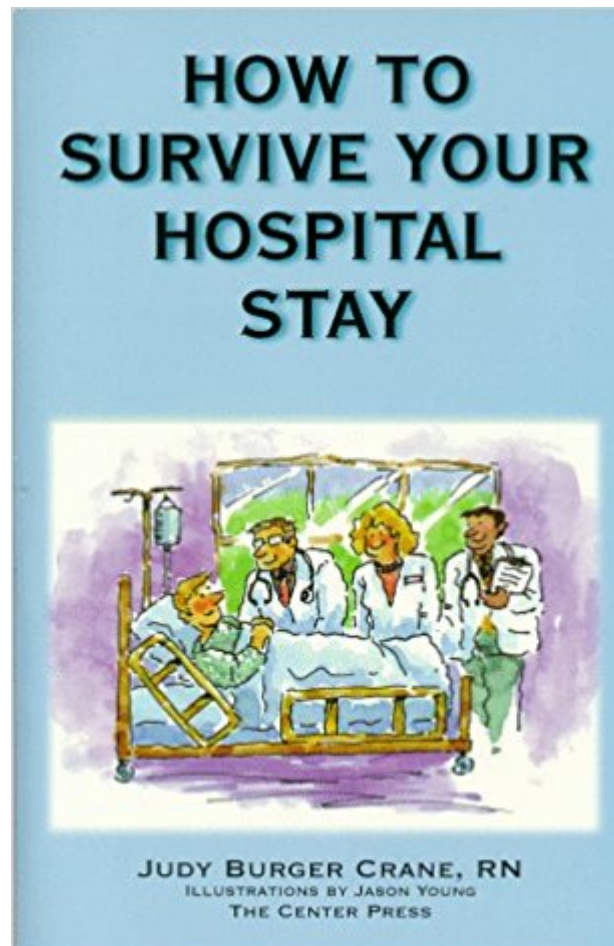




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How To Survive Your Hospital Stay



Synopsis

From diagnosis through discharge, this step-by-step educational guide outlines the most important points to know before going to the hospital.

Book Information

Paperback: 113 pages

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Average Customer Review: 4.5 out of 5 stars 3 customer reviews

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Customer Reviews

For most of us, a stay in the hospital is a rarity. Fear and ignorance combine to make it a very unsettling experience. Nurse Crane has tackled these problems with a delightful exploration of what you should know about medical practices, the mumbo-jumbo that they use to communicate and patient's rights. She draws on her career in nursing and an obvious empathy for patients, to educate patients on what they are about to encounter, how to prepare for the experience and what to do while they are there. The writing style is delightfully comfortable for "civilians" and is augmented by a collection of humorous illustrations. Scattered throughout are vignettes drawn directly from her own experiences. An interesting innovation is her periodic recommendations for the reader to keep notes about their experience (and those unanswered questions) and she even provides space to record these observations. Although the tone is light and even downright funny in places, Crane takes on even the heaviest of topics: disagreeing with the doctor, pain tolerance and management, organ donations, who pays, why things are done this way, being discharged too soon, how to make and communicate your choices, the Patient's Bill of Rights, and all the other things you need to know, and don't know who to ask. If you (or someone you know) are facing a stint in the hospital, I highly recommend this little book as a pleasant, but effective, way to ease the process and improve

the outcome.

"How to survive your hospital stay" is a practical, easy to read guide for anyone facing a hospital stay. Judy Burger Crane, a Registered Nurse, wrote this book with experience and insight. It is nicely organized into 20 short chapters, so you can quickly find the info you need: The chapter "Choices" gives you tips on how to find the best hospital and doctors. In the section "Questions, Questionnaires and other paperwork", Judy gives tips on how to get prepared for the paperwork maze. A "must read" is the chapter "Countdown" which contains checklists on what you can do to prepare for your hospital stay (pay bills in advance, stop newspaper, put mail on hold,...) and what to take to the hospital (yes, the earplugs were my lifesaver). You will also find explanations of some of the medical terms and abbreviations frequently used in the hospital; what happens at the day of the surgery; and how to prepare for a good recovery. After reading this book, I was better prepared, more confident and relaxed about my surgery and hospital stay.

I read this book as a pastor looking for a resource to recommend to parishioners who are going into the hospital -- especially for those going through their first hospital experience. Some of the advice is helpful: What to do before going to the hospital (a list that covers everything from getting a robe that is not an embarrassment, and stopping the mail); What to take; what not to take. There is a lot of material that seeks to explain, very briefly, things like what is an RN, what is an LPN, what is the nurse talking about when he or she asks me "what was the color of the emesis?" (vomit) The book is brief, but it needs to be. You'd read it when you are very sick and very busy. At barely over 100 pages, it is a quick read and it is easy to take to the hospital with you.

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