

Dying to Survive: Not in Vain, A Promise Kept Explores Life and Death Impact of Patient Advocacy

With continuing hospital staffing shortages and limitations on visitors, this powerful call-to-action is critically important in today's world.

NEW YORK CITY, NEW YORK, UNITED STATES, February 3, 2022 /EINPresswire.com/ -- They were

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killing her mother with negligence, [Melissa Mullamphy](#) recalls. And eight months later, Mullamphy's mother succumbed following a cancer battle fraught with frustration, medical missteps and the endless bureaucracy that goes hand in hand with navigating our complex healthcare system.

[Not in Vain, A Promise Kept](#) is Mullamphy's candid account

of her mother's journey and the family's roller coaster of emotions. Readers will witness the mistakes that compounded their pain, the small victories that gave them hope, and above all, the love that kept them going during an indescribably difficult time.

Each chapter in *Not In Vain, A Promise Kept* represents one month from her mother's diagnosis to her passing. Mullamphy recalls the experiences with vivid detail (the names of doctors and nurses have been changed), hoping to prompt others to ask the tough questions and learn by her example.

“My goal in writing this book is to keep the promise that I made to my mom ... to share her story so others don't go through what she and my family went through,” Mullamphy says. “You can have input, control and make a difference in your loved one's healthcare.”

Mullamphy shares shocking lapses in her mother's care, including blood clots the doctor fails to notice, the confusion surrounding her mother's DNR order, the time she found her mother wearing another patient's bracelet and the unspeakable heartbreak of learning that that all along, the hospital had used the wrong type of chemotherapy drug for her mother's specific cancer.

Not In Vain, A Promise Kept is not without moments of hope, such as when the family is told the tumor has shrunk and when her mother's last-ditch surgery to remove the tumor is declared "wildly successful."

Ultimately, Not In Vain, A Promise Kept pays homage to a life well-lived and a woman well-loved, and it's Mullamphy's aim to help other patients and their loved ones find their voices, understand their rights and learn how to navigate a deeply complex, imperfect healthcare system.

"Use your voice, and remember that you are not there to make friends," she adds. "Sometimes you have to be the biggest mouth in the room, but speaking up can save your loved one's life."

Author Melissa Mullamphy has a master's degree in clinical psychology and has worked in psychiatric emergency rooms and step-down houses. Forever a student of mental health, she has also worked with many nonprofits, including those benefiting military veterans. For almost 20 years, she worked as a domestic operations manager for a major corporation. Following her experience with her mother's cancer diagnosis and treatment, she began blogging about current events as they relate to healthcare.

For more information, visit <http://www.melissamullamphy.com>, or follow the author on Instagram at <https://www.instagram.com/melissamullamphy/>.

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An early reviewer has called Not In Vain, A Promise Kept, "A heart-wrenching combination of facts and feelings. Head and heart. It leaves the reader empowered to speak up, ask questions, and advocate for self and loved ones undergoing medical treatment."

This press release can be viewed online at: <https://www.einpresswire.com/article/562261991>

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