



Additional Resources for Hard Call: The Electronic Heart

Episode Four

[Rise Above Heart Failure](#): Are you or a loved one experiencing heart failure and looking for help? The American Heart Association offers free, multilingual and downloadable resources regarding the symptoms, treatment and causes of heart failure as well as tips to living better. The site also provides links to community events and an online [support network](#).

Call the American Heart Association 24/7 for information on heart health and support groups at 1-800-242-8721.

[MyHealthFinder- Heart Health](#): Looking for resources on how to stay healthy? The US Department of Health and Human Service's Heart Health page offers tips on reducing risks of heart disease, healthy eating suggestions and conversation starters if you or a loved one have heart disease.

To learn more about end-of-life decision making at the personal and societal level:

- [TedTalks - Are We in Control of our Own Decisions](#): Dan Ariely, a behavioral economist at Duke, uses visual illusions and research findings in this TedTalk to show how human beings are less rational than we think when making decisions. His 2010 book, [Predictably Irrational](#), provides a systematic means of explaining these irrational decisions.
- [The AMA Journal of Ethics](#) has produced a number of special issues addressing issues related to [high-value care](#), the [profit motive in American health care](#), [medicine's role in the "good death"](#), the [ethics of shared decision making](#), and other topics relevant to Max's story.
- [The Burden of Choice- Why Choices Wreak Havoc with Happiness](#): In this Psychology Today article, Frederick Muench, Ph.D., discusses the burden of choice and explains the counterintuitive idea that an overabundance of choices can cause unhappiness.
- [Helping Patients Make the Right Decisions](#): In this 2016 New York Times article, Dr. Dhruv Khullar discusses how physicians can guide patients to making the best decisions through the process of shared decision making. While it's difficult to judge the relative value of a treatment for each patient, tools called "decision aids" and methods of shared decision making can help patients find the best choice for them.
- [LVADs 'Relatively Low Value' in Cost Analysis](#): in this MedpageToday article, Nicole Lou reports that the average six year price tag of an LVAD implantation was over \$725,000. Using research from the Journal of the American College of Cardiology, she finds that the majority of this cost is incurred not from the implantation itself, but from high costs of readmissions and outpatient care.



HARD CALL

- [Medicare's Embedded Ethics: The Challenge Of Cost Control In An Aging Society:](#) Sharon Kaufman and Wendy Max of HealthAffairsBlog discuss the ethical challenges that underlie Medicare and Medicaid reimbursement practices. At the heart of this debate -- the tensions of cost control and expensive, life extending innovations, which complicate decisions for patients and their families at the end of life.
- [How Much Would You Pay to Live an Extra Year?-](#) Dr. Dominic Wilkinson of the University of Oxford poses the difficult tradeoffs of quality of life, length of life, and economic and social costs. In this 2015 Oxford Practical Ethics Blog post using the Quality-Adjusted Life Year saved model, he analyzes the cost of extending life and discusses ways of deciding who should receive these services.
- [A Healthy Bottom Line: Profits or People?](#) Claire Andre and Manuel Velasquez at the Markkula Center for Applied Ethics discuss the ethical tensions at play within for-profit hospital systems. Andre and Velasquez argue that for-profit hospitals may not serve in the best interest of low-income patients.
- [Economics, Ethics, and End-of-Life Care:](#) In this 1999 collection of essays in the (now defunct) Medical Student Journal of the American Medical Association, four scholars discuss their research on the economics and expense of end-of-life care.

Resources compiled by Jessica Yan.