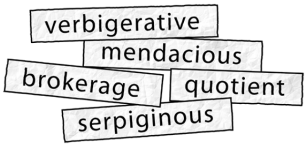
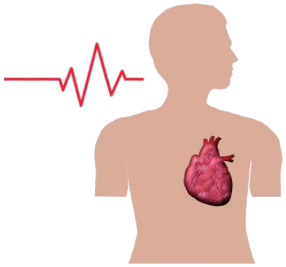
SEE ABILITY

Do Not Attempt CPR (DNACPR)

Easy read fact sheet



This guide uses some long words, but we will explain what they mean.



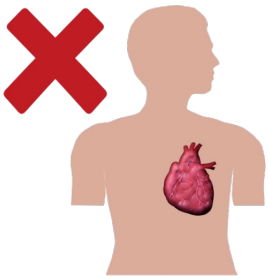
You might know you are going to die if you have an illness.

It means Cardiopulmonary Resuscitation, but most people call it CPR.

It means Do Not Attempt CPR.

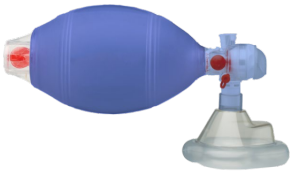
It is sometimes called DNR (Do Not Resuscitate) or DNAR (Do Not Attempt Resuscitation).

What is CPR?

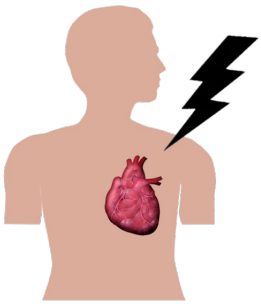


If your heart stops beating, someone might do CPR.

They will push down on your chest to try and make it beat again.



They might put a mask on your face to help you breathe.



You might need an electric shock to help make your heart beat.

This is to try and save your life.

If the doctors do not think you will get better, they might not do CPR.

CPR might not always work.

You could still die after having CPR.

What is a DNACPR?

DNACPR stands for
Do Not Attempt CPR.

It tells doctors not to do CPR if your heart has stopped beating.

It is a special form that goes into your health records.

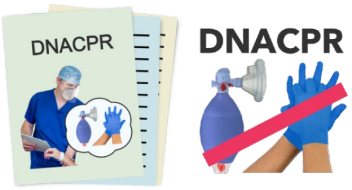
You can ask for a DNACPR.

Or your doctor might give you a DNACPR.

Even if CPR is not done, doctors will still do other things to try and keep you alive.

Choosing to have a DNACPR

You can choose not to have CPR.



A DNACPR tells your doctor that you do not want CPR.

You will need to ask for a form called an Advanced Decision to Refuse Treatment (ADRT).

You will need to speak to your doctor if you want a DNACPR.

You will also need to speak to your family or support worker.

You will need to put a copy of this form in your health records.

Every person that has capacity can refuse to have CPR.

If you do not have capacity, the choice will need to be made for you.

We have a guide on consent or capacity.

Sometimes you might still get CPR even if you have a DNACPR.

If you are in a public place and you need help, people might not know you do not want CPR.

Paramedics from an ambulance might do CPR to try and keep you alive before you get to the hospital.

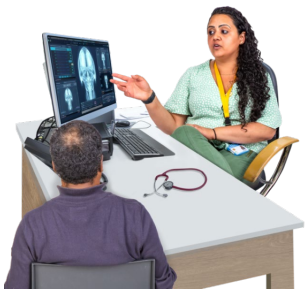
If doctors give you a DNACPR

A doctor can decide to give you a DNACPR.

They can do this even if you do not agree with them.

You must be told if a DNACPR has been done for you.

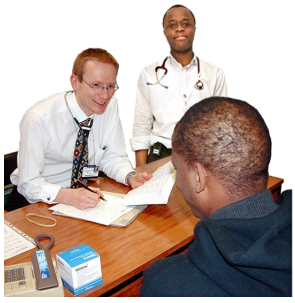
You must be told what a DNACPR means.



They must help you understand why you have been given a DNACPR.

A learning disability, autism or dementia can not be the reason for being given a DNACPR.

A doctor can only refuse CPR when they think it will not work and it would not stop you dying.



If you do not agree with the doctor, you can ask for a different doctor to give their opinion.

You can also make a complaint with the doctors if you do not agree.

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