

# What medical treatment would be right for me in an emergency?

## Easy read information Leaflet



This leaflet will help you to think and to talk about what treatment is right for you



Page 2

**Treatment Escalation Plan**  
(Treat-ment) (Es-ca-la-shun) (Plan)  
or **TEP** for short



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What a TEP form looks like



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What happens if I don't have a TEP form?



Page 9

**Cardiopulmonary Resuscitation**  
(Car-d-io-pul-mon-ary) (Re-sus-e-ta-shun)  
or **CPR** for short

Adapted from Devon Partnership Trust's TEP/CPR Easy read leaflet with gratitude

## What is a **Treatment Escalation Plan** (TEP for short)?



A Treatment Escalation Plan (TEP) tells health staff what should happen if you need emergency care.

The plan is about you and your healthcare.



Having a TEP does not mean you will get ill.

It does not change your normal health care.



Your TEP form is written with you.

You can talk to doctors and nurses about the plan.

People who know you well can also help with the TEP discussion.



Health staff will ask if you would like to be involved in making this plan so that your voice is listened to.

It is ok to choose **not** to talk about these things.



The doctors and nurses will talk about different treatments you may need in an emergency.

## Easy read leaflet Treatment Escalation Plan (TEP)



If you do not have family or carers and you need support with talking about your TEP form, the learning disability team can support you. They will explain things in a way that you understand.

Our contact details are at the bottom of this information sheet.






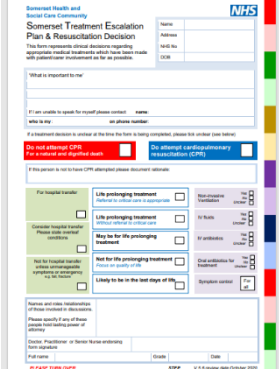
**Remember**, your TEP is just for you and is about what is right for you.

## Easy read leaflet Treatment Escalation Plan (TEP)

	<p>There are good things and not so good things about all treatments.</p>
	<p>Treatment can include pills or tablets.</p> <p>Treatment can also be given through a vein.</p>
	<p>You may need to wear a mask to help you breathe.</p> <p>You may need to stay in an Intensive Therapy Unit (or ITU for short) where you can get more care with the help of machines.</p>
	<p>When someone is very ill, their heart-beat and breathing may stop.</p> <p>Health staff sometimes use something called CPR (Cardiopulmonary Resuscitation) to try and get the heart-beat and breathing started again. See page 9.</p>
	<p>Health staff will make sure that you are supported to talk about CPR if you would like to.</p> <p>You can talk about whether it is the right treatment for you.</p>
	<p>When someone gets very ill and no hospital treatment will help, they may want to stay at home instead of going to hospital if they can.</p>

## Easy read leaflet Treatment Escalation Plan (TEP)

	<p>Sometimes there are no treatments that can make someone better. They may die.</p> <p>If doctors and nurses think this is going to happen, they will talk to you and your family about it.</p>
	<p>Thinking about becoming very ill or dying can make people feel sad.</p> <p>It is ok to feel sad.</p>
	<p>It may help to talk to someone about how you are feeling.</p>

	<p>After discussions the treatment decisions are written down on the TEP form.</p> <p>The TEP form stays with your medical records and tells people about the care that should happen if you are very ill or there is an emergency.</p> <p>You will also have a copy of the TEP form to keep at home.</p>
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What the TEP form looks like – front page

The image shows the front page of the 'Somerset Treatment Escalation Plan & Resuscitation Decision' form. It includes a header with the NHS logo and Somerset Health and Social Care Community name. The form is divided into several sections, each highlighted with a colored circle and a number:

- 1 (Orange circle):** Personal details section including Name, Address, NHS No, and DOB.
- 2 (Green circle):** 'What is important to me?' section with a text area for patient input.
- 3 (Blue circle):** Decision on CPR section with two radio buttons: 'Do not attempt CPR or a natural and dignified death' and 'Do attempt cardiopulmonary resuscitation (CPR)'. Below it is a section for documenting rationale if CPR is not attempted.
- 4 (Red circle):** Hospital transfer and treatment options section. It includes checkboxes for 'For hospital transfer', 'Consider hospital transfer Please state overleaf conditions', and 'Not for hospital transfer unless unmanageable symptoms or emergency e.g. fit, fracture'. It also has checkboxes for 'Life prolonging treatment' (with sub-options 'Referral to critical care is appropriate' and 'WITHOUT referral to critical care'), 'May be for life prolonging treatment', and 'Not for life prolonging treatment Focus on quality of life'. On the right, there are sections for 'Non-invasive Ventilation', 'IV fluids', 'IV antibiotics', 'Oral antibiotics for treatment', and 'Symptom control' with 'Yes/No/Unsure' or 'For all' options.
- 5 (Yellow circle):** Signatures section titled 'Names and roles/relationships of those involved in discussions'. It asks to specify if anyone holds lasting power of attorney and includes fields for 'Doctor, Practitioner or Senior Nurse endorsing form signature', 'Full name', 'Grade', and 'Date'.

The first part of the TEP form has your name, address, your birthday, your hospital number and your NHS number.

The second part of the TEP form tells the hospital how the choices were made and what is important to you.

The third part of the TEP form is about CPR and what the health staff should do if your heart-beat and breathing stop.

The fourth part of the TEP form tells the health staff about the treatment you should get if you are very ill.

The fifth part of the TEP form shows who filled out the form with you.

Your TEP form will be signed by the doctor or nurse.

## What the TEP form looks like – back page

If you have ticked 'consider hospital transfer' or 'may be for life prolonging treatment' please describe how 'what is important to me' will affect decisions around these issues:

If 'referral to critical care is appropriate' please complete this section on admission to acute hospital

For intubation and invasive ventilation	Yes <input type="checkbox"/> No <input type="checkbox"/>	For inotropes and vasopressors	Yes <input type="checkbox"/> No <input type="checkbox"/>	For renal replacement therapy	Yes <input type="checkbox"/> No <input type="checkbox"/>
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Do you believe this patient has the potential to recover from a critical illness back to a reasonable quality of life? Yes  No  Unclear

At this time this person has capacity to decide on their treatment and has been informed of these decisions

At this time this person lacks capacity to decide on their treatment. Decisions have been made in line with the Mental Capacity Act

On completion of this STEP please confirm that medication and treatment have been reviewed and are both necessary and beneficial

Escalation plan review date if appropriate

Supplementary information

Technical information

- When scanning this document please record it as: Read code 8CM or Snomed 2462291000000110
- All STEP forms must be printed out and given to the patient or carer to keep with them in order to be shared with other services as needed
- Please add a note to ADAstra to say that this form exists and a copy is at the patient's home and is visible on EMIS viewer.
- We would value any feedback on this form to help us develop it further. To do this please follow the link: <https://tinyurl.com/SomersetTEP>
- This document will be improved over time.
- This form is valid in black and white or in colour.

**Please leave an original form with the patient**  
See STEP policy for full guidance  
**This form has been produced by the following organisations:**  
NHS Somerset Clinical Commissioning Group, Somerset County Council, Somerset Partnership NHS Foundation Trust, South Western Ambulance Service NHS Foundation Trust, Taunton and Somerset NHS Foundation Trust, Yeovil District Hospital NHS Foundation Trust, St Margaret's Hospice

The information on Page 2 is written by a doctor or nurse.

They have to make sure you understand the choices and the things that you have discussed.

If you cannot be involved in the TEP discussion, the form will be filled out in your 'best interest'.

This means that everyone involved needs to think carefully about what you would choose if you could and what is best for you.



A TEP is used when you are seriously ill.







Having a TEP form does not stop you getting routine hospital care.

What happens if I don't have a TEP form?	
	<p>A TEP form tells the health staff what should happen in a health emergency.</p>
	<p>If you don't have a TEP form, the health staff must still try and find out what you would like and what is best for you by asking people that know you.</p>
	<p>This may take a long time to do.</p>
	<p>You can help the doctors, nurses, your family and the people that know you well by having a TEP form before an emergency happens.</p>



<p style="text-align: center;">Facts about <b>CPR</b></p> <p>This part tells you about the treatment that may be used to try to restart someone's heart-beat and breathing if they stop. This treatment is called</p> <h2 style="text-align: center;">Cardiopulmonary Resuscitation</h2> <p style="text-align: center;">(Car-d-io-pul-mon-ary)                      (Re-sus-e-ta-shun )</p>	
	<p>CPR may save someone's life.</p> <p>Health staff and some members of the public are trained how to do CPR when someone's heart-beat and breathing stop.</p>
	<p>CPR does not always work.</p>
	<p>Not everyone can have CPR.</p> <p>Not everyone would like to have CPR.</p>
	<p>If CPR does not work or if it is not given then the person will be dead when their heart-beat and breathing stop. Thinking about dying can make people feel sad.</p> <p>It is ok to feel sad.</p>
	<p>It may help to talk to someone about how you are feeling.</p>

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	<p>CPR involves pushing down hard on the person's chest to keep the blood moving.</p>
	<p>A mask may be put on the person's face to help them breathe.</p>
	<p>Breathing into the person's mouth may help the lungs to work.</p>
	<p>Electric shocks may be used to try to start the heart-beat.</p>
	<p>Treatment may be given through a vein.</p>
	<p>The person will not know this is happening.</p>

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<p><b>CPR</b></p>	<p>CPR can save someone's life but there can be risks.</p>
<p>Chest</p>	<p>CPR can cause bruising or broken bones.</p>
	<p>CPR can make the person be sick and feel really ill.</p>
	<p>CPR can affect how someone's brain works.</p>
	<p>Health staff will make sure that you are supported to talk about CPR if you would like to.</p> <p>You can talk about whether it is the right treatment for you.</p>
	<p>If you think that CPR would not be the right thing for you the doctor will write it on the TEP form.</p>



If you have any questions about TEP or CPR please contact the learning disability team.

**Contact details:**