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

These are 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
Talking about CPR

You might need to talk about whether CPR is right for you because of an accident, an illness, or at the end of your life.

Doctors and nurses involved in your care will talk to you and help you understand more.

If you are not ready to talk... tell us...that’s ok.
We will wait until you are ready to talk about it

We will listen to what YOU want

You can tell us about your religion or what you believe in and what YOU would like to happen to you
Who decides about CPR?

These decisions made by doctors involved in your healthcare are always best made when they involve YOU, and your family or carers.

We will talk about your health and how ill you are and whether CPR is the right choice for you.
Will CPR work for me?

Sometimes it may work…

Sometimes it may not…
Will I be ok after CPR?

Even if CPR worked on you, you would still be very ill, and would need to stay in hospital. It may even make you more unwell.

Your doctor or nurse will tell you what could happen to you and the effect that CPR may have on you.
Does everybody have CPR?

NO…Not every one has CPR tried on them.

If you are very ill and nearly at the end of your life…
or chosen not to have CPR…

we would not try CPR on you.
What if I can’t make a decision about CPR because of my illness or learning disability?

Someone who knows all about you will make the best decision for you.

This person is called **A Legal Proxy**.

It may be a family member or a friend.

You can choose who it is or

A court will do it for you.
What if I decide I don’t want CPR?

That’s ok, it’s your decision.

You will still get all the doctor and nursing care you need.

Make sure you tell people who NEED to know.
And it is written down

There is a form called…

Do Not Attempt Cardiopulmonary Resuscitation

(DNACPR form)

This form will be kept in a safe place, your doctor or nurse will keep a copy and will give you a form too, to take to your home
The doctors will tell the people who NEED to know...

so if you are taken ill...

and might need an ambulance...

You, or your carer, should give them your form so they will know not to try CPR.
Please remember you CAN talk about CPR again at any time, even if there is already a DNACPR form

I have changed my mind; I want to ask someone about it again and tell them my views
If you need more help to decide

These are some people who you might want to talk to about CPR…

- A carer or somebody who helps you
- Your family or your best friend
- The doctors and nurses involved in your care
- A vicar or priest
- An advocate
- Support groups
- The NHS helpline
Everything explained in this booklet has been put into 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