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## قطاع التنظيم الصحي

### Health Regulation Sector

<b>Document Type:</b> Policy	<b>Code:</b> DHA/HRS/HPSD/HP-30	<b>Version Number:</b> 1
<b>Document Title:</b> Do Not Resuscitate	<b>Issue Date:</b> 29-04-2024	<b>Effective Date:</b> 29-06-2024

**Ownership:** Dubai Health Authority-Health Regulation Sector.

**Applicability:** DHA Licensed Healthcare professionals and Licensed Hospitals with intensive care units

#### 1. **Purpose:**

1.1. The Do Not Resuscitate (DNR) policy aims to fulfil the following overarching Dubai Health Authority (DHA) Dubai Health Sector Strategy (2026):

1.1.1. Pioneering Human-centered health system to promote trust, safety, quality and care for patients and their families.

1.1.2. Make Dubai a lighthouse for healthcare governance, integration and regulation.

1.1.3. Make Dubai a model for accessible value-based health care.

1.2. To provide clear and consistent procedures for making and communicating DNR decisions.

1.3. To embody patient-centered care principles and enhance trust within the healthcare system.

1.4. To direct hospital staff towards practical, safe and proper application of the provisions of applicable legislation, including Federal Decree Law No. 4 of 2016 concerning Medical



Liability and its amendments, its executive regulations and its amendments, and the provisions of the Ministerial Decision no. (19) of 2022 concerning the Standards of Death Determination.

## 2. **Scope:**

2.1. Communicating DNR decisions in DHA licensed hospitals with intensive care units (ICU).

## 3. **Definitions and Abbreviations:**

**Cardiopulmonary resuscitation (CPR) :** Cardiopulmonary resuscitation is the process that restores cardiac functions and/or supports ventilation in the event of a Cardiorespiratory arrest. CPR does not include measures to improve ventilation and cardiac function in the absence of arrest.

**Custodian :** A person who is legally appointed by the court to manage the minor's money & affairs and must provide legal evidence when requested by the treating hospital.

**Do Not Resuscitate:** A do-not-resuscitate (DNR) order that means a decision has decided not to have cardiopulmonary resuscitation (CPR).

**Medically futile :** Care that the treating physician determines that, in his/her best professional judgment, will not have a reasonable chance of benefiting the patient.

**Mental incompetence :** Inability of a person to make or carry out important decisions regarding his or her affairs.

**Treating Physician :** The physician assigned to a patient who carries the primary responsibility for the treatment and care of a patient's condition as defined by the hospital policy.

**Patient Guardian :** The guardian by nature of the father and the rightful grandfather.



<b>AND</b>	: Allowance of Natural Death
<b>CPR</b>	: Cardiopulmonary resuscitation
<b>DNR:</b>	: Do Not Resuscitate
<b>DHA</b>	: Dubai Health Authority
<b>HRS</b>	: Health Regulation Sector
<b>ICU</b>	: Intensive care units
<b>MRN</b>	: Medical record number
<b>UAE</b>	: United Arab Emirates

#### 4. **Policy Statement**

4.1. Natural death is permitted to happen by non-application of Cardiopulmonary Resuscitation (CPR) in the event that the patient is dying, when ALL of the following conditions are met:

- 4.1.1. The patient is suffering from an incurable disease,
- 4.1.2. If all appropriate treatment options have been exhausted,
- 4.1.3. It is proven that further treatment is futile,
- 4.1.4. The attending physician advised against CPR,
- 4.1.5. At least three consultant physicians to determine that it is in the patient's best interest to allow for natural death to occur and not to perform CPR.  
(Inform/involve Palliative Care Consultant if available).
- 4.1.6. However, upon request of the patient, refraining from doing CPR is not permitted even if it is useless.

4.2. Patients with advanced medical condition(s) shall be allowed to die a natural death without artificial life support in a peaceful and dignified manner in a hospital setting.



4.2.1. Advanced medical condition(s) such as, but not limited to the following:

- a. Advanced cancer,
- b. End stage heart, lung, and liver disease,
- c. Patient with severe injuries incompatible with life.

4.3. The patient shall be informed of the nature and degree of seriousness of the illness (Chapter 1 Article 4 Point No. 7, U.A.E Federal Medical Liability Law No. 4, 2016), unless the patient's interest requires otherwise or he/she is not psychologically prepared to be informed. Any of the patient's custodian shall be informed in the following two situations:

4.3.1. If the patient is totally or partially incapacitated.

4.3.2. If his/ her medical condition is serious that he/ she cannot be personally informed and he/ she has not defined a person to be informed on his/ her behalf.

4.4. DNR shall only be processed through this policy to ensure compliance accordance with the provisions of legislation in force at the level of the United Arab Emirates (UAE) and the Emirate of Dubai, including this policy.

4.5. There shall be a brief description of the patient's medical condition from the treating physician, for which the patient has been considered for Allow for Natural Death (AND), supporting the terminal nature of the life- threatening disease.

4.6. The treating physician shall ensure the following relevant documentations are prepared and documented in the patient's health records, which includes:

- 4.6.1. Case summary.
- 4.6.2. Past Medical History.
- 4.6.3. Previous treatment and outcome.



- 4.6.4. Laboratory reports, where applicable.
- 4.6.5. Radiology scans, where applicable.
- 4.6.6. Medical reports from other facilities where the patient was treated, if any.
- 4.6.7. The conversation should be documented in the health record, indicating who was present for the conversation, who was involved in the decision-making process.
- 4.7. In addition to the treating physician advice, the decision “not to conduct Cardiopulmonary Resuscitation (CPR)” must be documented as a “Do Not Resuscitate (DNR)” order by three consultants. Furthermore, the treating physician must document the decision in the electronic health record.
- 4.8. Prior to activating the “DNR decision”, the treating physician and healthcare team members are strongly advised to inform the patient or patient guardian /or custodian when the patient is mentally incompetent and why the “DNR” status would be reasonable for the patient’s current condition.
- 4.9. After DNR process is completed and applied, the patient will continue to receive all medical treatment except interventions with no meaningful benefit as it is considered futile. This should be clearly documented by the treating physician in the electronic health record progress note.
- 4.10. A fully completed and signed DNR order shall be effective from the duration of admission unless reversed explicitly by the patient, or the patient’s legal representative (Patient Guardian/ Custodian), or in rare situations by the treating physician if the patient’s medical prognosis changes. If the patient is discharged and readmitted, then the AND order need to be reviewed and revised if necessary. Refer to **(Appendix 1)**.



4.11. The patient or the patient's legal representative (guardian/custodian) must also be informed when the patient is mentally incompetent, his legal representative still has the right to review and cancel the DNR decision and request cardiopulmonary resuscitation and this must be documented in the patient's health records.

4.12. When there is disagreement or conflict regarding DNR decision between the treating physician and the other consultants, a departmental head or the medical director shall be consulted in accordance with existing procedures for resolving such conflict.

## 5. References

1. Braddock III, C.H. and Clark, J.D. (1998) Ethics in Medicine: Do Not Attempt Resuscitation (DNAR) Orders.
2. Indian Journal of Palliative Care (2010). Vol-16 / Issue-2 Ethics and Medico Legal Aspects of "Not for Resuscitation" Naveen Sulakshan Salins, Sachin Gopalakrishna Pai1 , MS Vidyasagar2 , Manikkath Sobhana.
3. Joint Commission International. (January 2021). Patient-Centered Care (PCC). In Joint Commission International Accreditation Standards for Hospital (JCIA), 7th Edition. (p. 67). Oak Brook, Illinois USA: Joint Commission Resources.
4. UAE Cabinet Decision no. (40) of 2019 concerning the Federal Decree of Medical Liability Law.
5. UAE Federal Law no. (4) of 2016 concerning Medical Liability.
6. Saudi Health Council (2017). National Policy and Procedure for Do Not Resuscitate (DNR) Status.



## 6. Appendices

### Appendix 1: Do Not Resuscitate Form

#### DO NOT RESUSCITATE/ ALLOW NATURAL DEATH FORM

1) Select DNR Action

- DNR New (Initiate a new DNR instance).  
 DNR Reinstate (Reinstate an existing DNR status).

2) I am the undersigned treating physician for: .....

3) Patient Name : .....

4) Medical record number (MRN): .....

5) Pre-requisite Conditions

The following conditions are met in this patient to allow for natural death by not providing cardiopulmonary resuscitation :

- Patient is suffering from an incurable disease,  
 All appropriate treatment options have been exhausted,  
 It is proven that further treatment is futile,  
 The attending physician advised against CPR,  
 Three consultant physicians has determined that it is in the patient's best interest to allow for natural death to occur and not to perform CPR.

6) Patient DNR status

Date :

DNR status to be activated

- Yes  
 No

7) Three Consultant Signature for Approval that the patient's interest requires that the natural death is allowed, and that the cardiopulmonary resuscitation is not provided.

• Consultant 1

- Name :  
○ Designation :  
○ Signature :  
○ Date :

• Consultant 2

- Name :  
○ Designation :  
○ Signature :  
○ Date :

• Consultant 3

- Name :  
○ Designation :  
○ Signature :  
○ Date :