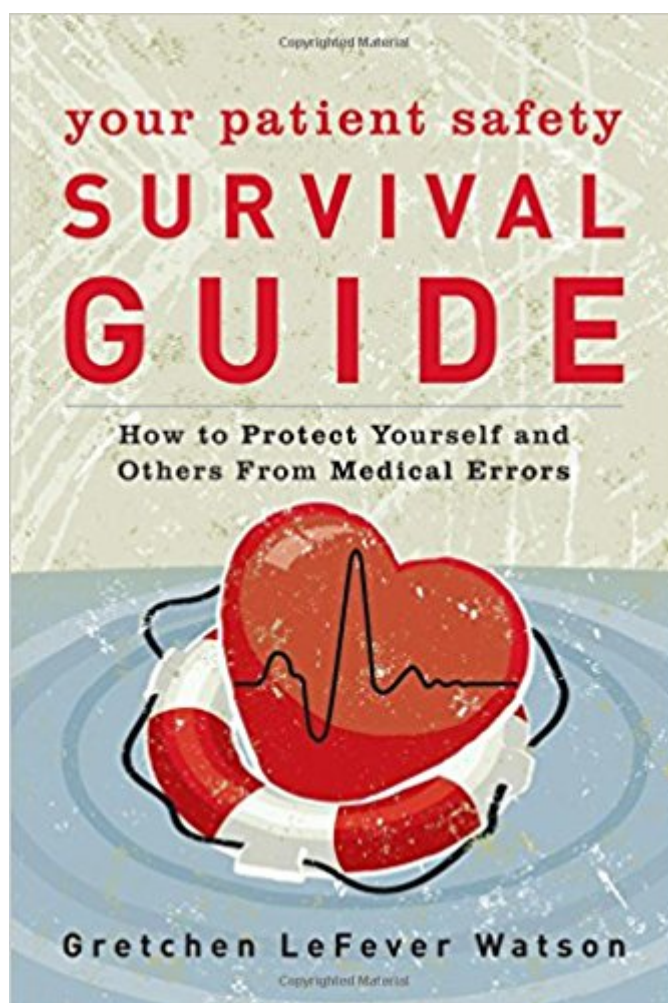


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Your Patient Safety Survival Guide: How To Protect Yourself And Others From Medical Errors



Synopsis

It takes a village to combat preventable errors and omissions that cause millions of deaths and sickness in our nation's hospitals and care facilities. That is the message that sets *Your Patient Safety Survival Guide* apart from other books. Each year, one out of every four hospital patients in the United States will be harmed by the care they receive. Over 400,000 will die as a result. Although most of these deaths are due to human and system errors—not faulty medical decisions or diagnoses—this annual death toll—as well as the millions of additional incidents of survivable patient harm—could be cut in half through consistent use of simple and nearly cost-free safety behaviors. In *Your Patient Safety Survival Guide*, Gretchen LeFever Watson delivers a patient-centered blueprint on how to transform the patient-safety movement so that millions of unnecessary illnesses and deaths in hospitals, outpatient facilities, and nursing homes can be avoided. She provides key safety habits that people must learn to recognize so they can be sure hospital personnel use them during every patient encounter. She also explains how addressing the most common safety problems will set the stage for tackling a wide range of issues, including healthcare's role in the overuse of opiate painkillers and its related heroin epidemic. Watson's call for a more sensible societal response to medical and human error in hospitals promotes a timely and full disclosure of all mistakes—an approach that has been proven to accelerate the emotional recovery of everyone affected by patient safety events while also reducing the financial burden on hospitals, providers, and patients. Readers will learn how to:

- Change behavior to catch medical errors before they result in illness or death.
- Prevent the spread of dangerous infections in hospitals and other care facilities.
- Leverage the power of basic safety/hygiene habits.
- Eliminate mistakes during surgery and other invasive procedures.
- Avoid medication errors and the overuse of opiates.
- Raise awareness and inspire civic action in their communities.

Book Information

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Customer Reviews

Every patient wants safe health care, but it is hard to know how to get it. This book provides a useful action plan, including concrete steps and actual scripts that patients and families can use to become more effective advocates for their own safety.-- Albert W. Wu, MD, MPH, Professor and Director, Center for Health Services & Outcomes Research, Johns Hopkins Bloomberg School of Public Health

As a researcher on medication side effects, I have always been somewhat phobic of going into a hospital for care. Dr. Watson's book convinces me my fears are not misplaced! Thankfully, her book offers a very readable guide on how to reduce my risk of medical injury from surgical error, medication error, or infection. This book is must reading for anyone anticipating a hospital stay for themselves or a family member. -- David Antonuccio, PhD, Diplomate in Clinical Psychology, ABPP; Professor Emeritus of Psychiatry and Behavioral Sciences, University of Nevada School of Medicine; Author of Butt Out: A Compassionate Guide to Helping Yourself Quit Smoking, With or Without a Partner

ALSO RECOMMENDED More than 440,000 people die needlessly in American hospitals every year, making medical errors the third leading cause of death in the country. The staggering and terrifying reality came to light in 2000 when the Institute of Medicine published the now-famous report "To Err Is Human," sparking frenzy and outrage. But little has changed, and countless initiatives have failed. Physician Watson proposes a call to action directed at patients, patient advocates, community leaders, and providers in this urgent guide. She aims to tackle the three most common and most easily fixed medical errors: infections, off-the-mark procedures, and medication errors. She delves into the reasons why so many errors occur and explores the physical, emotional, and financial impact of these mistakes. By giving patients the information and tools necessary to be their own advocates, Watson hopes to reduce errors and reestablish trusting relationships between patients and providers. This well-researched, eye-opening, and useful guide is an important addition to any health collection. (Booklist)

Every patient wants safe health care, but it is hard to know how to get it. Your Patient Safety Survival Guide provides a useful action plan, including concrete steps and actual scripts that patients and families can use to become more effective advocates for their own safety. (Albert W. Wu, MD, MPH,

Professor and Director, Center for Health Services & Outcomes Research, Johns Hopkins Bloomberg School of Public Health) As a researcher on medication side effects, I have always been somewhat phobic of going into a hospital for care. Dr. Watson's book convinces me my fears are not misplaced! Thankfully, her book offers a very readable guide on how to reduce my risk of medical injury from surgical error, medication error, or infection. This book is must reading for anyone anticipating a hospital stay for themselves or a family member. (David Antonuccio, PhD, Diplomate in Clinical Psychology, ABPP; Professor Emeritus of Psychiatry and Behavioral Sciences, University of Nevada School of Medicine; Author of *Butt Out: A Compassionate Guide to Helping Yourself Quit Smoking, With or Without a Partner*) Gretchen LeFever Watson has marshaled her agonizing personal experience and considerable professional expertise to write a compelling account of core issues in medical errors and patient safety. She has more or less abandoned hope that sufficient safety improvements will come from within health care itself, and believes that patients must at minimum partner with their providers to make care safer, medication by medication, surgery by surgery, step by step. She offers practical tips for patients to help avert the "trifecta" or three most common types of errors: hospital acquired conditions, wrong-site surgeries and other "off the mark" procedures, and medication administration errors. Anyone who anticipates undergoing health care, or who cares for loved ones who do, should read this book. (Susan Dentzer, President and Chief Executive Officer, NEHI (Network for Excellence in Health Innovation)) Gretchen LeFever Watson has a background of organizing parents to take charge of health issues on a local basis. In this book she proposes to expand this idea to include patient safety. With the refreshing vigor of a citizen activist and the measured perspective of a healthcare professional, she lays forth a sensible yet ambitious plan for tackling some of the healthcare delivery system's most pressing issues. (Helen Haskell, President, Mothers Against Medical Error)

Gretchen LeFever Watson, PhD, is a clinical psychologist whose research and intervention projects have received international scholarly and media attention, including appearances on TV and radio programs such as CNN Headline News, the PBS News Hour, and The Diane Rehm Show. Watson was among the first to document drug overtreatment for ADHD in the U.S. and to demonstrate that disruptive conduct can be successfully reduced through schoolwide behavioral interventions. Following positions as a hospital psychologist, medical school faculty member, and university professor, Watson served as Director of Patient Safety and Performance Excellence for a large healthcare system. Currently, she is president of Safety & Leadership Solutions, a consulting firm

for organizational safety and change management.

This book was such a help to me going into surgery. After reading it, I knew what questions to ask and how to hold the physicians' and staff's feet to the fire. The author is so spot on with her observations - we as patients have to advocate for our own safety instead of assuming that "it will all turn out okay." For example, I am on a medication that interacts very unfavorably with pain meds. I take it as two different meds, but combined they are a very recognizable drug. Do you think that ANY of the multiple physicians, nurses or anesthesiologists who saw me pre-op warned me that I needed to discontinue that combination of drugs several days before my surgery? No, not one. Thankfully I had read Dr. Watson's book and knew how to inform myself and take care of myself. This is a must read for anyone who deals with the medical system at any level, be it inpatient, outpatient, physician or staff. Thank you!.

Dr. Gretchen LeFever Watson has been ahead of the curve for most of her professional career, so it's no surprise that she approaches the incredibly urgent topic of patient safety from the uncommon slant of patient empowerment. The conversation of patient safety often stops short with the medical staff. Yet, with the collaborative nature of healthcare, it only makes sense to extend it to the patients who share in the responsibility of their treatment and recovery. Dr. LeFever Watson is helping to change the culture of healthcare by helping all of us (healthcare staff and patients alike) make the must-needed shift from reactive to proactive.

Beautiful and detailed provision of what can be life-saving information. Well researched, well-written, and carefully thought out. Dr. Watson is an excellent writer who obviously believes in helping busy patients and their very busy doctors get and give careful care in situations where time is of the essence. She points out how to avoid medical errors and how to acquire assertive promotion of healthy practices. The book is well organized and a treasure that belongs in homes, offices, and an abundance of waiting rooms!

Eye opening, informative, ENGAGING, and practical read! This world needs more thinkers like Gretchen LeFever Watson!

A truly resounding accomplishment of thorough and skilled research combined with experience and insight filtered through the lens of the layperson's reading glasses. A must-read for anyone who

ever has or ever will step foot in a hospital.

I wish I had read this book years ago while dealing with relatives in hospital. Thanks to Gretchen for helping me be informed about patient safety!

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