

CPR



This guide will help you decide if you want CPR if your heart or lungs stop working.

What is CPR?

CPR (cardiopulmonary resuscitation) is a medical treatment to try to restart your heart or lungs if they stop working. Another person will perform CPR on you. CPR can include:

- Breathing into your mouth and pressing on your chest.
- Electrical shock and drugs to try to start your heart.
- A tube to help you breathe.

Does CPR always work?

CPR does not always work. It can have serious side effects. Your doctor can help you understand the chance that it will work well for you, and what your side effects may be.

When does CPR work best?

- You are in good health.
- You get CPR within a few minutes of your heart or lungs stopping.

When does CPR not work well?

- You have serious health problems.
- You are older and/or physically frail.

What are the side effects of CPR?

If CPR works, it usually has side effects, such as:

- Your lungs may be weak. You may need to be on a breathing machine for a while.
- You may need to be cared for in an intensive care unit (ICU) of a hospital.
- You may have damage to your ribs.
- You may have brain damage.

If you want to try CPR:

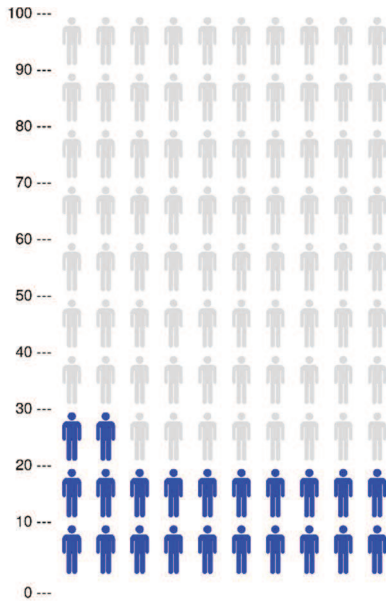
If you want to try CPR, talk with your doctor about what results you might expect. What are your goals in receiving CPR?

If you do not want CPR:

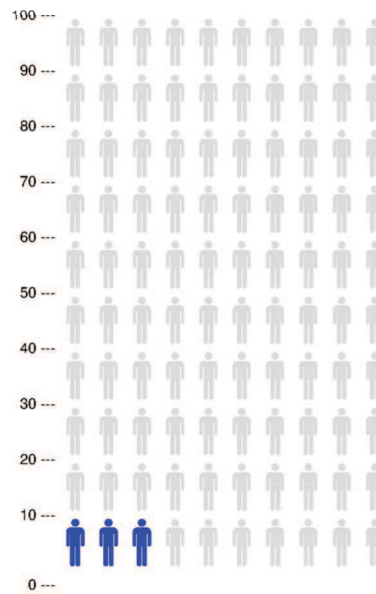
If you do not want CPR, you will still get other health care. There are many options to help you live as well as possible.

How well does CPR work?

CPR works for 22 out of 100 people when given in a hospital.



CPR works for less than 3 out of 100 people who are older, physically weak and living in a nursing home.



Share your decision:

Talk to your doctor and family about your choice. Write it down in a legal document called an advance directive.

For more information:

Contact the Advance Care Planning Department at (262) 928-2450 or

AdvanceCarePlanning@phci.org or visit <http://www.ProHealthCare.org/AdvanceCarePlanning>

Ehlenbach, W., Barnato, A. E., Curtis, J. R., et al (2009). Epidemiologic study of in-hospital cardiopulmonary resuscitation in the elderly. *New England Journal of Medicine*, 361:22-31.

Girotra, S., Brahmajee K., Nallamotheu, M.D., et al (2012). Trends in survival after cardiac arrest. *New England Journal of Medicine*, 167:1912-20.

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