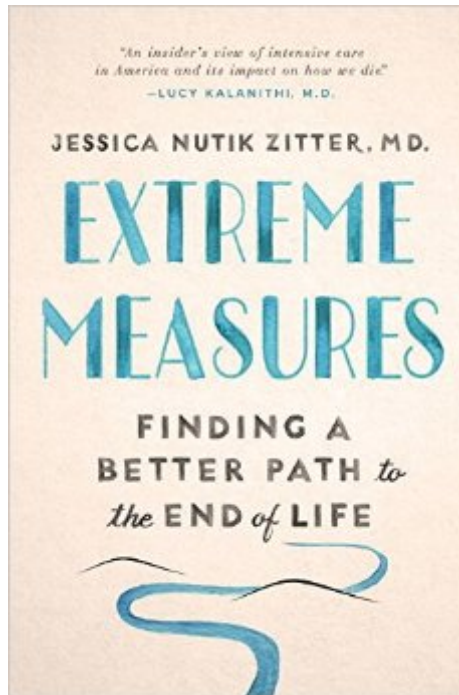


The book was found

# 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 level. In 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 care "to become an ICU physician" 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 Zitter's journey from wanting to be one kind of hero to becoming another "a doctor who prioritizes the patient'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 she terms the End-of-Life 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: the prospect of dying badly. She builds bridges between patients and caregivers, formulates plans to allay patients' 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

[Download to continue reading...](#)

Extreme Measures: Finding a Better Path to the End of Life Sleep Smarter: The Ultimate Guide To

Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Extreme Measures: A Thriller (A Mitch Rapp Novel Book 9) Extreme Coloring Amazing World: Relax and Unwind, One Splash of Color at a Time (Extreme Art!) Extreme Love (Love to the Extreme Book 1) SNOWBOARDING: A guide book on how to learn the extreme sports winter adventure (snowboarding games, extreme adventure, winter sports) Extreme Sports (Extreme Sports No Limits!) The Dying Process - A Hospice Social Worker's Perspective On End Of Life Care: A helpful guide for coping and closure during end of life care The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Even it Up: Time to end extreme inequality Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) A better Way of Dying-How To Make The Best Choices At The End Of Life The Four Noble Truths and Eightfold Path of Buddhism: Discover the Essence of Buddhism and the Path to Nibbana Steps on the Path to Enlightenment, Karma: Steps on the Path to Enlightenment: A Commentary on Tsongkhapa's Lamrim Chenmo, Volume 2: Karma (Vol.2) The Way of Grace: Finding God on the Path of Surrender (Renovare Resources) Wicca Finding Your Path: A Beginner's Guide to Wiccan Traditions, Solitary Practitioners, Eclectic Witches, Covens, and Circles Finding Home (Finding Series, Book 1) Finding Peace (Finding Series, Book 3) Finding Forgiveness (Finding Series, Book 4) All At Sea: Finding Sweet Love Book 1 (Finding Sweet Love Series)

[Dmca](#)