

HGFOUNDATION

*Caring. Giving. Together.*



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## **Understanding CPR, Ventilators & Palliative Care**

## Today's speaker

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**Wendell Harry, MD**  
**Palliative Medicine Specialist**  
**Central Coast VNA & Hospice**



## Tips for using the zoom 'chat' feature

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- ▶ In your controls at the bottom of the zoom window, click the 'chat' icon. If you are on a mobile device, tap 'participants,' then 'chat.'
- ▶ The 'chat' window will open on the right side or at the bottom of your screen.
- ▶ You can ask us questions and answer our questions in the 'chat' window.
- ▶ Type your message into the 'chat' window and press 'enter' to send us your message. Make sure you are sending your message to 'everyone.'

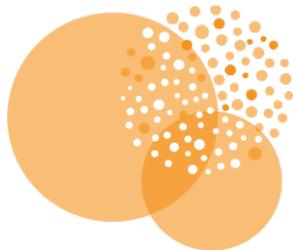


## What is CPR?

## Why is this important to understand?

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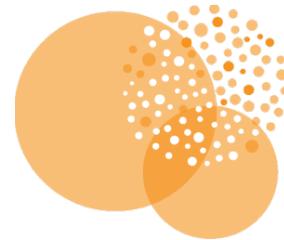
- ▶ **CPR (Cardio-Pulmonary Resuscitation) is an attempt to restart a person's heart when the heart has stopped beating or cannot pump blood.**



## What is a ventilator?

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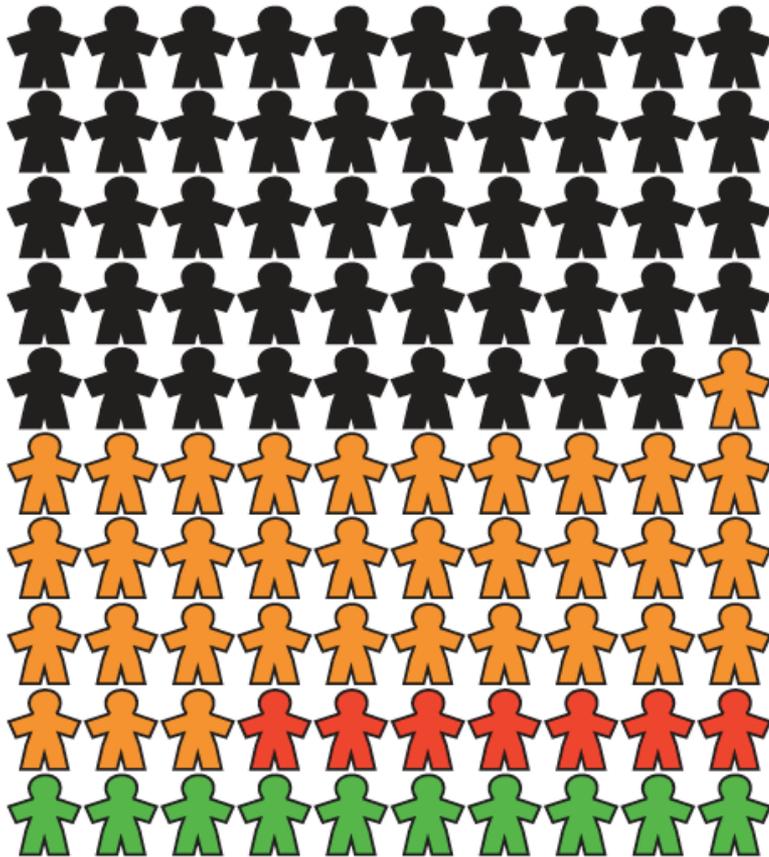
- ▶ **A ventilator (also called a breathing machine) does the work for the lungs when someone is unable to breathe on their own.**





## **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 stops or their breathing stops.**

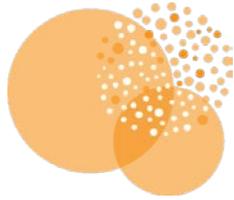


Among “elderly patients who undergo resuscitation after in-hospital cardiac arrest”, at one year:

-  49 died during resuscitation<sup>2</sup>
-  34 died before hospital discharge<sup>2</sup>
-  7 died after hospital discharge<sup>1</sup>
-  10 are alive<sup>1</sup>

## Outcomes of In-Hospital CPR.

- ▶ In this chart, one in two ‘elderly’ patients dies during the resuscitation attempt. One out of six survives to leave the hospital alive. Nine out of 10 are dead within one year of the in-hospital cardiac arrest. This leaves us with only one out of 10 alive at one year after an in-hospital resuscitation attempt.
- ▶ <https://www.geripal.org/2013/09/outcomes-of-in-hospital-cpr-not-as-rosy.html>
- ▶ N Engl J Med 2013; 368:1019-1026



## Outcomes of In-Hospital CPR continued.

Age	% of Patients Surviving With Good Neurologic Function or Minimal Deficits Upon Discharge
<70	12.6%
70-74	10.2%
75-79	8.6%
80-84	7.6%
≥85	4.5%

- ▶ Study of hospitalized patients who had cardiac arrest... and then survived to hospital discharge “with good neurologic function or minimal deficits.”
- ▶ **JAMA Intern Med. 2013;173(20): 1872-1878**

## 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 continued.**

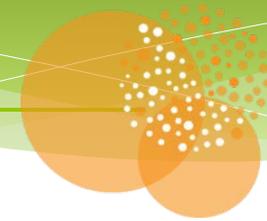
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- ▶ **Appropriate at any stage of a serious illness.**
- ▶ **Helps the patient and family establish goals of care to improve the quality of life for both the patient and the family.**
- ▶ **Includes a physician, nurse, and social worker, as well as 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](http://hospicegiving.org/workshops)**

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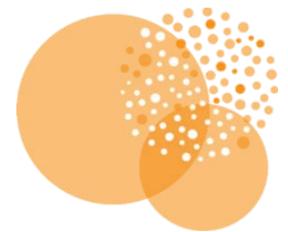
- ▶ **How to Have the Conversation (...that none of us want to have!) with Shary Farr and Fred Jealous**
- ▶ **Understanding the POLST Form with Maureen McEachen, LCSW, Medical Social Worker, Central Coast VNA and Hospice**
- ▶ **Advance Health Care Planning Using Advance Directives with Philip Geiger,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

**Thank you for attending this webinar!**

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## **Final Reminders...**

- ▶ **Talk with your doctor and your family 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, Outreach Manager**  
**[pgeiger@hospicegiving.org](mailto:pgeiger@hospicegiving.org)**
  - **Call 831.333.9023**
- ▶ **You can help others by supporting Hospice Giving Foundation at:**
  - **[hospicegiving.org/donate](http://hospicegiving.org/donate)**