



HG FOUNDATION   
*Caring. Giving. Together.*

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# Understanding CPR, Ventilators & Palliative Care

# Today's Speaker

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**Palliative Care Physician, Nadine Semer, MD.  
Salinas Valley Memorial Healthcare System**



# What is CPR?

Why is this important to understand.

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- ▶ **CPR (Cardio-Pulmonary Resuscitation) is an attempt to restart a person's heart when the heart has stopped beating or cannot pump blood.**





## **What is a ventilator?**

- ▶ **A ventilator (also called a breathing machine) does the work for the lungs when someone is unable to breathe on their own.**

## What is code status?



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- ▶ **Code status refers to the level of medical interventions a patient wishes to have started if their heart or breathing stops.**

# What is palliative care?

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- ▶ **Palliative care is specialized medical care for people living with serious illnesses.**
- ▶ **Focuses on providing patients with a coordinated plan.**
- ▶ **Includes symptom relief, curative interventions, pain and stress management.**



# What is palliative care?

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- ▶ **Appropriate at any stage of a serious illness.**
- ▶ **Helps the patient and family establish goals of care to improve the quality of life for both the patient and the family.**
- ▶ **Includes a physician, nurse, and social worker, as well as other specialists such as pharmacists, nutritionists, and chaplains.**





## Questions & Answers



[hospicegiving.org/resources](https://hospicegiving.org/resources)



NOTES TO  
MY FAMILY



READ, LISTEN,  
WATCH + LEARN



ADVANCE DIRECTIVES +  
POLST



UNDERSTAND HOSPICE +  
PALLIATIVE CARE



PREPARE + ORGANIZE



SHARED COMMUNITY  
RESOURCES



**We invite you to attend our other workshops at [hospicegiving.org/workshops](https://hospicegiving.org/workshops)**

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- ▶ **How to Have the Conversation (...that none of us want to have!) with Shary Farr and Fred Jealous**
- ▶ **Understanding the POLST Form with Maureen McEachen, LCSW, Medical Social Worker, Central Coast VNA and Hospice**
- ▶ **Advance Health Care Planning Using Advance Directives with Philip Geiger, Director of Outreach, Hospice Giving Foundation.**

# Thank you for attending this webinar!

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## Final Reminders...

- ▶ **Talk with your doctor about your health care wishes.**
- ▶ **Join a future workshop and visit our website for information and resources.**
- ▶ **Contact HG Foundation if you need assistance.**





## **Hospice Giving Foundation is here to help**

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- ▶ **Visit our website for guides, documents, and information:**
  - **[hospicegiving.org/resources](http://hospicegiving.org/resources)**
- ▶ **Contact Hospice Giving Foundation for direct assistance:**
  - **Philip Geiger, Director of Outreach**  
**[pgeiger@hospicegiving.org](mailto:pgeiger@hospicegiving.org)**
  - **Call 831.333.9023**