

Making Decisions about CPR - Cardiopulmonary Resuscitation

how will the decision be recorded?

An agreed CPR decision is recorded on a paper ReSPECT form which you keep. It is also added to your electronic health records.

can I change my mind?

If CPR is appropriate for you, then you can change your mind at any time whether or not to receive it.

If you no longer wish to have CPR, your wishes will be respected and we will not perform CPR against your will.

will the decision about CPR be reviewed?

We will review the decisions about CPR regularly. If an earlier decision that you are to receive CPR becomes inappropriate, e.g. due to your condition changing, we will discuss this with you.

who else can I talk to about CPR?

- Your specialist nurse or CNS
- Your hospital consultant
- Your GP
- Your district nurse
- PT chaplains and counsellors

There is more information about the ReSPECT process available here: www.resus.org.uk/respect/respect-patients-and-carers

If you feel that you have not had the chance to have a proper discussion with us, or you are not happy with the discussion you have had, please contact the medical director, Dr Seton-Jones at Phyllis Tuckwell to discuss your suggestions, worries or complaints.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. The NHS/Government only covers 25% of our costs, and therefore we have to raise over £25,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website.

Thank you.

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Medical Director

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**Large print version
available on request.**

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what is the purpose of this leaflet?

This leaflet provides information about cardiopulmonary resuscitation (CPR) for you and those close to you. If you prefer to discuss CPR rather than read about it, please ask the doctors or nurses caring for you.

what is a cardiopulmonary arrest?

It's when a person's heart and breathing stop unexpectedly. This is very rare in people with cancer or motor neurone disease.

what is CPR?

CPR is an emergency treatment given to try to restart the heart and breathing. Basic CPR involves inflating the lungs by 'mouth-to-mouth' breathing and repeatedly pushing down firmly on the chest. Advanced CPR involves inflating the lungs through a tube inserted into the windpipe and using a defibrillator to produce electric shocks and drugs to try to restart the heart.

what type of CPR is Phyllis Tuckwell able to provide?

Nursing and medical staff and first aiders at Phyllis Tuckwell can provide 'basic' CPR until an ambulance arrives.

how is the decision made about whether or not to provide CPR?

When you are referred to Phyllis Tuckwell the team will assess how appropriate CPR might be for you. It is most appropriate to provide CPR when the cause of a cardiopulmonary arrest is potentially treatable, e.g. change in heart rhythm, and there is a reasonable chance of your heart and breathing starting again.

Research shows that people with cancer and other advanced diseases are less likely to benefit from CPR as when the heart and breathing stop it is often part of the natural dying process rather than a situation which we can reverse. However each person's situation and perspective needs to be assessed individually.

will this be discussed with me?

We will discuss CPR decisions with you unless you have made it clear that you would not want such a conversation. If CPR is very unlikely to work for you we will let you know that. If we think CPR could be appropriate for you, we will discuss this with you and ask your opinion as to whether or not you wish to receive CPR.

We can arrange a second opinion if you would find that helpful.

what needs to be considered when making the decision?

You will need to consider:

- Contrary to what is shown in the media; the success rate for CPR is very low.
- Even when successful, CPR is often associated with only a short survival.
- The side effects of CPR include bruised or fractured ribs, requiring a life support machine in an intensive care unit, possible permanent brain damage.
- Successful CPR is more likely in a hospital rather than away from hospital because access to experienced staff and equipment is quicker in a hospital.
- After receiving CPR on our In-Patient Unit, at the Beacon Centre, or at home, we would need to transfer you as an emergency to a hospital. We do not have the facilities to monitor and treat patients who have had a cardiopulmonary arrest.

who will make the decision for me if I am too ill?

If you are too ill to be involved in decision-making we will make a decision about CPR for you, in your best interests. We will involve those close to you in the decision-making where possible.

will I be denied other treatments if CPR isn't appropriate for me or I decide not to have it?

No. You can still receive all treatments that may benefit you, such as antibiotics for an infection or radiotherapy to alleviate pain.