

Talking about cardiopulmonary resuscitation - CPR

C – Check for comprehension

- *“I had a chance to read your chart and talk to the other doctors involved in your care. It would help me, however, if you could tell me what the other doctors are saying.”*
- *“What have the doctors told you might happen with this infection?”*

P- Permission to proceed

- *“One of the things I like to do with all patients in the hospital is talk to about what if they get sicker. That allows me to make sure the care is focused on their values. **Would it be ok if we spend a couple of minutes talking about what if you get a lot sicker?**”*

R- Restrict the conversation to cpr

- *“If something should happen and cause your heart to stop and you stopped breathing, regardless of what doctors do, there is only a **10% chance of you getting out of the hospital home and a 90% chance of dying**. Some people wouldn’t want to go through all the machines, being in the ICU and cpr. They would say ‘Just keep me comfortable and let me go.’ Other people would say, ‘I would be willing to go through anything for a chance to get through this and get home. **What kind of person are you?**”*

Make a recommendation based on their answer:

- *“Would it be okay if **I made a recommendation?**”*
- *“I’d suggest we keep treating you and hope things get better. If you got so sick that your heart stopped and you died, I’d suggest we do not do CPR and breathing machines.”*
- *“What do you think about that?”*

Pearls

- Avoid jargon
 - Resuscitation, DNR, code status, ventilator
- Attend to the emotion
 - *“This must be scary to think about.”*
- Reassure that you do not expect this to happen (if this is true)
 - *“I don’t want or expect anything to happen and would be surprised. When people are in the hospital, they are sick, so I want to make sure we are prepared.”*
- In cases where you are worried that this might happen:
 - I hope not. When people are in the hospital, they are often sick, so I want to make sure we are prepared

If you get stuck or have questions, call your palliative care specialists

