

Easy Read guide about...

your choices if your heart stops





When you die your heart stops beating.



Sometimes people die because they are old. Sometimes people die because they are sick and do not get better.



Thinking about dying is hard. It's ok to be upset or frightened. We can help.



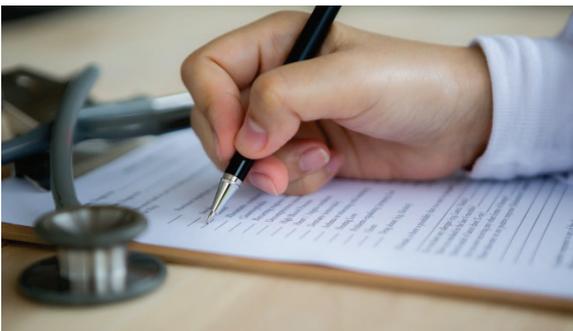
Sometimes doctors can make your heart start again if it stops. This is called cardiopulmonary resuscitation or CPR.



CPR does not always work but it could save your life.



The doctors and nurses will talk to you about trying CPR if your heart stops. They will make a decision with you, your family and carers.



If CPR would not be best your doctor will fill in a form. This is so everyone knows what to do if your heart stops. This is called do not attempt (try) cardiopulmonary resuscitation or DNA CPR.



It is important that you talk about the different choices with your doctor, nurses and your family, friends and carers. The doctors and nurses will be able to explain everything.

- Not sure**
- CPR**
- DNA CPR**

If you don't want to make a choice now, that's ok. We can help you when you're ready or the doctor can make a decision for you.



It is important to make sure everyone knows what you think and your wishes.

My questions and feelings

You can use this space to write or draw on.

Need help?



Our Patient Advice and Liaison Service (PALS) can support you.

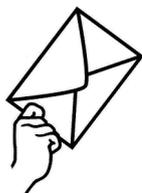
You can ask a question or tell them if you are unhappy about something.



Phone: 01227 783145 or 01227 864314



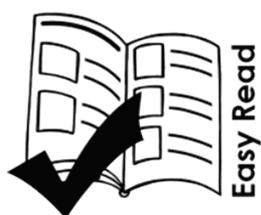
Email: ekh-tr.PALS@nhs.net



Post:

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Page 6 of 6