

# CPR guide

## Is CPR right for you?

Cardiopulmonary resuscitation (CPR) is performed during an emergency if breathing or the heart stops. It mimics the pumping of the heart and helps keep the blood flowing throughout the body. It may include pressure on the chest, help with breathing or a tube inserted for oxygen, and either shock or medication treatments.

NEARLY **25%**  
of people who suffer cardiac  
arrest and receive CPR survive.

Source: American Heart Association, 2023

## Make your choice

If you decide you do not want CPR, you can prepare a **Do-Not-Resuscitate (DNR) order**. In an emergency, it is less stressful on your loved ones if you have made these choices ahead of time.

**Discuss your individual CPR concerns and questions with your medical provider. Document all your wishes in your advance directives.**

## KNOW THE FACTS

- **CPR could save your life.**  
CPR delivered right away can double or even triple your chance of survival, especially if you are young or in good health.
- **CPR could reduce potential brain damage.**  
CPR can decrease the chance of brain damage because it keeps blood flowing to the brain.
- **CPR could injure you.**  
While it could prevent brain damage, the pressure given during CPR can crack or break ribs or result in a collapsed lung, which is sometimes severe enough to require a breathing machine.
- **You may not survive or be the same.**  
There is a chance you may not survive or function the way you did before. Older and sicker people have an even greater chance of complications and/or death.
- **CPR could prolong the dying process.**  
If you are critically ill or injured and receive CPR, you may experience extended feelings of suffering.
- **CPR is a thorough process.**  
If CPR is performed, it starts a medical process including transfer to the hospital and additional care. Once CPR is started, medical professionals see it through completion.
- **Medical care can be given without CPR.**  
If you choose not to have CPR, your medical team will do everything they can to make sure you are cared for and comfortable.

Area emergency medical services perform CPR using LUCAS™, a portable device that delivers chest compressions at a consistent rate and depth, instead of performing CPR by hand.