

Remember

- Tell those important to you, your family, your carers and health professionals that you have a ReSPECT form & where it is kept.
- If you have a medical appointment, are taken to hospital or, have a health care professional visiting you, tell them you have a ReSPECT form and take the form with you.

For more information about ReSPECT visit
www.respectprocess.org.uk

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Date issued: September 2021

Review date: September 2023

NHS

**Ashford and
St. Peter's Hospitals**
NHS Foundation Trust

ReSPECT

Recommended Summary Plan for Emergency Care and Treatment



Do you have a communication or information support need?



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) – please call us on **01932 723553**.

To use the Text Relay service, prefix all numbers with 18001.

Website: www.ashfordstpeters.nhs.uk

What is ReSPECT?

ReSPECT is a process where you and the healthcare team talk together and work out a personalised plan for potential future emergency treatment - to ensure that you receive the best possible treatment for your individual situation. It is important the doctors and nurses know how you, as the patient, want to be treated - so that they can respect your wishes.

Introduction

The healthcare team have the medical knowledge of which different emergency treatments might be helpful to you, they will recommend the appropriate therapies and will take into consideration your wishes. This is particularly important in a future crisis situation where you may be too unwell to express your opinion.

After talking this through with you, the doctor or nurse will complete a form summarising your ReSPECT plan. The form also contains an area to note down any other important planning documents you have (such as an Advanced Directive to Refuse Treatment, also known as Living Will) and there is space to document who should be contacted in an emergency.

Who makes the decisions?

Your views are crucial. The healthcare professionals will make every effort to come to a joint agreed plan with you. However, it is important to understand that the ReSPECT form cannot be used to demand treatments that are not likely to benefit you and would not be offered.

What sorts of treatments are covered?

The options for treatment can range from basic nursing care through to advanced medical care and covers a multitude of treatment options that include cardiopulmonary resuscitation (CPR). The healthcare professional will discuss a variety of treatment options with you and a summary of this will be documented on the form.

There is a special section to document decisions about CPR. CPR is an artificial life support treatment that can, in some circumstances, restart the heart or lungs. CPR is rarely successful in people with advanced complex health conditions. If CPR would cause more harm than benefit to you then this will be explained to you. Some patients decide for themselves that they do not want this treatment.

What if the person lacks capacity to make decisions?

You may be the person caring for an individual who lacks capacity (lacks the ability to understand information and to make informed choices). In this situation, a ReSPECT plan can be made which is agreed to be in their best interests (for their overall benefit). This is not simply others deciding on their behalf, but a process of discussion with those who know the person best to ensure that the plan is as close as possible to what the individual would have wanted.

Can I see what is written about me?

Yes. It's important that you know the recommendations that are recorded and that you are comfortable with them. You are welcome to look over your ReSPECT form – please ask one of the staff. On your discharge, you will be given a copy of your ReSPECT form for you to keep.

Where should I keep my ReSPECT form?

Your ReSPECT form should be kept in a safe place at home where it is accessible in an emergency if you are unwell. Some people choose to keep it in an emergency folder by the door.

It is very important to bring your ReSPECT form with you if you come into hospital.

Can the ReSPECT form be changed?

Yes, ReSPECT forms can be changed or altered, if appropriate, after discussion with your healthcare team.