

# Do Not Attempt Cardiopulmonary Resuscitation (DNACPR)

## An Easy Read Guide



### Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

**01253 955588**

Our Four Values:

People Centred

Positive

Compassion

Excellence

It is sad but true,  
we all die eventually.



Thinking about dying  
usually makes us upset  
and a bit frightened.



It's not something you  
like to talk about much  
because you think if  
you talk about it, it will  
happen.



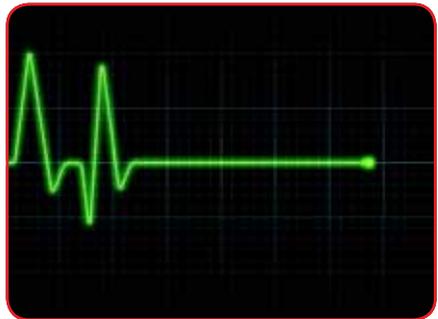
You can die from an  
accident.



Or from old age or a serious illness you can't get better from.



But in the end, your heart stops beating and you die.



When you die no blood gets pumped around the body, so your lungs, liver and kidneys stop working.



Your brain will stop working about 3 minutes after your heart.



If your heart stops beating it might be possible to try to start it beating again.



This is called cardiopulmonary resuscitation or CPR.



Staff at Blackpool Teaching Hospitals might try CPR to see if it will help you and save your life.



They may push down hard on your chest again and again.



They may use a machine to give your heart an electric shock to make it start working again.



Or use an oxygen mask to help you breathe.



It may involve a lengthy stay and you still may not improve.



CPR does not work every time and it may not fix what made your heart stop.



You may decide you do not want to be resuscitated = DNACPR.



Speak to your Doctor, they will be aware of your illness and will now have an understanding of your wishes and decide if DNACPR is right for you or not.



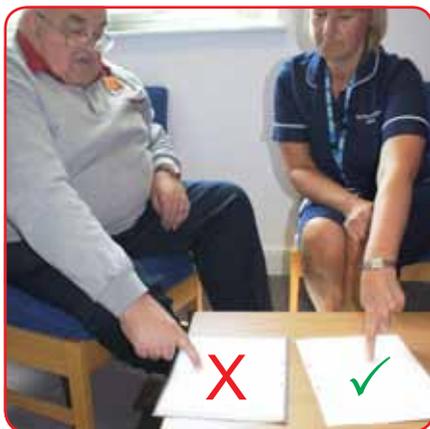
Make sure you talk about it with your family, friends and carers too. You can speak to your Doctor with them.



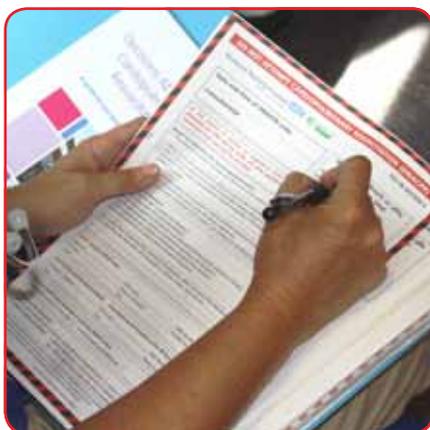
There are community Learning Disability Nurses who are able to help you.



It is important to make sure your Doctor and the people who care for you are aware of your opinion and wishes.



The ultimate decision for DNACPR lies with your Doctor. However, your family or carer have an absolute right to be involved and informed. A form will be filled in saying DNACPR once it's been decided.



This form will go with you if you go home, in an ambulance, or into hospital. Then everyone knows what to do if your heart stops.



This form won't affect any of your treatments and you will still get the best care and medicines for your condition.



If you don't want to make the decision, that's ok. There is support in place to listen to you when you're ready. Please ask your healthcare provider.



Remember it's your right to be involved and informed about DNACPR.



# Useful contact details:

**Hospital Switchboard:** Tel: 01253 300000

## **Community Learning Disability Team**

Telephone: 01253 477803  
Monday to Friday, 9am to 5pm



## **Self Advocacy for People with Learning Disabilities**

**Blackpool Office** - Tel: 01253 405959

Email: [admin@empowermentcharity.org](mailto:admin@empowermentcharity.org)

## **Specialist Resuscitation Team**

Tel: 01253 957778

Monday to Friday, 8:30am to 2:30pm

Between 2:30pm and 5pm the Duty Resuscitation Officer  
can be contacted on 01253 300000,  
please ask to Bleep 051.

# Notes:

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## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:

**Patient Relations Department, Blackpool Victoria Hospital,  
Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

## References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

**Procedural Document and Leaflet Coordinator 01253 953397**

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