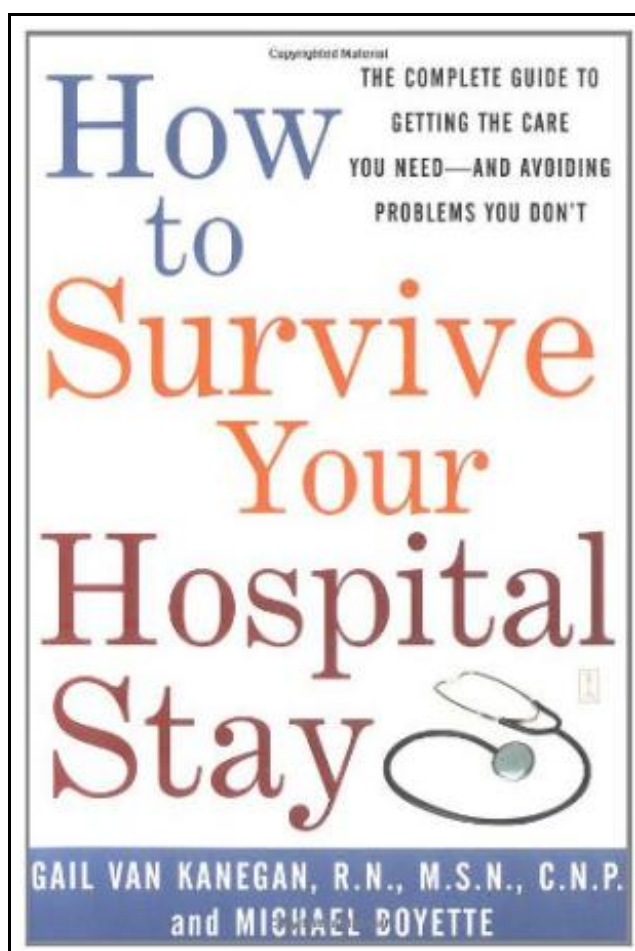


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HOW TO SURVIVE YOUR HOSPITAL STAY: THE COMPLETE GUIDE TO GETTING THE CARE YOU NEED--AND AVOIDING PROBLEMS YOU DON T (PAPERBACK)



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Touchstone Books, United States, 2003. Paperback. Book Condition: New. 217 x 141 mm. Language: English . Brand New Book ***** Print on Demand *****.GET WELL AND GET OUT! Most people will find themselves -- or a loved one -- faced with a hospital stay at some point in their lives. The prospect is scary enough, even without worrying about hospital infections, adverse drug reactions, and other alarming risks that have been documented by the Centers for Disease Control and reported widely in medical journals and the national media. But help is here. Written by an experienced nurse practitioner and recognized hospital safety expert, How to Survive Your Hospital Stay offers simple steps to take before, during, and after hospitalization in order to take control of the entire process, including: Evaluating whether a hospital stay is really necessary Dealing with the top ten risks, from medication errors to malnutrition Getting the staff on your side Choosing the right doctor Negotiating the insurance minefield Making sure you are discharged safely and will get the follow-up care you need Packed with advice that will help people feel better when they are ill and at their most vulnerable, this essential guide provides a reassuring road map for avoiding mishaps along the route to recovery.

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