



Goals of Care Designation

- Document must be physically present. Verbal orders are not valid
- If in doubt, do not delay resuscitative efforts

****Discontinuing Resuscitation**

- Once resuscitation is started, it should be continued until EMS arrival
- Under extenuating circumstances, the on scene MFR lead will contact **mandatory** OLMC to seek further medical advice

Extenuating circumstances may include:

- prolonged cardiac arrest (greater than 30 minutes without a pulse and “no shock advised” by the AED)
- terminal care with no Goals of Care present

***Indications for withholding resuscitation**

- Valid Goals of Care Designation order
- Cardiac arrest – mass casualty incident (MCI) with the exception of electrocution and lightning strikes

Or

- Decapitated/Dependent lividity
- Rigor mortis
- Incinerated
- Eviscerated
- Decomposed
- Frozen solid

Withholding or Discontinuing a Cardiac Arrest Resuscitation Attempt

Do not begin resuscitation if any of the following indications for withholding resuscitation are present:

1. Valid Goals of Care Designation order is present; check for the presence of other end of life documentation and follow accordingly
2. Cardiac arrest in mass casualty incident
3. Obvious non-survivable conditions:
 - a. Decapitation/Dependent lividity
 - b. Rigor mortis
 - c. Incinerated
 - d. Eviscerated
 - e. Decomposition
 - f. Frozen solid
4. Situations where initiating resuscitation would place the practitioner's safety at risk (e.g. hostile environment or chemical exposure). Ensure the safety risk has been mitigated prior to initiating resuscitation attempts

Signs of death can be subtle, if in doubt or obvious signs of death are not present, consider initiating resuscitation.

CPR and defibrillation are the only treatment modalities that have been proven to positively affect survival at the time of hospital discharge. Once resuscitation is started, it should be continued until EMS arrival. Under extenuating circumstances, the on scene MFR lead will contact **mandatory** On Line Medical Consultation (OLMC) to seek further medical advice about discontinuing resuscitation.

Extenuating circumstances may include:

- prolonged cardiac arrest (greater than 30 minutes without a pulse and “no shock advised” by the AED)
- terminal care with no Goals of Care present

Goals of Care Designations

More information on Goals of Care Designation (Green Sleeve) can be found on the Alberta Health Services website. There is a learning module available on www.AlbertaMFR.ca.

| GOALS OF CARE DESIGNATIONS | | Chest compressions | Intubate | ICU Admit - Adult | ICU Admit - Pediatric | Surgery | Site Transfer | Symptom control |
|--------------------------------|---|--------------------|----------|-------------------|---|---------|---------------|-----------------|
| R Resuscitative Care | 1 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 2 | X | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | 3 | X | X | ✓ | ✓ | ✓ | ✓ | ✓ |
| M Medical Care | 1 | X | X | X | | ✓ | ✓ | ✓ |
| | 2 | X | X | X | Can consider, if required for symptom control | | ✓ | ✓ |
| C Comfort Care | 1 | X | X | X | | | | ✓ |
| | 2 | X | X | X | | X | X | ✓ |

Family/Bystander Experience Considerations

- Witnessing a cardiac arrest, whether it is a friend, family member or stranger, often elicits a variety of responses. Cultural beliefs, age and the nature of the incident may influence the response.
- Once the decision to withhold or discontinue resuscitation has been made, be prepared to console the family, friends or bystanders at the moment of death. Allow the family to grieve and when appropriate, attempt to cover the body and close the patient's eyes.