

What you should know about CPR

What is CPR?

Cardiopulmonary Resuscitation, or CPR, attempts to revive a person's heart and breathing after one or both has failed. If you are given CPR, a rescuer will breathe into your mouth to force air into your lungs, and try to pump your heart by pressing down hard upon your chest. This helps circulate blood throughout your body. They may also inject medicine into your veins or apply an electrical shock to your heart to try to restart it.

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, and most people who survive CPR require a ventilator to pump air into their lungs until they can breathe on their own again.

What does this mean for me?

You should know that CPR offers a less than 2% chance of survival for people who are terminally ill, dependent upon others for their care, or have multiple medical problems. In some cases, CPR may prolong

the dying process and prevent you from experiencing a peaceful, natural death.

Do I have a choice?

Yes. You have the right to control your own health care decisions. If you would like to receive CPR, there are no specific steps to take in order to ensure you receive it. Medical personnel 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 brochure was designed to give a general description of CPR, some pros and cons of the procedure, and an outline of your options for choosing whether or not

you want CPR to be a part of your Advance Care Plan.

While it may save the life of an otherwise healthy person who becomes severely injured or has a heart attack, CPR offers a less than 2% chance of survival for people who are terminally ill, dependent upon others for their care, or have multiple medical problems.



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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 Empath Choices for Care help me?

Empath Choices for Care provides advance care planning services, free of charge, to anyone who wishes to communicate their future medical treatment decisions. Our living will is used by many hospital systems across the country. It is acceptable to doctors and easily understood by the public.

Empath Choices for Care is a program of Empath Health that was established through a partnership of physicians, elder care providers and community citizens. Our focus is providing holistic and compassionate advance care planning that respects human dignity, as well as each individual's best interests and personal wishes.



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