

Advance Care Planning

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

What is CPR?

CPR is an emergency procedure to try to restart your heart and breathing if they stop. CPR can include:

- Pressing hard 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 it 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 your heart and breathing to stop.



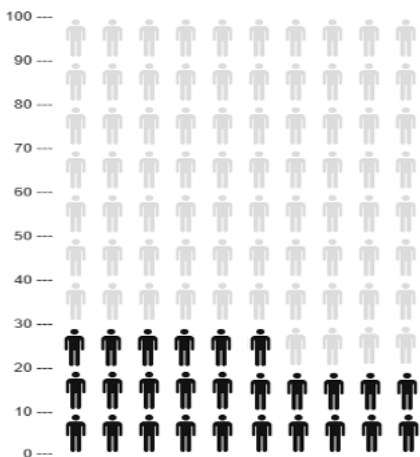
Making a decision about CPR

What do you expect would happen if CPR was started? What would your goals be?

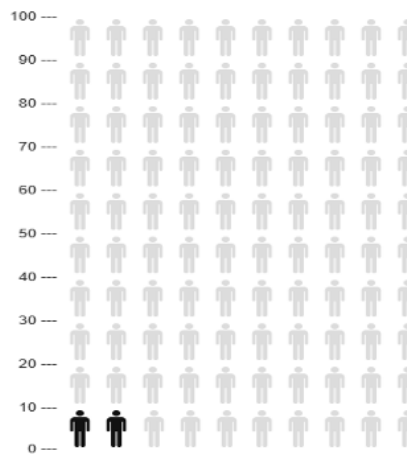
The success of CPR

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

Of adults who receive CPR in the hospital and live, about 26 out of 100 will leave the hospital alive.^{1,2}



For adults who are older, weak, and living in a nursing facility, CPR will be successful for about 2 out of 100 individuals.³



What can happen after CPR?

If you receive CPR outside of the hospital, you will need to be transferred to a hospital to receive breathing support (ventilator) 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.

Talk with your doctor about what you might expect based on your specific situation.

If you want to try CPR, talk with your doctor about what results you might expect.



If you don't 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 the option to make other healthcare decisions. Tell your doctor and healthcare agent about your decision.

Questions for my doctor after reviewing this information:

1. Girotra, S., Nallamothu, B. K., Spertus, J. A., Li, Y., Krumholz, H. M., & Chan, P. S. (2012). Trends in survival after in-hospital cardiac arrest. *New England Journal of Medicine*, 367:1912-20. doi:10.1056/NEJMoa1109148
2. Benjamin, E. J., Virani, S. S., Callaway, C. W., Chamberlain, A. M., Chang, A. R., Cheng, S., . . . Stroke Statistics Subcommittee. (2018). Heart Disease and Stroke Statistics-2018 Update: A Report from the American Heart Association. *Circulation*, 137(12), e67-e492. doi:10.1161/CIR.0000000000000558 [Cardiac Arrest information on pages e355-372]
3. Shah, M. N., Fairbanks, R. J., Lerner, E. B. (2007). Cardiac arrests in skilled nursing facilities: continuing room for improvement? *J Am Med Dir Assoc*. 8(3 Suppl 2): e27-31.



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