

# Nudge Improving Decisions About Health Wealth And

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[Helping people share decision making](#) Jun 04 2020

[Self-Harm in Young People](#) Jul 06 2020 Self-harm in adolescents is a growing problem which has been poorly de-fined, clinically neglected and insufficiently researched. This volume synthesizes the available research on adolescent self-harm and presents the reader with the best available evidence on self-harm treatment. It is aimed at those who treat, research and teach about self-harm.

**Better Data, Better Decisions** Mar 02 2020 Data flows into medical practices daily from practice management systems, electronic medical record (EMR) systems, accounting systems and many other sources. Too many practices extract only the bare minimum of data to file claims and meet reporting obligations, without recognizing the value in the flood of data that passes through the practice.

**Multi-Criteria Decision Analysis to Support Healthcare Decisions** Apr 14 2021 Representing the first collection on the topic, this book builds from foundations to case studies, to future prospects, providing the reader with a rich and comprehensive understanding of the use of multi-criteria decision analysis (MCDA) in healthcare. The first section of the collection presents the foundations of MCDA as it is applied to healthcare decisions, providing guidance on the ethical and theoretical underpinnings of MCDA and how to select MCDA methods appropriate to different decision settings. Section two comprises a collection of case studies spanning the decision continuum, including portfolio development, benefit-risk assessment, health technology assessment, priority setting, resource optimisation, clinical practice and shared decision making. Section three explores future directions in the application of MCDA to healthcare and identifies opportunities for further research to support these.

*Consumer Health: Making Informed Decisions* Mar 14 2021 Consumer Health: Making Informed Decisions is a concise, current text with the most up-to-date information about health care reform and insurance. It is devoted to the most important issues relative to consumer health issues, including advertising, dietary supplements, herbal remedies, weight management, and medications. There are in-depth analyses of the American health care system, insurance options, and consumer protection. The text also takes a critical look at complementary and alternative therapies. Throughout the text, there are guidelines for making decisions that can benefit the individual. A comprehensive list of learning objectives precede each chapter and a list of study questions conclude each chapter. The questions are designed to help the student summarize the major points of the chapter, prepare for exams, and critically analyze the material contained in the chapters. Instructor Resources: PowerPoint Presentations

*Crossing the Quality Chasm* Sep 19 2021 Second in a series of publications from the Institute of Medicine's Quality of Health Care in America project Today's health care providers have more research findings and more technology available to them than ever before. Yet recent reports have raised serious doubts about the quality of health care in America. Crossing the Quality Chasm makes an urgent call for fundamental change to close the quality gap. This book recommends a sweeping redesign of the American health care system and provides overarching principles for specific direction for policymakers, health care leaders, clinicians, regulators, purchasers, and others. In this comprehensive volume the committee offers: A set of performance expectations for the 21st century health care system. A set of 10 new rules to guide patient-clinician relationships. A suggested organizing framework to better align the incentives inherent in payment and accountability with improvements in quality. Key steps to promote evidence-based practice and strengthen clinical information systems. Analyzing health care organizations as complex systems, Crossing the Quality Chasm also documents the causes of the quality gap, identifies current practices that impede quality care, and explores how systems approaches can be used to implement change.

[End-of-Life Decisions in Medical Care](#) Nov 09 2020 Those involved in end-of-life decision making must take into account both legal and ethical issues. This book starts with a critical reflection of ethical principles including ideas such as moral status, the value of life, acts and omissions, harm, autonomy, dignity and paternalism. It then explores the practical difficulties of regulating end-of-life decisions, focusing on patients, healthcare professionals, the wider community and issues surrounding 'slippery slope' arguments. By evaluating the available empirical evidence, the author identifies preferred ways to regulate decisions and minimise abuses at the end of life, and outlines an ethical theory which can provide practical guidance for those engaged in end-of-life decisions.

**SUMMARY - Nudge: Improving Decisions About Health, Wealth, And Happiness By Richard H. Thaler And Cass R. Sunstein** Apr 26 2022 \* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will discover that thanks to the nudge theory - that is, soft inducement - it is possible to inspire the right decision without resorting to restrictions or prohibitions. You will also discover that : mistakes and bad decisions are common; not everyone is ready for change; gentle prompting allows the individual to be motivated to change, without rushing him or her; there are ground rules for determining the right nudge for each situation; well-placed nudges are better than some well-established rules; generally speaking, nudges are good for society and your wallet. Every day, you have to make decisions or choices. But you don't have the time to devote your full attention to them, which can lead you to make mistakes. However, a gentle incentive to make the right choice, to take the right path, will help you to avoid going straight into the wall. This is the principle of the nudge: to indicate to a person, in all benevolence, the path to take so that they feel better. This is why paternalistic libertarians advocate its use. Are you ready to discover the benefits of gentle encouragement? \*Buy now the summary of this book for the modest price of a cup of coffee!

**Improving Health in the United States** Oct 21 2021 Factoring health and related costs into decision making is essential to confronting the nation's health problems and enhancing public well-being. Some policies and programs historically not recognized as relating to health are believed or known to have important health consequences. For example, public health has been linked to an array of policies that determine the quality and location of housing, availability of public transportation, land use and street connectivity, agricultural practices and the availability of various types of food, and development and location of businesses and industry. *Improving Health in the United States: The Role of Health Impact Assessment* offers guidance to officials in the public and private sectors on conducting HIAs to evaluate public health consequences of proposed decisions -- such as those to build a major roadway, plan a city's growth, or develop national agricultural policies -- and suggests actions that could minimize adverse health impacts and optimize beneficial ones. Several approaches could be used to incorporate aspects of health into decision making, but HIA holds particular promise because of its applicability to a broad array of programs, consideration of both adverse and beneficial health effects, ability to consider and incorporate various types of evidence, and engagement of communities and stakeholders in a deliberative process. The report notes that HIA should not be assumed to be the best approach to every health policy question but rather should be seen as part of a spectrum of public health and policy-oriented approaches. The report presents a six-step framework for conducting HIA of proposed policies, programs, plans, and projects at federal, state, tribal, and local levels, including within the private sector. In addition, the report identifies several challenges to the successful use of HIA, such as balancing the need to provide timely information with the realities of varying data quality, producing quantitative estimates of health effects, and engaging stakeholders.

[Empowering Health Decisions](#) Aug 19 2021 Empowering Health Decisions offers a personal health text focused on essential content for students to assist them in making informed decisions about their health. This text is unique from other personal texts on the market in that it focuses on decision-making models and theories of behavior change. These models are carried throughout each chapter and will describe how it can be used to make health enhancing decisions specific to the chapter content.

*Disease Control Priorities in Developing Countries* Oct 01 2022 Based on careful analysis of burden of disease and the costs of interventions, this second edition of 'Disease Control Priorities in Developing Countries, 2nd edition' highlights achievable priorities; measures progress toward providing efficient, equitable care; promotes cost-effective interventions to targeted populations; and encourages integrated efforts to optimize health. Nearly 500 experts - scientists, epidemiologists, health economists, academicians, and public health practitioners - from around the world contributed to the data sources and methodologies, and identified challenges and priorities, resulting in this integrated, comprehensive reference volume on the state of health in developing countries.

**Shared Decision Making in Health Care** Aug 31 2022 Over the past decade health care systems around the world have placed increasing importance on the relationship between patient choice and clinical decision-making. In the years since the publication of the second edition of Shared Decision Making in Health Care, there have been significant new developments in the field, most notably in the US where 'Obamacare' puts shared decision making (SDM) at the centre of the 2009 Affordable Care Act. This new edition explores shared decision making by examining, from practical and theoretical perspectives, what should comprise an effective decision-making process. It also looks at the benefits and potential difficulties that arise when patients and clinicians share health care decisions. Written by leading experts from around the world and utilizing high quality evidence, the book provides an up-to-date reference with real-world context to the topics discussed, and in-depth coverage of the practicalities of implementing and teaching SDM. The breadth of information in Shared Decision Making in Health Care makes it an essential resource for policy-makers and health care workers. As health care systems adapt to increasingly collaborative patient-clinician care frameworks, this will also prove a useful guide to SDM for clinicians of all disciplines.

**Your Medical Mind** Jul 18 2021 Offers advice on making medical decisions in spite of confusing and conflicting information, and provides insight into the beliefs influencing how choices are made while citing the marketing practices that complicate the process.

**Behavioral Economics and Public Health** Jan 24 2022 Behavioral economics has potential to offer novel solutions to some of today's most pressing public health problems: How do we persuade people to eat healthy and lose weight? How can health professionals communicate health risks in a way that is heeded? How can food labeling be modified to inform healthy food choices? Behavioral Economics and Public Health is the first book to apply the groundbreaking insights of behavioral economics to the persisting problems of health behaviors and behavior change. In addition to providing a primer on the behavioral economics principles that are most relevant to public health, this book offers details on how these principles can be employed to mitigating the world's greatest health threats, including obesity, smoking, risky sexual behavior, and excessive drinking. With contributions from an international team of scholars from psychology, economics, marketing, public health, and medicine, this book is a trailblazing new approach to the most difficult and important problems of our time.

**Tough Decisions** Nov 21 2021 Tough Decisions places readers in realistic composites of cases the authors have actually seen or managed where they must make tough medical decisions. What happens in them often depends on the reader's decisions and thus gives a sense of pressures that bear on clinical-decision making.

**Critical Decisions** Jul 30 2022 "As a physician and a social scientist, Peter Ubel is unparalleled in his understanding of some of the most important decisions we are facing, or will face." —Dan Ariely, New York Times bestselling author of Predictably Irrational "His ideas are important, his style is accessible (with the right balance of humor and compassion) and his topic is timely." —Dan Gilbert, author of Stumbling on Happiness and host of "This Emotional Life" All too often, problems in communication between a doctor and patient can lead to bad medical decisions. As a practicing physician and a behavioral scientist, Dr. Peter Ubel has a unique understanding of this dangerous situation—and in Critical Decisions he addresses the problem while revealing a new revolution in medical decision-making. Critical Decisions combines eye-opening medical stories with groundbreaking behavioral science research, while offering important information and common sense solutions to promote better doctor/patient relationships thereby ensuring that the right decision will be made in life-saving medical situations.

**Dying in America** Jun 16 2021 For patients and their loved ones, no care decisions are more profound than those made near the end of life. Unfortunately, the experience of dying in the United States is often characterized by fragmented care, inadequate treatment of distressing symptoms, frequent transitions among care settings, and enormous care responsibilities for families. According to this report, the current health care system of rendering more intensive services than are necessary and desired by patients, and the lack of coordination among programs increases risks to patients and creates avoidable burdens on them and their families. Dying in America is a study of the current state of health care for persons of all ages who are nearing the end of life. Death is not a strictly medical event. Ideally, health care for those nearing the end of life harmonizes with social, psychological, and spiritual support. All people with advanced illnesses who may be approaching the end of life are entitled to access to high-quality, compassionate, evidence-based care, consistent with their wishes. Dying in America evaluates strategies to integrate care into a person- and family-centered, team-based framework, and makes recommendations to create a system that coordinates care and supports and respects the choices of patients and their families. The findings and recommendations of this report will address the needs of patients and their families and assist policy makers, clinicians and their educational and credentialing bodies, leaders of health care delivery and financing organizations, researchers, public and private funders, religious and community leaders, advocates of better care, journalists, and the public to provide the best care possible for people nearing the end of life.

[Smart Health Choices](#) Aug 26 2019 Smart Health Choices provides the tools for assessing health advice, whether it comes from a specialist, a general practitioner, a naturopath, the media, the internet of a friend. It shows you how to take an active role in your own healthcare, and how to make the best decisions for you and your loved ones, based on your personal preferences and the best available evidence.

[Life-death Decisions in Health Care](#) Jun 28 2022

**Improving the Quality of Health Care for Mental and Substance-Use Conditions** Dec 11 2020 Each year, more than 33 million Americans receive health care for mental or substance-use conditions, or both. Together, mental and substance-use illnesses are the leading cause of death and disability for women, the highest for men ages 15-44, and the second highest for all men. Effective treatments exist, but services are frequently fragmented and, as with general health care, there are barriers that prevent many from receiving these treatments as designed or at all. The consequences of this are serious—for these individuals and their families; their employers and the workforce; for the nation's economy; as well as the education, welfare, and justice systems. Improving the Quality of Health Care for Mental and Substance-Use Conditions examines the distinctive characteristics of health care for mental and substance-use conditions, including payment, benefit coverage, and regulatory issues, as well as health care organization and delivery issues. This new volume in the Quality Chasm series puts forth an agenda for improving the quality of this care based on this analysis. Patients and their families, primary health care providers, specialty mental health and substance-use treatment providers, health care organizations, health plans, purchasers of group health care, and all involved in health care for mental and substance-use conditions will benefit from this guide to achieving better care.

[Evidence-based Healthcare and Public Health](#) Nov 02 2022 As the demand for health services rises & the pressure on these services grows, decisions about the use of scarce resources are becoming even more difficult to make & more explicit. This text provides healthcare managers with the knowledge they need.

*Ensuring Fairness in Health Care Coverage* Dec 31 2019 "Choosing a health care plan that is both ethically sound and financially prudent is one of the biggest challenges facing businesses today. Many people think that high-quality, compassionate health care plans are prohibitively expensive. But in reality, purely cost-driven decisions end up costing businesses more in the long run. Fair health care coverage decisions are actually good for business! Studies show that employees who see their benefits as fair are more likely to stay with their employer, be more productive, and refrain from legal action. Fairness is the best policy -- but employers are uncertain how to reconcile doing what is right

with doing what is cost-effective. Ensuring Fairness in Health Care Coverage provides employers with a solid ethical framework for making even the most challenging benefits decisions. Based on a study by the Ethical Force Program, led by the Institute for Ethics at the American Medical Association, this book enables employers to make difficult decisions about the fairness -- and perceived fairness -- of the health benefits they provide, such as: Whether to provide benefits to domestic partners. Whether to give lower coverage for mental than for physical illnesses. Whether to charge employees who smoke or who are obese more for health care coverage. How to differentiate between the various types of health care coverage -- from HMOs to Health Savings Accounts -- and how to determine which will benefit the most employees. Whether to index employee contributions to their salaries, with higher-paid employees paying more for the same benefits. This groundbreaking book provides five ethical guideposts to help employers make such decisions. The guideposts were developed by the Ethical Force Program's extensive interviews with a national expert advisory board representing the perspectives of all major participants in the health care system, including employers, insurance companies, physicians, patients, and regulators, followed by focus groups to further refine the principles. As this book explains, fair decision making should be: Transparent -- being completely open and honest about what decisions are made and why Participatory -- including employees in the decision process Sensitive to value -- providing coverage that is both efficient and effective Consistent -- avoiding favoritism Compassionate -- offering flexibility for special circumstances Authors Matthew Wynia and Abraham Schwab show how to apply these guideposts to practical dilemmas employers face every day. Using real-world examples from their extensive research, they bring the principles to life and provide concrete steps for taking action on sensitive and complex issues. Their analyses of case examples, showing how employers have dealt with specific problems, are particularly enlightening. Creative and compassionate, Ensuring Fairness in Health Care Coverage will help employers design and administer plans for the benefit of their employees and their businesses."

**Transparent Communication of Health Risks** May 16 2021 Recent research in health decision making has shown that many patients, even those with a college education, have difficulties grasping a host of numerical concepts, including percentages and probabilities. Yet, basic numeracy and graph literacy are essential for understanding information relevant to making decisions about health, such as the incidence and prevalence of different diseases, risk reductions from medical screenings and treatments, and risk increases from side effects of treatments and unhealthy behaviors. Patients who have problems understanding such numerical concepts are often prone to errors in risk perception and medical choices. Importantly, informed medical decision making, heavily reinforced these days by the legal requirement for informed consent, depends critically on communication of quantitative medical information. Meeting the challenge of effectively communicating medical information to patients with different levels of numeracy and graph literacy has become more important than ever. Transparent Communication of Health Risks describes a series of cross-cultural studies investigating how people in countries with different medical and educational systems understand numerical and graphical information, what they know about existing medical treatments and screenings, which presentation formats help them better understand the relevant information, and how they use the data to make medical decisions. Focusing on the careful measurement of necessary knowledge and skills, the book also includes validated numeracy and graph literacy scales in English, Spanish, and German. Some of the topics covered in the book are: numeracy and graph literacy for health; measuring risk comprehension in educated samples; communicating information about medical treatment and screening; reducing the effect of framed messages about health; the effect of individual differences on shared decision making; and transparent health information in the media. Transparent Communication of Health Risks emphasizes the importance and value of working toward the development of tailored risk communication interventions and clarifies the tasks ahead for health psychologists, public health professionals, pharmaceutical and medical education companies, medical physicists, and nurses.

**Evidence-based Healthcare** Jan 12 2021 The evidence-based medicine movement has been one of the most important influences on medicine in the latter half of the 1990s. This textbook on evidence-based decision-making--based on clinical decisions on the best available evidence from systematic research--is ideal for healthcare, medical, and nurse managers. It explains how evidence-based decision making can be applied to health policy and management decisions about groups of patients and populations, rather than decisions about the treatment of individuals. Its first edition was well reviewed and highly successful, and this new edition builds upon the success of the first.

**DECISIONS IN RECOVERY** Jul 26 2019 This handbook is for informational purposes only. The information provided is not intended to diagnose, treat, cure, or prevent any disease or condition, including opioid use disorder. The Substance Abuse and Mental Health Services Administration (SAMHSA) does not approve or endorse any specific treatment. If you have a health condition or concern, contact a health care provider. Decisions about treatment of opioid use disorder are the sole responsibility of you and your treatment providers. Not all the options presented may be appropriate for your situation. Talk with your treatment providers about your situation and the role of medication in your recovery from opioid use disorder. Every effort has been made to ensure the information in this handbook, and on the decision support tool website for which it was developed, is accurate and up-to-date. However, medical information is continually changing and can become quickly outdated.

**Achieving Person-Centred Health Systems** Sep 07 2020 The idea of person-centred health systems is widely advocated in political and policy declarations to better address health system challenges. A person-centred approach is advocated on political, ethical and instrumental grounds and believed to benefit service users, health professionals and the health system more broadly. However, there is continuing debate about the strategies that are available and effective to promote and implement 'person-centred' approaches. This book brings together the world's leading experts in the field to present the evidence base and analyse current challenges and issues. It examines 'person-centredness' from the different roles people take in health systems, as individual service users, care managers, taxpayers or active citizens. The evidence presented will not only provide invaluable policy advice to practitioners and policymakers working on the design and implementation of person-centred health systems but will also be an excellent resource for academics and graduate students researching health systems in Europe.

**Be Informed** Feb 10 2021

**The Decision Tree** Aug 07 2020 For all the talk about personalized medicine, our health care system remains a top-down, doctor-driven system where individuals are too often bit players in their own health decisions. In The Decision Tree, Thomas Goetz proposes a new strategy for thinking about health, one that applies cutting-edge technology to put us at the center of the equation and explains how the new frontier of health care can impact each of our lives.

**Evaluation and Decision Making for Health Services** Apr 02 2020 This book provides you with the tools & techniques for making sound management decisions about the success of new or existing programs & services. The third edition of this authoritative guide includes updated examples, illustrations, & references, as well as new information on cost-utility measures, operations research, cost-benefit & cost-effectiveness analysis & more.

**Nudge** Mar 26 2022 Now available: Nudge: The Final Edition The original edition of the multimillion-copy New York Times bestseller by the winner of the Nobel Prize in Economics, Richard H. Thaler, and Cass R. Sunstein: a revelatory look at how we make decisions—for fans of Malcolm Gladwell's Blink, Charles Duhigg's The Power of Habit, James Clear's Atomic Habits, and Daniel Kahneman's Thinking, Fast and Slow Named a Best Book of the Year by The Economist and the Financial Times Every day we make choices—about what to buy or eat, about financial investments or our children's health and education, even about the causes we champion or the planet itself.

Unfortunately, we often choose poorly. Nudge is about how we make these choices and how we can make better ones. Using dozens of eye-opening examples and drawing on decades of behavioral science research, Nobel Prize winner Richard H. Thaler and Harvard Law School professor Cass R. Sunstein show that no choice is ever presented to us in a neutral way, and that we are all susceptible to biases that can lead us to make bad decisions. But by knowing how people think, we can use sensible “choice architecture” to nudge people toward the best decisions for ourselves, our families, and our society, without restricting our freedom of choice.

**Health Economics from Theory to Practice** Jan 30 2020 This book provides a robust set of health economic principles and methods to inform societal decisions in relation to research, reimbursement and regulation (pricing and monitoring of performance in practice). We provide a theoretical and practical framework that navigates to avoid common biases and suboptimal outcomes observed in recent and current practice of health economic analysis, as opposed to claiming to be comprehensive in covering all methods. Our aim is to facilitate efficient health system decision making processes in research, reimbursement and regulation, which promote constrained optimisation of community outcomes from a societal perspective given resource constraints, available technology and processes of technology assessment. Importantly, this includes identifying an efficient process to maximize the potential that arises from research and pricing in relation to existing technology under uncertainty, given current evidence and associated opportunity costs of investment. Principles and methods are identified and illustrated across health promotion, prevention and palliative care settings as well as treatment settings. Health policy implications are also highlighted.

**Evidence-based Decisions and Economics** Oct 28 2019 The need for evidence-based decisions that take account of both effectiveness and economics is greater now than ever. Using casestudies and illustrative examples throughout the authors describe how the activities and outputs of evidence synthesis, systematic review, economic analysis and decision-making interact within and across different spheres of health and social policy and practice. Expanding on the first edition the book now covers approaches to evidence synthesis that combine economics and systematic review methods in the applied fields of social welfare, education and criminal justice, as well as health care. Written by economists and health services researchers closely involved in developing evidence-based policy and practice it showcases current state-of-the-art methodology and will be an invaluable read for all policy-makers and practitioners using evidence to inform decisions, analysts conducting research to support decisions and students discovering the need for evidence-based decisions to incorporate economic perspectives and evidence.

**Choice Matters** Oct 09 2020 "Choice Matters is the healthcare sector's guide to understanding and delivering the brand of consumer-centered care that is an imperative for the Zocdoc age. Drawing on the authors' diverse backgrounds in medicine, business, and public policy, this practically-oriented resource offers an on-the-ground introduction for clinicians and managers to better understand the differences between healthcare and other consumer-driven markets, what factors are most important for consumers in seeking care providers, how consumers make decisions about healthcare, the system-wide effects of increased consumer choice in healthcare, [and] the important distinction between patients and consumers"--

**Choice Matters** Feb 22 2022 The direct-to-consumer business model has transformed how people seek out goods and services from music to mortgages. So what happens now that the revolution has come for healthcare? While consumers have begun to insist on healthcare that is as convenient and personalized as nearly every other good or service they purchase, most healthcare provider organizations, physicians, and insurance companies remain woefully unprepared to meet this demand. Choice Matters is the healthcare sector's guide to understanding and delivering the brand of consumer-centered care that is an imperative for the Zocdoc age. Drawing on the authors' diverse backgrounds in medicine, business, and public policy, this practically-oriented resource offers an on-the-ground introduction for clinicians and managers to better understand: · The differences between healthcare and other consumer-driven markets · What factors are most important for consumers in seeking care providers · How consumers make decisions about healthcare · The system-wide effects of increased consumer choice in healthcare · The important distinction between patients and consumers By celebrating the possibilities inherent to consumer-centered healthcare, Choice Matters offers a refreshing, empirically informed take on how healthcare in the United States can flourish, not wither, in the new economy.

**Decisions for Health** Dec 23 2021

**Your Health, Your Decisions** May 28 2022 In nearly every medical-decision-making encounter, the physician is at the center of the discussion, with the patient the recipient of the physician's decisions. Dr. Robert Alan McNutt starts from a very different premise: the patient should be at the center. McNutt challenges the physician-directed, medical-expertise model of making decisions, presenting a practical approach augmented by formal exercises designed to give patients the tools and confidence to compare and contrast their health-care options so they can make their own choices. He addresses a number of scenarios, including heart disease, breast cancer, and prostate cancer—conditions that pose a range of choices that patients may face about diagnoses and treatments. After providing a clear explanation of what is the highest quality medical-decision-making information, McNutt teaches patients to use that information to weigh the harms and benefits of their treatment options, empowering them to ask critical questions as they take a stronger hand in their own care. Your Health, Your Decisions moves from specific scenarios that commonly baffle patients to a systematic exploration of how to make medical decisions. By offering patients the tools they need to be full partners in their own health care, McNutt demystifies what can be a bewildering and even terrifying process.

**Get Inside Your Doctor's Head** Nov 29 2019 This concise and accessible guide to modern healthcare explains the 10 rules of medical decision-making—and when to break them. With so many medical tests and treatments to consider and so much information out there—some of it contradictory—it can be difficult to know what's right for you. In Get Inside Your Doctor's Head, Dr. Phillip K. Peterson explains the Ten Rules of Internal Medicine. Using real case examples, Peterson shows how following these commonsense rules will help you make better decisions about your medical care. Get Inside Your Doctor's Head provides advice about when to seek treatment, when to get another opinion, and when to let time take its course. Using the Ten Rules can help you communicate more effectively with doctors and help you weigh their recommendations. As with all rules, there are occasional exceptions—and when evidence suggests that you are an exception, the relevant rule should be broken. Follow the Ten Rules to make decisions in the increasingly complicated medical world when you need guidance about health matters for yourself and your loved ones.

**Unequal Treatment** Sep 27 2019 Racial and ethnic disparities in health care are known to reflect access to care and other issues that arise from differing socioeconomic conditions. There is, however, increasing evidence that even after such differences are accounted for, race and ethnicity remain significant predictors of the quality of health care received. In Unequal Treatment, a panel of experts documents this evidence and explores how persons of color experience the health care environment. The book examines how disparities in treatment may arise in health care systems and looks at aspects of the clinical encounter that may contribute to such disparities. Patients' and providers' attitudes, expectations, and behavior are analyzed. How to intervene? Unequal Treatment offers recommendations for improvements in medical care financing, allocation of care, availability of language translation, community-based care, and other arenas. The committee highlights the potential of cross-cultural education to improve provider-patient communication and offers a detailed look at how to integrate cross-cultural learning within the health professions. The book concludes with recommendations for data collection and research initiatives. Unequal Treatment will be vitally important to health care policymakers, administrators, providers, educators, and students as well as advocates for people of color.

**Best Care at Lower Cost** Jun 24 2019 America's health care system has become too complex and costly to continue business as usual. Best Care at Lower Cost explains that inefficiencies, an overwhelming amount of data, and other economic and quality barriers hinder progress in improving health and threaten the nation's economic stability and global competitiveness. According to this report, the knowledge and tools exist to put the health system on the right course to achieve continuous improvement and better quality care at a lower cost. The costs of the system's current inefficiency underscore the urgent need for a systemwide transformation. About 30 percent of health spending in 2009—roughly \$750 billion—was wasted on unnecessary services, excessive administrative costs, fraud, and other problems. Moreover, inefficiencies cause needless suffering. By one estimate, roughly 75,000 deaths might have been averted in 2005 if every state had delivered care at the quality level of the best performing state. This report states that the way health care providers currently train, practice, and learn new information cannot keep pace with the flood of research discoveries and technological advances. About 75 million Americans have more than one chronic condition, requiring coordination among multiple specialists and therapies, which can increase the potential for miscommunication, misdiagnosis, potentially conflicting interventions, and dangerous drug interactions. Best Care at Lower Cost emphasizes that a better use of data is a critical element of a continuously improving health system, such as mobile technologies and electronic health records that offer significant potential to capture and share health data better. In order for this to occur, the National Coordinator for Health Information Technology, IT developers, and standard-setting organizations should ensure that these systems are robust and interoperable. Clinicians and care organizations should fully adopt these technologies, and patients should be encouraged to use tools, such as personal health information portals, to actively engage in their care. This book is a call to action that will guide health care providers; administrators; caregivers; policy makers; health professionals; federal, state, and local government agencies; private and public health organizations; and educational institutions.

**Numerical Reasoning in Judgments and Decision Making about Health** May 04 2020 Every day thousands of individuals need to make critical decisions about their health based on numerical information, yet recent surveys have found that over half the population of the United States is unable to complete basic math problems. How does this lack of numerical ability (also referred to as low numeracy, quantitative illiteracy or statistical illiteracy) impact healthcare? What can be done to help people with low numeracy skills? Numerical Reasoning in Judgments and Decision Making about Health addresses these questions by examining and explaining the impact of quantitative illiteracy on healthcare and in specific healthcare contexts, and discussing what can be done to reduce these healthcare disparities. This book will be a useful resource for professionals in many health fields including academics, policy makers, physicians and other healthcare providers.