

CPR Discussion Points when CPR is being offered as a Treatment Option

H

1. Explain the goal is to respect the person's informed choice and to share accurate information for appropriate care. Include discussion on the person's unique goals and review the current medical condition.
2. Explain what CPR is and include (setting dependent), compressions, mouth to mouth, electric shocks, intravenous medications, intubation/ventilation, etc.
3. Explain what is involved in CPR and that:
 - How well CPR works depends on the health of the person (share information such as the CareNet – CPR Decision Aid for Patients and Their Families)
 - CPR is an aggressive procedure and will not improve the illness that caused the heart stoppage.
 - CPR requires someone trained in CPR to be on hand immediately and the emergency call out to paramedics with the hospital emergency actions. Chances of survival depends on the health of person and location of person when they arrested (i.e. home versus ICU) General rates of survival in chronic illness range from 2 to 10% with a 50% chance of requiring to live in a care facility. Benefits of CPR are virtually zero for those who suffer an unwitnessed heart stoppage.
 - CPR will not help those who are at the natural end of their lives due to a progressive life limiting illness.

See Reverse

Reference: *Algorithm for Development of a Plan of Treatment related to CPR and Completion of the DNR Confirmation Form: Algorithm for Conflict Resolution Regarding CPR Decision. Grey Bruce Integrated Health Coalition, March 2009; revised November 2017.*

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4. Discuss the:
Benefits:
 - In optimal circumstances CPR can save lifeRisks:
 - After 5 minutes without a heartbeat, serious brain and organ damage takes place which can leave the person in a state of pain and dependent on machines which breathe for the person. Breathing machines require a tube about the size of one's thumb to be placed into the person's airway. Tubes in the airway prevent the person from being able to talk while the machine is breathing for him or her. Depending on the severity of the brain damage, the machine for breathing may not be able to be removed.Possible side effects:
 - Broken ribs
 - Punctured lung
 - Pain from trauma to chest
 - Possible brain injury such as memory loss, speech problems or paralysis (approximately 25% to 50% of survivors)Alternative courses of action:
 - Excellent care and appropriate medical interventions that respect the person's goals related to comfort, prolonging life, and which address physical, emotional and spiritual needs will be offered.Consequences of not having CPR:
 - Palliative support will be given as natural death occurs.
5. Answer any questions. Identify and correct any misunderstanding or misinformation.
6. Discuss the Physician Assessment related to CPR (**Box G**).

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