CPR

What is CPR?

CPR stands for…

Cardiopulmonary Resuscitation

This book will try and help you understand about CPR
CPR

What is CPR? What does it mean?

If your heart stops beating…

CPR will TRY and get it going again
This will be done by doing some of these things…

Pushing down on your chest lots of times

Using a Defibrillator… this is using electric pads on you

Using a mask or tube to help you breathe
Or injections

CPR is only used in an emergency

CPR is only used when your heart has stopped

CPR is separate and different to medical help you already get
This booklet is part of a series of 4 leaflets…

- What is CPR?
- Talking to someone about CPR
- Will CPR work for me?
- Who decides about CPR?

You might want to read these one at a time and in your own time

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With thanks to

- Caerphilly People First
- Barod

February 2016