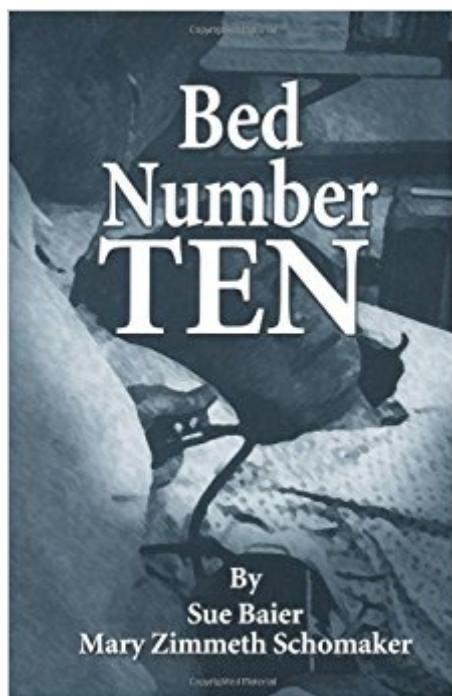


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# Bed Number Ten



## **Synopsis**

A patient's personal view of long term care. Seen through the eyes of a patient totally paralyzed with Guillain-Barré syndrome, this moving book takes you through the psychological and physical pain of an eleven month hospital stay. BED NUMBER TEN reads like a compelling novel, but is entirely factual. You will meet: The ICU staff who learned to communicate with the paralyzed woman - and those who did not bother. The physicians whose visits left her baffled about her own case. The staff and physicians who spoke to her and others who did not recognize her presence. The nurse who tucked Sue tightly under the covers, unaware that she was soaking with perspiration. The nurse who took the time to feed her drop by drop, as she slowly learned how to swallow again. The physical therapist who could read her eyes and spurred her on to move again as if the battle were his own. In these pages, which reveal the caring, the heroism, and the insensitivity sometimes found in the health care fields, you may even meet people you know.

## **Book Information**

Paperback: 304 pages

Publisher: CRC Press; 1 edition (April 2, 1989)

Language: English

ISBN-10: 0849342708

ISBN-13: 978-0849342707

Product Dimensions: 0.8 x 5.5 x 8.5 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 84 customer reviews

Best Sellers Rank: #133,475 in Books (See Top 100 in Books) #41 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Critical Care #49 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nurse & Patient #56 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Physician & Patient

## **Customer Reviews**

A Houston housewife, mother of two teenage daughters, Baier endured a virtual living death when she contracted Guillain-Barre syndrome. Suddenly and without apparent cause, her body was entirely immobilized; meanwhile her mind remained alert and her nervous system lost none of its sensitivity to pain. At first able to communicate only by moving her eyelids and laboriously "spelling" key words, she slowly improved until she was released from the hospital and returned home. Here five years after the trauma, which has left her handicapped she thanks her husband, family and

members of her church and community for the support that compensated for bouts of depression and the occasional callousness of hospital personnel. Baier's chronicle of courage offers hope to victims of the catastrophic disease. Copyright 1986 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Guillain-Barre is a rare syndrome that can occur after a viral infection, causing degeneration of nerve sheaths and resulting in temporary paralysis. Baier chronicles her severe bout with this puzzling illness and her almost year-long stay in the hospital, most of which was spent in bed number ten of the intensive care unit. She was completely helpless and unable to move except for her eyelids; her mind remained clear but she could communicate with the sometimes unsympathetic staff only by blinking her eyes. Like other books of this genre, Bed Number Ten serves as an expression of gratitude to the many people who helped the author recover. At the same time, Baier provides a graphic personal view of one patient's experience with modern medicine in an ICU. A portion of this book appeared in Family Circle magazine. Karen Mc Nally Bensing, Metropolitan General Hospital Lib., ClevelandCopyright 1986 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

My son, who is a medical doctor, self diagnosed Guillain Barre Syndrome in August of 2014 at the age of 40. He drove to the hospital where he practices internal medicine and the ER staff told him they were sure it was not GBS and to go home. He asked to be admitted. In 24 hours he could no longer walk and in 48 hours he was completely paralyzed and on a respirator. He is now 8 months out from this wicked diagnosis. The beauty is, like most GBS patients he will have a full recovery, but he still has large motor skill difficulties. Sue Baier's story was very much like my son's story. Some of the medical personnel were great, but those who only cared about the "numbers" and not the person far outnumbered the caring staff. Thankfully these days, hospitals allow family and friends to stay with the patient and my son was never left alone during the darkest hours, like Sue was. We were able to have someone with him around the clock for several weeks, until he was off the respirator and could easily communicate. This is a great book for anyone who has had GBS, knows someone who has had it, or most importantly, someone who would like to understand what it means to be a caring and empathetic health care provider and treat people like human beings and not like a number. I was appalled at the behavior of many doctors, nurses and therapists. It should be required reading for anyone doing long term care.

I read this book with much interest and sympathy since, I too have suffered from Guillain-Barre syndrome and could relate to many of Sue's suffering and frustrations. It has been many years ago for me, but I just discovered this account, referred by yet another fellow sojourner. Kudos to Sue for the courage to write her account of her recovery from this terrifying and debilitating illness that few people have even heard of.

Sue suffered a severe attack of the auto immune disorder "Guillain-Barre". She details her ordeal in this book, how it quickly almost totally paralyzed her, leaving only blinking her eyelids for communication, and what her almost year long hospital stay was like. Throughout reading it I was struck by how amazing she is. She didn't give up and kept fighting through. Every page is interesting and you can feel her frustration, struggle, anxiety, and fears, and likewise her joy at leaving the ICU for a private room. If you take care of people whether as a registered medical professional or as a friend or family caregiver, this true story will help anyone understand what it is like to be in the vulnerable position of having your life in someone else's hands. And not just life but day to day activities. I hope you are well Sue and I hope you read this and know how much I admire your fortitude and never give up attitude. God bless you!

Each case of Guillain-Barre Syndrome is different--for the patient, for the doctors, and for the caregivers. WE ARE ALL COURAGEOUS in that we have fought very hard for the chance to just LIVE and hopefully to obtain as much percentage of recovery as we can. I was diagnosed correctly on the 10th day of onset. By that time, I was paralyzed from the neck down. Treatment consisted of IVIG and therapy in the hospital for 2 weeks and then I was transferred to the REHAB center for 9 weeks. I was actually put into a room where a GBS patient had previously occupied and he and his wife visited me and encouraged me. The therapy was grueling but productive and I learned once again, just like a baby does, how to get out of bed, sit up, walk and brush my teeth without assistance. After 3.5 years, I am still in a wheelchair most of the day but can walk with assistance for a very short distance ie, across a room. For long distances, I have to use the power chair. The leg cramps that feel like snakes crawling in my legs are still there periodically and are unlike anything I've ever experienced. Since experiencing GBS, I frequently 'feel that I'm in another realm' in my dreams and my almost-awake hours. Very strange. I read everything I can read on GBS because I am still in the recovery period and interested in comparing notes with others who have travelled the same route. While in REHAB, one of my visitors who had previously had GBS, recommended BED 10 for me to read. She's a precious saint who had GBS back in the 70s and stayed in ICU for about 8

months. My physician says I have recovered 95% now. If I never recover the other 5%, it's o.k. for my life is in God's hands and I am happy to be back at church playing the piano for all worship services. At 73 years of age, that is a blessing and an answer from God for all the prayers that went up for me. I have a hard time understanding anyone being snide about this syndrome and those of us who have gone through it. It takes courage, faith, and patience to endure and overcome and I feel I have done that so mark me down as COURAGEOUS and BLESSED! AMEN!!

A must read. Especially for nursing students and practicing RNs. This book will remind anyone how we are to teach each other at all times. Love it!

This book will open your eyes to what our patient's experience on a daily basis. Many people in the medical profession are overworked and understaffed, but Mrs. Baier reminds us that is no excuse for rushed care. I know this book is a little dated, but the message is still relevant. It should be required reading for anyone entering the medical field.

This book is a fascinating recall of one woman's look backwards at a time when knowledgeable and caring nurses, doctors and other members of her care team should have been "the good guys". This does not come to be the case in the heroic tale of healing. This amazing recounting of illness and courageous return to self find some wonderful and caring health care staff but, also the sad mix of others. Following this journey of illness, recovery and care was stunning to read from the vantage point of one who has worked in nursing since before this event occurred. Bravo and Strong work Miss Sue! You are inspiring!

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