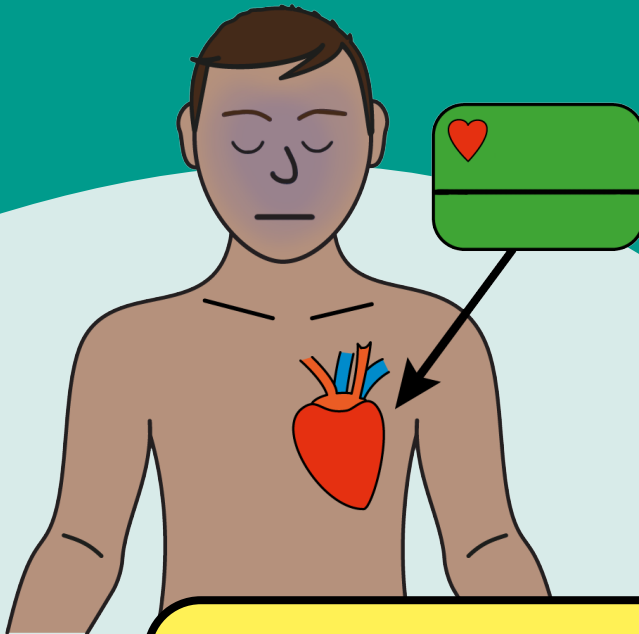


# What happens if my heart stops?

Information for patients



**Easy Read**



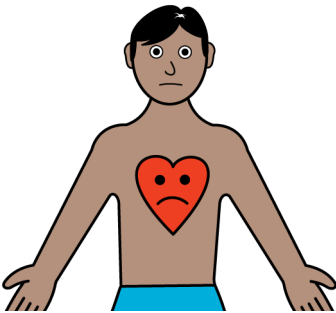
## easy read



This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

## heart is poorly



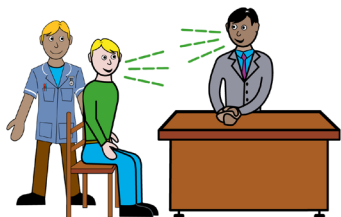
This leaflet talks about cardiopulmonary resuscitation (CPR) attempts.

## hard to talk



It can be difficult to talk about.

## talk to your doctor



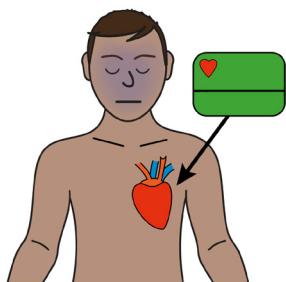
Doctors and nurses are trained to support you with this conversation.

## CPR



CPR is an emergency medical treatment.

## heart rhythmz



Given if your heart or breathing stops.

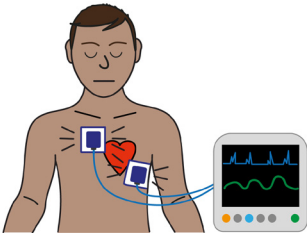
## **compressions**



It will start with someone doing chest compressions on your chest.

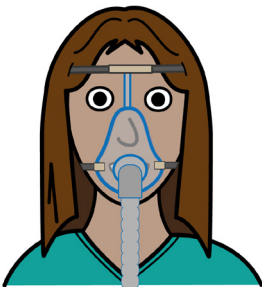
This is when someone pushes very hard on your chest repeatedly.

## **shock**



It involves a machine to give your heart an electric shock to restart it.

## **breathing tube**



And a breathing tube to do the work of your breathing.

## call ambulance



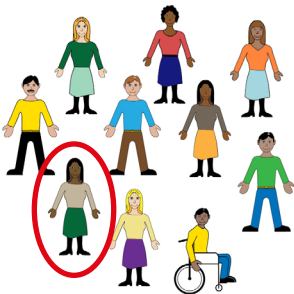
If CPR is given outside hospital an ambulance must always be called.

## Intensive Care



People will always go to Intensive Care after a CPR attempt.

## 1 in 10 people

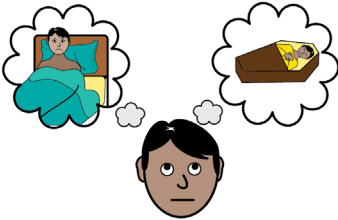


This treatment only works for about 1 in 10 people.

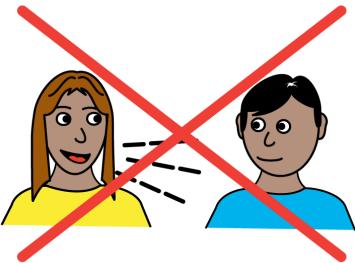
**not getting better**



**could die**



**not talking**

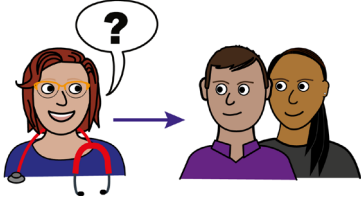


If someone has other medical conditions, it is even less likely to work.

And most people will sadly still die.

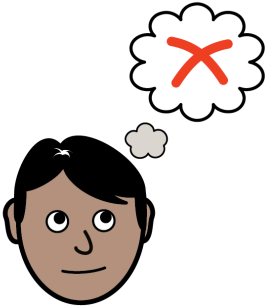
You do not have to talk about this if you do not want to.

## conversation



Doctors and nurses have to try and include you or those important to you in this conversation.

## choosing



You can decide you do not want this treatment if your heart stopped.

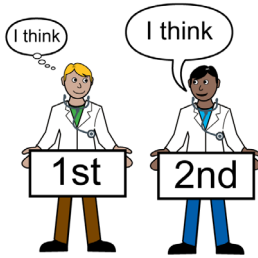
## doctors



But you cannot demand any medical treatment that doctors think won't help.



## second opinion



If you do not agree with the doctors decision, you can ask for a second opinion.

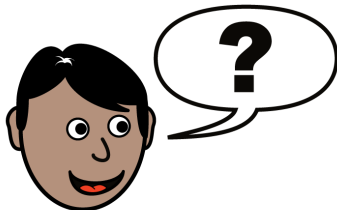
## ReSPECT

ReSPECT

They will record any decisions in your ReSPECT plan.

We have another easy read leaflet about ReSPECT.

## ask



If you have any questions, you can ask the staff.



If you have a Learning Disability or Autism diagnosis please complete a Health Passport and return it to the Learning Disability and Autism team on: [leedsth-tr.ldautism@nhs.net](mailto:leedsth-tr.ldautism@nhs.net)





## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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