

Intern A Doctor S Initiation

A riveting look into the personal lives of our presidents through the eyes of their White House doctor "An interesting, behind-the-scenes glimpse of life at the White House." - Kirkus Reviews Dr. Connie Mariano served 9 years at the White House under Presidents George H.W. Bush, William J. Clinton, and George W. Bush. She participated in world headline-making news events and traveled all over the world. She cared for visiting dignitaries and was charged with caring for all the members of the First Family. From flirting with King Juan Carlos of Spain to spending the night on the Queen of England's yacht, Dr. Mariano glimpsed a glittering and powerful celebrity that few ever see. White House Doctor is a fascinating look into what goes on behind closed doors at 1600 Pennsylvania Avenue.

The United States does not have enough doctors. Every year since the 1950s, internationally trained and osteopathic medical graduates have been needed to fill residency positions because there are too few American-trained MDs. However, these international and osteopathic graduates have to significantly outperform their American MD counterparts to have the same likelihood of getting a residency position. And when they do, they often end up in lower-prestige training programs, while American-trained MDs tend to occupy elite training positions. Some programs are even fully segregated, accepting exclusively U.S. medical graduates or non-U.S. medical graduates, depending on the program's prestige. How do international and osteopathic medical graduates end up so marginalized, and what allows U.S.-trained MDs to remain elite? Doctors' Orders offers a groundbreaking examination of the construction and consequences of status distinctions between physicians before, during, and after residency training. Tania M. Jenkins spent years observing and interviewing American, international, and osteopathic medical residents in two hospitals to reveal the unspoken mechanisms that are taken for granted and that lead to hierarchies among supposed equals. She finds that the United States does not need formal policies to prioritize American-trained MDs. By relying on a system of informal beliefs and practices that equate status with merit and eclipse structural disadvantages, the profession convinces international and osteopathic graduates to participate in a system that subordinates them to American-trained MDs. Offering a rare ethnographic look at the inner workings of an elite profession, Doctors' Orders sheds new light on the formation of informal status hierarchies and their significance for both doctors and patients.

In the tradition of Scott Turow's One L and Atul Gawande's Better comes a real-time, real-life chronicle from an impassioned young doctor on the front lines of high-stakes cardiology. It takes drive, persistence, and plenty of stamina to practice cardiology at the highest level. The competition for training fellowship spots is intense. Hundreds of applicants from all over the world compete to be accepted into the Cardiovascular Disease Training Fellowship at Johns Hopkins. Only nine are chosen each year. This is the story of one of those fellows. In Alpha Docs, Daniel Muñoz, M.D., recounts his transformation from wide-eyed young medical student to caring, empathetic professional—providing a rare inside look into the day-to-day operations of one of the world's most prestigious medical institutions. The training is arduous and often unforgiving, as Muñoz and his colleagues are schooled by a staff

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of brilliant and demanding physicians. How they learn the art and science of untangling cardiac mysteries, how they live up to the standards of an iconic institution, how they survive the pressures and relentlessly push themselves to reach the top ranks of American medicine, supplies the beating heart of this gripping narrative. Readers accompany Muñoz as he interacts with his mentors, diagnoses and treats patients, counsels worried family members, and struggles to stay awake for days and nights on end. Lives are saved—and sometimes lost. But the rewards are immediate and the incentives powerful. As Muñoz confides after helping to rescue one man from the throes of a heart attack: “I knew where I wanted to be: not watching but doing, on the side of the glass where I can help shape a patient’s fate. I would be a cardiologist.” A unique yet universal story about striving to be the best in a high-risk, high-impact field, Alpha Docs provides fresh perspective on the state of America’s healthcare system as it captures all the fulfillment and frustrations of life as a doctor in the twenty-first century. Praise for Alpha Docs “From the book’s beginning, Dr. Daniel Muñoz captivates readers with [the] life-changing story that decided his future. . . . Thoroughly allows readers to understand how cardiologists are made. Highly recommended.”—Medical Library Association “In simple, compelling prose, Alpha Docs captures the reader’s attention with gripping case histories, the astonishing breadth and complexity of top-notch medical training, and often wry, sometimes pointed character sketches of the attending physicians.”—Hopkins Medicine magazine “An insider’s view of the high-stakes world of cardiology, Alpha Docs offers a vivid and fast-paced exploration of the cauldron that creates doctors in the twenty-first century.”—Danielle Ofri, M.D., Ph.D., author of *What Doctors Feel* “[A] heartfelt medical-education memoir . . . a successful portrayal of just how hard it is, intellectually, emotionally, and physically, to train as a physician specialist.”—Booklist “This engaging book will interest those considering a career in medicine as well as readers who want to learn more about cardiology.”—Library Journal “Muñoz begins to find his niche in the medical world, and his journey will inspire doctors in training and patients alike.”—Publishers Weekly “[A] satisfying immersion into what medical specialization requires . . . There is polish to the patient vignettes, giving them deeply human appeal.”—Kirkus Reviews

From the author of *How We Die*, the extraordinary story of the development of modern medicine, told through the lives of the physician-scientists who paved the way. How does medical science advance? Popular historians would have us believe that a few heroic individuals, possessing superhuman talents, lead an unselfish quest to better the human condition. But as renowned Yale surgeon and medical historian Sherwin B. Nuland shows in this brilliant collection of linked life portraits, the theory bears little resemblance to the truth. Through the centuries, the men and women who have shaped the world of medicine have been not only very human, but also very much the products of their own times and places. Presenting compelling studies of great medical innovators and pioneers, *Doctors* gives us a fascinating history of modern medicine. Ranging from the legendary Father of Medicine, Hippocrates, to Andreas Vesalius, whose Renaissance masterwork on anatomy offered invaluable new insight into the human body, to Helen Taussig, founder of pediatric cardiology and co-inventor of the original “blue baby” operation, here is a volume filled with the spirit of ideas and the thrill of discovery.

“A gem of a memoir . . . Holland takes us for a ride through the psych ER that is at once wild and poignant, a ride that leaves deep

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tracks in even the healthiest of minds.”—Katrina Firlik, M.D., author of *Another Day in the Frontal Lobe* Julie Holland thought she knew what crazy was. Then she came to Bellevue. For nine eventful years, Dr. Holland was the weekend physician in charge of the psychiatric emergency room at New York City’s Bellevue Hospital. In this absorbing memoir, Holland recounts stories from her vast case files that are alternately terrifying, tragically comic, and profoundly moving: the serial killer, the naked man barking like a dog in Times Square, the schizophrenic begging for an injection of club soda to quiet the voices in his head, the subway conductor who helplessly watched a young woman pushed into the path of his train. Writing with uncommon candor, Holland supplies not only a page-turner with all the fast-paced immediacy of a TV medical drama but also a fascinating glimpse into the inner lives of doctors who struggle to maintain perspective in a world where sanity is in the eye of the beholder. Praise for *Weekends at Bellevue* “An extraordinary insider’s look at the typical days and nights of that most extraordinary place, written with a rare combination of toughness, tenderness, and outrageous humor.”—Andrew Weil, M.D. “Unforgettable . . . tells a mean story.”—New York Daily News “The tension between [Holland’s] macho swagger and her shame at the harsh way she occasionally treats patients gives this memoir extra intrigue.”—Psychology Today “A fascinating portrait . . . Holland is a good storyteller with a dark wit.” —New York Post “Equal parts affecting, jaw-dropping, and engrossing.”—Booklist

The bestselling author of *Intern* and *Doctored* tells the story of the thing that makes us tick For centuries, the human heart seemed beyond our understanding: an inscrutable shuddering mass that was somehow the driver of emotion and the seat of the soul. As the cardiologist and bestselling author Sandeep Jauhar shows in *Heart: A History*, it was only recently that we demolished age-old taboos and devised the transformative procedures that have changed the way we live. Deftly alternating between key historical episodes and his own work, Jauhar tells the colorful and little-known story of the doctors who risked their careers and the patients who risked their lives to know and heal our most vital organ. He introduces us to Daniel Hale Williams, the African American doctor who performed the world’s first open heart surgery in Gilded Age Chicago. We meet C. Walton Lillehei, who connected a patient’s circulatory system to a healthy donor’s, paving the way for the heart-lung machine. And we encounter Wilson Greatbatch, who saved millions by inventing the pacemaker—by accident. Jauhar deftly braids these tales of discovery, hubris, and sorrow with moving accounts of his family’s history of heart ailments and the patients he’s treated over many years. He also confronts the limits of medical technology, arguing that future progress will depend more on how we choose to live than on the devices we invent. Affecting, engaging, and beautifully written, *Heart: A History* takes the full measure of the only organ that can move itself.

“I Was An Intern A Decade Ago Now, But I Still Remember It The Way Soldiers Remember War.” Intern Is Sandeep Jauhar’s Story Of His Days And Nights In Residency At A Busy Hospital In New York City, A Trial That Led Him To Question Every Assumption About Medical Care Today. Residency—And Especially The First Year, Called Internship—Is Legendary For Its Brutality. Working Eighty Hours Or More Per Week, Most New Doctors Spend Their First Year Asking Themselves Why They Wanted To Be Doctors In The First Place. Jauhar’s Internship Was Even

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More Harrowing Than Most: He Switched From Physics To Medicine In Order To Follow A More Humane Calling—Only To Find That Medicine Put Patients’ Concerns Last. He Struggled To Find A Place Among Squadrons Of Cocky Residents And Doctors. He Challenged The Practices Of The Internship In The New York Times, Attracting The Suspicions Of The Medical Bureaucracy. Then, Suddenly Stricken, He Became A Patient Himself—and Came To See That Today’s High-Tech, High-Pressure Medicine Can Be A Humane Science After All. Now A Thriving Cardiologist, Jauhar Has All The Qualities You’d Want In Your Own Doctor: Expertise, Insight, A Feel For The Human Factor, A Sense Of Humor, And A Keen Awareness Of The Worries That We All Have In Common. His Beautifully Written Memoir Explains The Inner Workings Of Modern Medicine With Rare Candor And Insight. Reviews ‘A Sensitive, Thoughtful Observer And An Experienced, Gifted Writer . . . It Will Be The Standard By Which Future Such Memoirs Will Be Judged’ —Abraham Verghese, Author Of My Own Country ‘In A Voice Of Profound Honesty And Intelligence, Sandeep Jauhar Gives Us An Insider’s Look At The Medical Profession, And Also A Dramatic Account Of The Psychological Challenges Of Early Adulthood’ —Akhil Sharma, Author Of An Obedient Father

‘I was an intern a decade ago now, but I still remember it die way soldiers remember war’ Intern is Sandeep Jauhar’s story of his days and nights in residency at a busy hospital in New York City, a trial that led him to question every assumption about medical care today. Residency—and especially the first year, called internship—is legendary for its brutality. Working eighty hours or more per week, most new doctors spend their first year asking themselves why they wanted to be doctors in the first place. Jauhar’s internship was even more harrowing than most: he switched from physics to medicine in order to follow a more humane calling—only to find that medicine put patients’ concerns last. He struggled to find a place among squadrons of cocky residents and doctors. He challenged the practices of the internship in The New York Times, attracting the suspicions of the medical bureaucracy. Then, suddenly stricken, he became a patient himself—and came to sec that today’s high-tech, high-pressure medicine can be a humane science after all. Now a thriving cardiologist. Jauhar has all the qualities you’d want in your own doctor: expertise, insight, a feel for the human factor, a sense of humor, and a keen awareness of the worries that we all have in common. His beautifully written memoir explains the inner workings of modern medicine with rare candor and insight.

This book is a practical guide to internal medicine for interns, physicians and trainees. Organised by organ system, the book addresses signs, symptoms and differential diagnoses for a wide range of diseases and disorders. Common cases seen in family medicine, inpatient care and intensive care unit are discussed in detail. Admission orders, progress notes and discharge summary examples are also included. Authored by Texas-based Prof Lorenzo Aragon and Prof Sanja Kupesic Plavsic, this quick reference guide is enhanced by clinical images and tables to enhance learning. Key Points Practical guide to internal medicine for physicians and trainees Covers signs, symptoms and differential diagnoses of common cases Sections organised by body system

Recognised, Texas-based authors

On Call begins with a newly-minted doctor checking in for her first day of residency--wearing the long white coat of an MD and

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being called "Doctor" for the first time. Having studied at Yale and Dartmouth, Dr. Emily Transue arrives in Seattle to start her internship in Internal Medicine just after graduating from medical school. This series of loosely interconnected scenes from the author's medical training concludes her residency three years later. During her first week as a student on the medical wards, Dr. Transue watched someone come into the emergency room in cardiac arrest and die. Nothing like this had ever happened to her before—it was a long way from books and labs. So she began to record her experiences as she gained confidence putting her book knowledge to work. The stories focus on the patients Dr. Transue encountered in the hospital, ER and clinic; some are funny and others tragic. They range in scope from brief interactions in the clinic to prolonged relationships during hospitalization. There is a man newly diagnosed with lung cancer who is lyrical about his life on a sunny island far away, and a woman, just released from a breathing machine after nearly dying, who sits up and demands a cup of coffee. Though the book has a great deal of medical content, the focus is more on the stories of the patients' lives and illnesses and the relationships that developed between the patients and the author, and the way both parties grew in the course of these experiences. Along the way, the book describes the life of a resident physician and reflects on the way the medical system treats both its patients and doctors. *On Call* provides a window into the experience of patients at critical junctures in life and into the author's own experience as a new member of the medical profession.

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

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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.

Intern is Sandeep Jauhar's story of his days and nights in residency at a busy hospital in New York City, a trial that led him to question our every assumption about medical care today. Residency—and especially the first year, called internship—is legendary for its brutality. Working eighty hours or more per week, most new doctors spend their first year asking themselves why they wanted to be doctors in the first place. Jauhar's internship was even more harrowing than most: he switched from physics to medicine in order to follow a more humane calling—only to find that medicine put patients' concerns last. He struggled to find a place among squadrons of cocky residents and doctors. He challenged the practices of the internship in *The New York Times*, attracting the suspicions of the medical bureaucracy. Then, suddenly stricken, he became a patient himself—and came to see that today's high-tech, high-pressure medicine can be a humane science after all. Now a thriving cardiologist, Jauhar has all the qualities you'd want in your own doctor: expertise, insight, a feel for the human factor, a sense of humor, and a keen awareness of the worries that we all have in common. His beautifully written memoir explains the inner workings of modern medicine with rare candor and insight.

Named one of the Best Books of the Year by Kirkus Reviews and BookPage “Illuminates human fragility in tales both lyrical and soul-wrenching.” —Danielle Ofri, *New York Times Book Review* In this “artful, unfailingly human, and understandable” (Boston Globe) account inspired by his own experiences becoming a doctor, Terrence Holt puts readers on the front lines of the harrowing crucible of a medical residency. A medical classic in the making, hailed by critics as capturing “the feelings of a young doctor's three-year hospital residency . . . better than anything else I have ever read” (Susan Okie, *Washington Post*), Holt brings a writer's touch and a doctor's eye to nine unforgettable stories where the intricacies of modern medicine confront the mysteries of the human spirit. *Internal Medicine* captures the “stark moments of success and failure, pride and shame, courage and cowardice, self-reflection and obtuse blindness that mark the years of clinical training” (Jerome Groopman, *New York Review of Books*), portraying not only a doctor's struggle with sickness and suffering but also the fears and frailties each of us—doctor and patient—bring to the bedside.

A true account of going through UCLA's famed Daniel Freeman Paramedic Program—and practicing emergency medicine on the streets of Los Angeles. Nine months of tying tourniquets and pushing new medications, of IVs, chest compressions, and defibrillator shocks—that was Kevin Grange's initiation into emergency medicine when, at age thirty-six, he enrolled in the “Harvard of paramedic schools”: UCLA's Daniel Freeman Paramedic Program, long considered one of the best and most intense paramedic training programs in the world. Few jobs can match the stress, trauma, and drama that a paramedic calls a typical day at the office, and few educational settings can match the pressure and competitiveness of paramedic school. Blending months of

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classroom instruction with ER rotations and a grueling field internship with the Los Angeles Fire Department, UCLA's paramedic program is like a mix of boot camp and med school. It would turn out to be the hardest thing Grange had ever done—but also the most transformational and inspiring. An in-depth look at the trials and tragedies that paramedic students experience daily, *Lights and Sirens* is ultimately about the best part of humanity—people working together to help save a human life.

"A young doctor stumbles through his experience as a first year intern at a major New York hospital"--

In this pulse-pounding medical memoir, trauma surgeon James Cole takes readers straight into the ER, where anything can and does happen. *TRAUMA* is Dr. Cole's harrowing account of his life spent in the ER and on the battlegrounds, fighting to save lives. In addition to his gripping stories of treating victims of gunshot wounds, stabbings, attempted suicides, flesh-eating bacteria, car crashes, industrial accidents, murder, and war, the book also covers the years during Cole's residency training when he was faced with 120-hour work weeks, excessive sleep deprivation, and the pressures of having to manage people dying of traumatic injury, often with little support. Unlike the authors of other medical memoirs, Cole trained to be a surgeon in the military and served as a physician member of a Marine Corps reconnaissance unit, United States Special Operations Command (USSOCOM), and on a Navy Reserve SEAL team. From treating war casualties in Afghanistan and Iraq to his experiences as a civilian trauma surgeon treating alcoholics, drug addicts, criminals, and the mentally deranged, *TRAUMA* is an intense look at one man's commitment to his country and to those most desperately in need of aid.

The author, already in his mid thirties and distinguished as a scholar, tenured professor, and published writer before beginning medical school, chronicles his third year of medical training

Can refocusing conversations between doctors and their patients lead to better health? Despite modern medicine's infatuation with high-tech gadgetry, the single most powerful diagnostic tool is the doctor-patient conversation, which can uncover the lion's share of illnesses. However, what patients say and what doctors hear are often two vastly different things. Patients, anxious to convey their symptoms, feel an urgency to "make their case" to their doctors. Doctors, under pressure to be efficient, multitask while patients speak and often miss the key elements. Add in stereotypes, unconscious bias, conflicting agendas, and fear of lawsuits and the risk of misdiagnosis and medical errors multiplies dangerously. Though the gulf between what patients say and what doctors hear is often wide, Dr. Danielle Ofri proves that it doesn't have to be. Through the powerfully resonant human stories that Dr. Ofri's writing is renowned for, she explores the high-stakes world of doctor-patient communication that we all must navigate. Reporting on the latest research studies and interviewing scholars, doctors, and patients, Dr. Ofri reveals how better communication can lead to better health for all of us.

A collection of more than fifty hard-to-crack medical quandaries, featuring the best of The New York Times Magazine's popular *Diagnosis* column—now a Netflix original series "Lisa Sanders is a paragon of the modern medical detective storyteller."—Atul Gawande, author of *Being Mortal* As a Yale School of Medicine physician, the New York Times bestselling author of *Every Patient Tells a Story*, and an inspiration and adviser for the hit Fox TV drama *House, M.D.*, Lisa Sanders has seen it all. And yet she is

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often confounded by the cases she describes in her column: unexpected collections of symptoms that she and other physicians struggle to diagnose. A twenty-eight-year-old man, vacationing in the Bahamas for his birthday, tries some barracuda for dinner. Hours later, he collapses on the dance floor with crippling stomach pains. A middle-aged woman returns to her doctor, after visiting two days earlier with a mild rash on the back of her hands. Now the rash has turned purple and has spread across her entire body in whiplike streaks. A young elephant trainer in a traveling circus, once head-butted by a rogue zebra, is suddenly beset with splitting headaches, as if someone were “slamming a door inside his head.” In each of these cases, the path to diagnosis—and treatment—is winding, sometimes frustratingly unclear. Dr. Sanders shows how making the right diagnosis requires expertise, painstaking procedure, and sometimes a little luck. Intricate, gripping, and full of twists and turns, *Diagnosis* puts readers in the doctor’s place. It lets them see what doctors see, feel the uncertainty they feel—and experience the thrill when the puzzle is finally solved.

In his acclaimed memoir *Intern*, Sandeep Jauhar chronicled the formative years of his residency at a prestigious New York City hospital. *Doctored*, his harrowing follow-up, observes the crisis of American medicine through the eyes of an attending cardiologist. Hoping for the stability he needs to start a family, Jauhar accepts a position at a massive teaching hospital on the outskirts of Queens. With a decade's worth of elite medical training behind him, he is eager to settle down and reap the rewards of countless sleepless nights. Instead, he is confronted with sobering truths. Doctors' morale is low and getting lower. Blatant cronyism determines patient referrals, corporate ties distort medical decisions, and unnecessary tests are routinely performed in order to generate income. Meanwhile, a single patient in Jauhar's hospital might see fifteen specialists in one stay and still fail to receive a full picture of his actual condition. Provoked by his unsettling experiences, Jauhar has written an introspective memoir that is also an impassioned plea for reform. With American medicine at a crossroads, *Doctored* is the important work of a writer unafraid to challenge the establishment and incite controversy.

It looked for a while like Michael Collins would spend his life breaking concrete and throwing rocks for the Vittorio Scalese Construction Company. He liked the work and he liked the pay. But a chance remark by one of his coworkers made him realize that he wanted to involve himself in something bigger, something more meaningful than crushing rocks and drinking beer. In his acclaimed first memoir, *Hot Lights, Cold Steel*, Collins wrote passionately about his four-year surgical residency at the prestigious Mayo Clinic. *Blue Collar, Blue Scrubs* turns back the clock, taking readers from his days as a construction worker to his entry into medical school, expertly infusing his journey to become a doctor with humanity, compassion and humor. From the first time he delivers a baby to being surrounded by death and pain on a daily basis, Collins compellingly writes about how medicine makes him confront, in a very deep and personal way, the nature of God and suffering—and how delicate life can be.

Michelle Au started medical school armed only with a surfeit of idealism, a handful of old ER episodes for reference, and some vague notion about “helping people.” This *Won't Hurt a Bit* is the story of how she grew up and became a real doctor. It's a no-holds-barred account of what a modern medical education feels like, from the grim to the ridiculous, from the heartwarming to the

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obscene. Unlike most medical memoirs, however, this one details the author's struggles to maintain a life outside of the hospital, in the small amount of free time she had to live it. And, after she and her husband have a baby early in both their medical residencies, Au explores the demands of being a parent with those of a physician, two all-consuming jobs in which the lives of others are very literally in her hands. Au's stories range from hilarious to heartbreaking and hit every note in between, proving more than anything that the creation of a new doctor (and a new parent) is far messier, far more uncertain, and far more gratifying than one could ever expect.

This collection of true narratives reflects the dynamism and diversity of nurses, who provide the first vital line of patient care. Here, nurses remember their first “sticks,” first births, and first deaths, and reflect on what gets them through long, demanding shifts, and keeps them in the profession. The stories reveal many voices from nurses at different stages of their careers: One nurse-in-training longs to be trusted with more “important” procedures, while another questions her ability to care for nursing home residents. An efficient young emergency room nurse finds his life and career irrevocably changed by a car accident. A nurse practitioner wonders whether she has violated professional boundaries in her care for a homeless man with AIDS, and a home care case manager is the sole attendee at a funeral for one of her patients. What connects these stories is the passion and strength of the writers, who struggle against burnout and bureaucracy to serve their patients with skill, empathy, and strength. The COVID-19 pandemic has affected every human being on the planet and forced us all to reflect on the bioethical issues it raises. In this timely book, Gregory Pence examines a number of relevant issues, including the fair allocation of scarce medical resources, immunity passports, tradeoffs between protecting senior citizens and allowing children to flourish, discrimination against minorities and the disabled, and the myriad issues raised by vaccines.

Chilling, revelatory, and compassionate, Echo Heron's bestselling memoir offers a brutally honest account of her time as an idealistic nursing student, her entry into the workforce, and her rude awakening to the gritty realities of practice. Devoted to helping the most trying patients in some of the harshest medical environments—from emergency rooms to intensive care units—Heron boldly confronts the most serious medical dilemmas of our time. When does a patient have the right to end his or her life, how can a medical professional help someone evaluate such a decision, and what can a nurse do when doctors don't have their patients' best interests at heart? These are just a few of the critical though deeply uncomfortable questions with which Heron must grapple.

Acclaimed pediatrician, journalist, and novelist Perri Klass offers a provocative look at the ups and downs of medical school – from those first exams to the day she became a doctor. In a direct, candid style, Klass shares what it is like to be a first-time mother while attending med school; the unique lingo of the med student; how to deal with every bodily fluid imaginable; and the humor and heartbreak of working with patients. With this collection of essays, Klass established herself as a go-to voice for a generation of med students and doctors, with her frank and witty perspective. Klass also

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brings a proven ability to make the medical world accessible to the lay reader, through her extensive literary and journalistic experience. This edition is updated for a new generation of doctors and readers, with a brand-new foreword and annotated content by Klass.

When Michael Collins decides to become a surgeon, he is totally unprepared for the chaotic life of a resident at a major hospital. A natural overachiever, Collins' success, in college and medical school led to a surgical residency at one of the most respected medical centers in the world, the famed Mayo Clinic. But compared to his fellow residents Collins feels inadequate and unprepared. All too soon, the euphoria of beginning his career as an orthopedic resident gives way to the feeling he is a counterfeit, an imposter who has infiltrated a society of brilliant surgeons. This story of Collins' four-year surgical residency traces his rise from an eager but clueless first-year resident to accomplished Chief Resident in his final year. With unparalleled humor, he recounts the disparity between people's perceptions of a doctor's glamorous life and the real thing: a succession of run down cars that are towed to the junk yard, long weekends moonlighting at rural hospitals, a family that grows larger every year, and a laughable income. Collins' good nature helps him over some of the rough spots but cannot spare him the harsh reality of a doctor's life. Every day he is confronted with decisions that will change people's lives-or end them-forever. A young boy's leg is mangled by a tractor: risk the boy's life to save his leg, or amputate immediately? A woman diagnosed with bone cancer injures her hip: go through a painful hip operation even though she has only months to live? Like a jolt to the system, he is faced with the reality of suffering and death as he struggles to reconcile his idealism and aspiration to heal with the recognition of his own limitations and imperfections. Unflinching and deeply engaging, *Hot Lights, Cold Steel* is a humane and passionate reminder that doctors are people too. This is a gripping memoir, at times devastating, others triumphant, but always compulsively readable.

A psychologist's stories of doctors who seek to help others but struggle to help themselves From *ER* and *M*A*S*H* to *Grey's Anatomy* and *House*, the medical drama endures for good reason: we're fascinated by the people we must trust when we are most vulnerable. In *Also Human*, vocational psychologist Caroline Elton introduces us to some of the distressed physicians who have come to her for help: doctors who face psychological challenges that threaten to destroy their careers and lives, including an obstetrician grappling with his own homosexuality, a high-achieving junior doctor who walks out of her first job within weeks of starting, and an oncology resident who faints when confronted with cancer patients. Entering a doctor's office can be terrifying, sometimes for the doctor most of all. By examining the inner lives of these professionals, *Also Human* offers readers insight into, and empathy for, the very real struggles of those who hold power over life and death.

Picking up where Berton Roueché's *The Medical Detectives* left off, *The Deadly Dinner Party* presents fifteen edge-of-

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your-seat, real-life medical detective stories written by a practicing physician. Award-winning author Jonathan Edlow, M.D., shows the doctor as detective and the epidemiologist as elite sleuth in stories that are as gripping as the best thrillers. In these stories a notorious stomach bug turns a suburban dinner party into a disaster that almost claims its host; a diminutive woman routinely eats more than her football-playing boyfriend but continually loses weight; a young executive is diagnosed with lung cancer, yet the tumors seem to wax and wane inexplicably. Written for the lay person who wishes to better grasp how doctors decipher the myriad clues and puzzling symptoms they often encounter, each story presents a very different case where doctors must work to find the accurate diagnosis before it is too late. Edlow uses his unique ability to relate complex medical concepts in a writing style that is clear, engaging and easily understandable. The resulting stories both entertain us and teach us much about medicine, its history and the subtle interactions among pathogens, humans, and the environment.

"A first-person narrative that takes readers inside the medical profession as one doctor solves real-life medical mysteries"--Provided by publisher.

"When Damon Tweedy first enters the halls of Duke University Medical School on a full scholarship, he envisions a bright future where his segregated, working class background will become largely irrelevant. Instead, he finds that he has joined a new world where race is front and center. When one of his first professors mistakes him for a maintenance worker, it is a moment that crystallizes the challenges he will face throughout his early career. Making matters worse, in lecture after lecture the common refrain for numerous diseases resounds: "more common in blacks than whites." [This book] examines the complex ways in which both black doctors and patients must navigate the difficult and often contradictory terrain of race and medicine"--

This book is written entirely by young doctors and medical residents in a language readers not fully familiar with the field can still understand and enjoy. So You Wanna Be A Doctor is a must read for anyone pursuing a career in the health professions! Don't waste years and money getting lost in a sea of questions and misinformation! The authors responsible for compiling this book tell you about their personal journey and the tools you will also need for success. Each chapter of the book highlights a different medical specialty or rotation and helps you avoid some of the most common mistakes newcomers and even veterans make. You will find valuable time-lines, additional resources, key insider information, advice, and moving testimonials, from the doctors who live it everyday!

A "finely gifted writer" shares "fifteen brilliantly written episodes covering the years from studenthood to the end of medical residency" (Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat*) *Singular Intimacies* is the story of becoming a doctor by immersion at Bellevue Hospital, the oldest public hospital in the country—and perhaps the

most legendary. It is both the classic inner-city hospital and a unique amalgam of history, insanity, beauty, and intellect. When Danielle Ofri enters these 250-year-old doors as a tentative medical student, she is immediately plunged into the teeming world of urban medicine: mysterious illnesses, life-and-death decisions, patients speaking any one of a dozen languages, and overworked interns devising creative strategies to cope with the feverish intensity of a big-city hospital. Yet the emphasis of *Singular Intimacies* is not so much on the arduous hours in medical training (which certainly exist here), but on the evolution of an instinct for healing. In a hospital without the luxury of private physicians, where patients lack resources both financial and societal, where poverty and social strife are as much a part of the pathology as any microbe, it is the medical students and interns who are thrust into the searing intimacy that is the doctor-patient relationship. In each memorable chapter, Ofri's progress toward becoming an experienced healer introduces not just a patient in medical crisis, but a human being with an intricate and compelling history. Ofri learns to navigate the tangled vulnerabilities of doctor and patient—not to simply battle the disease.

The New York Times bestselling author of *Better* and *Complications* reveals the surprising power of the ordinary checklist. We live in a world of great and increasing complexity, where even the most expert professionals struggle to master the tasks they face. Longer training, ever more advanced technologies—neither seems to prevent grievous errors. But in a hopeful turn, acclaimed surgeon and writer Atul Gawande finds a remedy in the humblest and simplest of techniques: the checklist. First introduced decades ago by the U.S. Air Force, checklists have enabled pilots to fly aircraft of mind-boggling sophistication. Now innovative checklists are being adopted in hospitals around the world, helping doctors and nurses respond to everything from flu epidemics to avalanches. Even in the immensely complex world of surgery, a simple ninety-second variant has cut the rate of fatalities by more than a third. In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drowning victim who had spent half an hour underwater, to Michigan, where a cleanliness checklist in intensive care units virtually eliminated a type of deadly hospital infection. He explains how checklists actually work to prompt striking and immediate improvements. And he follows the checklist revolution into fields well beyond medicine, from disaster response to investment banking, skyscraper construction, and businesses of all kinds. An intellectual adventure in which lives are lost and saved and one simple idea makes a tremendous difference, *The Checklist Manifesto* is essential reading for anyone working to get things right.

"Wonderful... Physicians would do well to learn this most important lesson about caring for patients." —The New York Times Book Review

Over the years that Victoria Sweet has been a physician, “healthcare” has replaced medicine, “providers” look at their laptops more than at their patients, and costs keep soaring, all in the ruthless pursuit of efficiency. Yet the remedy that economists and policy makers continue to miss is also miraculously simple. Good

medicine takes more than amazing technology; it takes time—time to respond to bodies as well as data, time to arrive at the right diagnosis and the right treatment. Sweet knows this because she has learned and lived it over the course of her remarkable career. Here she relates unforgettable stories of the teachers, doctors, nurses, and patients through whom she discovered the practice of Slow Medicine, in which she has been both pioneer and inspiration. Medicine, she helps us to see, is a craft and an art as well as a science. It is relational, personal, even spiritual. To do it well requires a hard-won wisdom that no algorithm can replace—that brings together “fast” and “slow” in a truly effective, efficient, sustainable, and humane way of healing.

Victoria Sweet's new book, *SLOW MEDICINE*, is on sale now! For readers of Paul Kalanithi's *When Breath Becomes Air*, a medical “page-turner” that traces one doctor's “remarkable journey to the essence of medicine” (The San Francisco Chronicle). San Francisco's Laguna Honda Hospital is the last almshouse in the country, a descendant of the Hôtel-Dieu (God's hotel) that cared for the sick in the Middle Ages. Ballet dancers and rock musicians, professors and thieves—“anyone who had fallen, or, often, leapt, onto hard times” and needed extended medical care—ended up here. So did Victoria Sweet, who came for two months and stayed for twenty years. Laguna Honda, relatively low-tech but human-paced, gave Sweet the opportunity to practice a kind of attentive medicine that has almost vanished. Gradually, the place transformed the way she understood her work. Alongside the modern view of the body as a machine to be fixed, her extraordinary patients evoked an older idea, of the body as a garden to be tended. *God's Hotel* tells their story and the story of the hospital itself, which, as efficiency experts, politicians, and architects descended, determined to turn it into a modern “health care facility,” revealed its own surprising truths about the essence, cost, and value of caring for the body and the soul.

While supervising a small group of interns at a major New York medical center, Dr. Robert Marion asked three of them to keep a careful diary over the course of a year. Andy, Mark, and Amy vividly describe their real-life lessons in treating very sick children; confronting child abuse and the awful human impact of the AIDS epidemic; skirting the indifference of the hospital bureaucracy; and overcoming their own fears, insecurities, and constant fatigue. Their stories are harrowing and often funny; their personal triumph is unforgettable. This updated edition of *The Intern Blues* includes a new preface from the author discussing the status of medical training in America today and a new afterword updating the reader on the lives of the three young interns who first shared their stories with readers more than a decade ago.

Everything They Don't Tell You, Everything You Need to Know Becoming a doctor is so much more than acing your MCATs, living through med school, then getting the perfect residency. It is a career that demands long hours on little to no sleep, constant continuing education, and a tough decision about which of the many types of medicine you want to

practice. But with the right guide, you can make the right choices each step of the way. On Becoming a Doctor calmly and thoroughly walks you through each academic, physical, and emotional step you'll take on your way to a successful career in medicine, and it includes interviews with many different specialists to help you choose a medical path. This Essential Insider Advice Will Show You: Financing all of the costs of medical school The ups and downs of working with insurance companies Perspectives on a variety of medical fields The educational, physical, and emotional realities of the journey Interviews with doctors in many different specialties Working with other doctors and the administration On Becoming a Doctor covers everything you need to know about medical school, residency, specialization, and practice. With a Foreword by Nathaniel Philbrick, author of the bestseller In the Heart of the Sea If you need an appendectomy, he can do it with a stone scalpel he carved himself. If you have a condition nobody can diagnose—"creeping eruption" perhaps—he can identify what it is, and treat it. A baby with toe-tourniquet syndrome, a human leg that's washed ashore, a horse with Lyme disease, a narcoleptic falling face-first in the street, a hermit living underground—hardly anything is off-limits for Dr. Timothy J. Lepore. This is the spirited, true story of a colorful, contrarian doctor on the world-famous island of Nantucket. Thirty miles out to sea, in a strikingly offbeat place known for wealthy summer people but also home to independent-minded, idiosyncratic year-rounders, Lepore holds the life of the island, often quite literally, in his hands. He's surgeon, medical examiner, football team doctor, tick expert, unofficial psychologist, accidental homicide detective, occasional veterinarian. When crisis strikes, he's deeply involved. He's treated Jimmy Buffett, Chris Matthews, and various Kennedy relatives, but he makes house calls for anyone and lets people pay him nothing—or anything: oatmeal raisin cookies, a weather-beaten .44 Magnum, a picture of a Nepalese shaman. Lepore can be controversial and contradictory, espousing conservative views while performing abortions and giving patients marijuana cookies. He has unusual hobbies: he's a gun fanatic, roadkill collector, and concocter of pastimes like knitting dog-hair sweaters. Ultimately, Island Practice is about a doctor utterly essential to a community at a time when medicine is increasingly money-driven and impersonal. Can he remain a maverick even as a healthcare chain subsumes his hospital? Every community has—or, some would say, needs—a Doctor Lepore, and his island's drive to retain individuality in a cookie-cutter world is echoed across the country.

A Pulitzer Prize-winning doctor, reporter and author of War Hospital reconstructs five days at Memorial Medical Center after Hurricane Katrina destroyed its generators to reveal how caregivers were forced to make life-and-death decisions without essential resources. Reprint. A best-selling book. On the NYT list of 10 Best Books of 2013.

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