

# 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

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

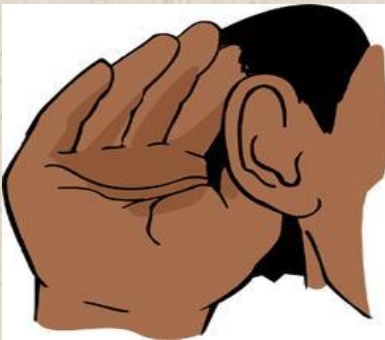
involved in your care will talk to you and help you understand more



If you are not ready to talk... tell us...that's ok



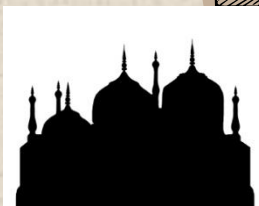
We will wait until  
you are ready to  
talk about it



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...



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Sometimes it may not...



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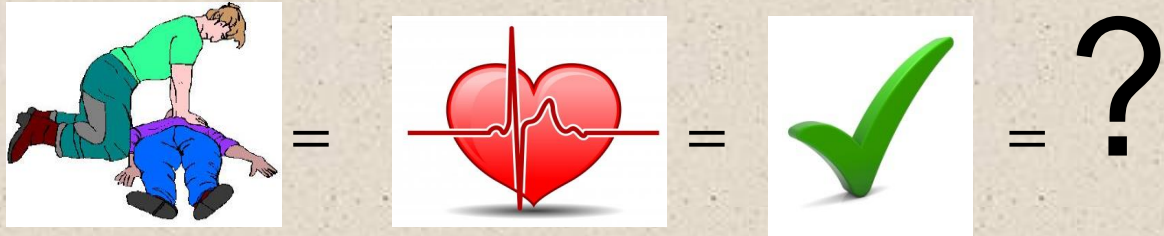


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## Will I be ok after CPR?



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, its your decision



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



I have made a decision



Make sure you tell people who **NEED** to know



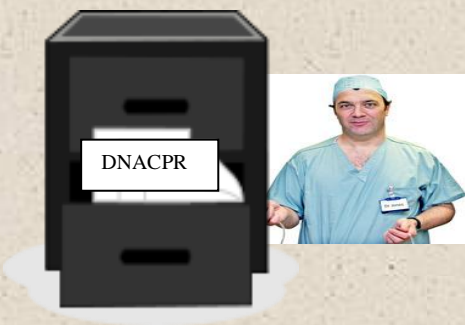
And it is written  
down



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



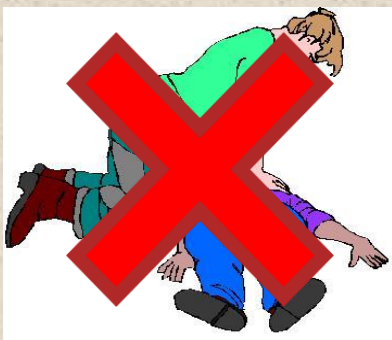
The doctors will tell the people who NEED to know...



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**



## 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

This booklet has been devised on behalf of the All Wales DNACPR Implementation Group by:

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With thanks to

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