



The Dudley Group
NHS Foundation Trust

Cardiopulmonary resuscitation (CPR)

Patient Information Leaflet

This leaflet explains:

- What cardiopulmonary resuscitation (CPR) is.
- How you will know whether it is relevant to you.
- How decisions are made.

This is a general leaflet for everyone over the age of 18, but it may be useful to your relatives, friends, carers and others who are important to you.

This leaflet may not answer all of your questions about CPR, but it should help you to think about the issue and the choices available.

If you have other questions, please talk to one of the healthcare professionals caring for you.

A decision about CPR does not affect other treatment.

What is CPR?

A cardiopulmonary arrest is when a person's heart and breathing stops. This can be a natural part of the dying process, but it is sometimes possible to restart their heart and breathing with emergency treatment called CPR.

CPR can include:

- Repeatedly pushing down firmly on the chest.
- Inflating the lungs using oxygen through a mask or a tube in the throat.
- If appropriate, using electric shocks to try and restart the heart.

Is CPR tried on everyone whose heart and breathing stops?

No, it is important that CPR is not attempted on every person whose heart and breathing stops. If someone is coming to the end of their life due to an advanced and irreversible illness, the heart and breathing stopping is a natural part of the dying process and CPR will not ultimately prevent it. If CPR does restart the heart and breathing in these cases, it may leave a dying person with more distress or worse health in the last hours / days of their life.

Does CPR always work?

The chance of CPR restarting your heart and breathing depends on:

- Why your heart and breathing have stopped.
- Any illness or medical problems you currently have or have previously had.
- The overall condition of your health.

When CPR is attempted in hospital, it is successful in restarting the heart and breathing in approximately four out of 10 patients, however only two out of 10 patients survive long enough to leave hospital.

The figures are much lower for those with serious underlying conditions.

Can CPR ever be harmful?

The techniques used to restart the heart can sometimes cause injuries such as fractured ribs, punctured lungs and bruising.

The majority of people whose heart and breathing restart following CPR require ongoing treatment in the intensive care unit. This may require being put onto a ventilator and recovery can be prolonged.

Some patients do make a full recovery, but many patients do not get back to the level of health that they previously enjoyed. Unfortunately, some patients suffer with brain damage, and some end up in a coma.

Can I decide in advance that I do not want to have CPR if my heart and breathing stops?

If you know that you do not want CPR, you can tell your doctor who will ensure that your wishes are respected. You may also find it useful to make a living will (also known as an Advanced Decision to Refuse Treatment) or ask for a ReSPECT (Recommended Summary Plan for Emergency Care and Treatment) form to be filled in (please see the link on page 5 for more information).

If you have a living will, you should let your healthcare team know so that they can keep a copy in your record. You should also let the people close to you know so that they are aware of your wishes.

Can I decide in advance that I do want to have CPR if my heart and breathing stops?

If you think that you would like to have CPR, then please discuss it with your doctor. CPR however is a medical treatment, and it will only be given if your doctor thinks that it is clinically appropriate. This will be based upon your current state of health and if you have known underlying medical problems.

If there is a chance that CPR could restart your heart and breathing, but it would likely leave you severely disabled, then your opinion on whether you would want to live like that is important and should be relayed to your doctor.

If you disagree with your doctor's opinion, you can ask for a second opinion and subsequently use the hospital's formal complaints procedure if you wish.

If I make a decision about CPR, can I change my mind later?

You can change your mind at any time, and you should tell your doctor if this is the case. Your hospital record will be updated, but you may need to update your advanced directive if you have one. CPR will still only be given if deemed clinically appropriate by the medical team.

If I or my doctor decide that I should not have CPR, will this have an effect on other treatment?

Your doctors and nurses will continue to give you the best possible treatment and care. A decision to not receive CPR refers only to resuscitation, and you will still receive other treatment that you need.

Who else can I talk to about this?

If you need to talk about this with someone outside of your family, friends or carers, you may find it helpful to contact any of the following:

- Counsellors
- Independent Advocacy Services
- Patient Advice and Liaison Services (PALS)
- Spiritual carers, such as a chaplain

The following websites also offer further useful information:

- <https://www.resus.org.uk/public-resource/cpr-decisions-and-dnacpr>
- <https://www.resus.org.uk/respect/respect-patients-and-carers>
- <https://compassionindying.org.uk/>

If you have any questions, or if there is anything you do not understand about this leaflet, please contact your doctor or healthcare team.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔