

# The Palliative Pain & Symptom Management Program



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## WHAT YOU NEED TO KNOW ABOUT CARDIOPULMONARY RESUSCITATION



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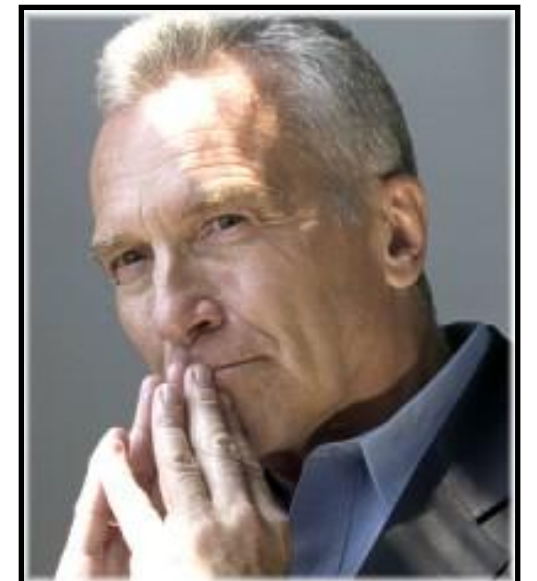
## How do I decide if I want CPR?

This information will help in determining what should be done if you stop breathing or your heart stops beating. In many facilities, it is policy that all patients are resuscitated unless a specific “Do Not Attempt Resuscitation” order is written on your chart by the doctor and agreed to be you and/or family.

### WHAT IS Meant by “Do Not Attempt Resuscitation?” DNAR

A “DNAR” order tells staff not to start procedures to revive you when your breathing and/or heart stops.

Some patients have an illness from which they are unlikely to recover. These patients may not want special measures to be taken if they stop breathing and/or their heart stops. They may feel it is in their best interest to request a “DNAR”.





## Deciding if you want CPR

### What happens if Resuscitation is attempted?

Artificial respiration (breathing), chest compressions, special medications, special breathing devices such as a ventilator and other instruments are used to try to revive the patients. “Resuscitation” and “Cardiopulmonary Resuscitation” or “CPR” is also used to describe these actions.



### Who Decides?

You will make your choice about resuscitation. Your health care team will give you information about your condition so that you may reach an informed choice. You should discuss it with your family and your doctor so that everyone knows what your wishes are. If you become too ill and incapable of making decisions, the doctor may ask your substitute decision



maker to make this decision. As it can be a difficult time for patient and family, it is best to make this choice in advance, if possible by telling your designated substitute decision maker what your wishes are.

You should also know that this decision is not final; you can change your mind at any time and it can be reassessed. Regardless of the decision, you will continue to be kept comfortable and receive quality care.

Health care team members are available to discuss this matter with you if you have any concerns.

