Help with this leaflet:

If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.info@addenbrookes.nhs.uk

We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0169

Children’s Services
Parent/carer Information
Resuscitation Plan

Planning ahead for the needs of Children with Life Limiting Conditions, should they become suddenly or unexpectedly unwell.
Who is the leaflet for? What are its aims?
This leaflet is for the parents and carers of children and young people who have a life limiting condition. It gives information about the Resuscitation Plan, what it is, how it is completed and what it means for you and your child.

What is a Resuscitation Plan?
The Resuscitation Plan sets out in advance a clear plan of care that will be followed if your child’s condition deteriorates or if there is a crisis. It may cover a variety of possible circumstances such as a slow deterioration or a sudden emergency, but is an individual plan for your child and family.
Your Health Care Team will work with you and your family to reach an agreement about what you want. Everyone who plays an important role in the care of your son or daughter can be involved in the planning. (including your son or daughter themselves if appropriate)

How is a Resuscitation Plan Completed?
The right time to complete the Resuscitation Plan will vary from person to person. Your Child’s Health Care Team will try to start these discussions with you when the time is right.
You may have very clear thoughts about some aspects of care whereas other aspects may be less clear to you. A member of your Child’s team will discuss the options that will be suitable for your child.
We will aim to work together with you at your pace to put together a plan for your child.
Once completed the Resuscitation Plan will be shared with all the professionals involved in the care of your child and also with those who might be involved in an emergency. This may include hospital and community teams, school and the ambulance service. This means that your hopes and wishes will be clearly shared with all those who provide care for your child. So if your child suddenly deteriorates and you are not present, the Resuscitation Plan will be followed while attempts are made to contact you. However, if you are with your child at this time, please present the plan to those involved in their care, such as Emergency Services so that they are able to treat your child appropriately and comply with your wishes.

What does this mean for you?
Once the Resuscitation Plan is agreed it will be signed by a Doctor who knows your child well and yourself. Copies of the plan will be given to you and to all professionals involved in your child’s care as well as those who may be contacted in an emergency. Your child’s plan will be reviewed regularly to ensure that the plan of care is still appropriate and that everyone remains in agreement. If in the interim you want the care plan to be reviewed or amended in any way, you do not have to wait for the next review date. Just talk to one of your care team and the plan can be reconsidered.

Contacts/Further information
www.togetherforshortlives.org.uk – national charity representing children’s palliative care. Dedicated resource section for families
Family helpline and advocacy service – 0808 8088 100 – together for short lives

www.specialchild.co.uk is an online book written by a Mum who could not find relevant information at the right time

www.cafamily.org.uk (Contact a Family) information and advice for families with disabled children

References/ Sources of evidence
www.southcentral.nhs.uk
NHS South Central (2010) What happens if…? Parent Information Leaflet
www.each.org.uk
East Anglia’s Children’s Hospices (EACH) (2009) Child and family hopes and wishes management plan
## Document management

### Document control/change history

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