ReSPECT Recommended Summary Plan for Emergency Care and Treatment

Guidance for people with a ReSPECT plan

Now you have a ReSPECT plan, what next?

Keep it somewhere easy to find

Make sure your ReSPECT plan will be easy to find if you were to become ill and need emergency care. Keep it in a prominent place when you are at home, and take it with you if you are out and about. It will help if your family or carers know where to find your ReSPECT plan in case you are unable to access it yourself in an emergency.

Take it to medical appointments

So that your health professionals know your preferences, take the plan with you to medical appointments or if you are admitted to hospital. It is your plan to keep hold of, though it may be scanned for record keeping or audit.

Review your plan with your health professionals

You can and should review with your health professionals the recommendations on the plan if your health condition, circumstances or what is important to you changes. This is to make sure that the plan is kept up to date so that clinicians can make the best possible decisions about your care in an emergency.

Tell your close family, friends and carers about your plan

If your family, friends and carers know about your plan before you need emergency care, they will be able to advise any clinicians treating you and show them your ReSPECT plan. Remember to tell family, friends and carers what has changed, if your ReSPECT plan is updated.

Frequently asked questions

for patients, carers, and treating clinicians.

Is it legally binding?

No. A person's ReSPECT plan contains recommendations to guide immediate decision-making by health or care professionals who respond to them in an emergency. However, they should have valid reasons for not following the recommendations on a ReSPECT plan. The ReSPECT plan is not an Advance Decision to Refuse Treatment (ADRT).

Is ReSPECT the same as a DNACPR (Do Not Attempt CPR) form?

No. A person's ReSPECT plan makes recommendations about emergency treatments that could be helpful and should be considered, as well as those that are not wanted by or would not work for them. It includes a recommendation about CPR, but that may be a recommendation that CPR is attempted, or a recommendation that it is not attempted.

Who needs to sign the plan?

The health professional must sign the plan to confirm their responsibility in adhering to best practice, following the ReSPECT process and for complying with capacity and human rights legislation. Patients, or their legal proxy and/or family members, can sign the plan if they wish but do not have to. Signing the plan allows patients or their legal proxy/family members to demonstrate that they have been actively involved in the discussion and recommendations about the person's care and treatment.

How do I get advice or more information?

You can get more information at www.respectprocess.org.uk, or by asking your GP or hospital doctors.