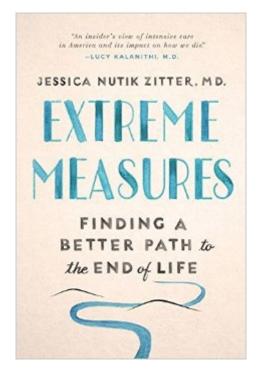
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## Extreme Measures: Finding A Better Path To The End Of Life





## Synopsis

Physician featured in the Netflix documentary Extremis. An ICU and Palliative Care specialist offers a framework for a better way to exit life that will change our medical culture at the deepest levelln medical school, no one teaches you how to let a patient die. Jessica Zitter became a doctor because she wanted to be a hero. She elected to specialize in critical careâ "to become an ICU physicianâ "and imagined herself swooping in to rescue patients from the brink of death. But then during her first code she found herself cracking the ribs of a patient so old and frail it was unimaginable he would ever come back to life. She began to question her choice. Extreme Measures charts Zitterâ <sup>™</sup>s journey from wanting to be one kind of hero to becoming anotherâ "a doctor who prioritizes the patientâ ™s values and preferences in an environment where the default choice is the extreme use of technology. In our current medical culture, the old and the ill are put on what sheterms the End-of-Life Â Conveyor belt. They are intubated, catheterized, and even shelved away in care facilities to suffer their final days alone, confused, and often in pain. In her work Zitter has learned what patients fear more than death itself: A the prospect of dying badly. She builds bridges between patients and caregivers, formulates plans to allay patientsâ <sup>TM</sup> pain and anxiety, and enlists the support of loved ones so that life can end well, even beautifully. Filled with rich patient stories that make a compelling medical narrative, Extreme Measures enlarges the national conversation as it thoughtfully and compassionately examines an experience that defines being human.

## **Book Information**

Hardcover: 352 pages Publisher: Avery (February 21, 2017) Language: English ISBN-10: 1101982551 ISBN-13: 978-1101982556 Product Dimensions: 6 x 0.9 x 9 inches Shipping Weight: 1.3 pounds (View shipping rates and policies) Best Sellers Rank: #226,616 in Books (See Top 100 in Books) #42 in Books > Medical Books > Medicine > Hospice Care #106 in Books > Medical Books > Medicine > Internal Medicine > Critical Care #158 in Books > Medical Books > Medicine > Medical Ethics

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