

DNR (Do Not Resuscitate)



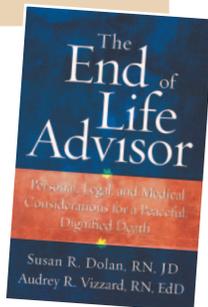
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- ✓ **you find yourself headed for a crisis, or**
- ✓ **you find yourself in a crisis.**

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Susan R. Dolan RN, JD brings twenty years of hospice experience to her work as a healthcare consultant, advocate and advisor on end-of-life care. A registered nurse and attorney, Susan is coauthor of the 2009 award winning book, *The End-of-Life Advisor: Personal, Legal and Medical Considerations for a Peaceful, Dignified Death*. Susan appears in the critically acclaimed film *Consider the Conversation: a documentary on a taboo subject*.

In addition to helping private clients, healthcare professionals and care facilities, Susan speaks for groups and large fund raising events and publishes a popular blog at Huffington Post.

A Do Not Resuscitate order (DNR) is a physician's order not to attempt cardiopulmonary resuscitation (CPR) if a patient's heart stops beating or if they cease breathing.

For someone who is terminally ill, the DNR is really a protective order because contrary to what fictional TV medical dramas depict, CPR is almost never successful for the frail elderly and hopelessly ill. A better name for a DNR is Allow a Natural Death Order. When we take our last breath, the DNR protects us from a 911 call so that nature can take its course.

If a hopelessly ill patient or family member resists a DNR it's usually because the realities of CPR and the benefits of the DNR order have not been explained or comprehended thoroughly.

Most people do not survive the trauma of chest compressions, electric shock to the heart, artificial breathing tubes and powerful drugs. Even if a patient survives, possible brain injury from oxygen deprivation, broken ribs, bruises, internal injuries or placement on a ventilator is most likely outcome.

To learn more about DNR orders visit Endoflifeadvisor.com. While we have nothing to say about getting into this world, we certainly have a lot to say about getting out!



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