

"A compassionate, thoughtfully considered approach to caregiving."
—KIRKUS REVIEWS

FOR IMMEDIATE RELEASE

GETTING THE BEST CARE is a Critical How-To for Navigating Today's Confusing Healthcare System

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Getting the Best Care

Rescue your loved one from the healthcare conveyor belt



CHICAGO – A Chicago nurse anesthetist has released a new book designed to prevent the suffering of patients and their families.

"Too often, vulnerable people are swept up into the healthcare system that always has another test to do or medication to prescribe. I view this as the [healthcare conveyor belt](#)."

Margaret Fitzpatrick, [GETTING THE BEST CARE](#)

GETTING THE BEST CARE is the second book authored by Margaret Fitzpatrick, a nurse anesthetist who has [appeared on the Today show](#), CNN, and ABC7 News for a book she co-authored about patient advocacy in 2004, What to Ask The Doc The Questions to Ask to Get the Answers You Need.

[GETTING THE BEST CARE](#) helps patients and their families realize and attain their personal healthcare goals. With Fitzpatrick's clear guidance, they can avoid what she calls "the healthcare conveyor belt"—where patients are treated the same despite individual differences. Fitzpatrick directs readers to ask the practical questions "What is the goal?" and "Will the benefits outweigh the burdens of this treatment?" at every turn in a patient's treatment. She counsels readers who are helping people with dementia, critical illness, and potential surgeries, factoring in medical, legal, and profoundly personal considerations.

"Scientific advances have given us great technology, but unfortunately people do not realize that the dramatic scenes they see on television programs wherein a person with no heartbeat is brought back to life are largely fictitious. The odds of [someone over the age of 70 with multiple medical problems](#) surviving that scenario are less than 5%, and it comes at the risk of great pain and possible suffering," says Fitzpatrick.

"This book draws on 20+ years of my experiences in healthcare where I have seen patients subjected to futile and sometimes cruel interventions because the healthcare system has put them on the conveyor belt of standardized care rather than carefully tailoring care to reflect the patient's goals and values," she says.

GETTING THE BEST CARE uses stories of real patients and Fitzpatrick's own personal experiences combined with straight-forward facts and recommendations to help people avoid being on the healthcare conveyor belt and to get individualized care.

For more information, visit GettingTheBestCare.com

[Margaret Fitzpatrick](#) has been a nurse anesthetist for 10 years, and a critical care nurse prior to obtaining her Master's degree. She earned her master's degree in science from [Rosalind Franklin University of Medicine and Science](#). Margaret's 2003 book, WHAT TO ASK THE DOC, was (and still is) an essential resource for patients and families on what questions they should ask their providers in some 65 different scenarios.

Margaret has [appeared on the Today Show](#), CNN Headline News, and many local news outlets across the country to discuss ways to navigate the health system. She also consults private clients to create individual action plans for patients with specialized health needs.

For more information about [GETTING THE BEST CARE](#) or to schedule an interview with Margaret Fitzpatrick, please contact the author at (773) 919-9002 or Margaret@GettingTheBestCare.com.