

# Help With Breathing Decision Aid

**For people with underlying, serious illness (like heart or lung disease or cancer) facing a decision about getting short-term help with breathing.**

What care would you like if you are not able to breathe on your own? This may occur if you have a problem, like pneumonia, from your serious illness. This pneumonia perhaps can be treated, but you would need help with your breathing. This decision aid will help you consider your options and personal values. Talk to your doctor about what you might expect. You may change your choice at any time. Whatever your choice, you will be kept as comfortable as possible.

What are your options?	Ventilator	Non-Invasive Airway (like BiPAP)	Comfort-Focused Treatment
What is it?	A tube goes into your mouth or nose, down your throat, and into your windpipe. The tube is connected to a machine called a ventilator.	A tight-fitting mask covers your nose and mouth. The mask is connected to a machine.	Efforts to keep you comfortable, for example: <ul style="list-style-type: none"> <li>• Medicine and oxygen for control of symptoms</li> <li>• Physical and emotional support</li> </ul>
What does it do?	Pushes oxygen into your lungs to help you breathe.	Pushes oxygen into your lungs to help you breathe.	Helps control shortness of breath. Helps cope with anxiety and fear.
What are the benefits?	May allow you to recover from a breathing problem (like pneumonia) from your illness. May allow you to live longer.	May allow you to recover from a breathing problem (like pneumonia) from your illness. May allow you to live longer.	Avoids machines. May allow you to be at home. Helps keep you comfortable.
What are the short-term burdens?	With this tube, you cannot speak or swallow. You will need medicine to help you stay calm. You will need to be in the intensive care unit (ICU).	The tight-fitting mask can cause skin irritation. The mask will make it hard to talk or eat. You may need medicine to help you stay calm. It is likely you will need to go to the hospital.	Medicines may make you drowsy. Oxygen may make your mouth and nose dry.
What are the long-term burdens?	You may not be able to get off the ventilator. You may need long-term ventilator care. Your health may get worse and other problems may occur.	May not work and your breathing problem may continue to get worse.	Will not extend your life.
Which option best matches your values?	<p><b>Your Values</b></p> <p>You want the chance to extend the length of your life. You are willing to have some discomfort and be in the ICU.</p> <p>You are willing to take the chance that you will need long-term ventilator care.</p>	<p><b>Your Values</b></p> <p>You want the chance to extend the length of your life. You are willing to have some discomfort and be in the hospital.</p> <p>You do not want to be on a ventilator.</p>	<p><b>Your Values</b></p> <p>You do not want to be on machines or in the hospital.</p> <p>You wish to allow a natural death.</p>

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This product has been certified by the Washington State Health Care Authority pursuant to RCW 7.70.060. The date of certification is July 18, 2018, and will expire two years from this date, or sooner pursuant to Washington State policy. A full description of Washington's certification process, including required criteria is available at <http://www.hca.wa.gov/about-hca/healthier-washington/shared-decision-making>.

Questions I have for my doctor after reviewing this help with breathing information: \_\_\_\_\_

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My values most align with:  Ventilator       Non-invasive airway (like BiPAP)       Comfort-focused treatment