

CPR

(cardiopulmonary
resuscitation)

CPR is a procedure that is done when someone's breathing or heartbeat has stopped.

There may come a time when your heart stops beating or you stop breathing. To make informed decisions about what you may want in this situation it is important to understand CPR.

CPR by itself, probably can't restart the heart or breathing, especially if you are frail or have a serious health condition. You might also need other things like electrical shock, medications and machines to breathe for you. Even then, CPR is not likely to work. To help decide what you would want if this happens, you need to know if CPR can help you.

- Approximately 22 of 100 individuals who receive CPR in the hospital will leave the hospital.
- About 3 out of 100 elderly patients live after receiving CPR.
- If you are frail or seriously ill and receive CPR, you will need more help and may need to live with others or in a nursing facility.

CPR works best if:

- You are healthy with no illness
- It is started immediately or within a few minutes of when your heart and lungs stop working

CPR usually does NOT work if:

- You have chronic health problems
- You have an illness that can no longer be successfully treated
- You are weak, frail or elderly

If CPR works, there are usually side effects:

- You will need to be cared for in a hospital ICU.
- You may have broken ribs due to chest compressions.
- You may be unconscious and unable to talk to the people you love.
- You may have brain damage based on the amount of time your brain was without oxygen.

You should talk to a medical professional about what is likely to happen to you.

Talk about what makes your life worth living and what would not.

- Breathing with a machine
- Not thinking or talking to anyone
- Not knowing your family or friends

If you decide you do not want CPR:

Talk to your doctor and your loved ones so they know your decisions and a plan can be made.

Call Hospice & Community Care to speak with someone about Advance Care Planning or to request Five Wishes[®], a free Advance Care Planning Booklet.

Printing funded by: *Hospice & Community Care's*

