

Easy read

Deciding not to have treatment if your breathing or heart stops



Sometimes people get so sick that they might die.



The healthcare team can often see when a person is dying.



Your healthcare team makes sure you are comfortable.

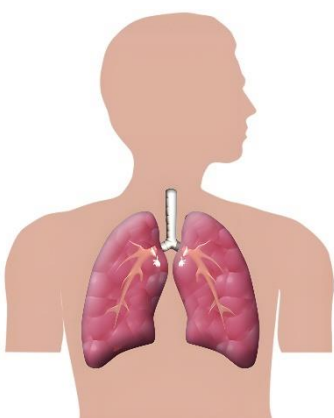


They give you medicines to make sure you are not in pain.

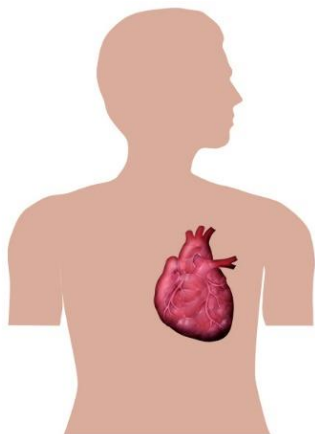


They tell people who are important to you what is happening.

This may include your family, friends or support workers.



Sometimes people who are very sick stop breathing.



Their heart might stop beating.

CPR



Doctors and nurses can sometimes save a person's life.

They use a treatment called **cardiopulmonary resuscitation or CPR**.



CPR is when someone pushes hard on your chest many times.



This may help to start your breathing and heart again.



But **CPR** does not always keep people alive.

Most people who have **CPR** die within a few days.



Sometimes **CPR** can hurt the body inside.



If a person stops breathing for too long, their body might not work like before.



CPR does not help people who

- have poor health
- are already coming to the end of their life



Doctors do not use **CPR** on very sick people if they know it will not work.



This might hurt them and is not likely to save their life.

Doctors can fill in a special form for people who are too sick to have **CPR**.

This form is called **do not attempt CPR or DNACPR**.



They talk to you and important people in your life about this decision.

DNACPR



You might decide that you do not want **CPR** if you get very sick.



You can tell your healthcare team this at any time.



They need to check you understand what **CPR** means.



They can then put your choice in your health record.

Speak to someone



If you are worried or have questions you can speak to someone.



You can speak to your healthcare team.



They can give you more information.

