

DO NOT RESUSCITATE (DNR)

ALSO CALLED ALLOW NATURAL DEATH (AND)

WHAT IS A DO NOT RESUSCITATE ORDER?

A **Do Not Resuscitate** (DNR) order tells your health care team and family that you do not want cardiopulmonary resuscitation (CPR) to be done if your heart stops beating and lungs stop working. Your health care team will suggest a DNR if you are very sick and unlikely to get well from or survive CPR. You will still get all available treatments but if your heart and lungs stop working, you would not get CPR.

WHAT IS CPR?

CPR is a way for your health care team to try to restart the heart and lungs if they stop. It is most helpful when there is a chance to reverse what caused the heart or lungs to stop. CPR might restart the heart and lungs but if there is no treatment for the cause, there is a high chance that they will fail again. If there are treatment options, CPR is a way to gain time so you can get the treatment you need.

CPR MAY INCLUDE:

- Chest compressions
- Mask with a bag and valve to pump air
- Emergency medicines
- Breathing tube and machine
- Giving the heart an electric shock

WHY WOULD I CHOOSE A DNR ORDER?

- Treatment is only available for symptoms, not to cure the disease.
- There is little or no medical benefit to using CPR.
- Use of CPR may not line up with personal, religious or spiritual views.
- Quality of life after CPR could be worse.
- Use of CPR may increase discomfort and prolong death.

HOW DO I TELL MY DOCTOR TO FOLLOW A DNR ORDER?

In the hospital, you can tell your doctor that you would like a DNR order. It can be changed at any time while you are in the hospital. If your heart and lungs stop working and you have not told the hospital team about your wishes, the team will use CPR.

**Outside the hospital, there is a form you must fill out if you want to have DNR status honored by Emergency Medical Services. Please ask your health care team for more information about this form.*

YOUR HEALTH CARE TEAM CAN HELP

Partner with your health care team to see what this choice would mean for you. Your medical team can share the benefits and risks of each option with you. Ask questions and use the information to make the decision that is best for you.