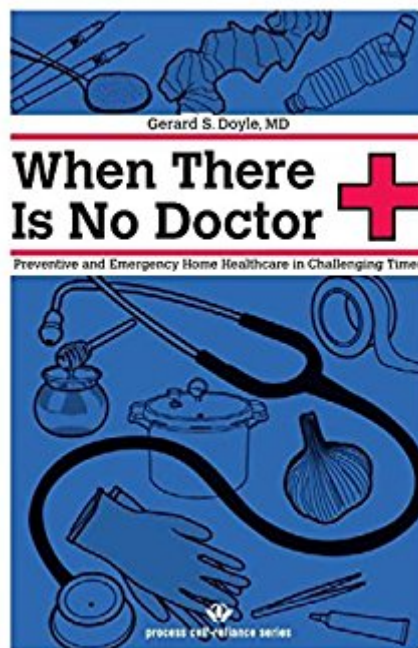




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# When There Is No Doctor: Preventive And Emergency Healthcare In Uncertain Times (Process Self-reliance Series)



## Synopsis

The fifth title in Process's Self-Reliance series demystifies medical practices with a practical approach to twenty-first-century health and home medicine, particularly helpful in a financial downturn. When There Is No Doctor is smartly designed and full of medical tips and emergency suggestions. At a time when our health system has become particularly susceptible to strain, it should be no further than an arm's reach away in your household. This is a book about sustainable health, primarily having to do with your health and what you can do to protect it in bad times certainly, but also in good. I will help you ensure the health of those you love, yourself and, should you so choose, your community, if and when the world changes. World may come to mean your little town or the whole globe. It could change for a few days or weeks, or for a few years. It could change because of a flood, financial crisis, flu pandemic, or failure of our energy procurement, production or distribution systems. I will not teach you to be a lone survivalist who anticipates doing an appendectomy on himself or a loved one on the kitchen table with a steak knife and a few spoons, although I will discuss techniques of austere and improvised medicine for really hard times. Gerard S. Doyle, MD, teaches and practices emergency medicine at the University of Wisconsin, Madison, where he also plans the hospital's response to disasters.

## Book Information

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## Customer Reviews

I have read a couple titles from the Process Self-reliance Series, and they were impressive. However, after reading this one cover-to-cover ... it was a disappointment. I wouldn't go as far to say it wasn't helpful ... just not as much as I expected. After I read this book, I purchased "Medicine for the Outdoors: The Essential Guide to Emergency Medical Procedures and First Aid" by Paul Auerbach ... and that book was REALLY GOOD. It contained a lot more of what I was expecting from this book (i.e. practical instructions for advanced medical aid). What was helpful from this book was comprehensive info on preventive measures for disaster scenarios, and a pretty comprehensive list for medical supplies to have in a well-stocked first aid kit (based on the author's years of experience in the ER).

This book is full of ideas on where you could go to get trained or educated in basic first aid. This is great for a list of first aid needs and also a list of basic first responder equipment. What good does that do me when say, a friend is bleeding post disaster and no ambulance is coming? I was disappointed at the lack of basic first aid directions as a friend suggested. Then I realized this is NOT the book that they had advised me to buy. The title was just too similar to a more helpful book. What I needed was how to make do during an emergency when there isn't access to a Dr or a stocked ambulance.

Others have commented on the lack of meaningful content so I'll refer you to those reviews. My 1-Star review is because this book seems to be trying to get sales based on the similarity of its title to the very useful 'Where there is no Doctor.' Please don't buy this book thinking you are buying that book, as I mistakenly did. Buyer beware indeed. You can find that excellent work here: <https://www..com/Where-There-No-Doctor-Handbook/dp/0942364155>/Buy it instead IMO.

I bought this book expecting to find some useful information about handling medical emergencies when there is no doctor around. Boy what a mistake that was! There is about three pages of useful information in this book, a couple of useful checklists and a recommendation to take a first aid class at the Red Cross. Gee, Thanks. Other than that, it's is a bunk of general information and observations that any junior high school kid could have written of the top of his/her head for a health class assignment. Please don't waste your money!!

Almost all preventative, which is good, but was hoping for a bit more "emergency healthcare". Not a lot of specifics on what to do after prevention doesn't work, that don't seem obvious to me. Fever - rest, Tylenol (duh). Pretty basic self-health care, good info if you currently run to the dr at the first sign of diarrhea, but me I change my diet and maybe take some meds...

When there is no doctor is a very good overview of austere and disaster medicine preparation, it is not however a how to manual. Nor is it one you would read after grid crash. It is a book that the intent is to point you in the right directions do learn and read more and to get supplies together. Of unusual content is the fact that the book touches on veterinary medicine post grid crash. I would highly recommend that everyone read this book.

This is not a survival manual but it is a level headed, realistic and balanced approach to situations when there may be no access to medical care during some major event. There are some lists to assist in building first aid kits, suggestions for available free resources such as on-line downloads like the Coast Guard "Standards of Training Certification and Watch Keeping for Seamen" and the ICRC (International Committee of the Red Cross) "Water, Sanitation, Hygiene and Habitat in Prisons". These resources are good for when medical help is not readily available. The one about prisons typically refers to third world prisons and contains many useful things that can be utilized locally if systems and infrastructures fail. This book made me aware that I can not cover all possibilities and that I do not have all of the skill sets to be all things in the face of disaster. Therefore I have picked a couple of areas that I will focus on and be prepared for. I will specialize in PPE (Personal Protective Equipment) and basic first aid. So this book indeed was a good one for me because it helped me to see that I may have to rely on others such as family members, neighbors or my community to fill in those medical skills that I do not have, especially for a long term event. Not wanting to rely on neighbors or community, my choice is to look at immediate family members, if we each acquire separate items and skill sets I feel we will be fairly well prepared. I like the book and I like the balanced approach.

I sail, and at times there are circumstances where you need medical treatment and there is literally no way to get to a doctor. This book covers the medical advice and preparation I wanted. It doesn't go so deep as to be complicated, but it does give some very good advice to those who anticipate the need for medical help miles from civilization. I have some knowledge of medicine (I am a

registered nurse), and I wanted something that would cover more than the basics. This book is exactly what I wanted.

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