

# DNR Card (Do Not Resuscitate)

Cardiopulmonary resuscitation (CPR) is an emergency medical procedure that can be tried for a patient whose heart has stopped. It is also used for patients who have stopped breathing. It involves squeezing the heart between the breastbone and the spine, putting a tube into the windpipe to assist with breathing, and electrical shock to the heart. It can be a lifesaving measure for a healthy adult who has an unexpected heart stoppage from a heart attack or drug reaction. It rarely works in patients with advanced cancer or chronic heart, lung, or kidney conditions. If you want to be kept comfortable and allowed a natural death without CPR or machines, you can ask your doctor or healthcare provider to write a Do Not Resuscitate (DNR) order for you. In West Virginia, the DNR order for persons outside of a hospital is issued on an orange card (right).

Many people think CPR is always successful because of the way it has been shown on television or in the movies. The more health problems someone has, the less likely it is that CPR will bring someone back to their prior health and abilities. When CPR is done in hospitalized patients, it is successful overall in only about 15% of patients. Only about 5% of patients or 5 of 100 who have chronic medical problems such as heart failure will leave the hospital alive after CPR.

The WV Legislature passed the WV Do Not Resuscitate Act to protect the rights of persons to control whether or not they receive CPR. CPR may cause unwanted pain and suffering. Patients who live through CPR almost always spend time on a breathing machine in an intensive care unit. At the end of life, most West Virginians say they would not want to be kept alive on machines.

**For questions about this form  
or anything else concerning  
advance directives or POST forms call:**

**877-209-8086**

**[www.wvendoflife.org](http://www.wvendoflife.org)**

## VERIFICATION OF DO NOT RESUSCITATE ORDER

Dear MD/DO/APRN/PA:

Please complete this card and with the permission of the patient, FAX the entire card to the WV e-Directive Registry, then detach at the perforation, give the bottom of the card to the patient, and keep the top in your records.

**REGISTRY FAX: 844-616-1415**

Last Name/First/Middle Initial: (Print legibly)

Mailing Address:

City/State/Zip:

Date of Birth (mm/dd/yyyy)

Last 4 SSN

Gender

 M  F

Date: \_\_\_\_\_

## DO NOT RESUSCITATE ORDER

As treating provider of \_\_\_\_\_

(patient name)

and a licensed MD/DO/APRN/PA, I order that this person **SHALL NOT BE RESUSCITATED** in the event of cardiac or respiratory arrest. This order has been discussed with \_\_\_\_\_ or his/her representative \_\_\_\_\_ or his/her surrogate decision maker \_\_\_\_\_ who has given consent as evidenced by his/her signature below.

MD/DO/APRN/PA Full Name (Printed) \_\_\_\_\_

MD/DO/APRN/PA Signature \_\_\_\_\_

Address \_\_\_\_\_

Person/Surrogate Signature \_\_\_\_\_

Address \_\_\_\_\_

Date of Birth (mm/dd/yyyy)

Last 4 SSN

Gender

 M  F

West  
Virginia  
Center  
for  
End-of-Life  
Care

WEST VIRGINIA  
Department of  
**Health &  
Human  
Resources**



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## CPR Is Performed By:

- Putting the patient flat on his/her back on a firm surface.
- Opening the person's mouth and airway by lifting the chin forward.
- Checking whether the person is breathing by listening for breath sounds and looking for the chest to move.
- Using a face mask or medical equipment with oxygen in an attempt to get air into the patient's lungs.
- Starting chest compressions if there is no pulse. They may use a machine to do chest compressions.

## Also:

- The Fire Department or Emergency Medical Services (EMS) responds to the 911 call and takes over when they arrive.
  - Machines are often used to perform chest compressions.
  - Electric shock may be used in trying to restart the heart.
- The patient's family is notified.
- If the patient can be stabilized, transportation to the nearest hospital is done by ambulance.

FAX your **DNR** Card to the WV e-Directive Registry so that your wishes will be known and available when needed.

**WV e-Directive Registry FAX**  
**844-616-1415**


## Machines that may be used during CPR:

- **Automatic External Defibrillator (AED):** reads the heart rhythm and tells rescuers how to treat the person. It does this in a loud computerized voice. It can deliver electric shocks to try to restart the heart.
- **Cardiac monitor:** reads the heart rhythm only. This puts out a paper strip that can be read by a health care provider.
- **Cardiac defibrillator:** delivers an electric shock to try to restart the heart.
- The Fire Department or EMS may bring in an external device that supports CPR. This machine does the chest compressions.

***Hard Choices for Loving People** is a book that clarifies issues surrounding end-of-life decisions in an easy-to-read format. The book covers the most common medical treatment decisions. It is available for purchase at*

*[www.hankdunn.com](http://www.hankdunn.com)*

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