



Opening My Heart: A Journey from Nurse to Patient and Back Again

Tilda Shalof

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Tilda Shalof had been taking care of critically ill patients in an intensive care unit for more than twenty-five years, but taking care of herself had never been a priority. That is, until she could no longer ignore her extreme fatigue, shortness of breath, and crushing chest pains. When the results came in, it was time to face the music: Tilda required immediate open-heart surgery to replace a defective valve and to repair damage done to this vital organ.

Tilda's story takes readers from the diagnosis through all her fears and concerns, the or, her stay in the icu, the cardiac ward, recovery at home, rehabilitation, and ultimately, her return to work in the hospital armed with new insights on the patient's perspective. She learned more in her week-long stay as a patient than in all her years caring for the critically ill, especially about trust and working in partnership with her caregivers.

In **Opening My Heart**, Shalof expertly weaves recollections from her career and accounts of other nurses' experiences into her own story, creating the perfect marriage between fascinating clinical detail and a personal journey of healing. Throughout it all is Shalof's warm, friendly voice and humorous outlook. Nurses everywhere and anyone who's ever been a hospital patient, or who is currently hospitalized or who might be one day (and those who love them!), will be empowered, enlightened, comforted, and entertained by this book.

Opening My Heart: A Journey from Nurse to Patient and Back Again Details

Date : Published April 26th 2011 by McClelland & Stewart (first published January 1st 2011)

ISBN : 9780771079887

Author : Tilda Shalof

Format : Hardcover 328 pages

Genre : Nurses, Nursing, Nonfiction, Medical, Autobiography, Memoir, Health, Cultural, Canada



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From Reader Review Opening My Heart: A Journey from Nurse to Patient and Back Again for online ebook

Kate Blais says

Tilda is cool!

She is definitely one of my favorite authors.
and she's a nurse like my mother was. She is open, honest and funny. I found myself saying "You go girl"
out loud a number of times.

Erika Nerdypants says

This was okay. Being a nurse myself, I like reading about nursing, and this had the added bonus of nurse becoming patient. Needs a better editing job however, way too many irritating mistakes.

Sue says

"Opening My Heart" by Tilda Shalof.

I really enjoyed reading Opening my Heart, from page one.

In "Opening My Heart", Shalof recounts preparing for, undergoing, and recovering from open-heart surgery to replace a congenitally faulty valve. Interspersed are her usual anecdotes about nurse gossip, interesting patients, and her home life. And Shalof occasionally uses these anecdotes as a jumping-off point to comment on the meaning of being a nurse or the state of the Canadian healthcare system.

This novel struck a cord for me, as my mom died 3 months ago from congenial heart failure, as two valves in the heart were not working. At her age, she wouldn't have made it through the surgery. The mention of Toronto General Hospital, hit home with me as I live in toronto. As I read Shalof's story, I relived the experience again. I agree with Tilda when she was scared of who was going to be looking after her, (the nurses) following the days of her surgery. There are exceptional nurses and there are some that shouldn't be practicing in this field. This happens in all professions.

I'll always admire Shalof as a person and as an author, and I hope to enjoy more of her books in the future.

Emmalina says

An insightful story exploring the role of nurse and patient and the transitions in between. The aspect of learning to accept help and care as a nurse and care for yourself was very meaningful.

Carmi Reimer says

OMG. this book tho... it's instantly my favourite EVER. As an adult who wants to achieve a nursing goal, "nurse books" are my favourite. this one is off the charts. everything is well written, down to the feelings. Nurses are real people, too.

Abria Mattina says

I always enjoy Tilda Shalof's writing. A few years ago I went on a bender and read nothing but medically themed books, including Shalof's *A Nurse's Story* and Vincent Lam's *Bloodletting and Miraculous Cures*.

A Nurse's Story shaped the way I look at the world, my health, and the Canadian healthcare system. I enjoyed reading *Opening my Heart*, but I didn't feel like I learned anything from it that I didn't already know either from my own experience or from reading *A Nurse's Story*. It was entertaining but not nearly as educational, not that I blame the author for that in any way.

In *<>Opening My Heart*, Shalof recounts preparing for, undergoing, and recovering from open-heart surgery to replace a congenitally faulty valve. Interspersed are her usual anecdotes about nurse gossip, interesting patients, and her home life. And just like in *A Nurse's Story*, Shalof occasionally uses these anecdotes as a jumping-off point to pontificate on the meaning of being a nurse or the state of the Canadian healthcare system, but while these felt like appropriately placed philosophies in *A Nurse's Story*, here they just felt like overstated opinions and rants. It took away from the story whenever narrative turned to sermon, especially when the sermon tries to self-reflexively justify aspects of the nursing profession.

I'll always admire Shalof as a person and as an author, and I hope to enjoy more of her books in the future. I wouldn't reread this one, but *A Nurse's Story* is still one of my favourite books.

Alice says

Very good read.....if you worked in hospitals for a long time you sure can relate to what goes on with patients and families....Happy times and sad times. Nurses make the worst patients and some make the best nurses. Great book and presented well, food for thought!! Loved it!!

Elana says

As a critical care nurse, it was as if Tilda was in my head. I found some of what she had to say redundant, but necessary to make this book accessible to lay people. I appreciated what she had to say regarding Rapid Response Teams, which my hospital doesn't have, and her personal view of nurses being harder on themselves than they would ever be on a patient. I'm going to try to get my fellow Cardiovascular Intensive Care Unit nurses to read this and get a nurse-patient's perspective as well.

Torieqwq says

The author paints a detailed picture of her open hearth surgery. I enjoyed the information on the Canadian Heath System as well.

Susanhamid says

A little slow moving.

loraine smith says**What does a nurse do?**

She never stops doing or thinking of what she can help the patient recover from the health problem., she is the leader of the recovery team.

Karen Mccracken says

I enjoyed this book. Seeing things from a dedicated Nurses prospective. How she went through her own personal health struggles was well written and interesting.

Mary Elizabeth Morton says

Interesting & insightful.
