

CPR

Cardiopulmonary Resuscitation



Dying Kindness

What is CPR?

Cardiopulmonary resuscitation is the process of doing chest compressions in order to manipulate the heart to keep blood moving. CPR usually also includes “rescue breathing,” forcing air into the lungs.

CPR often includes intubation, the process of putting a tube down the throat into the lungs to feed oxygen into the body.

The goal is to keep oxygen flowing to the brain.



happens when heart is stopped and person is not breathing

By definition, a person who is not breathing and whose heart has stopped has already died.

We often think of CPR as “saving” someone’s life, or as “keeping them alive” but CPR is an attempt to bring back a person who has already died.

It’s not rescue, it’s resuscitation.



not as effective as what we see on TV

On TV, the survival rate from CPR is 70-80%, and the person usually has no side effects.

In real life, the survival rate of CPR in a hospital is 15%, and much lower outside the hospital.

Also, the person often has significant side effects.



side effects from CPR

CPR often causes complications such as:

- broken ribs or sternum
- weak lungs requiring use of a ventilator
- brain damage

If someone is near the end of life or is frail, it's important to consider the impact of these injuries on their quality of life.

