



## Recommended Summary Plan for Emergency Care and Treatment

### ReSPECT and You: Planning Together Information for patients, families of patients and members of the public

Version 2.0

#### What is ReSPECT?

ReSPECT stands for Recommended Summary Plan for Emergency Care and Treatment. ReSPECT is a PROCESS and a FORM. It creates a personalised recommendation for your clinical care in emergency situations where you are not able to make decisions or express your wishes.

#### How does it work?

The process consists of conversations between you and your healthcare professionals. These conversations produce recommendations about the types of care and treatment for which you would or would not want to be considered in an emergency. The form is completed when you and your healthcare professionals are clear about what needs to be recorded. The aim of the process and its form is to provide a summary of personalised recommendations to ensure you will receive the best possible treatment for your individual situation. This plan, written as a form, stays with you and should be available immediately to healthcare professionals called to help you in an emergency, whether you are at home or being cared for elsewhere.

Professionals such as ambulance clinicians, out-of-hours doctors, care home staff and hospital staff will be better able to make quick decisions about how best to help you in an emergency if they can see your ReSPECT form.

#### Who makes the decisions?

If you and your health professional have agreed a plan, it will be used to guide your emergency care and treatment. If you haven't, decisions will be made by health care professionals trying to act in your best interests and for your benefit.

It is important to understand that the ReSPECT form cannot be used to demand treatments that are not likely to benefit you and would not be offered.

## Who is it for?

This personalised process can be for anyone, but will have increasing relevance for people who have complex health needs, people who are likely to be nearing the end of their lives, and people who are at risk of sudden deterioration or cardiac arrest. You may, of course, want to record your care and treatment preferences for other reasons.

## What if the person lacks capacity to make a ReSPECT plan?

You may be the person caring for an individual who lacks capacity (the ability to understand information and use it to make informed choices) to make the decisions needed in a ReSPECT plan. However, a plan can be made which is agreed to be in their best interests (for their overall benefit). This is not simply others deciding on their behalf, but a process of discussion with those who know the person best to ensure that the plan is as close to what the individual would have wanted as possible. This discussion is required by law.

## Why is the ReSPECT process helpful?

The process enables an informed discussion about your care and treatment preferences in an emergency. The completed form provides a record of this for you (and a copy for your medical records) and helps healthcare professionals to keep your wishes foremost.

## Can I benefit from this now?

ReSPECT is being piloted in several areas of the UK and may therefore not yet be available where you live. A network is being established of health and care communities that will adopt and implement the process. Implementation will be gradual, with different health communities adopting and implementing ReSPECT using different timeframes, according to local or regional circumstances.

If ReSPECT has not been established in your locality, but you would like to take steps now to ensure your wishes for treatment and care are known and recorded, then, in England and Wales, you could make an Advance Decision to Refuse Treatment (ADRT). You can find out more information and fill out an ADRT for free online at [www.mydecisions.org.uk](http://www.mydecisions.org.uk). In Scotland information about advance decisions can be found at [www.myacp.scot](http://www.myacp.scot)

## Where can I find more information?

More detailed information about the ReSPECT process, including patients' perspectives, can be found at [www.respectprocess.org.uk](http://www.respectprocess.org.uk)