

Do No Harm Do Know Harm



Do No Harm, Do Know Harm: Navigating Ethical Dilemmas in the Digital Age

The internet, a boundless realm of connection and information, also presents a complex ethical landscape. We're constantly faced with choices - sharing information, engaging in online discussions, creating content - that can have unforeseen consequences. This post delves into the core principle of "do no harm, do know harm," exploring its application in the digital world and offering practical strategies to navigate the ethical challenges we face online. We'll explore how to be mindful of our actions' impact, understand potential harm, and develop a proactive ethical framework for our online lives.

Understanding "Do No Harm, Do Know Harm" in the Digital Context

The Hippocratic Oath's principle of "do no harm" has long been a cornerstone of medical ethics. In the digital age, this principle translates into a conscious effort to minimize negative impacts through our online actions. But "do know harm" adds a crucial layer. It highlights the importance of proactive understanding - anticipating potential consequences before acting. This means actively considering the potential ripple effects of our online behaviors, not just reacting to immediate consequences.

The Ripple Effect of Online Actions

Our online actions aren't isolated events. A seemingly harmless comment can incite online bullying. A carelessly shared image could damage someone's reputation. An unverified piece of information can spread misinformation and cause real-world harm. The interconnected nature of the internet means our actions can have far-reaching and unpredictable consequences. "Do know harm" emphasizes the need to assess these potential repercussions before we post, comment, or share.

Identifying Potential Harms in the Digital Sphere

Recognizing potential harm requires critical thinking and empathy. Several key areas demand careful consideration:

H2: Protecting Personal Information

H3: Data Privacy: Avoid sharing sensitive personal information online, including addresses, financial details, and identifying information about yourself and others.

H3: Online Security: Practice strong password hygiene and use reputable security software to protect your personal data from theft and misuse.

H2: Combating Misinformation and Disinformation

H3: Fact-Checking: Verify information from multiple credible sources before sharing it online.

Beware of sensational headlines and emotional appeals, which often accompany misinformation.

H3: Responsible Sharing: Avoid spreading unverified information, especially if it could cause panic, incite violence, or damage someone's reputation.

H2: Preventing Online Bullying and Harassment

H3: Kindness and Respect: Treat others online with the same courtesy and respect you would in person. Avoid engaging in personal attacks or hateful speech.

H3: Reporting Abuse: Report any instances of online bullying, harassment, or hate speech to the appropriate platforms or authorities.

H2: Protecting Intellectual Property

H3: Copyright and Fair Use: Understand and respect copyright laws. Always cite sources properly and avoid plagiarizing others' work.

H3: Creative Commons: If using creative commons licensed material, ensure you adhere to the specific terms of the license.

Strategies for Ethical Online Behavior

"Do no harm, do know harm" isn't just a passive principle; it's an active practice. Here are some actionable strategies:

Pause before posting: Take a moment to reflect on the potential consequences of your actions before sharing anything online.

Emphasize empathy: Consider the perspective of others before commenting or sharing.

Seek diverse perspectives: Engage with viewpoints that differ from your own. This helps broaden understanding and avoid unintentional harm.

Fact-check diligently: Verify the accuracy of information before sharing it.

Report abuse promptly: Report any instances of online harassment or abuse.

Educate yourself: Stay informed about current ethical challenges and best practices online.

Conclusion

In the ever-evolving digital landscape, embracing the principle of "do no harm, do know harm" is not merely a suggestion but a necessity. By proactively considering the potential impact of our online actions and actively working to mitigate harm, we contribute to a safer, more ethical, and more positive online environment for everyone. It requires ongoing vigilance, self-reflection, and a commitment to responsible online citizenship.

FAQs

1. What legal ramifications could I face for violating "do no harm" principles online? Depending on the severity and nature of the harm caused, you could face legal action for defamation, libel, harassment, intellectual property infringement, or other offenses.
2. How can I tell if something I'm about to share online might cause harm? Consider the potential impact on the individuals involved, the broader community, and the spread of misinformation. Ask yourself: Could this be misinterpreted? Could this hurt someone's feelings or reputation? Could this incite violence or hatred?
3. Is it always possible to completely avoid causing harm online? No, it's not always possible to entirely eliminate the risk of harm. However, by being mindful and proactive, we can significantly reduce the likelihood of causing unintended negative consequences.
4. How can I foster a more ethical online community? Promote positive interactions, challenge misinformation, report abuse, and encourage others to adopt responsible online behavior.
5. What resources are available to help me understand online ethics better? Numerous organizations and online resources offer guidance on digital ethics, online safety, and responsible online behavior.

A simple online search will reveal numerous valuable resources.

do no harm do know harm: On Epidemics Hippocrates, 2021-04-10 On Epidemics by Hippocrates (translated by Francis Adams). Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

do no harm do know harm: Do No Harm Henry Marsh, 2014-03-13 'Enthralling' GUARDIAN 'Incredibly absorbing ... astonishingly candid' Bill Bryson Winner of the PEN Ackerley Prize and the South Bank Sky Arts Award for Literature Shortlisted for the Costa Biography Award; Duff Cooper Prize; Wellcome Book Prize; Guardian First Book Award; and Slightly Foxed Best First Biography Prize Longlisted for the Samuel Johnson Prize for Non-Fiction What is it like to be a brain surgeon? How does it feel to hold someone's life in your hands, to cut through the stuff that creates thought, feeling and reason? How do you live with the consequences when it all goes wrong? DO NO HARM offers an unforgettable insight into the highs and lows of a life dedicated to operating on the human brain, in all its exquisite complexity. With astonishing candour and compassion, Henry Marsh reveals the exhilarating drama of surgery, the chaos and confusion of a busy modern hospital, and above all the need for hope when faced with life's most agonising decisions.

do no harm do know harm: First, Do No Harm Lisa Belkin, 2021-02-16 "Crammed with provocative insights, raw emotion, and heartbreaking dilemmas," (The New York Times) First, Do No Harm is a powerful examination of how life and death decisions are made at a major metropolitan hospital in Houston, as told through the stories of doctors, patients, families, and hospital administrators facing unthinkable choices. What is life worth? And when is a life worth living? Journalist Lisa Belkin examines how these questions are asked and answered over one dramatic summer at Hermann Hospital in Houston, Texas. In an account that is fascinating, revealing, and almost novelistic in its immediacy, Belkin takes us inside a major hospital and introduces us to the people who must make life and death decisions every day. As we walk through the hallways of the hospital we meet a young pediatrician who must decide whether to perform a risky last-ditch surgery on a teenager who has spent most of his fifteen years in a hospital; we watch as new parents battle with doctors over whether to disconnect their fragile, premature twins from the machine that keeps them breathing; we are in the operating room as a poor immigrant, paralyzed from a gunshot in the neck, is asked by doctors whether or not he wishes to stay alive; we witness the worry of a kidney specialist as he decides whether or not to transfer an uninsured baby to the county hospital down the road. We experience critical moments in the lives of these real people as Belkin explores challenging issues and questions involving medical ethics, human suffering, modern technology, legal liability, and financial reality. As medical technology advances, the choices grow more complicated. How far should we go to save a life? Who decides? And who pays?

do no harm do know harm: When We Do Harm Danielle Ofri, MD, 2020-03-23 Medical mistakes are more pervasive than we think. How can we improve outcomes? An acclaimed MD's rich stories and research explore patient safety. Patients enter the medical system with faith that they will receive the best care possible, so when things go wrong, it's a profound and painful breach. Medical science has made enormous strides in decreasing mortality and suffering, but there's no doubt that treatment can also cause harm, a significant portion of which is preventable. In When We Do Harm, practicing physician and acclaimed author Danielle Ofri places the issues of medical error and patient safety front and center in our national healthcare conversation. Drawing on current research, professional experience, and extensive interviews with nurses, physicians, administrators, researchers, patients, and families, Dr. Ofri explores the diagnostic, systemic, and cognitive causes of medical error. She advocates for strategic use of concrete safety interventions such as checklists

and improvements to the electronic medical record, but focuses on the full-scale cultural and cognitive shifts required to make a meaningful dent in medical error. Woven throughout the book are the powerfully human stories that Dr. Ofri is renowned for. The errors she dissects range from the hardly noticeable missteps to the harrowing medical cataclysms. While our healthcare system is—and always will be—imperfect, Dr. Ofri argues that it is possible to minimize preventable harms, and that this should be the galvanizing issue of current medical discourse.

do no harm do know harm: First Do No Harm: Medical Ethics in International Humanitarian Law Sigrid Mehring, 2014-11-27 Although working on the sidelines of armed conflicts, physicians are often at the centre of attention. First Do No harm: Medical Ethics in International Humanitarian Law was born from the occasionally controversial role of physicians in recent armed conflicts and the legal and ethical rules that frame their actions. While international humanitarian, human rights and criminal law provide a framework of rights and obligations that bind physicians in armed conflicts, the reference to 'medical ethics' in the laws of armed conflict adds an extra-legal layer. In analysing both the legal and the ethical framework for physicians in armed conflict, the book is invaluable to practitioners and legal scholars alike.

do no harm do know harm: Do No Harm Robert Pobi, 2022-08-09 Lucas Page's wife Erin loses a friend, a gifted plastic surgeon, to suicide and Lucas begins to realize how many people Erin knew that have died in the past year, in freak accidents and now suicide. Intrigued despite himself, Page begins digging through obituaries and realizes that there's a pattern. These deaths don't make sense unless the doctors are being murdered, the target of a particularly clever killer

do no harm do know harm: Do No Harm Mary B. Anderson, 1999 Echoing the Hippocratic oath, a developmental economist and president of the Collaborative for Development Action calls for a creative redesign of international assistance programs to ensure that they become part of the solution and do not reinforce divisions among warring factions. Includes a bibliographic essay. Annotation copyrighted by Book News, Inc., Portland, OR

do no harm do know harm: Do No Harm Matthew Webster, 2021-06-10 Discover the security risks that accompany the widespread adoption of new medical devices and how to mitigate them In Do No Harm: Protecting Connected Medical Devices, Healthcare, and Data from Hackers and Adversarial Nation States, cybersecurity expert Matthew Webster delivers an insightful synthesis of the health benefits of the Internet of Medical Things (IoMT), the evolution of security risks that have accompanied the growth of those devices, and practical steps we can take to protect ourselves, our data, and our hospitals from harm. You'll learn how the high barriers to entry for innovation in the field of healthcare are impeding necessary change and how innovation accessibility must be balanced against regulatory compliance and privacy to ensure safety. In this important book, the author describes: The increasing expansion of medical devices and the dark side of the high demand for medical devices The medical device regulatory landscape and the dilemmas hospitals find themselves in with respect medical devices Practical steps that individuals and businesses can take to encourage the adoption of safe and helpful medical devices or mitigate the risk of having insecure medical devices How to help individuals determine the difference between protected health information and the information from health devices—and protecting your data How to protect your health information from cell phones and applications that may push the boundaries of personal privacy Why cybercriminals can act with relative impunity against hospitals and other organizations Perfect for healthcare professionals, system administrators, and medical device researchers and developers, Do No Harm is an indispensable resource for anyone interested in the intersection of patient privacy, cybersecurity, and the world of Internet of Medical Things.

do no harm do know harm: Your Medical Mind Jerome Groopman, Pamela Hartzband MD, 2011-09-20 An entirely new way to make the best medical decisions. Making the right medical decisions is harder than ever. We are overwhelmed by information from all sides—whether our doctors' recommendations, dissenting experts, confusing statistics, or testimonials on the Internet. Now Doctors Groopman and Hartzband reveal that each of us has a "medical mind," a highly individual approach to weighing the risks and benefits of treatments. Are you a minimalist or a

maximalist, a believer or a doubter, do you look for natural healing or the latest technology? The authors weave vivid narratives of real patients with insights from recent research to demonstrate the power of the medical mind. After reading this groundbreaking book, you will know how to arrive at choices that serve you best.

do no harm do know harm: Do No Harm Jack Jordan, 2022-05-26 PRE-ORDER THE NEW JACK JORDAN NOVEL, CONVICTION, COMING IN PAPERBACK SPRING 2024 THE SUNDAY TIMES BESTSELLER AND WATERSTONES THRILLER OF THE MONTH 'Chilling and perfectly paced, one to put on the very top of your TBR!' Sarah Pearse 'Thriller fans will be in heaven' Louise Candlish MY CHILD HAS BEEN TAKEN. AND I'VE BEEN GIVEN A CHOICE . . . KILL A PATIENT ON THE OPERATING TABLE OR LOSE MY SON FOREVER. The man lies on the table in front of me. As a surgeon, it's my job to save him. As a mother, I know I must kill him. You might think that I'm a monster. But there really is only one choice. I must get away with murder. Or I will never see my son again. I'VE SAVED MANY LIVES. WOULD YOU TRUST ME WITH YOURS? Five star reader reviews: 'Absolutely phenomenal' 'Kept me hooked from the very start!' 'Believe me, you'll not want to put this down' 'Everything about Do No Harm was absolutely brilliant' 'So full of tension and twists!'

do no harm do know harm: Do No Harm Christina McDonald, 2021-02-16 Named a Best Book of 2021 by Real Simple From the USA TODAY bestselling author of Behind Every Lie and The Night Olivia Fell comes an unforgettable and heart-wrenching novel about the lengths one woman will go to save her son. Emma loves her life. She's the mother of a precocious kindergartener, married to her soulmate—a loyal and loving police detective—and has a rewarding career as a doctor at the local hospital. But everything comes crashing down when her son, Josh, is diagnosed with a rare form of cancer. Determined to save him, Emma makes the risky decision to sell opioids to fund the life-saving treatment he needs. But when somebody ends up dead, a lethal game of cat and mouse ensues, her own husband leading the chase. With her son's life hanging in the balance, Emma is dragged into the dark world of drugs, lies, and murder. Will the truth catch up to her before she can save Josh? A timely and moving exploration of a town gripped by the opioid epidemic, and featuring Christina McDonald's signature "complex, emotionally intense" (Publishers Weekly) prose, Do No Harm examines whether the ends ever justify the means...even for a desperate mother.

do no harm do know harm: Do No Harm Gregg Hurwitz, Gregg Andrew Hurwitz, 2003-08 Someone is stalking the UCLA Medical Center -- a depraved madman who is preying upon the staff, particularly those who are young and female. No stranger to the terrible ravages of senseless violence, E.R. Chief Dr. David Spier must keep the emergency room running smoothly and efficiently, even as his terrified co-workers wonder who will be the next victim. But when the monster himself is dragged into the E.R. in handcuffs -- hideously burned, suffering, and begging for mercy -- the nightmare is far from over ... it has only just begun. A single act of humanity is about to unleash a bloody wave of horror that threatens to engulf everyone and everything Dr. Spier cares about. His most sacred oath as a healer has become a death sentence -- for David Spier ... and for a city under siege.

do no harm do know harm: First Do No Harm Sheila McLean, 2006 This collection of essays from leading figures in the field of medical law and ethics is a lasting testimony to the work of one of the most eminent scholars in the area, Professor Ken Mason. The wide-ranging contents and the standing of the contributors mean that this collection will be an invaluable resource for anyone studying or working in medical law or medical ethics.

do no harm do know harm: How We Do Harm Otis Webb Brawley, MD, Paul Goldberg, 2012-01-31 A startling and important exposé on the state of medicine, research, and healthcare today by the Chief Medical and Scientific Officer of the American Cancer Society How We Do Harm exposes the underbelly of healthcare today—the overtreatment of the rich, the under treatment of the poor, the financial conflicts of interest that determine the care that physicians' provide, insurance companies that don't demand the best (or even the least expensive) care, and pharmaceutical companies concerned with selling drugs, regardless of whether they improve health or do harm. Dr. Otis Brawley is the chief medical and scientific officer of The American Cancer

Society, an oncologist with a dazzling clinical, research, and policy career. *How We Do Harm* pulls back the curtain on how medicine is really practiced in America. Brawley tells of doctors who select treatment based on payment they will receive, rather than on demonstrated scientific results; hospitals and pharmaceutical companies that seek out patients to treat even if they are not actually ill (but as long as their insurance will pay); a public primed to swallow the latest pill, no matter the cost; and rising healthcare costs for unnecessary—and often unproven—treatments that we all pay for. Brawley calls for rational healthcare, healthcare drawn from results-based, scientifically justifiable treatments, and not just the peddling of hot new drugs. Brawley's personal history – from a childhood in the gang-ridden streets of black Detroit, to the green hallways of Grady Memorial Hospital, the largest public hospital in the U.S., to the boardrooms of The American Cancer Society—results in a passionate view of medicine and the politics of illness in America - and a deep understanding of healthcare today. *How We Do Harm* is his well-reasoned manifesto for change.

do no harm do know harm: First Do No Harm Adrienne Harris, Steven Botticelli, 2011-01-19 At the outset of World War I - the Great War - Freud supported the Austro-Hungarian Empire for which his sons fought. But the cruel truths of that bloody conflict, wrought on the psyches as much as the bodies of the soldiers returning from the battlefield, caused him to rethink his stance and subsequently affected his theory: Psychoanalysis, a healing science, could tell us much about both the drive for war and the ways to undo the trauma that war inherently breeds, but its principles could just as easily serve the enemy's desires to inculcate its own brand of truth. Even a century later, psychoanalysis can still be used as much for the justifications of warfare and propaganda as it is for the defiance of and resistance to those same things. But it is in the investigation of the motives and methods behind these uses that psychoanalysis proves its greatest strength. To wit, this edited collection presents published and unpublished material by analysts, writers, and activists who have worked at the front lines of psychic life and war from various stances. Set at a point of tension and contradiction, they illustrate the paradoxical relation of psychoanalysis as both a site of resistance and healing and a necessary aspect of warmaking, propaganda, and militarism. In doing so, we venture from the home front - from the trauma of returning veterans to the APA's own complicity in CIA black sites - across international borders - from the treatment of women in Latin American dictatorships to the resistance to occupation in Palestine, from mind control to an ethics of responsibility. Throughout, a psychoanalytic sensibility deconstructs the very opposition that it inhabits, and seeks to reestablish psychoanalysis as the healing discipline it was conceived to be.

do no harm do know harm: Do No Harm Dawn Eastman, 2018-12-11 Readers of J. T. Ellison and Tess Gerritsen will be enthralled by *Do No Harm*, by real-life small-town doctor and national bestselling author Dawn Eastman. Small-town doctor Katie LeClair is drawn back into an old murder investigation, a mysterious disappearance, and a dark undercurrent of violence. The idyllic town of Baxter, Michigan, seemed like the perfect place for Dr. Katie LeClair to settle down after years toiling in medical school—until the murder of a patient shattered the peace she had found. Now on the mend and balancing the responsibilities of a new house and the joys of a new romance, Katie is finally ready to start enjoying life. But danger arrives just as the town is gearing up for its annual Halloween festival—and once again, this doctor-turned-sleuth will have to unmask a killer in their midst. Trouble comes in threes this Halloween. Katie sees a new patient who has just been released from prison for a murder he says he didn't commit. Inexplicably, the patient suddenly goes missing. And matters take an even more sinister turn when a college student who had been investigating Katie's old murder case is found dead in the woods near Baxter. Could Katie's involvement with the case be responsible for the student's violent death? Is her new patient truly a cold-blooded murderer? Is this Halloween about to become a real-life horror show? Katie embarks on a desperate race to find the truth in *Do No Harm*, the second gripping Dr. Katie LeClair mystery.

do no harm do know harm: Do No Harm Stephen G. Ray, 2003 Among the evils addressed by Christian theology, says Stephen Ray, must be the evil perpetuated by its own well-meant theologies. His important project examines the downside of the category of social sin, especially in theologians' use of destructive stereotypes that have kept Christians from realizing and engaging the most

pervasive social evils of our time-racism and anti-Semitism. To make his case, Ray examines problematic ways in which several theologians describe the reality of social evil. Theologians, he contends, often unwittingly describe [social] sin in terms that may themselves be profoundly racist, sexist, heterosexist, anti-Semitic, and classist. He contends that they must attend more carefully to the social evils deeply embedded in their own patterns of language and thought. Ray looks specifically to the work of Reinhold Niebuhr and Dietrich Bonhoeffer to document unintended consequences of theology's oversights and then to Augustine, Luther, and Calvin to analyze the strains and strengths of traditional notions. Not only theologians and ethicists but also ministers and laity will benefit from Ray's thoughtful reconsideration of the social stance of Christian theology.

do no harm do know harm: Three Simple Rules Rueben P. Job, 2007 Learn the three simple rules to mutual respect, unity and a deeper daily relationship with God.

do no harm do know harm: Poems and Prose Writings Richard Henry Dana, 1833

do no harm do know harm: Dancing at the River's Edge Alida Brill, Michael Lockshin, 2008 An invaluable resource for medical professionals, victims of chronic illnesses, and their loved ones, this dual memoir by a doctor and his longtime patient traces the growth of their unique friendship over a span of decades. By exploring the bond between caregiver and sufferer, this sensitive account evokes not only the constant day to day frustrations and emotional toll suffered by the chronically ill, but also an understanding of the mental struggles and conflicts that a conscientious doctor must face in deciding how best to treat a patient without compromising personal freedoms. In alternating chapters, the narrative explores the frustration, joy, despair, grief, and pain on both sides of the doctor-patient relationship.

do no harm do know harm: Culture of Death Wesley J. Smith, 2016-05-17 When his teenage son Christopher, brain-damaged in an auto accident, developed a 105-degree fever following weeks of unconsciousness, John Campbell asked the attending physician for help. The doctor refused. Why bother? The boy's life was effectively over. Campbell refused to accept this verdict. He demanded treatment and threatened legal action. The doctor finally relented. With treatment, Christopher's temperature—which had eventually reached 107.6 degrees—subsided almost immediately. Soon afterward the boy regained consciousness and was learning to walk again. This story is one of many Wesley J. Smith recounts in his award-winning classic critique of the modern bioethics movement, *Culture of Death*. In this newly updated edition, Smith chronicles how the threats to the equality of human life have accelerated in recent years, from the proliferation of euthanasia and the Brittany Maynard assisted suicide firestorm, to the potential for “death panels” posed by Obamacare and the explosive Terri Schiavo controversy. *Culture of Death* reveals how more and more doctors have withdrawn from the Hippocratic Oath and how “bioethicists” influence policy by posing questions such as whether organs may be harvested from the terminally ill and disabled. This is a passionate yet coolly reasoned book about the current crisis in medical ethics by an author who has made “the new thanatology” his consuming interest.

do no harm do know harm: Guillotine and Elopement Yang-Un Moon, Yang-Un Moon Eiman, 2001-04-29 Get out that chill night to see that Milky Way that effulgence of knowledge that liquidating electronic circuit opening to spread throughout...from the memorial fountain through that...that power of force moving sparkling light of our wealth...worth to imponderate nothing more than survival to learn and to be free again as before as long before that eloping hours of...equitation that fierce elopement from the all too mundane seal...none chasing after resigned fate and promise for delivery...broken laser blade and perished guillotine out of survival...

do no harm do know harm: Bad Pharma Ben Goldacre, 2013-02-05 We like to imagine that medicine is based on evidence and the results of fair testing and clinical trials. In reality, those tests and trials are often profoundly flawed. We like to imagine that doctors who write prescriptions for everything from antidepressants to cancer drugs to heart medication are familiar with the research literature about a drug, when in reality much of the research is hidden from them by drug companies. We like to imagine that doctors are impartially educated, when in reality much of their education is funded by the pharmaceutical industry. We like to imagine that regulators have some

code of ethics and let only effective drugs onto the market, when in reality they approve useless drugs, with data on side effects casually withheld from doctors and patients. All these problems have been shielded from public scrutiny because they're too complex to capture in a sound bite. But Ben Goldacre shows that the true scale of this murderous disaster fully reveals itself only when the details are untangled. He believes we should all be able to understand precisely how data manipulation works and how research misconduct in the medical industry affects us on a global scale. With Goldacre's characteristic flair and a forensic attention to detail, *Bad Pharma* reveals a shockingly broken system and calls for regulation. This is the pharmaceutical industry as it has never been seen before.

do no harm do know harm: The Cambridge Companion to Life and Death Steven Luper, 2014-02-13 This volume discusses the philosophical issues connected with the nature and significance of life and death, and the ethics of killing. It will be of interest to all those taking courses on the philosophy of life and death, applied ethics covering abortion, euthanasia, and suicide, and ethics and metaphysics.

do no harm do know harm: Admissions Henry Marsh, 2017-05-04 'Sensational' SUNDAY TIMES NO. BESTSELLER 'Extraordinary...both exhilarating and alarming...fascinating' DAILY MAIL 'Wonderful...a testament to the tenacity of the human spirit' FINANCIAL TIMES Henry Marsh has spent four decades operating on the human brain. In this searing and provocative memoir following his retirement from the NHS, he reflects on the experiences that have shaped his career and life, gaining a deeper understanding of what matters to us all in the end.

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do no harm do know harm: Overcoming Harm OCD Jon Hershfield, 2018-12-01 Don't let your thoughts and fears define you. In *Overcoming Harm OCD*, psychotherapist Jon Hershfield offers powerful cognitive behavioral therapy (CBT) and mindfulness tools to help you break free from the pain and self-doubt caused by harm OCD. Do you suffer from violent, unwanted thoughts and a crippling fear of harming others? Are you afraid to seek treatment for fear of being judged? If so, you may have harm OCD—an anxiety disorder associated with obsessive-compulsive disorder (OCD). First and foremost, you need to know that these thoughts do not define you as a human being. But they can cause a lot of real emotional pain. So, how can you overcome harm OCD and start living a better life? Written by an expert in treating harm OCD, this much-needed book offers a direct and comprehensive explanation of what harm OCD is and how to manage it. You'll learn why you have unwanted thoughts, how to identify mental compulsions, and find an overview of cognitive-behavioral and mindfulness-based treatment approaches that can help you reclaim your life. You'll also find tips for disclosing violent obsessions, finding adequate professional help, and working with loved ones to address harm OCD systemically. And finally, you'll learn that your thoughts are just thoughts, and that they don't make you a bad person. If you have harm OCD, it's time to move past the stigma and start focusing on solutions. This evidence-based guide will help light the way.

do no harm do know harm: To Err Is Human Institute of Medicine, Committee on Quality of Health Care in America, 2000-03-01 Experts estimate that as many as 98,000 people die in any given year from medical errors that occur in hospitals. That's more than die from motor vehicle accidents, breast cancer, or AIDS—three causes that receive far more public attention. Indeed, more people die annually from medication errors than from workplace injuries. Add the financial cost to the human tragedy, and medical error easily rises to the top ranks of urgent, widespread public problems. *To Err Is Human* breaks the silence that has surrounded medical errors and their consequence—but not by pointing fingers at caring health care professionals who make honest mistakes. After all, to err is human. Instead, this book sets forth a national agenda—with state and local implications—for reducing medical errors and improving patient safety through the design of a

safer health system. This volume reveals the often startling statistics of medical error and the disparity between the incidence of error and public perception of it, given many patients' expectations that the medical profession always performs perfectly. A careful examination is made of how the surrounding forces of legislation, regulation, and market activity influence the quality of care provided by health care organizations and then looks at their handling of medical mistakes. Using a detailed case study, the book reviews the current understanding of why these mistakes happen. A key theme is that legitimate liability concerns discourage reporting of errors—which begs the question, How can we learn from our mistakes? Balancing regulatory versus market-based initiatives and public versus private efforts, the Institute of Medicine presents wide-ranging recommendations for improving patient safety, in the areas of leadership, improved data collection and analysis, and development of effective systems at the level of direct patient care. *To Err Is Human* asserts that the problem is not bad people in health care—it is that good people are working in bad systems that need to be made safer. Comprehensive and straightforward, this book offers a clear prescription for raising the level of patient safety in American health care. It also explains how patients themselves can influence the quality of care that they receive once they check into the hospital. This book will be vitally important to federal, state, and local health policy makers and regulators, health professional licensing officials, hospital administrators, medical educators and students, health caregivers, health journalists, patient advocates—as well as patients themselves. First in a series of publications from the Quality of Health Care in America, a project initiated by the Institute of Medicine

do no harm do know harm: *An End to al-Qaeda* Malcolm Nance, 2010-02-16 Osama Bin Laden is unquestionably the leader of the world's most deadly terrorist cult. He has perverted the teachings of Islam to create a fringe religious ideology, Bin Ladenism, where only al-Qaeda speaks for God. In his cult, suicide bombing is the highest form of worship and the mass murder of Muslims proves one's devotion. Al-Qaeda's 9/11 attack on the United States was just a small part of Bin Laden's long-term strategy to win a civil war for control of Islam. By fighting his terrorists solely with bullets and bombs and ignoring his war on Islam, we have bolstered Bin Laden's recruiting efforts abroad, undermined civil liberties and economic security at home and tarnished America's reputation internationally. Career intelligence officer Malcolm Nance proposes a quantum shift in how to eliminate al-Qaeda in less than twenty-four months, while recreating America's reputation as a force for good around the world. His plan includes: · Exposing al-Qaeda's mission to create a nuclear armed terror Emirate, incite a Muslim civil war and eventually seize of control of Islam. · Challenging and breaking the perceived spiritual link between the mainstream Islam and al-Qaeda's cultist ideology. · Attacking al-Qaeda fighters through precision intelligence and special operations missions, thereby reducing the deaths of innocent civilians. · Reframing and restoring America's shattered image in the developing world in order to support the global counterterrorism and counterinsurgency campaign. *An End to al-Qaeda* is both a revolutionary blueprint for destroying al-Qaeda and a fierce critique of America's poorly executed war on Bin Laden's terrorists.

do no harm do know harm: *Death, Posthumous Harm, and Bioethics* James Stacey Taylor, 2012 *Death, Posthumous Harm, and Bioethics* offers a highly distinctive and original approach to the metaphysics of death and applies this approach to contemporary debates in bioethics that address end-of-life and post-mortem issues. Taylor defends the controversial Epicurean view that death is not a harm to the person who dies and the neo-Epicurean thesis that persons cannot be affected by events that occur after their deaths, and hence that posthumous harms (and benefits) are impossible. He then extends this argument by asserting that the dead cannot be wronged, finally presenting a defence of revisionary views concerning posthumous organ procurement.

do no harm do know harm: *After Harm* Nancy Berlinger, 2007-10-22 Medical error is a leading problem of health care in the United States. Each year, more patients die as a result of medical mistakes than are killed by motor vehicle accidents, breast cancer, or AIDS. While most government and regulatory efforts are directed toward reducing and preventing errors, the actions that should follow the injury or death of a patient are still hotly debated. According to Nancy

Berlinger, conversations on patient safety are missing several important components: religious voices, traditions, and models. In *After Harm*, Berlinger draws on sources in theology, ethics, religion, and culture to create a practical and comprehensive approach to addressing the needs of patients, families, and clinicians affected by medical error. She emphasizes the importance of acknowledging fallibility, telling the truth, confronting feelings of guilt and shame, and providing just compensation. *After Harm* adds important human dimensions to an issue that has profound consequences for patients and health care providers.

do no harm do know harm: *First, Do No Harm* Steve Nelson, 2016-11-30 *First Do No Harm: Progressive Education in a Time of Existential Risk* develops a comprehensive argument for the importance of progressive education in light of the world's increasingly severe challenges. Current educational practices, particularly in the United States, instill conformity and compliance at a time when authority must be challenged, skepticism must thrive and our students must be imaginative, creative, empathic and passionately alive. Steve Nelson traces the origins of progressive education and cites the rich history and inarguable science behind progressive practices. He argues that a traditional or conventional approach to education has dominated as a matter of political expediency, not good practice, and he provides an unsparing critique of current policy and practice, particularly the excesses of contemporary education reform. Using anecdotes from his many years as an educational leader, he makes the case in an engaging, colorful and accessible style. In the final chapter, Nelson offers a Bill of Educational Rights, hoping teachers, parents and all citizens will demand a more joyful, constructive and loving education for the children in their care.

do no harm do know harm: Hippocrisy Rachelle Buchbinder, Ian Harris, 2021-10-01 Two world-leading doctors reveal the true state of modern medicine and how doctors are letting their patients down. In *Hippocrisy*, rheumatologist and epidemiologist Rachelle Buchbinder and orthopaedic surgeon Ian Harris argue that the benefits of medical treatments are often wildly overstated and the harms understated. That overtreatment and overdiagnosis are rife. And the medical system is not fit for purpose: designed to deliver health care not health. This powerful exposé reveals the tests, drugs and treatments that provide little or no benefit for patients and the inherent problem of a medical system based on treating rather than preventing illness. The book also provides tips to empower patients – do I really need this treatment? What are the risks? Are there simpler, safer options? What happens if I do nothing? Plus solutions to help restructure how medicine is delivered to help doctors live up to their Hippocratic Oath. 'One of the hardest things for a doctor to do ... is nothing. This superb book explains how in medicine and surgery less is often not just more, it's closer to the oath we're all supposed to practise by.' — Norman Swan, award-winning producer and broadcaster of the Health Report and Coronacast 'This eye-opening and enthralling book on the medical and moral hazards which beset the health profession is a must-read for patients and practitioners alike. From 'tooth-fairy science' to medical disasters to the inflated business world of medicine, *Hippocrisy* is a profoundly thought-provoking and compelling work that challenges our perception of the practice of modern medicine.' — Kate McClymont AM, award-winning investigative journalist for the Sydney Morning Herald/The Age 'Doctors are educated to do good. Yet, as the commercial imperatives of the medical industrial complex tighten their grip, doctors are becoming more and more worried that they are inflicting harm rather than creating benefit. This book is for them and, perhaps even more importantly, for their patients. The road to hell is paved with good intentions: read *Hippocrisy* and turn back.' — Iona Heath CBE, former President, The Royal College of General Practitioners 'This brilliant book offers clear and compelling evidence that we're all at risk from too much medicine. Using the best of science, these two respected doctors blow the whistle on harmful healthcare. Buchbinder and Harris reveal how overdiagnosis, overtreatment and the medicalisation of normal life are major threats to human health. But this brilliant book also brings hope that we can wind back the harm and waste of unnecessary tests and treatments, and focus more on the great benefits medicine has to offer.' — Ray Moynihan, author of *Too Much Medicine?* and *Selling Sickness*, Assistant Professor, Bond University 'About half of us in advantaged countries are now patients or 'providers', or both, and a third of clinical interventions are futile at

best. Seeking health is daunting and we could benefit from a guide. Rachelle Buchbinder and Ian Harris have provided such with this volume.' — Nortin M Hadler, author of *The Last Well Person*, *The Citizen Patient* and *Worried Sick*, Emeritus Professor of Medicine and Microbiology/Immunology, University of North Carolina 'Throughout medical history, doctors have routinely ignored the fundamental Hippocratic injunction: 'First, do no harm'. Most of their treatments produced lots of harms, with little or no benefit. This wonderful book punctures the hyped claims of modern medicine, showing that it is not nearly as scientific, safe, effective, and honest as it should be. Reading Hippocracy is essential for doctors (to help make them become more cautious); but even more essential for patients (to help them become more self-protective).' — Allen Frances, author of *Saving Normal*, Professor and Chairman Emeritus of the Department of Psychiatry and Behavioral Sciences, Duke University School of Medicine 'A timely book from two leading doctors. They present evidence that despite medicine's lip-service to evidence-based medicine, many unnecessary, wasteful and harmful investigations and treatments abound. Increasingly, the healthy are re-defined as having 'predisease' and drawn into questionable investigations and monitoring programmes. The book's core message is that medicine's hubris and a creeping scientism has come to overshadow the doctor's commitment to care for and comfort their patients and, above all, do no harm. It is time to step back from the brink and revisit the founding principles and core values of our profession.' — Trish Greenhalgh OBE, Professor of Primary Care Research, University of Oxford

do no harm do know harm: Foundation for a New Theory and Practice of Medicine

Thomas Inman, 1861

do no harm do know harm: The History and Debates of the Convention of the People of Alabama, Begun and Held in the City of Montgomery, on the Seventh Day of January 1861

William Russell Smith, 1861

do no harm do know harm: Improving Diagnosis in Health Care National Academies of Sciences, Engineering, and Medicine, Institute of Medicine, Board on Health Care Services, Committee on Diagnostic Error in Health Care, 2015-12-29 Getting the right diagnosis is a key aspect of health care - it provides an explanation of a patient's health problem and informs subsequent health care decisions. The diagnostic process is a complex, collaborative activity that involves clinical reasoning and information gathering to determine a patient's health problem. According to *Improving Diagnosis in Health Care*, diagnostic errors-inaccurate or delayed diagnoses-persist throughout all settings of care and continue to harm an unacceptable number of patients. It is likely that most people will experience at least one diagnostic error in their lifetime, sometimes with devastating consequences. Diagnostic errors may cause harm to patients by preventing or delaying appropriate treatment, providing unnecessary or harmful treatment, or resulting in psychological or financial repercussions. The committee concluded that improving the diagnostic process is not only possible, but also represents a moral, professional, and public health imperative. *Improving Diagnosis in Health Care*, a continuation of the landmark Institute of Medicine reports *To Err Is Human* (2000) and *Crossing the Quality Chasm* (2001), finds that diagnosis-and, in particular, the occurrence of diagnostic errors—has been largely unappreciated in efforts to improve the quality and safety of health care. Without a dedicated focus on improving diagnosis, diagnostic errors will likely worsen as the delivery of health care and the diagnostic process continue to increase in complexity. Just as the diagnostic process is a collaborative activity, improving diagnosis will require collaboration and a widespread commitment to change among health care professionals, health care organizations, patients and their families, researchers, and policy makers. The recommendations of *Improving Diagnosis in Health Care* contribute to the growing momentum for change in this crucial area of health care quality and safety.

do no harm do know harm: An Essay on the Philosophy of Medical Science Elisha

Bartlett, 1844 In two parts in one volume: *Philosophy of physical science* and *Philosophy of medical science*. Bartlett argued that the observation of facts was the sole path to medical enlightenment, and the only legitimate manipulations of facts were classification and generalization based on

numerical analysis.--Dictionary of American biography, v.1, p.40.

do no harm do know harm: *Buddha Taught Nonviolence, Not Pacifism* Paul R. Fleischman, 2002-01-01 In the aftermath of the terrorist attacks of September 11, this thought-provoking essay explores the Buddha's teaching to find one prescription: not war, not pacifism but nonviolence.

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