

THE PATIENT SURVIVAL GUIDE

"...Dr. McGuckin sounds the alarm on deadly, costly infections and how to prevent them. Before you or a loved one heads to the hospital, reach for this guidebook. It could save a life."

—Ceci Connolly, former national health correspondent, *The Washington Post*

"Following on from her pioneering work in championing patient empowerment in health care, Maryanne McGuckin goes a step further in *The Patient Survival Guide* to give the patient the knowledge needed to make the health care experience a safe one. This book is written in simple language to demystify the 'coded' jargon for the layman consumer, but with all the experience of a confirmed and respected healthcare infection control expert."

—Didier Pittet, MD, MS, CBE, Director, Infection Control Program and World Health Organization Collaborating Centre on Patient Safety; Lead, World Health Organization Global Patient Safety Challenge "Clean Care is Safer Care"

"Receiving medical care at a hospital without acquainting yourself with the important information in *The Patient Survival Guide* is like jumping out of an airplane with no parachute and then hoping you grow wings on the way down."

—Victoria Nahum, Co-founder and Executive Director, Safe Care Campaign

"This is the best book I've ever read that explains everything a lay person needs to know about hospital-acquired infections. If you want to survive your hospital stay without an infection, read it."

—Rosemary Gibson, Author, *Wall of Silence* and *The Treatment Trap*

ABOUT THE AUTHORS



Dr. Maryanne McGuckin, is an internationally renowned advocate for patient safety. She is the founder and president of McGuckin Methods International, Inc. (MMI), a healthcare advisory company that promotes research and programs for patient empowerment, hand hygiene compliance, and consumer education. A University of Pennsylvania alumna, she has over 35 years of experience as a faculty and staff member of the University of Pennsylvania. Dr. McGuckin was lead author for the patient empowerment section of the World Health Organization's Guideline for Hand Hygiene in Health Care (2009) and served on the 2002 Centers for Disease Control and Prevention (CDC) task force that developed the guidelines for Hand Hygiene in Healthcare Settings. Dr. McGuckin has published numerous articles in peer-reviewed journals and has lectured extensively in the United States and abroad.

Toni L. Goldfarb is a medical journalist who has contributed to *Modern Medicine*, *Doctor's Digest*, *Johns Hopkins White Papers*, *Medical Economics*, and many other publications. She was the founding editor of *Medical Abstracts Newsletter* and co-author of the American Lung Association book *7 Steps to a Smoke-Free Life*.



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Dr. Maryanne McGuckin
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8 SIMPLE SOLUTIONS
to Prevent Hospital- and
Healthcare-Associated Infections

- ☑ Avoid the worst mistake in hospitals
- ☑ Signs you have a hospital/healthcare-associated infection
- ☑ Daily care you must receive
- ☑ Urinary catheters: When to say NO!
- ☑ How to identify an infected IV site
- ☑ The one question to ask your surgeon
- ☑ Documents you need when discharged
- ☑ What you should know about your medications

Foreword by Dr. Peter Pronovost