

How do I keep my ReSPECT plan up to date?

If anything changes, you can request a review of your ReSPECT plan. Your healthcare professionals may also suggest a review if your health condition changes.



After any changes your digital ReSPECT plan will be updated automatically. Make sure you request a new printed copy and score through or securely dispose of any old paper copies. Previous versions will be stored digitally for reference.

ReSPECT plans are designed to put the things that matter most to you at the heart of decisions about your emergency care and treatment.

We want to hear about your experience of ReSPECT. Please let us know if it has helped you, or if there is something we can do to make it work better.

Use the QR code provided or this link https://www.smartsurvey.co.uk/s/NHSAA_ReSPECTpatientsurvey/

to access a feedback form regarding the ReSPECT process. If you require a paper copy and a freepost envelope please ask the healthcare professional who completed your ReSPECT plan with you.



Alternatively you can email feedback to aa.respect@aapct.scot.nhs.uk

You can get more information at www.respectprocess.org.uk, or by asking your healthcare professional.

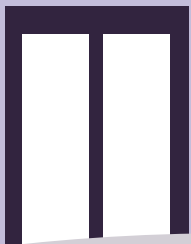


Living with ReSPECT

Keeping what matters to you at the heart of your emergency health care

Let people you trust know where to find your ReSPECT plan

Recommended Summary Plan for Emergency Care and Treatment



Letting people know

ReSPECT lets healthcare staff know what matters to you in a health crisis, when you may not be able to speak up for yourself.

It is also helpful to consider who else you would trust to speak up for you. Let them know about your ReSPECT plan and where to find it.

Healthcare staff should be able to access your plan digitally but it helps to let them know you have one. Your paper copy is useful for them to see when they don't have immediate access to your records.

Telling staff at relevant medical appointments, hospital and GP consultations will help keep your care focussed on what matters to you.

Confidentiality

NHS Ayrshire & Arran takes care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at <https://www.nhsaaa.net/website-policies/data-protection-notice/> or ask a member of staff for a copy of our Data Protection Notice.

What if I change my mind?

Your ReSPECT plan is to help you get the best care that fits with what matters to you. Please speak up if something doesn't feel quite right.

If you change your mind about anything, you can ask for your plan to be reviewed with you.

Having a ReSPECT plan is never a substitute for asking what matters to you at the time you need care.

Why is there a specific section about CPR (cardiopulmonary resuscitation)?

Specific guidance on cardiopulmonary resuscitation is included because emergency responders may need to make an immediate decision on whether it is the right thing to do. If CPR might benefit you, your plan will recommend that CPR is attempted. If CPR has no reasonable chance of achieving what matters to you, your plan will recommend that CPR is not attempted.

Is a ReSPECT plan legally binding?

A ReSPECT plan is not a legal document and the recommendations are not legally binding. Their purpose is to help healthcare professionals provide emergency care that fits with your values and priorities. The healthcare team would need to have a good reason for not following the plan due to some unforeseen circumstance.

Who else can I talk to?

There are other people you can talk to about ReSPECT as well as the healthcare team looking after you, including:

- patient support groups,
- spiritual carers or advisers, and
- independent advocacy services.

