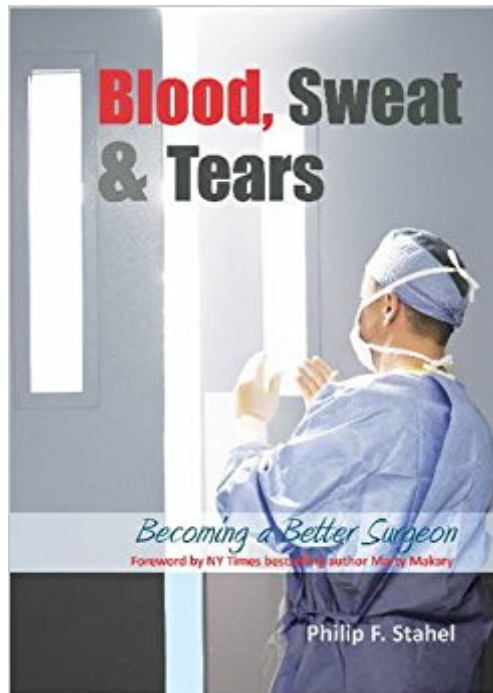


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# Blood, Sweat & Tears: Becoming A Better Surgeon



## Synopsis

All surgeons want to be better surgeons...They work hard to be respected by their peers, appreciated by their patients, and valued by their communities. Most of the estimated 200 million surgeries performed worldwide every year go as anticipated, with positive patient outcomes. However, the number of surgical complications and preventable medical errors still remains unacceptably high. Why are experienced surgeons still creating so many adverse events? More importantly, what can surgeons do to better address the situation? This book seeks to answer these questions. The book provides pragmatic examples on how good surgeons can grow from being technically brilliant to becoming empathetic and capable of providing safe, compassionate, and more effective patient care. The book follows trauma surgeon Philip Stahel's 20-year journey from his 'rookie years' in internship and residency, to his development as a global patient safety advocate, renowned academician and teacher, and compassionate surgeon. The book touches on why our current patient safety protocols and checklists fail to keep patients safe and how a physician-driven initiative with credible leadership is needed to build a sustainable 'culture of patient safety'. Written for a wide audience and based on the paradigm that "good judgment comes from experience which comes from poor judgment", the book provides in-depth coverage of all the critical and timely components of safe surgical care, relates practical tips for improving the quality of partnerships between surgeons and patients, and offers a practical guide on how to reduce the learning curve to becoming a better surgeon.

## Book Information

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## Customer Reviews

Not just for surgeons!NOT JUST FOR SURGEONS! This book is a bright and refreshing read in a cold and less-than-sterile world. At points the material is grave and deep but the author has a talented way of keeping the reader on the edge of their seat relishing the words on the page. You may ask, "How can you be that excited about an educational piece of literature?" My response: I was moved intellectually and emotionally. I am not a surgeon - but I genuinely believe that I am a better equipped human being because of what I have acquired from Blood, Sweat & Tears.- By the way: I will be asking any future doctor I meet to read this book. It terrifies me that it had not been previously written or required for med students. A.Balliet

Dr. Stahel captures what is missing from most professional's lives. It may be presented through the eyes of the highly regarded and often revered role of the surgeon, but I propose any person who wants to reach the depth of their profession would greatly benefit from reading this book. In addition to my approach to work I can honestly say that it touched me, and as a result I will be a better person, a better boss, and a better dad. It is within us, but it can't be tapped until we are confident enough in ourselves to embrace the student's heart without fear of being human. Sincerity can't be faked, but it can be a contagious pillar that impacts those of us today while inspiring those of tomorrow.

This is an extraordinary book for all stakeholders including consumers. Phil Stahel shows compassion and sensitivity as a human being which flows from his soft skills into his clinical skills as a surgeon. His writing is touching, unafraid, and totally refreshing. He is the epitome of who you would want to be your physician and the one to teach our inter professional health students as well as practicing health professionals. Blood Sweat & Tears is honest, open, and transparent written with Phil's warm sense of humor it is a must read for those that want to work at the top of their license and have a relationship with their patients.Patty J. SkolnikPresident/CEOCitizens for Patient Safety, LLC

Dr. Stahel did an amazing job with this book. His conversational style woven in with his obvious knowledge of the subject matter and his clear humanity makes this a great read. I'm not in the medical field, and I found the behind-the-scenes glimpses fascinating, which leads me to believe that the book is well suited for both medical and layperson audiences. And beyond the medical information and back stories, I learned a good deal about lots of random interesting things, so Dr.

Stahel must be quite the Renaissance man. The guy knows a lot about a lot! I'd recommend "Blood, Sweat & Tears" to pretty much anyone curious about the medical/surgical world.

The most admirable quality of Dr. Philip Stahel is that he has the courage to confront difficult problems. As his book demonstrates, he is not afraid to openly discuss the challenges that face many surgeons today. Dr. Stahel's fearless attack on many previously ignored topics makes this book a must read for surgeons - young and old, in training and beyond, as they navigate the steep learning curve that makes a good surgeon great. Dr. Stahel is a champion of patient safety and he delivers excellent advice to those striving to improve their skills in relating to patients. "Blood, Sweat, and Tears" is a gutsy book that will not disappoint those surgeons seeking to elevate their careers as great healers and physicians.

What an amazing book! As a medical student transitioning from my second year of academics to my third year, where I will be treating patients, Blood, Sweat & Tears by Dr. Stahel captured my attention from the very beginning. Sitting in the classroom it is easy to say these things will never happen to me, I am too careful and savvy. After reading this book, I can see where many of the pitfalls lay and how to mold my future as an aspiring physician and surgeon. Blood, Sweat & Tears has added invaluable practical knowledge and insight into things rarely discussed in my medical education. I absolutely will be a better physician, surgeon and caregiver after reading this book.

As a fellow physician who has spent nearly 40 years fostering Patient Safety and Quality, Dr. Stahel's book is quite simply the new bible for that movement. For both providers and patients alike, this book is a must read, and especially so, for anyone who may need surgery or hospitalization. There are physicians, surgeons and hospitals where the lessons encouraged in this book are being followed on a daily basis, but these practices will not be sought or apparent without reading the book. I plan to buy one for each of my children in hopes they will follow its tenements as they seek health care for themselves and their loved ones. This is truly a five star selection, JMB

This is a superlative book for anyone in healthcare. As a well seasoned Registered Nurse it is refreshing to hear this level of passion for healing and patient safety from a longtime physician and surgeon. Blood, Sweat and Tears - Becoming a Better Surgeon is an articulate and effortless read. You can hear Dr. Stahel's devoted voice in every sentence. I wholly recommend this book to all healthcare providers.

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