

DNACPR Checklist:

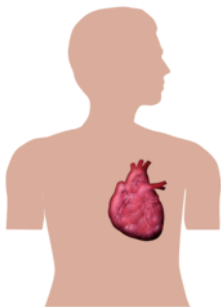


Some people with learning disabilities have had a **Do Not Attempt Cardio Pulmonary Resuscitation Orders** put on their medical file.



A **Do Not Attempt Cardio Pulmonary Resuscitation** order is a medical document.

They are sometimes called **DNACPR** or **DNR**.



It means that if someone's heart stops working doctors will not try to restart it.



Doctors should only put a DNACPR order on someone's file if they believe someone is dying and there is no chance they will get better.

If doctors do not think restarting someone's heart will help them get better, they will create a DNACPR order.



You and your family should be included in decisions about this.



Sometimes you might not be able to make decisions because you are too poorly.



Sometimes the DNACPR orders are still in place after people leave hospital.

Some doctors have sent them out to people.



This should not happen just because people have a learning disability.



Decisions about DNACPR orders should be made with the person and their family or people who know them well



This document talks about the different questions you should ask if you have a DNACPR order on your medical file.

It talks about the law and what the guidance created by doctors say.

1. Has the reason for DNACPR been looked at before the person left hospital?



DNACPR orders are important documents.

Doctors must look at them regularly to make sure there is still a good reason for it to be in place.



If someone's health changes the DNACPR should be looked at by doctors.



This is called a review.



If someone is well enough to leave hospital doctors should have a review.



You should check the date on the DNACPR. It should be the same day the person left hospital.



This is because the review should be part of being discharged.

If it hasn't been reviewed, you should ask the doctors to do it.

2. Is there a good reason for DNACPR decision? Is it in line with guidance?



You can ask for a copy of the notes that explain why the decision was made.



British Medical Association is a big organisation that helps doctors think about how they should work.



With other groups they have written rules about what are good reasons and bad reasons for DNACPR decisions.

They say that having a learning disability should never be a reason.



If learning disability is given as a reason on someone's DNACPR form, they should ask for another doctor to look at their case.

You have the right to ask for a second opinion.

3. Has the doctor explained why someone has been allowed to leave hospital with a DNACPR still in place?



Doctors should explain to the person and their family or support why this is being allowed.

If they haven't you should ask the doctor who wrote the DNACPR to talk to you.



They should explain why this is happening and give you more information

4. If someone doesn't have capacity has there been a Best Interests Meeting?



Having capacity means you can make that decision for yourself.



Each decision is different so you might need help for some decisions but be able to make other decisions for yourself.



People who cannot make some decisions will have people to help them make decisions.

Talking to people's family about DNACPRs is part of the Human Rights Act.

A Best Interest Meeting helps everyone decide what is best for the person.



These meetings must be done a certain way. The law called the Mental Capacity Act says how these decisions should be made.



If a Best Interest Meeting has already happened, you can ask for the information from the meeting. These are called the minutes.



If a Best Interest Meeting hasn't happened, you should ask the doctor to set one up

5. Has the review process been agreed?



Doctors must make sure they have a plan for when they will review each person's DNACPR.

Each time they review it they should write down the reasons for the decisions they are making.



If a review hasn't been agreed, ask the doctor when the decision will be reviewed

If your doctor will not review or remove the DNACPR order you can ask for a second opinion.

This means asking another doctor for their opinion.

DNACPRs and the Law



There are lots of different laws about DNACPRs. These laws protect your human rights.

This document talks about what some of the laws say.

1. European Convention on Human Rights



Human rights are our basic freedoms.



They make sure people are treated fairly and with respect.

They make sure people are listened to and have a say over their own lives.



Everyone has human rights.

Human rights cannot be taken away.

But sometimes they can be limited to protect other people's human rights.



The government and public services like the NHS must respect your rights.



The European Convention can be used in the UK because it is part of the Human Rights Act.

There are lots of different human rights and each one is called an article.



[You can find out more about human rights here.](#)



We are going to talk about some of the important ones for thinking about DNACPRs.

Article 5: The right to liberty and security of person



Your right to 'security of person' means you can say no to medical treatment.

The right let's you say no even if you might die without it.



If you don't have the capacity to make a decision, then a decision will be made in your best interest.

This will use the rules from the Mental Capacity Act. You can read more about that in the next section.

Article 8: The right to respect for your private and family life



This means the government or public services should only be involved in your life when they have to be.

This means people like doctors must have your permission to treat you.



It also means that if you say its okay your family can get information about your care and treatment.



If you cannot make decisions, this right means your family can be asked about what your wishes are.

This will help make decisions.

Article 2: The right to life



This right means that public services have a duty to keep you safe.

Public services are things like the NHS or social care.



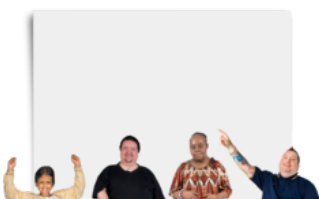
When you are in hospital, doctors have a duty to keep you safe and protect your life.

2.The Equality Act



The Equality Act says everyone must be treated equally.

It says you cannot be discriminated against because of your gender, age, disability, sexuality, or race.



This act means you cannot be treated differently or discriminated against because you are disabled.

3.The Mental Capacity Act



The Mental Capacity Act is a law about making decisions.

The act is sometimes called the MCA.



Some people can make all the decisions about their own lives.

Some people can make some of the decisions.



Some people cannot make decisions.

This is called lacking capacity.



The Mental Capacity Act makes sure that people have the support they

need to make as many decisions as they can.

It also has rules to help people who need family, friends or staff to make decisions for them.



[You can read more about the Mental Capacity Act here.](#)



The act says:

Best Interest Decision Making



If you lack capacity and someone has to make decisions for you, they must act in your best interest.

This means the decisions must be what is best for you, not anyone else.

Consultation



If someone is making a best interest decision for you they must talk to the

people who are important to you or know you really well.

This might be your family, friends, or carers. You can say who those people are.



Talking to your important people helps them understand what is important to you.



Understanding what your choices and wishes are helps them make the right decision.

What people have said, the decision made and why must be written down.

Advance Decisions



If you have capacity, you can make an advanced decision.

This means you have made a decision before something happens.



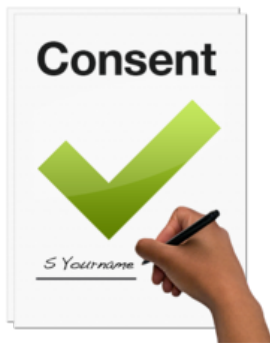
This means you will have decided what is important to you.



If you then lose capacity because you are poorly people will know what is important to you.



You could make advanced decisions about DNACPR orders or the type of treatment you want.



Advanced Decisions are legal documents.

They can be about different things.

If the decision is about DNACPR orders, a solicitor should help you write the document.



A solicitor is someone who does legal work.

They give people advice and can write legal documents.

They make sure documents follow the law.



As this is a legal document it must be witnessed.

Being witnessed means that someone will watch you sign the document.

This is so people know it is what you want.

