

## How can I make my health care wishes known?

To make sure your loved ones and health care providers know your wishes for future care, make an Advance Care Plan. This plan lets your family, doctor and other health care providers know your wishes if there comes a time when you cannot communicate or you lose your ability to make decisions.

**If you don't make your wishes known, your loved ones may be faced with making difficult decisions on your behalf.**

Advance Care Planning:  
making the **MOST** of **CONVERSATIONS**



**Advance Care Planning** lets you have a say in the health care you will receive if you are unable to **speak for yourself**.

Information about Advance Care Planning, including the *My Voice* guide, is available online by searching for "Advance Care Planning" at the following websites:

[ Island Health  
**viha.ca** ]

[ Provincial  
**seniorsbc.ca**  
**healthlinkbc.ca** ]

[ National  
**advancecareplanning.ca** ]

### Advance Care Planning

E-mail: [Advancecareplanning@viha.ca](mailto:Advancecareplanning@viha.ca)

Telephone: 250.370.5687

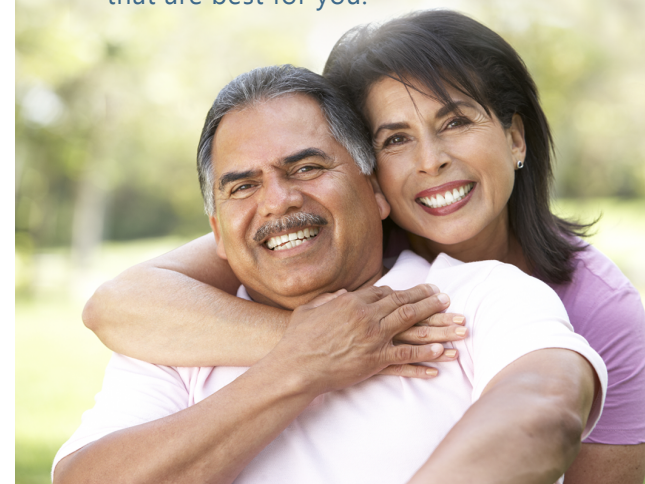


## Cardiopulmonary Resuscitation

# [ CPR ]

Is **CPR** right for me?

If your heart was ever to stop, what would you want done? Talk to your health care providers about your health care wishes, your health condition, treatment choices and options for care that are best for you.



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## What is |CPR|?

**Cardio = heart**

**Pulmonary = lungs**

**Resuscitation = to try and restart a person's heart beat and breathing.**

CPR is an attempt to revive a person whose heart and breathing have stopped. It can include:



- Pressing on the chest to pump blood through the heart to the body
- Forcing air into the lungs to get oxygen to the brain
- Giving medicines
- Using electric shock

If the heart is restarted, you may need to be put on life support machines.

## How well does |CPR| work?

CPR is only given if your heart has stopped. Brain damage begins 4-6 minutes after your heart stops.

Of the people who have CPR right away, only about 25 out of 100 people can be revived successfully, and approximately 12 of those will recover enough to return home.

The actions involved in CPR may result in physical injury, such as rib fractures. CPR can work if others are there when your heart stops and someone starts CPR right away. CPR is more successful if medical equipment is available.

## Is |CPR| good for me?

CPR is usually ineffective if not started right away.

CPR is not usually effective for:

- Adults with medical conditions that have already caused damage to their heart, lungs, kidneys or brain.
- Adults who are at the natural end of their life.
- Even if the heart is restarted, CPR will not improve any medical condition that caused the heart to stop.

**Talking with your health care provider and family can help you understand your choices and plan for what is best for you.**

## What happens in an Emergency?

Doctors, health care providers and paramedics will not provide CPR when they see one of the following:

- Medical Order for Scope of Treatment (MOST) indicating no CPR
- Provincial *No Cardiopulmonary Resuscitation* form
- BC Advance Directive refusing CPR
- BC medical alert bracelet indicating no CPR

A copy of your documents must be available to first responders in the case of an emergency. Paramedics have been instructed to look on the front of the fridge for important health care information.

## How do I decide about |CPR|?

Talk with your health care provider and ask them what would be best should your heart stop. If you decide not to have CPR in the event your heart stops or you stop breathing, your health care providers will complete either

- A Provincial *No Cardiopulmonary Resuscitation* form or;
- A **Medical Orders for Scope of Treatment (MOST)**

If you choose not to have CPR you will continue to get good medical care, including care to keep you comfortable. You may choose to have all other medical treatments that may be appropriate for you.

