

Do Not Attempt Cardiopulmonary Resuscitation (DNACPR)



An Easy Read Guide

It is sad but true,
we all die eventually.



Thinking about dying
usually makes us upset
and a bit frightened.



It's not something you
like to talk about much
because you think if
you talk about it, it will
happen.



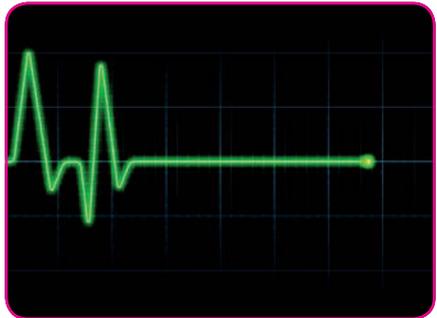
You can die from an
accident.



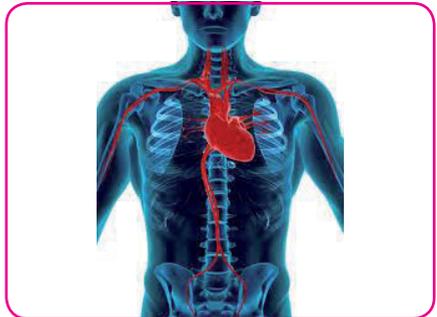
Or from old age or a serious illness you can't get better from.



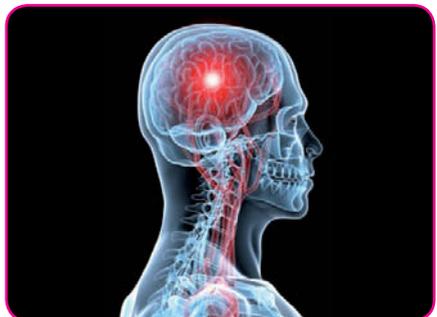
But in the end, your heart stops beating and you die.



When you die no blood gets pumped around the body, so your lungs, liver and kidneys stop working.



Your brain will stop working about 3 minutes after your heart.



If your heart stops beating it might be possible to try to start it beating again.



This is called cardiopulmonary resuscitation or CPR.



Staff at Blackpool Teaching Hospitals might try CPR to see if it will help you and save your life.



They may push down hard on your chest again and again.



They may use a machine to give your heart an electric shock to make it start working again.



Or use an oxygen mask to help you breathe.



It may involve a lengthy stay and you still may not improve.



CPR does not work every time and it may not fix what made your heart stop.



You may decide you do not want to be resuscitated = DNACPR.



Speak to your Doctor, they will be aware of your illness and will now have an understanding of your wishes and decide if DNACPR is right for you or not.



Make sure you talk about it with your family, friends and carers too. You can speak to your Doctor with them.



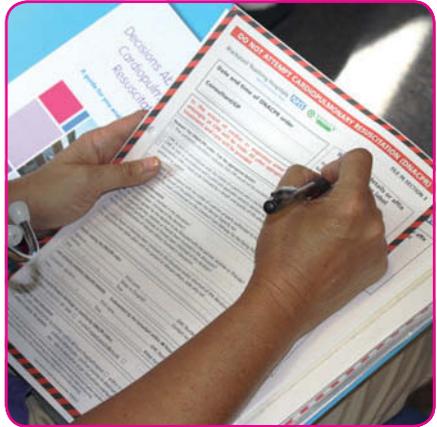
There are hospital Learning Disability Liaison Nurses who are able to help you.



It is important to make sure your Doctor and the people who care for you are aware of your opinion and wishes.



The ultimate decision for DNACPR lies with your Doctor. However, your family or carer have an absolute right to be involved and informed. A form will be filled in saying DNACPR once it's been decided.



This form will go with you if you go home, in an ambulance, or into hospital. Then everyone knows what to do if your heart stops.



This form won't affect any of your treatments and you will still get the best care and medicines for your condition.



If you don't want to make the decision, that's ok. There is support in place to listen to you when you're ready. Please ask your healthcare provider.



Remember it's your right to be involved and informed about DNACPR.



Useful contact details:

Hospital Switchboard: Tel: 01253 300000



Self Advocacy for People with Learning Disabilities

Blackpool Office - Tel: 01253 405959

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Learning Disability Acute Liaison Nurse

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Specialist Resuscitation Team

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Blackpool Learning Disability Service

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Notes:

Options available

If you'd like a large print, audio, Braille or a translated version of this booklet then please call **01253 655588**

Patient Relations Department

For information or advice please contact the Patient Relations Department via the following:

Tel: **01253 655588**
email: patient.relations@bfwh.nhs.uk

You can also write to us at:
**Patient Relations Department
Blackpool Victoria Hospital
Whinney Heys Road
Blackpool
FY3 8NR**

Further information is available on our website: www.bfwh.nhs.uk

Travelling to our sites

For the best way to plan your journey to any of the local sites visit our travel website:
www.bfwhospitals.nhs.uk/departments/travel/

Useful contact details

Hospital Switchboard:
01253 300000

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:
**Policy Co-ordinator/Archivist
01253 303397**



Approved by:
Date of Publication:
Reference No:
Author:
Review Date:

Communications Dept.
August 2013
BTH271/CPR
Eleanor Carter
August 2015