



# CPR

## (Cardiopulmonary Resuscitation)

### Do I want CPR?

Everyone has the right to choose if they do or do not want CPR. If your heartbeat or breathing stops, CPR may or may not work. It is important to talk to your hospice team and family about what you would want if your breathing or heart stops. Whatever you decide, your hospice team will work with you and your family to provide the best care to keep you safe and comfortable.

### What is CPR?

CPR is performed on a person who has stopped breathing and/or whose heart has stopped beating. During CPR, someone will push on your chest (compressions) and breathe into your mouth. A tube may also be placed down your throat for breathing and electric shock from a machine may be used for your heart.

### Does CPR work?

CPR does not help as much as most of us may think. Research shows that CPR is only effective 5%-10% of the time when performed on chronically ill individuals.

#### CPR works best if:

- You are healthy with no illness
- It can be given to you within a few minutes of when your heart or lungs stop working

#### CPR does not work well if:

- You have chronic health problems
- You have a terminal illness that can no longer be treated
- You are older and weak

### What else can happen with CPR?

If CPR does help to get your heart and lungs to work, it could have undesirable outcomes:

- You will need to be cared for at the hospital in the ICU
- Your lungs are weakened and you may need to be on a breathing machine for an extended period of time
- You may have brain damage due to potential lack of oxygen
- You may have damage to your ribs from the compressions

## Questions or concerns?

Call a hospice nurse at 513-891-7700. For caregiving tips visit [www.HospiceofCincinnati.org/for-the-caregiver](http://www.HospiceofCincinnati.org/for-the-caregiver).