



Getting Better:: My Journey through Transverse Myelitis and Lessons for Health Care Professionals, Patients and Families

Keith J. Launchbury, Claire V. Bloom

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In July 2010 Keith Launchbury, a business consultant, experienced a severe band of pain across his chest, and within 24 hours was totally paralyzed from the middle of his chest to his toes. He was diagnosed with Transverse Myelitis, an auto immune disorder which causes the body's natural immune system to attack the spinal cord. All of this happened nearly 3000 miles from home, while he and his wife were traveling on business. For the next 42 days they moved through three hospitals as neurologists, immunologists, internists, hospitalists, nurses and other health care professionals tried to bring about his recovery. Through this journey Keith and his wife, also a professional business consultant, recognized many opportunities for health care professionals to improve health care in America, and for patients and their families to be better advocates for themselves and their loved ones. This book chronicles this journey as well as the lessons they learned which should be adopted by all health care professionals and institutions, as well as helpful lessons for patients and their families to ensure excellent care.

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