

What You Should Know About CPR

What is Cardiopulmonary resuscitation (CPR)?

CPR attempts to revive a person's heart and breathing after they have stopped. If you are given CPR, rescuers will try to pump your heart by pressing down hard upon your chest. They will breathe into your mouth to force air into your lungs, and they may apply an electrical shock to your chest to try to restart your heart.

What are the benefits?

CPR may save the life of an otherwise healthy person who becomes severely injured or has a heart attack.

What are the risks?

To successfully perform CPR, the chest must be pushed down one and a half inches, 100 times a minute, for several minutes.

This kind of pressure can break ribs or damage internal organs. Many people who survive CPR require a breathing machine to help them take in air until they are well enough to breathe on their own.

What does this mean for me?

You should know that CPR offers a less than 2% chance of survival for people who are very old or have complicated medical problems. In some cases, CPR may do more harm than good. It can cause you to suffer painful injuries, and may keep you from having a peaceful, natural death.

Do I have a choice?

Yes. You have the right to make your own health care choices. It is up to you to decide whether or not CPR is right for you.

You should think about the times you will want CPR, and the times you will not.

Whatever you decide, talk first with your family and your doctor.

If you want CPR, there are no specific steps to take in order to receive it.

Healthcare workers will ALWAYS attempt CPR unless you have a "Do Not Resuscitate" (DNR) order.

To avoid CPR in the state of Florida, you must possess a valid yellow *Florida Do Not Resuscitate Order Form* (DH Form 1896) that is signed by

you and your doctor.

So, if you do not want CPR, speak with your doctor about having a DNR order placed in your medical record, and remember to keep a copy with you at all times.

This information sheet was designed to give you a general description of CPR, some pros and cons of the procedure as a treatment choice near the end of life, and an outline of your options for choosing whether or not you want it to be a part of your Advance Care Plan.

While it may save the life of a healthy person, CPR offers a less than 2% chance of survival for people who are very old or have complicated medical problems.



PROJECT
GRACE
A Suncoast Hospice Affiliate

What is Advance Care Planning?

Advance care planning is a thoughtful process used to plan for future healthcare choices. It involves personal reflection and discussions with loved ones and healthcare providers. Your plan should include both a Living Will and the designation of a Healthcare Surrogate who can make decisions on your behalf if you're unable to speak for yourself.

The best time to think and talk about future medical decisions is when you are *well*, rather than in a time of medical crisis.

Why should I have an Advance Care Plan?

Advances in medicine and technology have given us the ability to sustain life through artificial or mechanical interventions. In cases where patients are terminally ill with no hope of recovery, these interventions can prolong the dying process and prevent them from experiencing a peaceful, natural death.

By establishing an Advance Care Plan while you are well, you can make sure that your wishes are honored later, should you become unable to speak for yourself.

Does an Advance Care Plan encourage my death?

NO. You are not signing an agreement that says that you wish to die. You are making a choice for the future, about the kind of medical treatment you wish to receive when there is little or no hope for recovery.

Advance Care Planning Helps:

YOU make treatment decisions that can affect your life.

YOUR FAMILY have peace of mind knowing your decisions.

YOUR PHYSICIAN by providing information about the kind of care you want.

How can Project GRACE help me?

Project GRACE provides advance care planning services, free of charge, to anyone who wishes to communicate their future medical treatment decisions. The Project GRACE Advance Directive is used by many hospital systems across the country. It is acceptable to doctors and easily understood by the public. For more information, visit the Project GRACE website www.projectgrace.org or contact our office at 727-536-7364.

Project GRACE is an affiliate of the Suncoast Hospice and supported by grants, sponsorships and community donations through the Suncoast Hospice Foundation.

A gift to Project GRACE will help provide the people you care about the support and resources they need to make informed medical care decisions.

To make a donation, call 727.536.7364

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