

## CPR: What You Need To Know Before Making A Decision

CPR stands for Cardio Pulmonary Resuscitation. It is a medical intervention performed on someone whose heart has stopped beating (cardiac arrest) or who has stopped breathing (respiratory arrest).

CPR includes:

- Forceful chest compressions
- Breathing into your mouth
- And/or the placement of a tube in your throat to assist with breathing

It can also include:

- Electrical shocks
- And the use of medications to attempt to get your heart to start beating and lungs to start working again

The decision about whether you want CPR or not is an important one and should be made after speaking with your loved ones and your doctor. This information sheet is meant to provide you the facts about CPR to help you make an informed decision

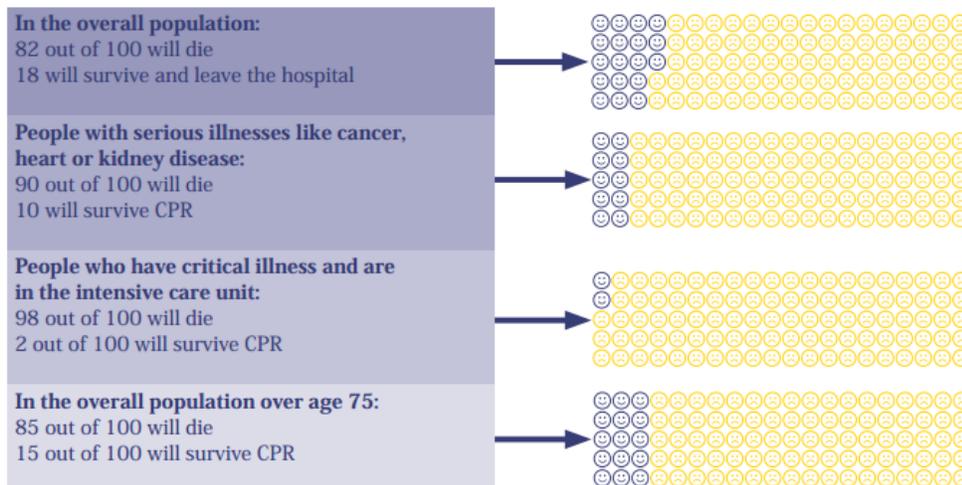
### Does CPR Work?

Yes and no. CPR works best if:

- You are young and otherwise healthy
- It can be given to you within a few minutes of when your heart or lungs stop working.

However, CPR is not successful as often as most people think, especially when someone is sick or elderly.

### CPR Survival Rates of Different Populations



# Advance Care Planning

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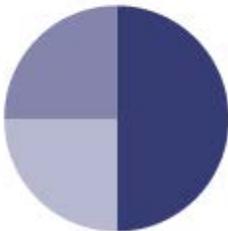
Even if you survive CPR, you may suffer long lasting effects. For example, you might suffer brain damage from lack of oxygen during cardiac arrest and become unable to care for yourself.

## Risk of Brain Damage after Cardiac Arrest

If CPR is initiated within:

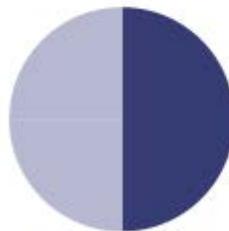
- 0-4 minutes: unlikely to develop brain damage
- 4-6 minutes: possibility of brain damage
- 6-10 minutes: high probability of brain damage
- 10+ minutes: probable brain damage

**What is the chance of survivors going home from hospital?**



- About ¼ will go home independently.
- Another ¼ will go home but require help at home.
- About ½ will need to live in an institution – like a nursing home or rehab centre

**What is the chance that survivors will have thinking or communication difficulties?**



- About ½ will have problems such as memory loss, problems with attention and problems getting things done.

## When Does CPR NOT Work Well?

There are times in which CPR is not likely to work and increases a person's suffering. These include:

- People with chronic health problems (advanced cancer, heart, liver, or lung disease)
- People who have an illness that can no longer be treated
- People who are older and in a weakened condition

## Potential Side Effects of CPR

If CPR does manage to get your heart and lungs to work again, there are usually side effects:

- Your lungs could be weakened and you may need to be on a ventilator to help you breathe.
- You could sustain broken ribs.
- As discussed before, you could sustain brain damage from lack of oxygen.
- You may need to be cared for in an ICU.

If you have any further questions or concerns, please speak with your doctor.

Citations:

- Home. (n.d.). Retrieved March 14, 2017, from <http://www.advancecareplanning.ca/>
- H. (2013, December 21). CPR Facts and Stats -. Retrieved February 10, 2017, from <http://www.cprcertificationonlinehq.com/cpr-facts-stats/>
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