

Remember

- Tell those important to you, carers and health professionals that you have a ReSPECT form & where it is kept.
- If you have a medical appointment, are taken to hospital or have a health care professional visiting you, tell them you have a ReSPECT form and take the form with you.

What if I change my mind?

If there are parts of the form that you no longer feel comfortable with, please speak to the healthcare team looking after you. They will either be able to amend your form, cancel it or create a new one depending on your wishes and circumstances. If your health changes significantly, you should be offered a review by your health care professional.

For more information about ReSPECT visit
www.respectprocess.org.uk

Produced by:



Delivered in partnership with:

Worcestershire Health and Care NHS Trust, Macmillan Cancer Support, Worcestershire Acute Hospitals NHS Trust, West Midlands Ambulance Service NHS Foundation Trust, Herefordshire and Worcestershire Clinical Commissioning Groups, Worcestershire County Council, St Richards Hospice, Kemp Hospice, Primrose Hospice, Care UK, Age UK, Worcestershire Association of Carers

Do you have a communication or information support need?

If so please contact the person who gave you this leaflet so that those needs can be recorded and responded to.

ReeSPECT

Reccomended Summary Plan for
Emergency Care and Treatment



What is ReSPECT?

ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. The ReSPECT process creates personalised recommendations for your clinical care in emergency situations when you are not able to make decisions or express your wishes.

Who is it for?

This plan can be for anyone but will have more relevance for people who have health needs, people who are at risk of a sudden health crisis and people who are likely to be nearing the end of their lives. Some people will want to record their care and treatment preferences for other reasons.

How does it work?

The plan is written on a ReSPECT form following a conversation between you and a Health Care Professional (for example this could be your GP, Hospital Consultant or Nurse).

The plan stays with you wherever you go and should be available immediately to the Ambulance Service, Doctors or Nurses called to help you in an emergency, whether you are at home or out and about. Those called to help you will be able to make decisions about how best to help you from your personal priorities and recommendations recorded on your ReSPECT form.

What kinds of things are discussed?

In order to understand what is important to you, your doctor/nurse will discuss your personal priorities, possible future situations relating to your health and the options that may be available to you in an emergency. Together you will use these conversations to develop an agreed plan that records what types of care or treatment:

- you would want to be considered for in an emergency
- you would not want to receive
- would not work or be of overall benefit to you

It is important to understand that the ReSPECT form cannot be used to demand treatments that are unlikely to benefit you and would therefore not be recommended. The ReSPECT recommendations are there to help

people looking after you in an emergency to make quick decisions in line with your wishes, they are not legally binding.

What does this mean for those important to me?

Having a ReSPECT form may mean less pressure on the people important to you in an emergency to try and guess what you would want to happen or where you would prefer to be cared for. Your preferences and agreed recommendations recorded on the form will be there to guide the professionals caring for you, rather than family, friends or carers needing to try and make the decisions for you.

Can I get one now?

ReSPECT is available in Herefordshire and Worcestershire across all health and social care organisations. You can arrange an appointment with a healthcare professional that knows you well, such as your GP, Hospital Consultant or Nurse to start the process.

What about my red DNACPR form?

Please don't worry if you have a 'do not attempt resuscitation' form already in place. This will still be recognised and accepted, however you will be offered a review at the earliest opportunity to have a conversation broader than a resuscitation decision and transfer to ReSPECT.

I have a ReSPECT form... what happens now? Where should I keep my ReSPECT form?

Your ReSPECT form should be easily accessible for people who may need to refer to it in an emergency. We encourage you to keep your ReSPECT form with you as much as possible. Ensure you bring your form with you when attending appointments with a Health Professional or when admitted to hospital. Plastic "green sleeve" wallets are available to protect your form. If you're at home, keep your form in a visible place.

Remember to tell those people most important to you, carers and health professionals what your wishes would be and remind them that you have a ReSPECT form where these wishes are documented.

