

CPR facts - what you should know

This guide provides information about CPR (cardiopulmonary resuscitation) and how well it may work for you. You will need to talk with your doctors about what you might expect. CPR has side effects that you should know about before you make a decision. Age and health make a difference. The doctor who knows you best can help you make a decision.

What is CPR?

CPR is an emergency procedure to try to restart your heart and breathing if they stop. CPR can include any or all of the following:

- Pressing on your chest.
- Mouth-to-mouth breathing or a tube to help get oxygen into your body.
- Electrical shock and medicines.

Will CPR work for you?

Talk with your doctor about how well CPR would work for you. Some things to consider:

- CPR works best if you are healthy and CPR is started immediately after your heart and breathing stops.
- CPR is less likely to be successful if you are older, weak or living in a nursing facility.
- CPR does not fix or improve the reason that caused a person’s heart and breathing to stop.

What can happen after CPR?

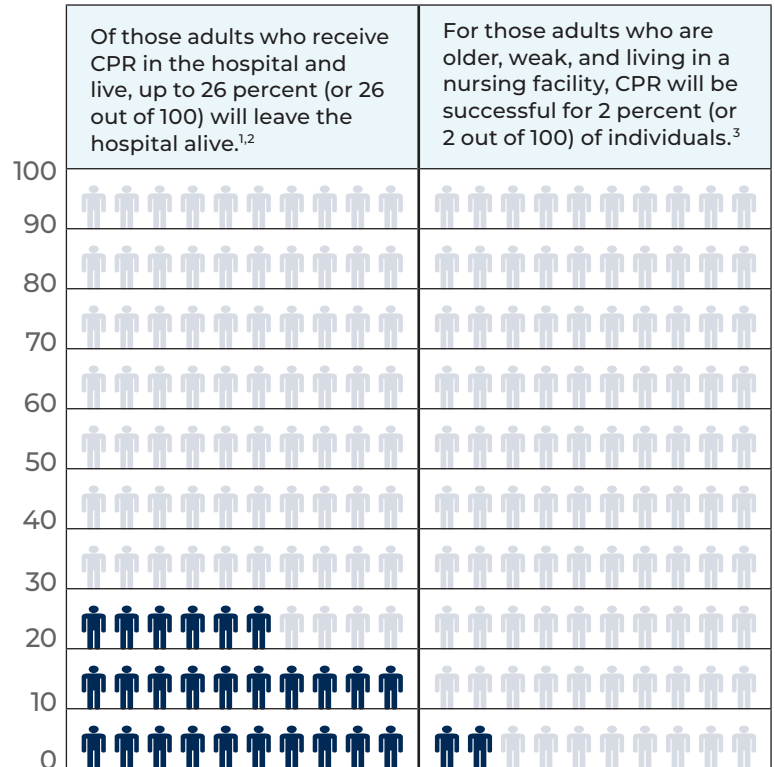
- If you receive CPR outside of the hospital, it requires transfer to a hospital to receive ventilator (breathing) support and care in an ICU (intensive care unit).
- If you survive, you may return to your current health, or you may have a decline in your physical or mental function.

Making a decision about CPR

Talk with your doctor about what results you might expect with CPR. If you do not want to try CPR, talk to your doctor about how to document your decision by creating a medical order. Whatever you decide, you will always be offered appropriate care and make other health care decisions. Tell your doctor and patient advocate about your decision.

The success of CPR

By “success,” we mean living through CPR and being able to leave the hospital.



To speak with a certified facilitator, request an advance care planning speaker or learn more about volunteer opportunities, please contact us:

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