

# What Will Happen if My Heart Stops?



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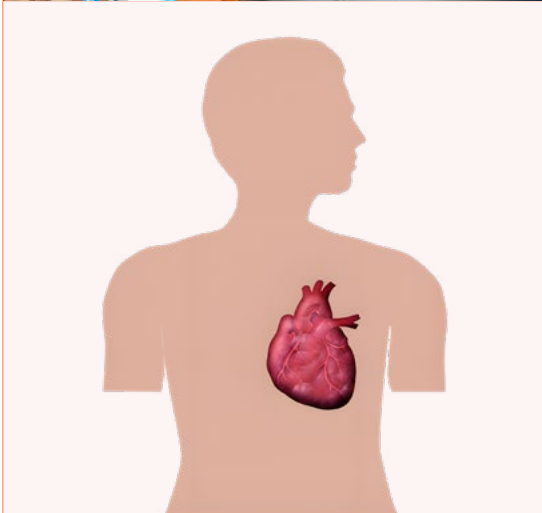
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This leaflet is about **CPR**

CPR means **Cardiopulmonary Resuscitation**

**CPR** is emergency treatment



**CPR is used when:**

- The heart stops beating
- The person stops breathing


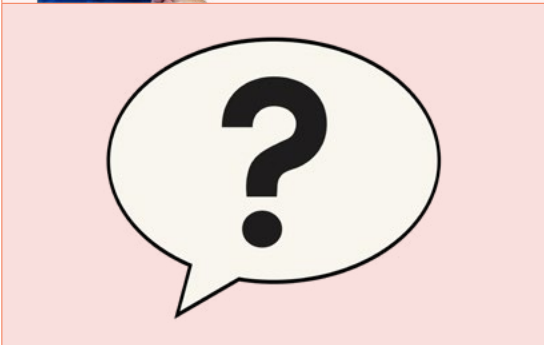
CPR tries to **restart the heart** and **reset breathing**



**What happens during CPR?**

A doctor or someone may:

- Push hard on the chest
- Give an electric shock to the heart
- Help the person breathe with a mask
- Put a tube into the windpipe to help breathing

	<p><b>Talking about CPR</b></p> <p>Your clinician may <b>talk to you about CPR.</b></p> <p>They may talk with:</p> <ul style="list-style-type: none"><li>• Your <b>family</b></li><li>• People who <b>support you</b></li></ul>
	<p>You can <b>ask questions</b></p> <p>You can <b>say what you want</b></p>



## What is a DNACPR form?

DNACPR means **Do Not Attempt Cardiopulmonary Resuscitation**.

A DNACPR form tells healthcare staff:

**Do not try CPR if the heart stops.**

## DNACPR



This may happen if CPR is **very unlikely to work**.

Your clinician will usually **talk with you about this decision**.



## What if I disagree with my DNACPR form?

The **senior doctor or clinician** looking after you makes the final decision.

You can say if you **strongly disagree**.



The clinician may ask for a **second opinion**.

This means **another professional reviews the decision**.



You may also get help from an **independent advocate**.

An advocate helps you **say what you want**.



If there is still disagreement, there are **formal steps to follow**.

These steps are **set by law or professional rules**.

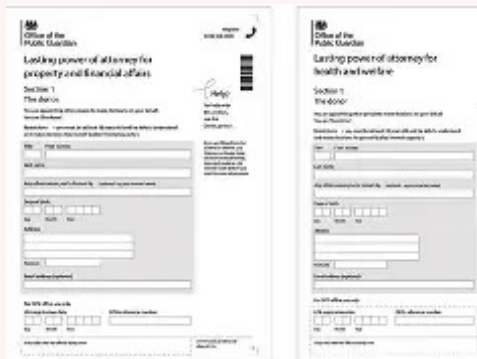


## What if I am too unwell to make decisions?

Your **family or friends** can talk to the healthcare team.

They can say what they think **your wishes would be**.

Choose people you **trust** to explain your wishes to the healthcare team.



## What if someone has Lasting Power of Attorney for me?

This only happens if you are **too unwell** to make decisions **yourself**.

The person with Lasting Power of Attorney for health can make decisions for you.

They can choose from the **treatments** available to you.



## Questions

If you have questions, talk to:

- Your **doctor**
- Your **nurse**
- Your **healthcare team**

They will help you understand.

If you would like to leave a compliment or raise a complaint, you can contact us in any of the following ways:

**Email:** [nencicb.complaints@nhs.net](mailto:nencicb.complaints@nhs.net)

**Freepost address:** FREEPOST NENC ICB COMPLAINTS

**Online:** Visit our website to complete our [complaints form](#).

If you have a general enquiry, please email [nencicb-sun.reception@nhs.net](mailto:nencicb-sun.reception@nhs.net)



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