

Fatal Hospital Mistakes Exposed

How to Ensure You and Your Loved Ones Don't Become a Statistic

In this insider report, we will show you how to lessen the chances of your hospital killing you.

You wouldn't think people entrusted with your care would kill you, but it happens regularly. A Health Grades study recently showed that over a 3 year period 248,000 patient deaths were PREVENTABLE.

A study of 3.3 million births in California found that babies born late at night were 16% more likely to die than those born at daytime. Patients going into cardiac arrest at night were also more likely to die than those in the day. More medication errors happened at night. An analysis of 15 intensive care units showed that children admitted to them at night were more likely to die within 48 hours.

So what's the problem with night admissions?

The main reason is lower quality and quantity of staff. Think about it; the more senior people have earned the right to be tucked up in bed during the wee hours. The night shift is often staffed with rookies who are often loathe to awaken senior people with a problem. The nightshift is where the newbies train. That's right- and YOU'RE their experiment! Patients have been known to call 911 before, it took so long for someone to answer their call for assistance.

The other reason is fatigue. Have YOU ever tried working between 3am and 6am? Not just that- 24-hour shifts and 80 hour work-weeks are not uncommon for residents and interns (the junior people usually on nightshift). A recent Harvard study showed interns on nightshift injured themselves twice as much as those on dayshift. Researchers also found that people who worked 24 hour shifts had the performance of someone who was legally drunk (blood alcohol 0.10).

Advice:

- Do some homework on hospitals in your area. Some have better fatality rates than others.
- Avoid being overnight wherever possible.
- Don't simply accept the nurse administering any medication knows what they're doing- make it your job to know EXACTLY the name and dosage of medications you should be taking (if any) during your stay.
- Have a close relative stay by your bedside if possible.
- If in doubt DEMAND to see the 'Attending Physician' or 'Department Chair'.