

# **Policy Briefing: ReSPECT (Recommended Summary Plan for Emergency Care and Treatment); Progress and recommendations for UK-wide implementation**

**March 2023**

Conversations regarding what to do in a future health and care emergency are essential, when understanding of what is important to the person. Discussing and documenting personalised recommendations for an individual's clinical care and treatment is crucial, if in the future they are unable to express what is important to them. Access to robust and recognisable communication in a health crisis is key to ensuring conversations can transform the care experience when it matters most. That is why Resuscitation Council UK (RCUK) is leading on the UK-wide adoption of the Recommended Summary Plan for Emergency Care and Treatment (ReSPECT) process.

The ReSPECT process is unique as it is the only Emergency Care and Treatment Plan (ECTP) that spans all ages and is available throughout the United Kingdom. It is increasingly being adopted within health and social care communities around the United Kingdom, including over 80% of counties in England, some areas of Scotland and in Northern Ireland. Resuscitation Council UK advocates making ReSPECT a nation-wide process which promotes parity across the four nations.

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## **Background – Why ReSPECT is important?**

ReSPECT supports professionals, patients and/or their families having a person-centred conversation around making recommendations about their care and treatment in a future emergency in which they are unable to communicate this for themselves. Discussing realistic future care and treatment options for that individual enables care goals and values to be shared and agreed. A summary of this conversation is recorded on a ReSPECT plan, creating a unified and nationally recognised process to ensure that conversations about CPR are included as part of a broader conversation about realistic goals of care and treatment.

The plan crosses all geographical boundaries and is recognised in every health and care setting. It is a clinical document intended to help clinicians make individualised clinical decisions in an emergency. The ReSPECT plan belongs to the person and should be readily available in an emergency.

## ReSPECT adoption across the UK

### England - Key recommendations:

- ✓ *The ReSPECT process is adopted as the single Emergency Care and Treatment Plan (ECTP) for all ages.*
- ✓ *NHSD/X develops a single digital platform for healthcare records that integrates the ReSPECT process.*

The ReSPECT process has been widely adopted in 80% of English counties' health and social care organisations. It also has been adopted in 68% of Integrated Care Systems (ICS). We are pleased to see the Care Quality Commissions' (CQC) inclusion of the ReSPECT process in the 'Best practice approaches in advance care planning' section of their interim report<sup>1</sup>. The Healthcare Safety Investigation Branch's latest report on DNACPR also supports the use of ReSPECT<sup>2</sup>.

The ReSPECT process has been incorporated into several digital platforms in England but there is not one single digital strategy for healthcare records in the nation. RCUK recommends that the ReSPECT process is the single Emergency Care and Treatment Plan (ECTP) for all ages in England; involving NHSD/X to develop a platform for its use.

### Scotland - Key recommendations:

- ✓ *The ReSPECT process is embedded nationally as the Emergency Care and Treatment Plan for NHS Scotland. This will promote person-centred conversations around future care and treatment planning.*

Scotland's Chief Medical Officer recognises that the ReSPECT process elevates care planning to a new level, seeing future plans to embed ReSPECT alongside other care planning tools to help ensure people receive the care that matters to them<sup>2</sup>.

Currently, NHS Forth Valley has fully implemented the ReSPECT process, with NHS Tayside and NHS Lanarkshire progressing well in their digital implementation. A number of other Boards in Scotland are at a 'pre-implementation' stage with the digital aspect of the ReSPECT process. ReSPECT is the first clinical process to be realised on The National Digital Platform (NDP) in Scotland. The NDP seeks to become the single source for

electronic health and care records in Scotland.

RCUK recommends ReSPECT being embedded nationally as the Emergency Care and Treatment Plan for NHS Scotland. This will promote person-centred conversations around future planning and takes the focus off DNACPR recommendations as a priority outcome for ACP.

### Wales - Key recommendations:

- ✓ *NHS Wales stays involved in discussions about the ReSPECT process and shares its advance & future care planning resources and experiences.*

Wales does not currently use ReSPECT. An "All Wales" DNACPR policy for adults has been in place since 2015 and is revised every two years. There is a national oversight group with patient representation, Welsh ambulance representatives, and Health Inspectorate Wales members, who ensure that policy content is adhered to by health boards.

This policy provides a framework to ensure: the patient's wishes are respected; decisions reflect the best interests of the individual and benefits are not outweighed by burdens; and a DNACPR decision is clearly recorded and communicated between health professionals. Wales has also developed an Advance and Future Care Planning strategy<sup>3</sup>, providing different choices for patients and healthcare professionals.

### Northern Ireland:

In Northern Ireland, the ReSPECT process will be adopted across all the NI Health and Social Care (HSC) System and provide a one system approach to emergency care and treatment recommendations.

The Department of Health have launched 'For Now and For The Future', an Advance Care Planning Policy for Adults in Northern Ireland (NI). Following three phases of extensive stakeholder engagement, including RCUK developing the Advance Care Planning policy, the ReSPECT process will be adopted and sit within the Clinical component of Advance Care Planning.

Northern Ireland is in the process of implementing the Advance Care Planning Policy, including the Clinical component and ReSPECT element. This will require Public Messaging, Training and Education, and a ReSPECT Operational Framework, to ensure its successful integration across the HSC System.

## Notes

1. ["Review of Do Not Attempt Cardiopulmonary Resuscitation decisions during the COVID-19 pandemic"](#), Interim November 2020 Report. Care Quality Commission.
2. ["Access to critical patient information at the bedside"](#), HSIB, February 2023
3. Chief Medical Officer - Annual Report: 2022. [Realistic Medicine: A Fair and Sustainable Future](#)
4. Taubert M, Bounds L: 'Advance & Future Care Planning: Strategic Approaches in Wales' *BMJ Supportive & Palliative*, 01 February 2022. [doi:10.1136/bmjspcare-2021-003498](https://doi.org/10.1136/bmjspcare-2021-003498)