
How Doctors Think Jerome Groopman

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The Best of the Best of American Science

Writing Metropolitan Books

What does it mean to be a good doctor today? Dr. Thomas Lee, a renowned practicing physician, healthcare executive, researcher, and policy expert, takes us to the frontlines of care delivery to meet inspiring, transformative doctors who are making a profound difference in patients' lives—as well as their own. These revealing, intimate profiles of seven remarkable physicians are more than a reminder of the importance of putting patients first. They provide an invaluable working model of what it means to be a good doctor, how to become one, and how to remain one for the benefit of patients and colleagues alike. It's a model that sustains physicians themselves over years and decades, combating the constant threat of burnout. These stories capture the daily challenges every caregiver faces—while highlighting the amazing personal triumphs that make their jobs so rewarding. You'll meet Dr. Emily Sedgwick, the breast radiologist who redesigned screening techniques to

reduce patients' fears; Dr. Merit Cudkowicz, a neurologist who is leading the way in ALS research and treatments; Dr. Mike Englesbe, a transplant surgeon who is improving how physicians prescribe analgesics in response to the opioid epidemic; Dr. Laura Monson, a pediatric plastic surgeon addressing the long-term social effects of cleft palates; Dr. Lara Johnson, a primary care physician dedicated to providing care to the homeless; Dr. Joseph Sakran, a trauma surgeon who started a movement among healthcare providers to curb gun violence, and Dr. Babacar Cisse, a neurosurgeon who was an undocumented alien and once worked as a restaurant busboy, and epitomizes what it means to be a "Dreamer." Their stories are not only powerful but offer practical lessons and insights into developing high reliability cultures, resilience, and improvement mindsets. This is what it takes to be a good doctor.

Slow Medicine Beacon Press

From a doctor Oliver Sacks has called a "born storyteller," a riveting account of practicing medicine at a fast-paced urban hospital For two decades, Dr. Danielle Ofri has cared for patients at Bellevue, the oldest public hospital in the country and a crossroads for the world's cultures. In *Medicine in Translation* she introduces us, in vivid, moving portraits, to her patients, who have braved language barriers, religious and racial divides, and the emotional and practical difficulties of exile in order to access quality health care. Living and dying in the foreign country we call home, they

have much to teach us about the American way, in sickness and in health.

Proper Doctoring Square One Publishers, Inc.

"People come to us for help. They come for health and strength." With these simple words David Mendel begins *Proper Doctoring*, a book about what it means (and takes) to be a good doctor, and for that reason very much a book for patients as well as doctors—which is to say a book for everyone. In crisp, clear prose, he introduces readers to the craft of medicine and shows how to practice it. Discussing matters ranging from the most basic—how doctors should dress and how they should speak to patients—to the taking of medical histories, the etiquette of examinations, and the difficulties of diagnosis, Mendel moves on to consider how the doctor can best serve patients who suffer from prolonged illness or face death.

Throughout he keeps in sight the fundamental moral fact that the relationship between doctor and patient is a human one before it is a professional one. As he writes with characteristic concision, "The trained and experienced doctor puts himself, or his nearest and dearest, in the patient's position, and asks himself what he would do if he were advising himself or his family. No other advice is acceptable; no other is justifiable." *Proper Doctoring* is a book that is admirably direct, as well as wise, witty, deeply humane, and, frankly, indispensable.

The Hippocratic Myth Random House Trade Paperbacks

"A powerful and extraordinarily important book." --James P. Comer, MD "A marvelous personal journey that illuminates what it means to care for people of all races, religions, and cultures. The story of this man becomes the aspiration of all those who seek to minister not only to the body but also to the soul."

--Jerome Groopman, MD, author of *How Doctors Think* Growing up in Jim Crow-era Tennessee and training and teaching in overwhelmingly white medical institutions, Gus White witnessed firsthand how prejudice works in the world of medicine. While race relations have changed dramatically since then, old ways of thinking die hard. In this blend of memoir and manifesto, Dr. White draws on his experience as a resident at Stanford Medical School, a combat surgeon in Vietnam, and head orthopedic surgeon at one of Harvard's top teaching hospitals to make sense of the unconscious bias that riddles medical care, and to explore how we can do better in a diverse twenty-first-century America. "Gus White is many things--trailblazing physician, gifted surgeon, and freedom fighter. *Seeing Patients* demonstrates to the world what many of us already knew--that he is also a compelling storyteller. This powerful memoir weaves personal experience and scientific research to reveal how the enduring legacy of social inequality shapes America's medical field. For medical practitioners and patients alike, Dr. White offers both diagnosis and prescription."

--Jonathan L. Walton, Plummer Professor of Christian Morals, Harvard University "A tour de force--a compelling story about race, health, and conquering inequality in medical care...Dr. White has a uniquely perceptive lens with which to see and understand unconscious bias in health care...His journey is so absorbing that you will not be able to put this book down." --Charles J. Ogletree, Jr., author of *All Deliberate Speed*

When the Air Hits Your Brain: Tales from Neurosurgery
Metropolitan Books

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.

The Case against Perfection

Ecco

Students graduate from medical school with a knowledge of body systems, disease processes, and care algorithms. They've learned

to treat but not necessarily how to connect with patients as people. It's these difficult-to-learn connection skills that trip doctors up and that patients need doctors to have to ensure the best outcomes. Listen, Think, & Speak Like a Doctor is a witty, relatable, and honest book full of sage advice regarding the real-life challenges and practice demands of becoming and being a physician. Dr. Thakur shares actionable wisdom through relatable, engaging metaphors and anecdotes about the thinking and listening skills required to make beneficial decisions for everything from choosing a career path to diagnosing difficult cases once in practice. He also shares stories about how a skillful physician interacts with, and speaks to, patients. Dr. Thakur's insights make an excellent primer for physicians-in-training and new physicians; they'll also resonate with experienced doctors, re-energizing their patient interactions and their commitment to their chosen healing profession.

It's All in Your Head New

Directions Publishing

Drs. Groopman and Hartzband reveal a clear path for making the right medical choices. Such factors as authority figures,

statistics, other patients' stories, technology, and natural healing are key factors that shape choices.

Second Opinions Beacon Press

From one of the world's foremost physicians and researchers comes a monumental work that radically redefines conventional conceptions of health and illness to offer new methods for living a long, healthy life.

The Good Doctor: What It Means, How to Become One, and How to Remain One Vintage

A physician discusses the thought patterns and actions that lead to misdiagnosis on the part of healthcare providers, and suggests methods that patients can use to help doctors assess conditions more accurately.

Listen, Think, & Speak Like a Doctor Penguin Books

Whether you're a freshly diagnosed patient, a woman who's been living with heart disease for years, or a practitioner who cares about women's health, *A Woman's Guide to Living with Heart Disease* will help you feel less alone and advocate for better health care.

How Doctors Think Random House

Why do some people find and sustain hope during difficult circumstances, while others do not? What can we learn from those who do, and how is their example applicable to our own lives? *The Anatomy of Hope* is a journey of inspiring discovery, spanning some thirty years of Dr.

Jerome Groopman's practice, during which he encountered many extraordinary people and sought to answer these questions. This profound exploration begins when Groopman was a medical student, ignorant of the vital role of hope in patients' lives—and it culminates in his remarkable quest to delineate a biology of hope. With appreciation for the human elements and the science, Groopman explains how to distinguish true hope from false hope—and how to gain an honest understanding of the reach and limits of this essential emotion.

A Woman's Guide to Living with Heart Disease Simon and Schuster

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.

When Doctors Don't Listen Simon and Schuster

A brilliant transplant surgeon brings compassion and narrative drama to the fearful reality that every doctor must face: the inevitability of mortality. "Uncommonly moving ... A revealing and heartfelt book." —Atul Gawande, #1 New York bestselling author of *Being Mortal* When Pauline Chen began medical school, she dreamed of saving lives. What she could not predict was how much death would be a part of her work. Almost immediately, she found herself wrestling with medicine's most profound paradox—that a profession premised on caring for the ill

also systematically depersonalizes dying. Final Exam follows Chen over the course of her education and practice as she struggles to reconcile the lessons of her training with her innate sense of empathy and humanity. A superb addition to the best medical literature of our time.

28 Harvard University Press

Paul presents an in-depth examination of how personalities are formed by biological, social, and emotional factors.

Origins W. W. Norton & Company

Medical mistakes are more pervasive than we think. How can we improve outcomes? An acclaimed MD's rich stories and research explore patient safety. Patients enter the medical system with faith that they will receive the best care possible, so when things go wrong, it's a profound and painful breach. Medical science has made enormous strides in decreasing mortality and suffering, but there's no doubt that treatment can also cause harm, a significant portion of which is preventable. In *When We Do Harm*, practicing physician and acclaimed author Danielle Ofri places the issues of medical error and patient safety front and center in our national healthcare conversation. Drawing on current research, professional experience, and extensive interviews with nurses, physicians, administrators, researchers, patients, and families, Dr. Ofri explores the

diagnostic, systemic, and cognitive causes of medical error. She advocates for strategic use of concrete safety interventions such as checklists and improvements to the electronic medical record, but focuses on the full-scale cultural and cognitive shifts required to make a meaningful dent in medical error. Woven throughout the book are the powerfully human stories that Dr. Ofri is renowned for. The errors she dissects range from the hardly noticeable missteps to the harrowing medical cataclysms. While our healthcare system is—and always will be—imperfect, Dr. Ofri argues that it is possible to minimize preventable harms, and that this should be the galvanizing issue of current medical discourse.

Every Patient Tells a Story

Macmillan

Physician's Drug Handbook features alphabetically organized monographs on over 900 generic and 2,000 trade name drugs. Each entry includes generic name, U.S. and Canadian trade names, pharmacologic and therapeutic classes, pregnancy risk category, controlled substance schedule, drug forms and strengths, indications, dosages, pharmacodynamics, pharmacokinetics, contraindications and cautions, interactions, adverse reactions, prescriber and patient information, and subsections for pregnant, breast-feeding, pediatric, and geriatric patients. The Eleventh Edition has added more than 50 new drugs, dozens of

new indications, herb-drug interactions, Alerts to highlight important information, off-label indications, dosage adjustments, and drug effects on laboratory tests. Readers receive drug updates by e-mail on eDrugInfo.com.

In the Valley of the Kings
Penguin

"An A-to-Z reference guide to over 5,000 medical terms including symptoms, diseases, drugs and treatments"--Jacket subtitle.

Seeing Patients Harmony

"Although physicians make use of science, this book argues that medicine is not itself a science, but rather an interpretive practice that relies heavily on clinical reasoning." "In *How Doctors Think*, Kathryn Montgomery contends that assuming medicine is strictly a science can have adverse effects. She suggests these can be significantly reduced by recognizing the vital role of clinical judgment."--BOOK JACKET.

God's Hotel New York Review of Books

Breakthroughs in genetics present us with a promise and a predicament. The promise is that we will soon be able to treat and prevent a host of debilitating diseases. The predicament is that our newfound genetic knowledge may enable us to manipulate our nature—to enhance our genetic traits and those of our children. Although most people find at least some forms of genetic engineering disquieting, it is not easy to articulate why. What is wrong with re-engineering our nature? The

Case against Perfection explores these and other moral quandaries connected with the quest to perfect ourselves and our children. Michael Sandel argues that the pursuit of perfection is flawed for reasons that go beyond safety and fairness. The drive to enhance human nature through genetic technologies is objectionable because it represents a bid for mastery and dominion that fails to appreciate the gifted character of human powers and achievements. Carrying us beyond familiar terms of political discourse, this book contends that the genetic revolution will change the way philosophers discuss ethics and will force spiritual questions back onto the political agenda. In order to grapple with the ethics of enhancement, we need to confront questions largely lost from view in the modern world. Since these questions verge on theology, modern philosophers and political theorists tend to shrink from them. But our new powers of biotechnology make these questions unavoidable. Addressing them is the task of this book, by one of America's preeminent moral and political thinkers.

When We Do Harm Johns Hopkins University Press

From one of our most widely read, award-winning journalists - comes the powerful, unputdownable story of the very human cost of a global pandemic of staggering scope and scale. It is essential reading for our times. In 28, Stephanie Nolen, the *Globe and Mail's* Africa Bureau Chief, puts a human face to the crisis created by HIV-AIDS in Africa. She has achieved, in this amazing book,

something extraordinary: she writes with a power, understanding and simplicity that makes us listen, makes us understand and care. Through riveting anecdotal stories - one for each of the million people living with HIV-AIDS in Africa - Nolen explores the effects of an epidemic that well exceeds the Black Plague in magnitude. It is a calamity that is unfolding just a 747-flight away, and one that will take the lives of these 28 million without the help of massive, immediate intervention on an unprecedented scale. 28 is a timely, transformative, thoroughly accessible book that shows us definitively why we continue to ignore the growth of HIV-AIDS in Africa only at our peril and at an intolerable moral cost. 28's stories are much more than a record of the suffering and loss in 28 emblematic lives. Here we meet women and men fighting vigorously on the frontlines of disease: Tigist Haile Michael, a smart, shy 14-year-old Ethiopian orphan fending for herself and her baby brother on the slum streets of Addis Ababa; Alice Kadzanja, an HIV-positive nurse in Malawi, where one in six adults has the virus, and where the average adult's life expectancy is 36; and Zackie Achmat, the hero of South Africa's politically fragmented battle against HIV-AIDS. 28 also tells us how the virus works, spreads and, ultimately, kills. It explains the connection of HIV-AIDS to conflict, famine and the collapse of states; shows us how easily treatment works for those lucky enough to get it and details the struggles of those who fight to stay alive with little support. It makes vivid the strong, desperate people doing all they can, and maintaining courage, dignity and hope against insurmountable odds. It is - in its humanity, beauty and sorrow - a call to action for all who read it.