

Portable-Do Not Attempt Resuscitation (DNR)*

1. What is a Portable Do Not Attempt Resuscitation (DNR) Order?

A Portable-DNR order tells health care providers, when you are outside a health facility (e.g., hospital or nursing home), not to try to restart your breathing or heartbeat in the event that that your heart stops beating or you stop breathing. Everyone is assumed to want to try to have their breathing or heartbeat restarted but you may decide not to have them try cardio pulmonary resuscitation (CPR).

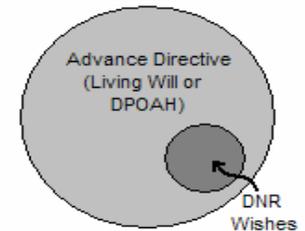
2. What is CPR?

CPR is cardio pulmonary resuscitation, an emergency medical procedure used to try to restart breathing and the heartbeat. It can involve blowing into the mouth, pushing on the chest, inserting a breathing tube into the windpipe, giving medicine through your veins and electric shock. CPR is successful in restarting the heartbeat and breathing in about 2-30% of persons on whom it is tried, depending on health status and where CPR is attempted.

3. What is the difference between a DNR Order and an Advance Directive?

Advance care planning is the process of thinking about your choices for medical care and discussing them with family and health care providers. The distinction between advance directives and a DNR order is often confusing. An Advance Directive is an important guide in determining what medical care a patient may or may not want towards the end of his or her life. An advance directive can include a patient's wishes regarding many different types of medical decisions, treatments, and procedures. A DNR order is a specific written medical order that documents the particular decision of a patient not to have CPR (try to restart heartbeat and breathing). An advance directive document may refer to your wishes regarding CPR but it is not a DNR order. A DNR must be written by a doctor or advanced registered nurse practitioner (ARNP) on a specific medical order form that identifies the patient's choice regarding CPR. Advance Directives and DNR orders are *voluntary*. No person is required to have them.

Scope of Advance Directives



*Advance directives deal with far more than simply patient wishes about resuscitation.

4. How will emergency health care providers know if I have a DNR order?

In addition to carrying the *original, signed* Portable-DNR order (bright pink wallet card or the form), it is strongly recommended that you wear a DNR bracelet or necklace when outside a health facility. The bracelet or necklace needs to be inscribed with your name, date of birth in numerical form and "NH Do Not Resuscitate" or "NH DNR" on it. You must have the Portable-DNR order (bright pink wallet card) with you so emergency health providers know you have correctly acquired the bracelet or necklace. More information on the bracelet or necklace can be found at www.healthynh.com.

5. Can I change my mind and cancel a DNR Order?

Yes. You can cancel your DNR order at any time by telling your doctor or nurse and by destroying the bright pink card and removing any DNR bracelet or necklace on your body. You should inform your doctor or ARNP as soon as possible, if you cancel your Portable-DNR at home.