

## This is an Easy Read version of:

Decisions about Cardiopulmonary  
Resuscitation



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# What happens when your heart and breathing stops

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

**Author:** Head of Resuscitation Services  
**Department:** Resuscitation  
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This leaflet tells you about what happens if your heart stops and how it might be started again. This is called CPR for short.



Your family, friends and support workers might want to read this leaflet as well.



If you have any more questions after you have read this leaflet, you can ask the people who support you to talk to your health care team.

**Southport General District Hospital**  
Town Lane  
Southport  
Merseyside  
PR8 6PN  
Telephone: 01704 547 471



**Ormskirk General Hospital**  
Wigan Rd  
Ormskirk  
L39 2AZ  
Telephone: 01695 577 111



### Whiston Hospital

Warrington Road  
Prescot  
Merseyside  
L35 5DR

Telephone: 0151 426 1600



### St Helens Hospital

Marshall Cross Road  
St Helens  
Merseyside  
WA9 3DA

Telephone: 01744 26633



### Newton Community Hospital

Bradlegh Road  
Newton-Le-Willows  
St Helens,  
Merseyside  
WA12 8RB

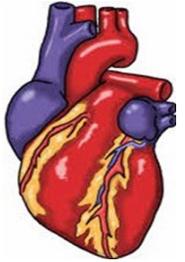
Telephone: 0151 290



## What is CPR?

If your heart stops working and you stop breathing, CPR may help start your heart again..

When someone does CPR, they may:



- ◆ Push down on your chest very firmly and lots of times.



- ◆ Use electric shocks on your chest.



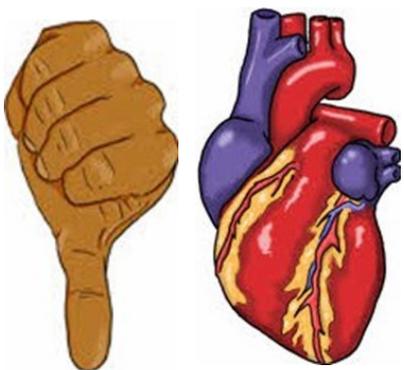
- ◆ Put a mask over your nose and mouth to help you breathe.



- ◆ Put a tube into your mouth to help you breathe.



Everyone is different. Some people get better and some people will still be ill.



Sometimes people are not able to get your heart and breathing to start again.



Resuscitation Council (UK)

**Resuscitation Council (UK)**

Telephone: 02073 884 678

Website: [www.resus.org.uk](http://www.resus.org.uk)



**Age UK**

Telephone: 0800 169 6565

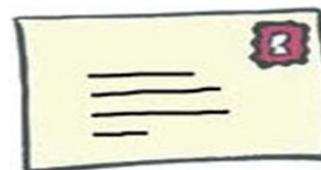
Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

**To contact us:**



**Resuscitation Services**

Telephone: 0151 430 1888  
0151 290 4384



Whiston Hospital, Warrington  
Road, Prescott, L35 5DR

[resus.enquiries@sthk.nhs.uk](mailto:resus.enquiries@sthk.nhs.uk)

You can telephone The Spiritual Care Team at any time, day or night:



0151 426 1600

**Patient Advice and Liaison Service (PALS):**



0151 430 1376



If you feel you have not been able to speak to the health care team in the way you would like to, or you are unhappy about anything, you can contact:



They can help you or your family or friends with anything you want to say or ask or if you want to make a complaint.

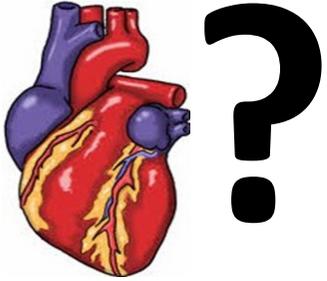


Everyone is different. Your health team will talk to you about your illness and whether your heart and breathing might stop working one day.



They can tell you what might happen.

Lots of things make a difference to whether you get better or not:



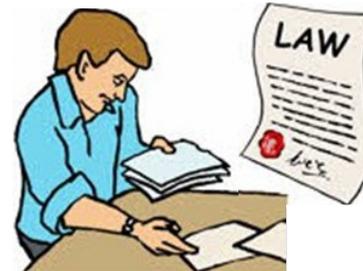
- ◆ Why your heart and breathing have stopped working.



You can see any information that is written down about you. You can ask the health care team to show you. They can explain anything you do not understand.



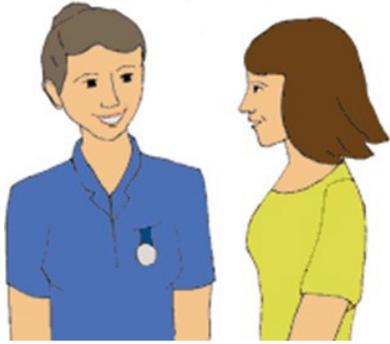
- ◆ If you are ill or have been ill before.



The law says you can look at this information and you can have a copy of it. Sometimes, you might need to pay for this.



- ◆ How good your health is.



Every time you are checked in hospital, the decisions about your health and what you want to do are checked?



You can change your mind at any time. You can speak to any of the health care team looking after you.



It is not important how old you are or if you have a disability.

These things are important:



- ◆ How good your health is.



- ◆ What you want to happen.



- ◆ Whether the right people are able to make what you want, happen.

## Who will decide if I have CPR?



You and your doctor will decide if you should have CPR if your heart and breathing stop working.



Your health care team will look at whether CPR is right for you or not.



Sometimes, people who have had their heart and breathing started again may not fully recover or may not get better.



It is important your health care team know what you think about having CPR.

## What if I want CPR to be tried, but my doctor says it will not work?



You cannot make doctors do something that will not work. But they will try CPR if there is even a slight chance that it will work.



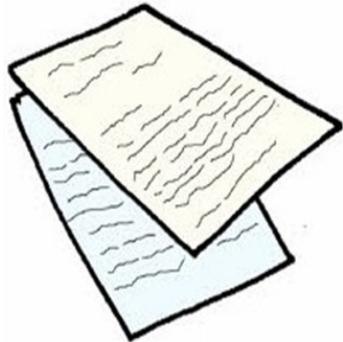
If they think that CPR will not work, the health care team will ask someone else to come and see if they agree or not.



They will listen to what you and your friends and family have to say.



The health care team will carry on giving you the best care and treatment.



The decision will be written in your notes.



You do not have to talk about this if you do not want to.



If you feel someone is making you decide too quickly, you do not have to decide straight away.



If you find it difficult to decide, you can speak to your family and friends.



If you cannot decide, your doctor can speak to you and then decide for you thinking about what you have said.

## What if I cannot decide and my heart & breathing stop working?



Your doctor will decide what to do.



The health care team may speak to your family and friends to find out what you want to happen. Your family and friends cannot decide for you.



If there are people you do or do not want us to speak to, you should tell the health care team.

## What if I do not want CPR?



If you have already decided you do not want CPR and your heart and breathing stop working, the health care team will still make sure you have the right care, but they will not do CPR.



You need to write down that you do not want CPR and sign it. Someone who has seen you sign the paper must also sign to say this. This is called an advanced statement.

You will not get CPR until you say you want it again.



You need to tell the health care team and they will take a copy. They will make sure your doctor's notes say that you do not want CPR.