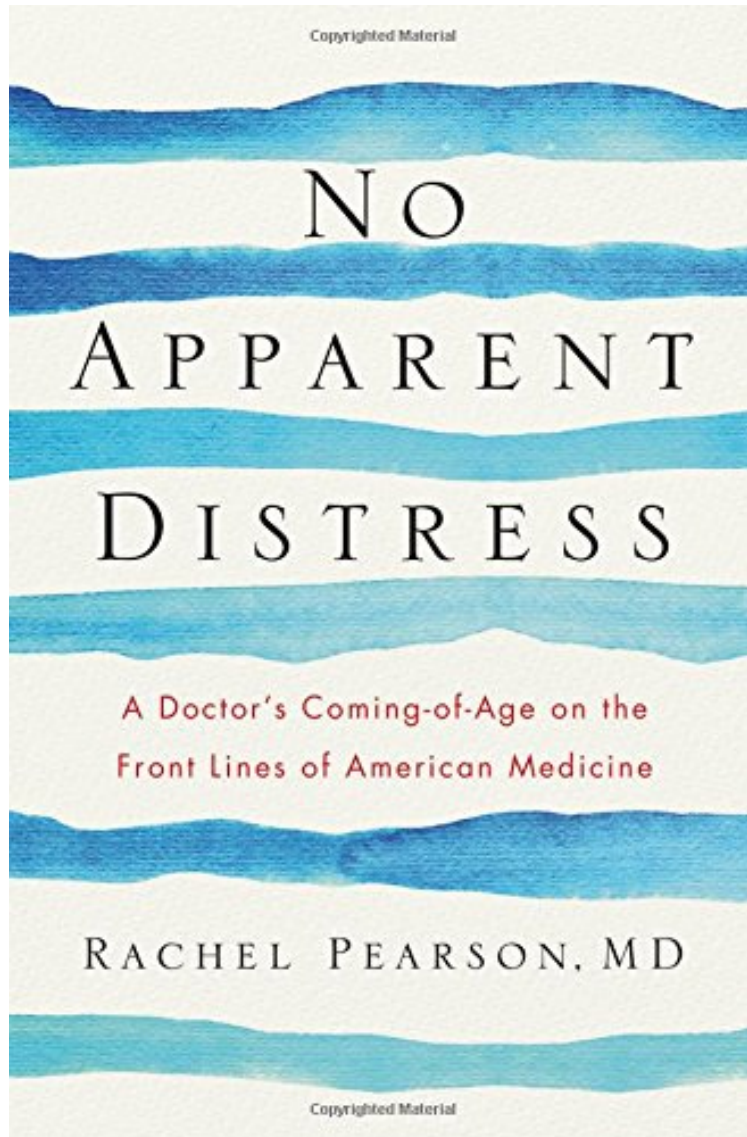


(Download) No Apparent Distress: A Doctor's Coming-of-Age on the Front Lines of American Medicine

No Apparent Distress: A Doctor's Coming-of-Age on the Front Lines of American Medicine

Rachel Pearson MD

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Rachel Pearson MD : No Apparent Distress: A Doctor's Coming-of-Age on the Front Lines of American Medicine before purchasing it in order to gage whether or not it would be worth my time, and all praised No Apparent Distress: A Doctor's Coming-of-Age on the Front Lines of American Medicine:

13 of 13 people found the following review helpful. When Medicine Meets VulnerabilityBy AnonymousThis book is

incredible! I highly recommend it for anyone practicing medicine, interested in the field, or desiring to see the human side of medicine. Rachel describes her experiences of day-to-day life as a medical student with a level of detail that brings back memories, both pleasant and disheartening, for those, like myself, who have completed medical training and will be enlightening to her non-medical audience. For a field that is both revered and elusive, Rachel provides a realistic perspective shines a light on the challenges. In a time where health care is a national conversation, Rachel illuminates the plight of the poor through gripping anecdotes of patients she's encountered. Their stories vividly demonstrate the consequences of a society that ignores the needs of the poor, especially when resources are thinning. Finally, the author, armed with her background in Medical Humanities, tells the story of her own family's hopes, dreams, challenges, and fears with a level of vulnerability so rarely seen, especially in medicine. She grapples with her mistakes and her observations of the health care system with a genuine voice that draws you in. This book is an absolute must read.

0 of 0 people found the following review helpful. Promising non-fiction debut from Dr. Person

By Paul Allaer

No Apparent Distress: A Doctor's Coming-of-Age on the Front Lines of American Medicine (2017 publication; 270 pages) is a non-fiction book from debut author (and doctor) Rachel Pearson. As the book opens, we are able to figure out that the author was born in 1983, making her 33 or 34 years of age right now. Yet here she is, bringing us a non-fiction reflection on what it's like these days to becoming an actual practicing doctor. The author wastes little time talking about her upbringing and schooling, but we do learn what changed her life: after college and just before attending graduate school at Columbia to become a writer, she spends the summer at an Austin, TX clinic that provides abortion services for the indigent. In fact, the author relays three specific stories that change my life, and even though she does start at Columbia, it's not long before she drops out and decides to go to med school (she ends up in Oregon for a post-baccalaureate premedical program, and eventually at the University of Texas Medical Branch on Galveston Island. At this point we're just 35 pages into the book, and the entire remainder 230+ pages are devoted to Pearson's medical schooling, including her ample volunteer service at the student-run medical services to the uninsured and under-insured (read: mostly the black and Latino communities). It must be that the young lady took copious notes during those years, as she relays tons of stories in a great amount of detail. At times, the discussion of the medical issues tends to go a bit too technical for me, but it thankfully does not distract from the overall narrative. The author makes clear what she thinks of the overall medical care provided in the US to those that can least afford it. It is quite interesting that at this very moment Washington is debating once again to redo the health care system as we know it. You may have noticed that I use the term non-fiction book several times. Indeed, while of course the book reflects what the author did in med school, it is NOT a memoir, as the author for whatever reason decided that most of her personal life is strictly off-limits. We do learn a bit about her family (her parents and her older brother), but about the author herself? Next to nothing. The book concludes when she is finished at UTMB. We are given no indication whatsoever what happens after that. The book flap notes that the author now is at Seattle Children's. How did that happen? For someone like the author who has been a lifelong Texan and who seemed to be championing medical service for the indigent, that's a surprising twist, but we are left to wonder.

7 of 9 people found the following review helpful. An amazing book. I am not a medical professional and ...

By Timekeeper

An amazing book. I am not a medical professional and consider myself well informed but after reading this I realized I was laboring under the same misconceptions that commonly drive public policy and attitude. Rachel tells the unvarnished, and often painful truth of how healthcare is ordered in the US. One point that is driven home, and should be required reading by all, is a straightforward explanation, with numerous real word examples, of the availability of emergency room care for the ill and injured. To those who think it's an always available option for everyone I say read this and know the truth. The writing puts a human face on many tough issues in medical care, ranging from abortion to oncology, some of the stories are painful to read, but all are told from the perspective of a young doctor who has devoted herself to caring for others. The stories she tells of individual patients, their trials and tribulations, ring true and are extraordinarily compelling. Rachel chronicles her epic journey through medical training, from the decisions that led to her pursuit of medicine as a career, through years of study and practice. It should be required reading for any person considering medicine as a career. It gave me new found respect for the sacrifice, devotion and efforts of those who choose to better the lot of humanity through the practice of medicine from a place of love. This book changed my life.

A brutally frank memoir about doctors and patients in a health care system that puts the poor at risk. In medical charts, the term N.A.D. (No Apparent Distress) is used for patients who appear stable. The phrase also aptly describes America's medical system when it comes to treating the underprivileged. Medical students learn on the bodies of the poor and the poor suffer from their mistakes. Rachel Pearson confronted these harsh realities when she started medical school in Galveston, Texas. Pearson, herself from a working-class background, remains haunted by the suicide of a close friend, experiences firsthand the heartbreak of her own errors in a patient's care, and witnesses the ruinous effects of a hurricane on a Texas town's medical system. In a free clinic where the motto is All Are Welcome Here, she learns how to practice medicine with love and tenacity amidst the raging injustices of a system that favors the rich and the white. No Apparent Distress is at once an indictment of American health care and a deeply moving tale of one doctor's coming-of-age.

Engrossing....Pearson's vivid writing sometimes lulls you into the trance of a good story character, voice, plot, conflict but there's always the sucker punch at the end to remind you of the gruesome endpoint of the American healthcare system....Her literary skill is apparent in her book. Her courage, honesty and doggedness are evident on every page. - Danielle Ofri, New York Times Book Review
Passionate....one of the better doctor-in-training books. - Booklist
Educative and thoughtful....Pearson's inspired collection of illuminating clinical episodes immediately sparks to life....Eloquently and briskly written. - Kirkus
No Apparent Distress is filled with the moving stories of a medical student's journey providing health care at the margins of American life. Rachel Pearson shines a spotlight on the brutal inequalities present within our healthcare system. - Damon Tweedy, MD, author of *Black Man in a White Coat*
Rachel Pearson comes from a hard place. In her memoir, *No Apparent Distress*, she tells the story of a Texas hospital that has been flattened by a hurricane and is being rebuilt literally rebuilt around her and her colleagues while they pursue their medical training. Working at a clinic for the poor and uninsured teaches Pearson the empathy she will need to cultivate if she expects to act as an effective advocate for her patients. It also teaches her about the inequities and injustices of the American health care system, and the labor of love required of anyone who decides to pursue the practice of medicine in this country. - Judy Melinek, MD, and T. J. Mitchell, coauthors of the New York Times best-selling memoir *Working Stiff: Two Years, 262 Bodies, and the Making of a Medical Examiner*
About the Author
Rachel Pearson, MD, PhD, is a resident physician who also holds a PhD from the Institute for the Medical Humanities. Her writing has appeared in *Scientific American*, *the Guardian*, *the Texas Observer*, and *the New York Times Book* .