

COVID-19 and crisis conversations

The present emergency caused by COVID-19 is leading many of us to engage in difficult conversations with our family and friends - the kind that we so often try to avoid. It's for this reason that many of us are finally getting around to writing a will. It's equally important that we engage in challenging conversations around the care and treatments we would or would not want to receive if we became ill and particularly if we were unable to communicate our wishes.

Resuscitation Council UK is here to ensure that all people receive the resuscitation treatment that is appropriate for their medical condition, personal values and expressed preferences. In many situations that appropriate response will be to receive the best chance of survival with resuscitation, whether that's from a healthcare professional in hospital, or from a member of the public performing emergency CPR and using a defibrillator if one is nearby. In other situations, a person may have reached a point in their life or illness where, on balance, they are unlikely to benefit from resuscitation attempts or have a preference not to be resuscitated.

For this reason, RCUK has in recent years supported the development of the **ReSPECT Process**. ReSPECT is a process which facilitates conversations between people and their health and care professionals, allowing them to express what matters most to them in a medical emergency. What we've learned most of all is that it's always best to have these conversations before an emergency, when you are well and able to express your views.

The ReSPECT process is now in place across 147 sites in the UK. If you are admitted to hospital in an emergency during the COVID-19 crisis, The ReSPECT process may be used to help you understand and decide on the treatments you may or may not want to receive in an emergency.

But whether or not the ReSPECT process is in place in your area at this time, our advice is to be brave with your loved ones at this time. Have that conversation, difficult though we know it will be. This will ensure that health and care professionals will be able to provide support, care and treatment that is personal to you.

Further information:

- To learn more about the ReSPECT Process, click [here](#).
- To learn more about the work Resuscitation Council UK is doing around COVID-19, click [here](#).