

Cardiopulmonary Resuscitation (CPR)

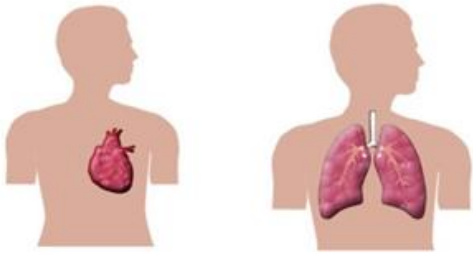


August 2018



This booklet will explain;

- What CPR is
- When CPR can and should be used
- Who else can tell you about CPR



Cardio pulmonary resuscitation is also known as CPR.

CPR might be used in an emergency if your heart stops. CPR could also be used if your breathing stops.



Using CPR in an emergency could help start your breathing again and restart your heart.

There are a few ways CPR can be carried out;



- Repeatedly and firmly pushing down on your chest
- Using electric shocks to restart your heart
- Pumping oxygen into your lungs by putting a mask over your mouth and nose



If someone's heart stops beating or they stop breathing they could die.

In an emergency CPR is used if there is a chance it will save the person's life. That is what is most important.



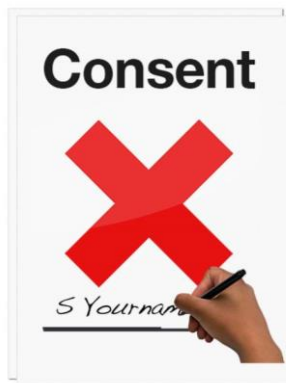
There are times when CPR will not work despite how hard people try.

Even if your heart starts beating again you may be left with other serious health problems.



You can choose not to have CPR used on you.

People who do not want CPR performed on them can make that decision known. This is called a DNACPR (Do Not Attempt Cardiopulmonary Resuscitation).



Once the decision is made you will sign a form to say you do not want CPR. This form will stay with you so you can share it with whoever needs to see it.



Any decision you make will not stop you from getting the best treatment possible if you become unwell.



If you do not want to make a decision about CPR now then you do not have to.

If no decision has been made the team in charge of your treatment will make what they think is the best decision.



It is important to know that if you ever disagree with a decision made by the people in charge of your care and treatment, then you can ask for a second opinion.

If a DNACPR decision has been made then it will be written in your health records.



It is really important the right people know if you have a DNACPR in place.

This could include the staff in your care home, in the ambulance, in the hospital and your family and friends.



The DNACPR will stay on your record whilst you stay in hospital. A copy will also be given to you when you leave hospital.

Once you leave hospital the DNACPR should be reviewed again within 7 days. The DNACPR should also be reviewed whenever you change your address.



To make any decision about whether CPR is used you must be 18 years of age or older.

You must also understand what the decision is and what it means.



You can change your mind once you have made a decision.

Speak to your health care team whenever you want to change what your health records say about your CPR decision.



For a family member to make a decision about your health treatment and care they must have a Lasting Power of Attorney (LPA) agreement for Health and Welfare.



You must make it clear that you have agreed your LPA for Health and Welfare can make decisions about treatment that could keep you alive.



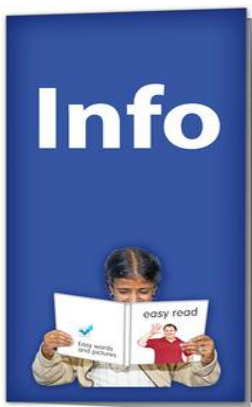
Some people may not have family or friends to make these sorts of decisions.

People in this situation can get help from the Independent Mental Capacity Advocacy Service.



An Independent Mental Capacity Advocate (IMCA) will make sure your wishes and feelings are included in the decision making process.

The IMCA will also ask for a second opinion on your behalf if they think it is needed.



Other people that can give you more information about what CPR is and what it does are;

- Your General Practitioner (GP)
- Counsellors
- Local Independent Advocacy Service
- Patient Safety Liaison Service
- Spiritual carers, such as a faith leader.