

## How can you make your wishes known?

Talk with your doctor or nurse practitioner. Share with them your wishes. Based on your health, they will recommend what would be best for you should your heart stop.

## What is a Medical Order for Scope of Treatment (MOST) form?

Your doctor or nurse practitioner recommends what is right for you and records it. This can be recorded either on a 'Medical Order for Scope of Treatment' (MOST) form or a provincial 'No CPR' form.

The **MOST** form directs your care team as to your wishes are for each of these:

- Cardiopulmonary Resuscitation (CPR) should your heart and breathing stop.
- Options for medical treatment and supportive care. These can focus on treating illness, managing pain, or consulting with critical care specialists.


## How do you make a plan for the future?

**Advance Care Planning conversations** are the best way to make sure the people who matter most to you know your wishes for future care. These conversations let those who matter most to you, your doctor or nurse practitioner, and other healthcare providers know what your values, beliefs, and goals would be in different situations.

Should there come a time when you cannot communicate or you lose your ability to make decisions, the people who matter most to you and/or healthcare providers can decide how to treat you based on your Advance Care Planning conversations.

If you don't make your wishes known, your healthcare providers and those who matter most to you might face some tough decisions. In an emergency, you would receive CPR. You could be placed on life support, even if you didn't want it.

To learn more about **Advance Care Planning**:

 **1-877-825-5034**

 **advancecareplanning@fraserhealth.ca**

 **fraserhealth.ca/acp**



This information does not replace the advice given to you by your health care provider.

Stores #350960 (July 2022)

# Understanding Cardio-Pulmonary Resuscitation (CPR)

## CardioPulmonary Resuscitation

'Cardio' means heart

'Pulmonary' means lungs

'Resuscitation' means to try and restart a person's heart beat and breathing when they stop (often called 'CPR')

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This pamphlet is meant to help you understand cardiopulmonary resuscitation (CPR).

### When would a person get CPR?

A person is given CPR when they have a “cardiac arrest”. This is when the heart stops beating and the lungs stop breathing. It can happen for many reasons and most often happens at home.

**A cardiac arrest is different from a heart attack.**

### What does CPR look like?

CPR can include someone doing any of these things:

- Press on your chest to pump blood through your heart to your body.
- Push air into your lungs to get oxygen to your brain.
- Give medicines to try and restart your heart.
- Use electric shock from a machine to try and restart your heart.

When someone presses with the right amount of pressure, this pumps about 20 to 30% of the normal amount of blood to your brain and body.

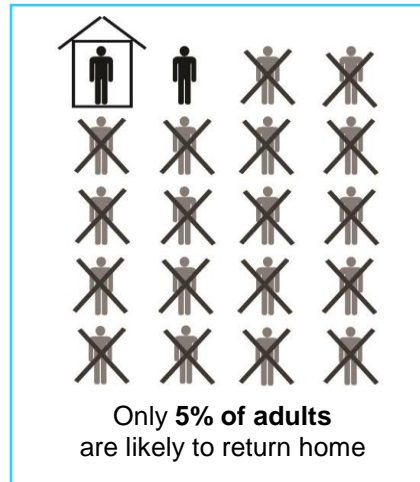
Should your heart restart, you could be put on life support machines.

### Should everyone have CPR?

CPR can work for adults who are fairly healthy, and only if others are there when it happens, and someone starts CPR right away.

### How well does CPR work?

If your heart stops for more than 5 minutes, there is a good chance you will die or have brain damage. Brain damage affects your ability to talk, recognize people who matter to you, and to take care of yourself.



Of the adults who have CPR right away, only 2 to 3 out of 20 adults (10 to 15%) are likely to survive. Only 1 out of 20 (5%) of those who survive will recover well enough to return home.

### Why might CPR not be right for you?

CPR is not usually effective if it is not started right away. It is also not usually effective in these situations:

- adults with illnesses that have already caused damage to their heart, lungs, kidneys, or brain (such as heart or kidney failure, lung disease, and later stages of dementia)
- adults who are at the natural end of their life

Even if the heart is restarted, CPR will not improve any medical condition that caused the heart to stop.

### What if CPR is not to be done?

You will continue to get good medical care, including care to keep you comfortable. This includes treating pain and other symptoms.

Our goal is to respect your wishes, provide the right care at all times, and support you and the people who matter to you during your illness.