

Discussion guide

People have different views about what care or treatments they would want if they were suddenly ill and could not make choices. ReSPECT conversations allow a person and their health professionals to plan together for such a future emergency. If a person does not have capacity to participate, ReSPECT conversations should include their legal proxy (if they have one), family members or other carers.

1

Ensure that all involved in the conversation understand the purpose of ReSPECT.

2

Start the ReSPECT process with one or more conversations between each person and their health professionals to establish and record in **section 2** a shared understanding of the person's present condition or situation and how these might change....

3

Next, discuss, agree and record in **section 3** those things that the person thinks would matter most to them (values and fears) if they suddenly became less well, both in their daily lives and as a possible outcome of future emergency care and treatment.

Prioritise sustaining life,
even at the expense of
some comfort

Prioritise comfort,
even at the expense of
sustaining life

Using the scale may help you to discuss and agree priorities. Use the discussed / agreed goals of care to guide further planning discussions

4

Then discuss, agree and record in **section 4** recommendations about those types of care or realistic treatment that:

- would be wanted (to try to achieve the goals of care),
- would not be wanted,
- that would not work in this person's situation.

As part of this, discuss, agree and record a recommendation about CPR.

Now you have a ReSPECT form, what next?

Keep it somewhere easy to find

Make sure your ReSPECT form will be easy to find if you were to become ill and need emergency care. Keep it in a prominent place when you are at home, and take it with you if you are out and about. It will help if your family or carers know where to find it in case they are with you or are contacted in an emergency.

Take it to medical appointments

So that your health professionals know your preferences, take the form with you to medical appointments or if you are admitted to hospital. It is your form to keep hold of, though it may be scanned for record keeping or audit.

Review your plan with your health professionals

You can and should review with your health professionals the recommendations on the form if your health condition, circumstances or wishes change. This is to make sure that the plan is kept up to date so that clinicians can make the best possible decisions about your care in an emergency.

Tell your close family, friends and carers about your plan

If your family, friends and carers know about your plan before you need emergency care, they will be able to advise any clinicians treating you and show them your ReSPECT form. Remember to tell family, friends and carers what has changed, if your ReSPECT form is updated.

Frequently asked questions

for patients, carers, and treating clinicians.

Is it legally binding?

No. A person's ReSPECT form contains recommendations to guide immediate decision-making by health or care professionals who respond to them in an emergency. However, they should have valid reasons for not following the recommendations on a ReSPECT form. The ReSPECT form is not an Advance Decision to Refuse Treatment (ADRT).

Is ReSPECT the same as a DNACPR (Do Not Attempt CPR) form?

No. A person's ReSPECT form makes recommendations about emergency treatments that could be helpful and should be considered, as well as those that are not wanted by or would not work for them. It includes a recommendation about CPR, but that may be a recommendation that CPR is attempted, or a recommendation that it is not attempted.

How do I know whether a ReSPECT form is valid?

If a ReSPECT form has been completed, and has been signed by a healthcare professional, and if it has not been crossed through, it should be assumed to be valid. A ReSPECT form does not have an expiry date or fixed review period. ReSPECT forms that have been reviewed and replaced should be clearly crossed through and marked as cancelled.

How do I get advice or more information?

You can get more information at www.respectprocess.org.uk, or by asking your GP or hospital doctors.