

# Your Treatment Escalation Plan

Information for patients

**Edinburgh Hospital at Home**

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We aim to discuss treatment escalation with all our patients under the care of Edinburgh Hospital at Home.



If you have any questions, the team looking after you will be happy to discuss your Treatment Escalation Plan (TEP) with you.

## **MAKING DECISIONS TOGETHER ABOUT YOUR FUTURE TREATMENT OPTIONS**

## **What is a Treatment Escalation Plan?**

A Treatment Escalation Plan (TEP) is a tool that doctors and nurses in your team will use to plan your care. It is created with you and may be used when decisions need to be made quickly or if you are not well enough to speak for yourself. Your TEP will be reviewed regularly to ensure it is up to date.

## **What does a TEP conversation involve?**

We will discuss what treatment options may or may not be suitable with you and your next of kin and the goals of your care. We may discuss treatments such as antibiotics, intravenous fluids, blood samples, scans and if you would want admission.

## **Will resuscitation be discussed?**

Cardiopulmonary resuscitation (CPR) is a treatment which may be tried if your heart stops beating. It involves chest compressions and sometimes electric shocks to try and restart the heart. CPR is often unsuccessful. Your team will discuss if this may be a treatment option for you. A 'Do Not Attempt Cardiopulmonary Resuscitation' (DNACPR) form may be put in place to allow a natural death when the time comes.

### **Do I need to discuss my TEP?**

If you would rather not discuss a treatment escalation plan, the team will respect your wishes. We encourage these conversations early to allow you, and your next of kin, to forward plan and make decisions about your current and future care. The team looking after you will always work in your best interests.

### **What if I disagree with decisions made?**

All the decisions about your care will be based on your wishes and opinions. Some treatment may work if you are unwell, but some may not be appropriate. You have the right to refuse any treatment but cannot demand specific treatments. The ultimate decision to deliver treatment, including CPR, is with the team looking after you. You can request a second opinion if you do not agree with any decisions made.

### **How are TEP conversations recorded?**

Following a TEP conversation, your team will complete an electronic form which is kept in your medical records. With you or your next of kin's agreement, your GP will also be informed of our discussions and of the goals of your care.

**Please contact us if you have  
any questions**



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