

# Easy Read Guidance for Cardio Pulmonary Resuscitation (CPR)



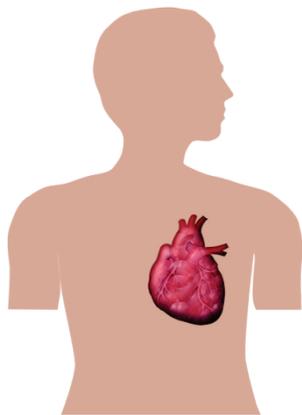


It is sad but true, everyone will die eventually



Thinking about dying can be very difficult. It is ok to be scared and upset. If you are poorly it can be useful to talk about this before you get worse.

### **What is Cardiopulmonary Resuscitation (CPR)?**



If your heart stops beating you will die unless you have CPR to get your heart beating normally again.



The person providing first aid will need to push down hard on your chest. This is CPR.

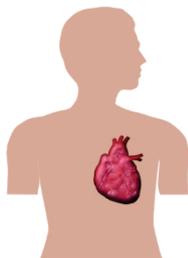


You will need a mask to help you breathe.



Sometimes an electric shock may be needed to try to re-start your heart.

## When is CPR used?



If you are usually well and your heart stops beating the doctors will use CPR to try and start your heart again.

They will only do this if they will think you have a good chance of recovering after having CPR.



You will need to be fit and healthy to recover after CPR.



If you are very poorly and your heart stops the doctors may decide not to do CPR.

This may be because your body is too poorly and CPR won't make your heart start beating again. Or it might be because you have already told them you don't want them to do CPR.



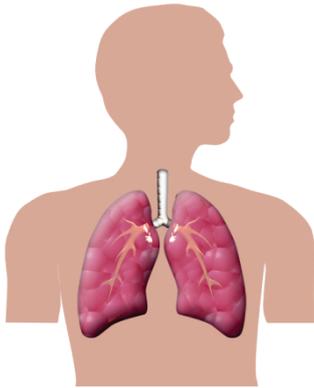
It is important you understand a Do Not Attempt CPR (DNACPR) order **ONLY** means you will not receive CPR if you stop breathing or your heart stops beating. All other treatment can continue and the doctors should discuss this with you.

## Does CPR always work?



CPR does not always work and so the person may end up very poorly and then die.

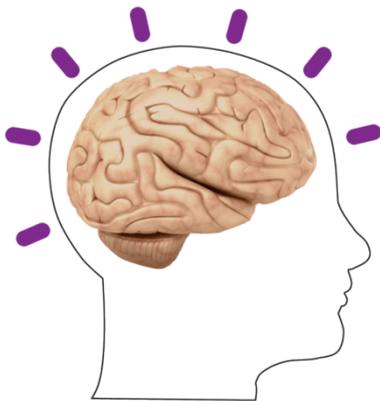
## Can CPR be harmful?



You can get bruises on your chest.

Your ribs can get broken.

Your lungs can get damaged.



Some people can get damage to their brain because their heart stopped beating. This can make it difficult for them to do things like walk, talk and eat.

**Can I decide in advance that I DON'T want CPR if my heart or breathing stops?**



Yes, you can talk to the doctor looking after you and tell them if you do not want to have CPR.



You can also talk to your doctor and ask if it possible to write this down on a form called an “advanced decision to refuse treatment (ADRT)”. You will need to tell your friends and family about this and put a copy in your health records.

**Can I decide in advance that I DO want CPR if my heart or breathing stops?**



No, this decision is one that the doctor must make as they understand what the risks may be. The doctor should speak to you to find out what you think about CPR.



If you don't agree with the doctor's decision you can always ask for a "second opinion". This means another doctor will tell you what they think about the decision.

**If I change my mind later about not wanting CPR.**



Yes, you should talk to your doctor about this and they may want you to write this down.

**Do I have to make a decision about whether or not I want CPR in the future?**



No, you don't need to talk about this at all. The doctor will make a decision at the time if needed.

**What if I can't decide or discuss for myself?**



The law lets you choose somebody else to make decisions for you. This could be a friend or family.

If you have no family the law can appoint someone for you (IMCA)

**If I or my doctor decide I shouldn't have CPR will this mean they won't give me any treatment if I'm ill?**



No, the decision about CPR is different than treatment to make you better.

## Who else can I talk to about this?



You can talk to other people about this to help you. There are Advocacy groups and counsellors you can talk to.

A colorful flyer for 'THE LEARNING DISABILITY LIASON SERVICE' from Northern Devon Healthcare NHS Trust. The flyer has a yellow top section, a blue middle section, and a red bottom section. It features the NHS logo and the text: 'Northern Devon Healthcare NHS Trust', 'THE LEARNING DISABILITY LIASON SERVICE', 'Liaison, Education, Advice and Support for service users with a Learning Disability and those who care for them whilst accessing hospital services.' Below this is a photo of two women in blue uniforms. To the left of the photo is a blue box with a clock icon and the text: 'Hours of Work Monday to Friday 09.00 am to 16.00 pm'. To the right is a green box with an information icon and the text: 'Further information available at: www.nordevonhealth.nhs.uk See Learning Disabilities Service Page'. At the bottom, there is a 'Contact Details' section with a phone icon and the number '01271 314171' and an email icon with the address 'ndht.learningdisability@nhs.net'.

If you feel that you would benefit from support from a Learning Disability Nurse please contact the Learning Disability Service on 01271 314171.