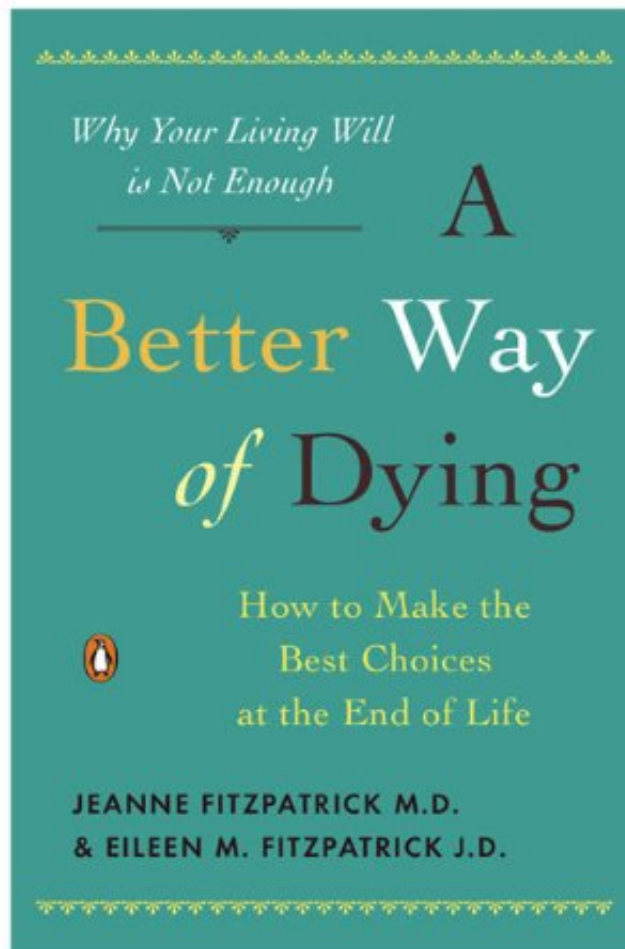


(Pdf free) A Better Way of Dying: How to Make the Best Choices at the End of Life

A Better Way of Dying: How to Make the Best Choices at the End of Life

Jeanne Fitzpatrick, Eileen M. Fitzpatrick

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Jeanne Fitzpatrick, Eileen M. Fitzpatrick : A Better Way of Dying: How to Make the Best Choices at the End of Life before purchasing it in order to gage whether or not it would be worth my time, and all praised A Better Way of Dying: How to Make the Best Choices at the End of Life:

0 of 0 people found the following review helpful. This is a very informative book. It is from ...By Nom de plumeThis is a very informative book. It is from the point of view of both a medical doctor and a lawyer, which is important.I'm guessing that most of us haven't done enough to be sure our families and the law understand our wishes at the end of

our lives. The family will not be able to be very effective if we haven't taken care of the legal business. 0 of 0 people found the following review helpful. Not worth much. By Charlie Starbuck? Does not tell you much. Provides a template for medical instructions that is not unique. Sorry that I bought it. 0 of 0 people found the following review helpful. A Real Eye Opener By Sherrillynn I stumbled across this book at the library and checked it out on impulse. I'm not that old but I do have some health issues. It was an easy and fascinating read, using case studies from the sisters' careers as doctor and lawyer. I had no idea that it could be so difficult to insure that I won't be kept physically alive but mentally gone, in a hospital or nursing home. It made me want to tattoo "DO NOT RESUSCITATE" across my chest. I just did a living will provided by the state of Georgia and it did cover quite a bit but I don't think this book is dated at all because we still haven't figured out how to insure that a person's wishes are carried out in an emergency situation. Everything possible will be done to save your life in an emergency situation. Whether you want it that way or not. My situation isn't that dire yet, but that tattoo is definitely still a possibility in the back of my mind for later in my life.

The fail-safe plan for ensuring one's final wishes are respected Advanced directives and living wills have improved our ability to dictate end-of-life care, but even these cannot guarantee that we will be allowed the dignity of a natural death. Designed by two sisters—one a doctor, one a lawyer—and drawing on their decades of experience, the five-step Compassion Protocol outlined in *A Better Way of Dying* offers a simple and effective framework for leaving caretakers concrete, unambiguous, and legally binding instructions about your wishes for your last days. Meant for people in every walk of life—from the elderly, to those in the early stages of mentally degenerative diseases like Alzheimer's, to healthy young people planning for an unpredictable future—this book creates space for a discussion we all must have if we wish to ensure comfort and control at the end of our lives..

From Publishers Weekly Bringing together their respective expertise, sisters and debut authors Jean, an emergency room doctor, and Eileen, a practicing lawyer, explain the care pitfalls of death and dying that persist even for those who believe they're covered by a Living Will. Despite "clearly expressed wishes" to the contrary, many patients close to death are kept alive—using ventilators, antibiotics, intravenous feeding and other methods—by medical personnel ("most doctors still graduate... with basically no training in end-of-life situations"), family members unwilling to accept the inevitable, and nursing homes that benefit financially from keeping Medicaid recipients alive. To clear up ambiguities over end-of-life care, the authors advise putting together a one-page "Contract for Compassionate Care" that "gives you the option to choose a natural death" by delineating what care should be withheld—including hospitalization, antibiotics, usual medications, and hydration/nutrition. The authors outline a practical Compassion Protocol for creating the contract, which prioritizes communication with loved ones and health care professionals. The Fitzpatricks also provide detailed, authoritative and compassionate information on subjects most don't confront until it's too late, including hospice care ("an excellent source of... pain control, symptom management, and emotional and spiritual support"), nursing homes, and typical end-of-life scenarios (permanent unconsciousness, Alzheimer's dementia). END About the Author Jeanne Fitzpatrick, M.D. has practiced emergency medicine around the country for over twenty-five years. Eileen M. FitzPatrick, J.D., is a graduate of Harvard Law School.