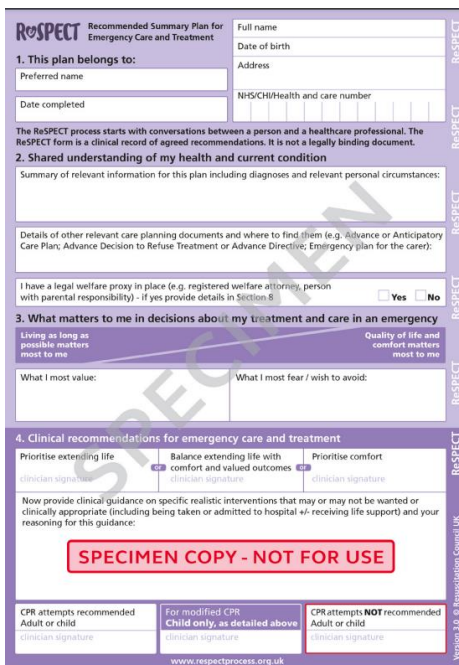


Understanding what Cardiopulmonary Resuscitation (CPR) is.

Deciding if you want your heart started again if it stops.



ResPECT Recommended Summary Plan for Emergency Care and Treatment

1. This plan belongs to:
Full name: _____
Date of birth: _____
Address: _____
Preferred name: _____
NHS/CHI/Health and care number: _____
Date completed: _____

The ResPECT process starts with conversations between a person and a healthcare professional. The ResPECT form is a clinical record of agreed recommendations. It is not a legally binding document.

2. Shared understanding of my health and current condition
Summary of relevant information for this plan including diagnoses and relevant personal circumstances: _____
Details of other relevant care planning documents and where to find them (e.g. Advance or Anticipatory Care Plan; Advance Decision to Refuse Treatment or Advance Directive; Emergency plan for the carer): _____

I have a legal welfare proxy in place (e.g. registered welfare attorney, person with parental responsibility) - if yes provide details in Section 8 Yes No

3. What matters to me in decisions about my treatment and care in an emergency
Living as long as possible matters most to me Quality of life and comfort matters most to me

What I most value: _____ What I most fear I wish to avoid: _____

4. Clinical recommendations for emergency care and treatment
Prioritise extending life Balance extending life with comfort and valued outcomes Prioritise comfort
clinician signature: _____ clinician signature: _____ clinician signature: _____

Now provide clinical guidance on specific realistic interventions that may or may not be wanted or clinically appropriate (including being taken or admitted to hospital +/- receiving life support) and your reasoning for this guidance:
SPECIMEN COPY - NOT FOR USE

CPR attempts recommended For modified CPR CPR attempts **NOT** recommended
Adult or child _____ Child only, as detailed above _____ Adult or child _____
clinician signature: _____ clinician signature: _____ clinician signature: _____

Version 3.0 © Resuscitation Council UK
www.respectprocess.org.uk

CPR



You can ask someone you trust to help you read and understand this information

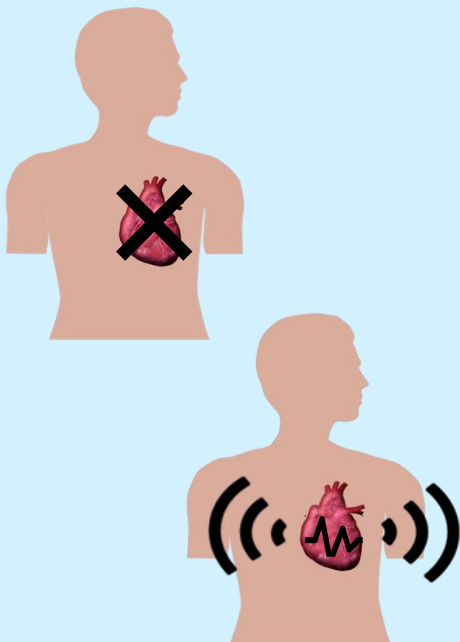


Thinking and talking about this can be difficult. You do not have to talk about this if you don't want to.



If you feel that you would like more information about this, you can talk to your learning disability nurse, who can help.

What is **cardiopulmonary resuscitation** (CPR)



If your heart stops beating, it may be possible to try to start it again.

This is called CPR.

When your heart stops you will not feel this or know what is happening



The person doing CPR will push down hard and fast on your chest lots of times.



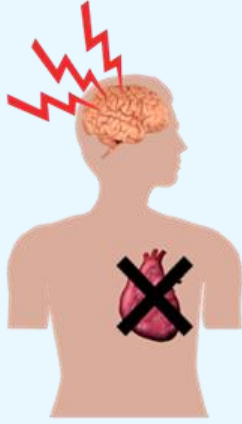
They will use an oxygen mask over your face to help you breathe.



Sometimes an electric shock may be needed to start your heart beating again. You will not feel this.



CPR does not always work, and most people will not get better, they will die.



If your heart stops beating for a long time, this can cause damage to your brain.



Brain damage can make it difficult for you to walk, talk, eat or do the things you used to do.



You might need more care than before and help to do things like eating and drinking, moving or using the toilet.



You might decide that you do not want to have CPR if your heart stops. You can choose not to be resuscitated



Before you decide, make sure you talk to your family, friends or people you trust about this.



Speak to your doctor if you think you would not like to have CPR.

Your doctor will fill in a form that tells other doctors what to do if your heart stops.

This is called a ReSPECT form.



If you decide that you do not want to have CPR you will still get the best care and treatment to meet your health needs



Its ok to change your mind anytime about having CPR.

You can talk to your doctor again.



You may want to think about having a Lasting Power of Attorney. They can make decisions for you when you are too unwell to make them yourself.



If you do not have capacity, the law protects you by making sure any decisions about your care are made in your best interests.