



1. ADVANCE CARE PLANS

- Help patients and families achieve the outcomes which are important for them
- Allow clinicians and patients to participate in shared decision making
- Should integrate DNACPR decisions with emergency care treatment plans

2. EDUCATE PATIENTS AND THE PUBLIC

- What resuscitation involves and outcomes following resuscitation
- About their role in helping clinicians know about the outcomes which are important to them

3. EDUCATE HEALTHCARE PROFESSIONALS

- About the importance of advanced care planning
- What shared decision making involves
- How to communicate effectively with patients and their relatives when discussing advanced care plans

4. WHEN TO START AND STOP RESUSCITATION

- Use pre-defined criteria for withholding or terminating CPR
- Do not base decisions on isolated clinical signs or markers of poor prognosis
- Document reasons for resuscitation decisions

5. RESEARCH

- Involve patients and public during the design, conduct and interpretation of research
- Respect the dignity and privacy of research participants
- Follow national guidelines for conducting research in an emergency where the person lacks capacity

PATIENT PREFERENCES AND TREATMENT DECISIONS

KEY EVIDENCE

Advance Care Plans

Help patients and families achieve the outcomes which are important to them

Reduce stress and decisional regret

Reduce intensive care use, hospital stay and deaths in hospital



KEY RECOMMENDATIONS

Use advance care planning that incorporates shared decision making

Use structured communication and decision aids / support tools

Integrate DNACPR in emergency care treatment plans



INFORMATION ABOUT RESUSCITATION

KEY EVIDENCE



Resuscitation can be highly effective but it does not work for everyone



Resuscitation is less effective as people approach the end of their life where they have chronic underlying health problems



Resuscitation is an invasive treatment and the harms may not always outweigh the benefits



Emergency care treatment plans can help doctors and nurses know about a patient's wishes

KEY RECOMMENDATIONS

Patients and the public can help by...

Thinking about their goals, values and treatment preferences



Participate in shared decision making by talking to their clinical team about their preferences



Sharing information on their preferences with family and friends



EFFECTIVE COMMUNICATION

KEY EVIDENCE

Communication can be improved by using:

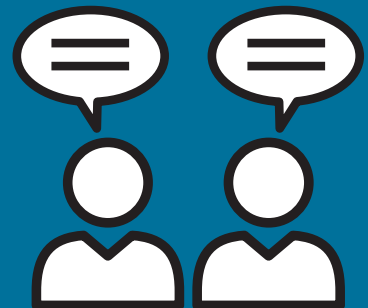
Evidence based
communication
tools



Video
decision aids



Communication
facilitators



KEY RECOMMENDATIONS

Be clear and
honest about
patient status
and prognosis

Involve
patients and
family in
advance care
plans

Provide
the option
of spiritual
support

Seek
information
about patients
goals, values
and treatment
preferences



Reassure
non-abandonment,
symptom control,
and decision-
making support



WHEN TO START AND WHEN TO STOP CPR

KEY EVIDENCE

Benefits of resuscitation unlikely to exceed harms in the presence of...



Persistent asystole despite 20 mins ALS in absence of reversible cause



Unwitnessed cardiac arrest and initial non-shockable rhythm and no ROSC



Severe chronic comorbidity, very poor quality of life

KEY RECOMMENDATIONS

Withhold or stop CPR if...

Resuscitation cannot be safely performed



Mortal injury or signs of irreversible death



DNACPR decision exists



Benefits of resuscitation unlikely to exceed harms



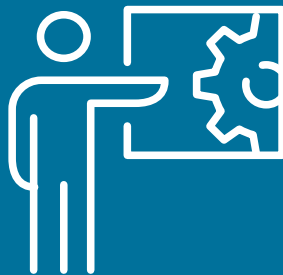
RESEARCH

KEY EVIDENCE

Research is essential to improve clinical practice



Involving patients and public in the design, delivery and dissemination of research can help improve the research



Resuscitation guidelines are based on substantially less studies compared to guidelines for acute cardiovascular events/ heart failure



KEY RECOMMENDATIONS

Involve patients and public during the design, conduct and interpretation of research



Respect the dignity and privacy of research participants



Follow national guidelines for conducting research in an emergency where the person lacks capacity



Provide funding proportional to the societal burden caused by cardiac arrest

