

## Deciding about CPR

### What is CPR?

CPR stands for cardiopulmonary resuscitation. If your heartbeat and breathing stop, CPR may be a possible lifesaving treatment. CPR may or may not work depending on many things, such as your age, your health and how long your heart or breathing has stopped before getting help. Whether you are healthy or have a bad health problem, it is important to talk with your doctor and ask questions about CPR.

CPR includes several methods used to try and restart your heart and lungs if they stop working. CPR can involve:

- Pressing on your chest to help your heart pump blood to the rest of your body when your heart has stopped.
- Electric shocks and drugs to try to restart your heart.
- Placing a tube down your windpipe (trachea) to help you breathe. This tube is connected to a breathing machine called a ventilator.

### How well does CPR work?

About 20% of patients who get CPR while in the hospital survive long enough to leave the hospital. Those who get CPR outside of the hospital have a survival rate of about 10%. If an automated external defibrillator (AED) is used along with CPR, the survival rate increases to about 65%. It does not work as well when you are older and/or have bad health problems.

### Risks of CPR may include:

- Damaged or broken ribs
- Punctured lung(s)
- Brain damage due to the lack of oxygen getting from your lungs to your brain
- Intensive care unit stay as you may need to stay on a breathing machine for a longer period of time

Talk with your doctor about your risks and the chance of CPR being successful for you.

### If you do not want CPR

You will still get care to treat your symptoms and reduce pain or discomfort. Your goals and choices will guide the kind of care you get. If you decide not to attempt CPR, it's important to tell your healthcare Champion (the person you trust to make healthcare decisions for you), the healthcare team and those who are important to you. To ensure that your wishes are honored, we suggest that you complete a legal document called an advance directive. Our healthcare team can help in completing your advance directives, which can be changed if your wishes or health condition changes.

### Deciding about CPR for someone else

In some cases, patients may not be able to speak for themselves. If you are asked to speak for someone else, talk with the doctor about the risks and benefits. Our healthcare team, including social workers, clinical ethics consultants and spiritual care services, is available for support if needed.

For more information on advance care planning, contact us at **844-677-5134** or **[ChoicesandChampions@NovantHealth.org](mailto:ChoicesandChampions@NovantHealth.org)**.

You can also visit our website at **[NovantHealth.org/ChoicesandChampions](https://NovantHealth.org/ChoicesandChampions)**.