

Title: The Patient Is Already Giving You the Diagnosis. Have patients? Be Patient.

Name: Stephanie Arnold
Bestselling Author, Speaker, AFE Survivor, Patient Advocate
854 w Oakdale Ave, Chicago, IL 60657

Patients sometimes know something is wrong with their health, yet clinicians aren't always paying attention to what is being communicated. According to a General Internal Medicine study in 2020, physicians give a patient 11 seconds to speak before being interrupted. Sometimes drawing the wrong diagnosis. If a patient is able to advocate for themselves, they won't be excluded from their healthcare decision-making. Research shows an extra 19 seconds with an educated consumer will save lives.

For the past 8 years I have worked with clinicians and patients to understand the disconnect between advocating for yourself and being truly heard by your clinicians. I have hundreds of emails from people reaching out about how they knew something, they felt they weren't heard, tried to share the information or regretted not speaking up. I'm here to change the conversation.

You will never regret speaking up and being wrong, but you will if you don't and you are dead right.

Biography

Pregnant with her second child, Stephanie Arnold had detailed visions and foreboding from the 20 week ultrasound to delivering her child. She told everyone. The test were normal, but she was not. She kept seeing she would die during the delivery. And the day she went into give birth, she flatlined for 37 Seconds. The only reason she is alive is because one doctor, amidst the 10 consultations she had, truly listened and incorporated measures in the OR at the time of delivery and that is what saved her life.

Her voice played an integral part in preparing for that day.

Stephanie is now an award-winning, international best-selling author and inspirational speaker on a mission to help others realize that finding your voice and advocating for yourself can not only enhance our lives, but can very well save them.

Currently serving on the board of the AFE Foundation, she uses her experience to shed light on patient and doctor breakdowns of communication, how we can better advocate for ourselves and what responsibilities we all have from surviving a trauma. Both the patient and the second victim, the healthcare workers who witnessed it.

She has been published in medical journals, Johns Hopkins University Press (National Inquiry of Bioethics), along with being the spokesperson for the American Society of Anesthesiologists for their "When Seconds Count" where they feature stories where anesthesia saves lives as an educational tool for the public. She's also been a continuing education keynote speaker for national and legislative conferences. (AWHONN, SOAP, ASA, Lennox Hill Hospital, UPMC). She speaks on many platforms, including live television and radio, podcasts and main stage events. Her story is currently streaming on Netflix's 'Surviving Death' where her OBGYN is featured saying "Stephanie survived because we were prepared, but she prepared us."

Her debut book, 37 Seconds has won multiple awards and has become a bestseller. She has been invited by some of the most prestigious universities and media outlets to speak about her extraordinary experience helping to enlighten clinicians and patient's alike with her message: **If you SENSE something, SAY something, it can and will save your life**.

Presenting author details
Full name: Stephanie Arnold
Contact number: 312-576-4200
Twitter account: stepharnold37. IG (which I use more: @stepharnold37)
Linked In account:
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