

**Appendix 2 (as supplied by the authors): Participant worksheet & values clarification exercise**



**Cardio-Pulmonary Resuscitation (CPR) Decision Aid  
Participant Worksheet**

1. Date Completed: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
                                    DD            MM            YYYY

2. I am being asked to make a decision about whether I want CPR to be a possible option in my (relative's) care. The option I prefer is:

- Have CPR if my heart stops
- Continue current treatment plan but no CPR
- Unsure

3. Who else is involved in making this decision? Please list their name(s) and their relationship to you.

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4. What is really important to you as you make this decision?

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5. Thinking about the two options below:

- Have CPR if my heart stops
- Continue current treatment plan but no CPR

Please answer the following questions:

### **Knowledge**

Do you know the benefits and harms of each option?

- Yes
- No -> please indicate things that you would like to do to try to learn more:
  - Find out more about the options and the chances of benefits and harms
  - List your questions and note where to find the answers (e.g. library, health professionals, counsellors):

### **Values**

Are you clear about which benefits and harms matter most to you?

- Yes
- No -> please indicate things that you would like to do to try to become more clear about which benefits and harms matter most to you:
  - Find people who know what it's like to experience the benefits and the harm
  - Talk to others who have made the decision
  - Read stories of what mattered most to others
  - Discuss with others what matters most to you

### **Support**

Do you have enough support and advice from others to make a choice?

- Yes
- No -> please indicate things that you would like to try to get more support:
  - Discuss your options with a trusted person (e.g. health professional, family, friends)
  - Find help to support your choice

## Certainty

Do you feel sure about the best choice?

- Yes
- No -> please indicate things that you would like to try to help you feel sure

about your decision:

- Focus on the opinions of others who matter most
- Ask another person involved to complete this tool

Find areas of agreement. When you disagree on facts, agree to get more information. When you disagree on what matters most, respect the person's opinion. Take turns to listen to what the other person says matters most to them.

- Find a neutral person to help you and others involved in the decision

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6. Are there any other factors making this decision difficult?

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If yes, is there anything that could help to make this decision easier?

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