

## When is an AND Order used?

An AND Order goes into effect when death is expected soon and a person does not wish to prolong life using aggressive or artificial means.

Cardiopulmonary resuscitation (CPR) is an emergency medical procedure that may be used when a person's heart and breathing stop. This means CPR could interfere with the patient's wish for a natural, peaceful and dignified death.

## What exactly does an AND Order mean?

If a resident has chosen to have an AND Order, CPR would not be performed if the resident's heart or breathing were to stop. If the resident cannot express their wishes, consent from the authorized family member or friend will be obtained ahead of time.

This would be appropriate for:

- Residents with terminal illnesses
- Residents with serious or disabling conditions from which they are not expected to recover (for example, multiple organ failure)
- Residents who are elderly or very frail and whom would otherwise suffer greatly as a result of using any form of resuscitation

## Is this ethical?

Yes, an AND Order is widely recognized by healthcare professionals, clergy, lawyers and others and it is considered medically and ethically appropriate to allow a natural death instead of performing CPR or other resuscitation procedures at the wish of the resident.

## Can other medical treatments continue to be given with an AND?

Yes, the resident will continue to receive other necessary treatments such as dialysis and antibiotic therapy for example. The resident will also receive pain relief, food, water and other supportive care.

## Why should I decline CPR and when?

A resident or a family member may not want healthcare providers to attempt CPR if:

- There is no expected medical benefit. CPR wasn't meant for people who are terminally ill or have severe health problems. For these people, CPR is not likely to be successful.
- Quality of life would suffer as a result. In some cases, CPR is only partly successful. A person may survive, but with serious damage to the brain or other organs. A person could also be permanently dependent on a machine to breathe. Other risks include broken ribs or punctured lungs.

**CPR.** Basic CPR includes chest compressions and artificial respiration. Air is breathed into the person's lungs. The person's chest is then compressed and released to assist the heart and circulate blood.

**Intubation.** A tube may be inserted through the mouth or nose into the resident's lungs to assist with breathing.

**Mechanical Ventilation.** This is used if the person is unable to breathe on his or her own. A machine can pump air into the lungs, breathing for the resident.



# Understanding and Allowing Natural Death (AND) Order

Allowing Natural Death (AND) is a term previously known as the Do Not Resuscitate (DNR) order. Some things you should know about an AND:

- An AND must be authorised by your doctor.
- An AND must be issued with your consent.
- If you are unable to express your wishes, your doctor will contact your healthcare agent and/or family or friend.
- Careful discussion with resident and/or family is essential.
- If you should change your mind about your AND Order, it may be cancelled at any time.



## Allowing Natural Death

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### **A Guide for Residents & Families**

Reference:

Seton Health / St. Mary's Hospital  
1300 Massachusetts Ave. • Troy, NY 12180

