

If you want a peaceful death, you need the
protection of a DNACPR form.
Ask your doctor.



#HaveTheConversation @DrLindaDykes



*Please don't
leave it too late.*

#IWantAPeacefulDeath

CPR is for when the heart is the first thing to stop, not the last... it is not a treatment for Ordinary Dying. That's why it is vital to get the protection of a "Do Not Attempt Resuscitation" form in place if you know your health is failing

and/or you just wouldn't want anyone to try to re-start your heart when it eventually stops.

Once your DNACPR is sorted out, you can forget about it and get on with living.

Also, it's always also a good idea to give someone you trust Power of Attorney for Health & Welfare, and - if you know your life is drawing to a close - talk to your doctor about Advance Care Plans (e.g. TEP or ReSPECT) too.