

COVID-19 Treatment Decision Support Guide:

If you become seriously ill, this guide reviews decisions that should be considered.

Serious health information to support informed decision making:

- Most people recover from COVID-19 without aggressive interventions, such as ventilators and intensive care.
- Current evidence suggests that about **80%** of people with COVID-19 have mild disease and never require hospitalization.
- Shortness of breath can be managed with medications and treatments, including oxygen.
- Most COVID-19 hospitalizations are due to problems breathing and about a third of these patients end up in the intensive care unit (ICU).
- Utilizing a ventilator does not guarantee survival. Current mortality rates range from 50-97% among those requiring life support/ventilators.
- Older adults who are intubated may not survive, and when surviving, may have reduced quality of life.
- Extended stays in the ICU can result in reduced quality of life long-term.
- Hospice and palliative care support can be very helpful for those who have difficult symptoms.
- Due to the aggressive nature of COVID-19, it may lead to cardiac arrest. Cardiopulmonary Resuscitation (CPR) is not very effective in cases of critical illness in the intensive care unit and less than 5% survive.
- COVID information: <https://www.worldometers.info/coronavirus/coronavirus-age-sex-demographics/>

*This is only a discussion guide for you, your family and your healthcare provider.
You or your decision-maker can change your mind at any time.*

Treatment Options: If you become seriously ill with COVID-19 what would you want?

Hospitalization:

- I do **NOT WANT** to go to the hospital. Focus on my comfort and consider a palliative care or hospice consult if indicated. I would like to stay in my current residence if at all is possible.
- I **WANT** to go to the hospital.*
 - I **WANT** to go to the hospital, but I do **NOT** want to receive a life support machine/ventilator.*
 - I **WANT** to receive a life support machine/ventilator.*
 - If there are **NOT** enough life support machines, I do **NOT** want one.*

Resuscitation (CPR):

- I do **NOT** want attempts at resuscitation. Please ensure proper medical orders are completed.
- I **WANT** attempts at resuscitation. I am aware that if there is a crisis situation, attempts at CPR may not be offered.*

Comfort Care:

- I **WANT** a Hospice or Palliative Care Consult if indicated/possible.*

**The availability of hospital beds or emergency equipment such as life support machines/ventilators is not guaranteed. These are unusual times. It is the goal of healthcare providers to honor your informed preferences whenever possible and manage breathing problems, anxiety and other symptoms no matter what. Strong efforts are being made to ensure emergency equipment and beds are available and ethics experts are involved in the processes as well.*