

# ReSPECT



## Tier 1 Training: Basic Awareness

### What is ReSPECT?

Recommended Summary Plan for Emergency Care and Treatment

ReSPECT starts with someone who may benefit from or want to participate in the ReSPECT process. A two-way discussion then takes place between the person and the healthcare professional(s) to enable their current and future state of health to be discussed and their priorities of care to be voiced.

ReSPECT conversations can occur between any person and a clinician but is more likely to be relevant for someone older or with long-term conditions.

The conversation is based around what is recommended if there were to be an emergency situation and the person is unable to express their health and care needs.

Conversations will include:

- Discussing the person's current physical and mental health conditions
- Discussing What Matters To You? (WMTY)
- Ensuring a shared understanding around emergency care and treatment planning including the recommendation around CPR

The personalised recommendations are summarised onto a ReSPECT plan by the healthcare professional.

The plan is kept by the person and should travel with them.

The plan should be reviewed and can be modified whenever the person's circumstances or condition changes, or if they want to reconsider the recommendations.

ReSPECT is complementary to any wider process of advance or anticipatory care planning.

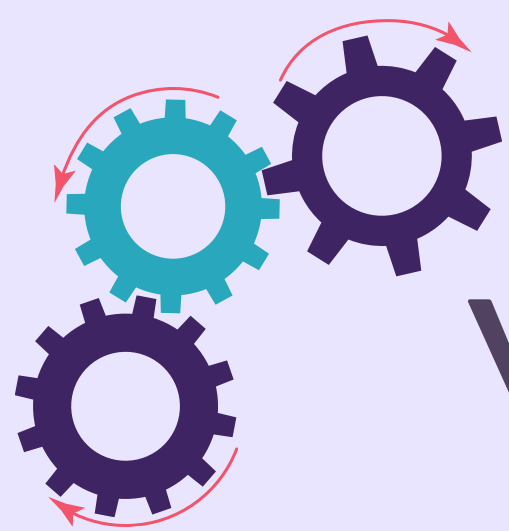


# How will ReSPECT improve care?



ReSPECT is a different kind of emergency planning process because:

- ReSPECT is proactive and not reactive
- ReSPECT is personalised
- ReSPECT involves more than just the person
- ReSPECT is about more than just a CPR recommendation
- ReSPECT applies nationally and in all settings
- ReSPECT has been developed by national experts and members of the public



## What are the key stages of the ReSPECT process?

### 1. Understand

- Discuss the person's current health and medical conditions.
- Discuss the person's expectations around progressive deterioration, abrupt health crises and longevity.

### 2. Set goals

- Establish what is important to the person regarding their care and treatment.
- Agree personalised goals of care considering the balance between sustaining life and maximising comfort.

### 3. Plan

- Discuss treatments that should be considered as well as treatments not wanted or those that may not help them.
- The recommendations are recorded on a ReSPECT plan.

And... though ReSPECT is not legally binding, the recommendations made must be considered when making decisions about the person's care and treatment and draw attention to any other legally binding documents they may have.

**Want to find out more?**



Website: [www.resus.org.uk/respect](http://www.resus.org.uk/respect)