CPR

Talking to someone about CPR?

CPR stands for…

Cardiopulmonary Resuscitation

This book will try and help you understand about CPR
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.
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
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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