

Acute Resuscitation Plan

Information for patients

What is an Acute Resuscitation Plan (ARP) form?

It is a form that your doctor completes after they have had discussions with you/your substitute decision-maker(s) about your preferences for emergency treatment including resuscitation planning. It outlines what the emergency teams should do if you suddenly deteriorate and become critically unwell.

These discussions are an opportunity for you to ensure that your views, wishes and preferences about medical treatments and your end of life care are known to your doctor and documented in the medical records.

What does it mean if I have an ARP form?

It means that a medical order has been made about what medical treatments would or would not be beneficial to you in an acute emergency. This usually includes whether or not cardiopulmonary resuscitation (CPR) is medically appropriate in your individual circumstance and situation.

What information is in an ARP form?

The ARP form provides a record of the discussions between you and your doctor and includes:

- your health conditions
- the resuscitation management plan the doctors consider to be the most beneficial for you, and to which you agreed, if you suffer a critical event
- the treatments your doctor recommends if your health deteriorates
- what your views and wishes are if your health deteriorates
- who your substitute decision-maker(s) are and their contact details
- whether you have participated in advance care planning conversations or have advance care planning documents (Advance Health Directive, Enduring Power of Attorney, Statement of Choices)
- the length of time the ARP is to remain active (up to a maximum of 12 months)
- your doctor's signature.

Can I have a copy of the ARP form?

Yes, the doctor completing the form should provide you with a copy. If it is completed in a hospital setting a copy should be included in your discharge documentation. If you have a Care Alert Kit, you can store it inside. The original ARP form is filed in your medical record at the location that it was completed. You can ask for a copy at any time.

When is my ARP form reviewed?

It is reviewed every admission to hospital, if your circumstances change or every 12 months—whichever comes first. This process will involve discussions with you/your substitute decision-maker(s).

What if I don't agree with what is written on my ARP form?

Inform your doctor immediately.

There should be no surprises in your ARP form. Your doctor must discuss the ARP with you when it is being completed.

Where do I go for further information about ARP forms?

Speak to your doctor and health care providers. They will be able to provide you with information that is specific to your circumstances. Visit www.clinicalexcellence.qld.gov.au/resources/ARP for more information and resources.