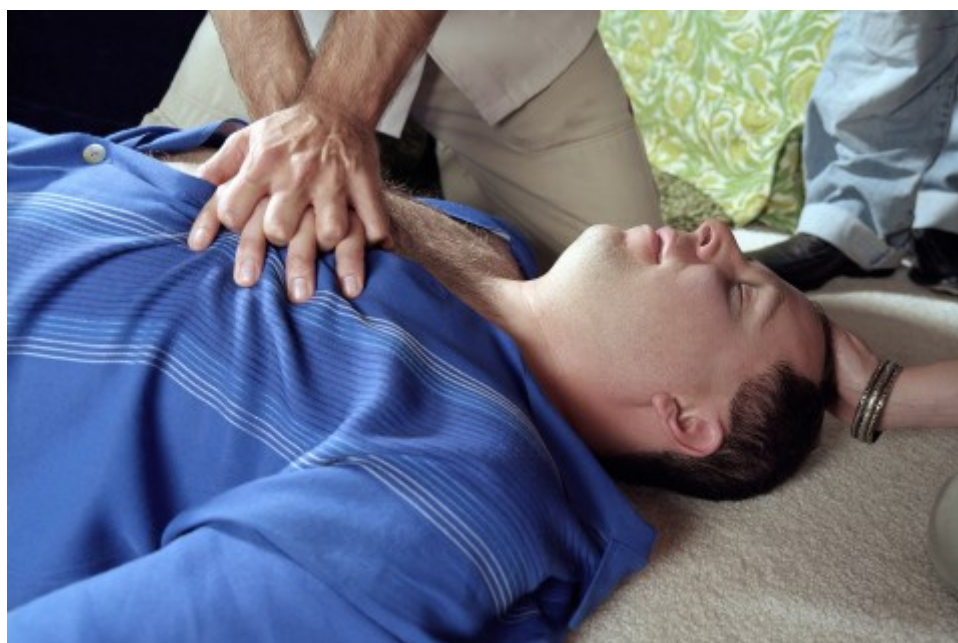


Patients with Additional Needs

Cardiopulmonary Resuscitation (CPR)



An Easy Read Guide



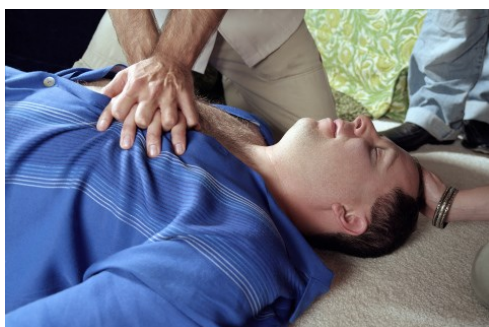


What does having a **Cardiopulmonary arrest** mean?

Cardiopulmonary arrest means that your heart and breathing has stopped and without help you will die.

What is **Cardiopulmonary Resuscitation**?

Cardiopulmonary Resuscitation (CPR) means people are trying to restart your heart and breathing.



CPR can involve people:

- pressing down hard on your chest again and again (chest compressions)
- using a machine to stimulate your heart using electrical shocks (sometimes more than once)
- using equipment that helps move oxygen around your body (artificial ventilation)
- giving medicine by injection.



If CPR is successful, you may have to go to the Intensive Care Unit (ICU) and it may involve a long stay in hospital.

CPR does not always work and it may not fix what made your heart stop.



Will CPR work?

CPR can sometimes get the heart and breathing going again

but:

- the actions used in CPR, such as chest compressions, can cause bruising, break ribs and puncture lungs
- the chances of CPR starting your heart and/or breathing are lower if your lungs, heart or other organs are struggling to work before CPR is needed
- only a few people make a full recovery, even if their heart or breathing can be restarted with CPR
- you may still be very unwell and need more treatment, and you may never get back to the health you had before.



DNACPR



Do Not Attempt Cardiopulmonary Resuscitation (DNACPR)

DNACPR means if your heart or breathing stops, your healthcare team will **not** try to restart it.

A doctor can write a DNACPR order if they think that cardiopulmonary resuscitation will not work for you.

You can ask not to have CPR

You may decide that if your heart stops, you may not want to be resuscitated.

It is important to make sure that your doctor and people who care for you are aware of your opinion and wishes.

Your rights

The final decision for a DNACPR lies with your doctor.

You have the right to be involved in the decision, along with your family, but you cannot demand CPR if the doctors think that it would not be successful.

A form will be completed saying DNACPR once the decision has been made.

This form is kept in your medical records. It may also be printed and kept with you if you are at home or in a care home.



DO NOT ATTEMPT CARDIOPULMONARY RESUSCITATION	
Adults aged 16 years and over	
Name	Date of DNAR order:
Address	/ /
Date of birth	DO NOT PHOTOCOPY
NHS or hospital number	
In the event of cardiac or respiratory arrest no attempts at cardiopulmonary resuscitation (CPR) will be made. All other appropriate treatment and care will be provided.	
1 Does the patient have capacity to make and communicate decisions about CPR? If "YES" go to box 2. If "NO" go to box 5.	
If "NO", are you aware of a valid advance decision refusing CPR which is relevant to the current condition? If "YES" go to box 6. If "NO", has the patient appointed a Welfare Attorney to make decisions on their behalf? If "YES" they must be consulted. All other decisions must be made in the patient's best interests and comply with current law. Go to box 7.	
2 Summary of the main clinical problems and reasons why CPR would be inappropriate, unsuccessful or not in the patient's best interests:	
3 Summary of communication with patient (or Welfare Attorney), if this decision has not been discussed with the patient or Welfare Attorney state the reason why:	
4 Summary of communication with patient's relatives or friends:	
5 Names of members of multidisciplinary team contributing to this decision:	
6 Healthcare professional completing this DNAR order:	
Name	Position
Signature	Date
Signature	Time
7 Review and endorsement by most senior health professional:	
Signature	Name
Signature	Date
Signature	Review date (if appropriate)
Signature	Name
Signature	Date



What about other treatment?

Having a DNACPR in place does not mean that you will stop having any other treatments.

You will still get the best care and medicines for your condition.

Your doctor will talk to you about your illness, what you can expect to happen and what can be done to help you.



DNACPR Support Pack

When used (appropriately) a Do Not Attempt Cardio-pulmonary Resuscitation (DNACPR) order should be used to ensure that a patient's death is as peaceful and dignified as possible, without the use of artificial medical interventions at the end of their life. Sometimes referred to as DNAR or DNR, a DNACPR order applies only to cardio-pulmonary resuscitation, where it is assessed to be clinically appropriate, and where a decision has been made with the appropriate involvement of the patient, their relatives or carers. For people with a learning disability, a difficulty to consent that sometimes the complex combination of clinical circumstances and a lack of patient, or family, or carer involvement leads to the inappropriate issue of a DNACPR order.

Raising questions or concerns with a doctor about a clinical decision and the decision making process is both complex and daunting, so Turning Point have worked with Learning Disability England to produce an information pack and DNACPR checklist that will help families and carers understand the issues and give you more control over DNACPR orders, and enable them to raise questions and concerns appropriately. The pack includes a checklist that you can review a DNACPR order against, plus explanatory notes on people's rights and the legislation involved. The pack also explains independent advocates who may help and also who to raise a concern with if you feel a DNACPR has been issued inappropriately and you have concerns about the doctor issuing the DNACPR. If you wish to write to the doctor involved, the pack contains some standard letters that may assist you.

The pack is accompanied by an **easy read version**, available at: www.learningdisabilityengland.org.uk

This pack is also available as an **interactive guide** at: www.mypd.me/dnacpr

Full Pack Contents

1. DNACPR Checklist
2. DNACPR Legal Guide
3. Example of a Letter of Complaint to NHS England
4. 3x Letter Templates
5. Example of a DNACPR Form

Abbreviations

- DNACPR (aka DNAR, DNR)** Do Not Attempt Cardio-pulmonary Resuscitation
- RESPECT** Recommended Summary Plan for Emergency Care and Treatment
- MCA** Mental Capacity Act
- LPA** Lasting Power of Attorney
- IMCA** Independent Mental Capacity Advocate

Learning Disability England and Turning Point have put together a support pack about DNACPRs.

[Click here](#) to find out more.

The NHS has lots more information on DNACPRs:-

[Click here](#) for more information.



If you need help, or have any questions, please contact the Patient Experience Team:-

Telephone: 0800 783058

Email: pals@dchft.nhs.uk