



# Harm Reduction

Andrew J. McLean<sup>1</sup>

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“She needs to hit rock bottom.”  
Easy for you to say  
about a place which might actually be  
below ground,  
    where body outpaces spirit.  
She needs me to be present;  
    if not in body, then  
    in spirit.  
Make no mistake, “tough love” is protective  
of the lover, not the loved.  
You can advise, judge, pontificate  
all you want.

## Poet’s Statement

I worked over the years with many patients with complex and persistent illnesses. I continue to collaborate with staff who champion such work. I have always been mindful that one must be cautious about judgment of families and patients in such situations as to their decisions. Particularly if you have not been in their shoes...

## Declarations

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✉ Andrew J. McLean  
andrew.mclean@und.edu

<sup>1</sup> University of North Dakota School of Medicine and Health Sciences, Fargo, ND, USA