

# POLST: Provider Orders for Life Sustaining Treatment **POLST**

HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROVIDERS AS NECESSARY

## PROVIDER ORDERS FOR LIFE-SUSTAINING TREATMENT (POLST)

FIRST follow these orders, THEN contact the patient's provider. This is a provider order sheet based on the patient's medical condition and wishes. POLST translates an advance directive into provider orders. Any section not completed implies the most aggressive treatment for that section. Patients should always be treated with dignity and respect.

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
First/Middle Initial

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Primary Care Provider/Phone

### A

Check  
One

#### CARDIOPULMONARY RESUSCITATION (CPR):

Patient has no pulse and is not breathing.

CPR/ATTEMPT RESUSCITATION

DNR/DO NOT ATTEMPT RESUSCITATION (Allow Natural Death)

When not in cardiopulmonary arrest, follow orders in B and C.

### B

Check  
One  
Goal

#### GOALS OF TREATMENT:

Patient has pulse and/or is breathing. See Section A regarding CPR if pulse is lost.

**COMFORT CARE** — Do not intubate but use medication, oxygen, oral suction, and manual clearing of airways, etc. as needed for immediate comfort.

*Check all that apply:*

Avoid calling 911, call \_\_\_\_\_ instead

If possible, do not transport to ER (EMS should consult medical control)

If possible, do not admit to the hospital from the ER (e.g. when patient can be made comfortable at residence)

**LIMIT INTERVENTIONS AND TREAT REVERSIBLE CONDITIONS** — Provide interventions aimed at treatment of new or reversible illness / injury or non-life threatening chronic conditions. Duration of invasive or uncomfortable interventions should generally be limited.

*Check one:*

Do not intubate

Trial of intubation (e.g. \_\_\_\_\_ days) or other instructions: \_\_\_\_\_

Intubate long-term if necessary

**PROVIDE LIFE SUSTAINING TREATMENT**

Intubate, cardiovert, and provide medically necessary care to sustain life.

Additional Orders (e.g. dialysis, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### C

Check  
All That  
Apply

#### INTERVENTIONS AND TREATMENT

**ANTIBIOTICS** (*check one*):

No Antibiotics (Use other methods to relieve symptoms whenever possible.)

Oral Antibiotics Only (No IV/IM)

Use IV/IM Antibiotic Treatment

**NUTRITION/HYDRATION** (*check all that apply*):

Offer food and liquids by mouth

Tube feeding through mouth or nose

Tube feeding directly into GI tract

IV fluid administration

Other: \_\_\_\_\_

Additional Orders:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Provider Name (MD/DO/NP/PA when delegated, are acceptable)

Provider Signature

Date

**POLST**

**D**

Check All That Apply

**SUMMARY OF GOALS**

**DISCUSSED WITH:**

- PATIENT
- PARENT(S) OF MINOR
- HEALTH CARE AGENT: \_\_\_\_\_
- COURT-APPOINTED GUARDIAN
- NONE     OTHER: \_\_\_\_\_

**THE BASIS FOR THESE ORDERS IS PATIENT'S** (check *all* that apply):

- REQUEST
- KNOWN PREFERENCE
- HEALTH CARE DIRECTIVE/ LIVING WILL
- BEST INTEREST
- OTHER: \_\_\_\_\_

Name of Health Care Professional Preparing Form                      Preparer Title                      Phone Number                      Date Prepared

**E**

**SIGNATURE OF PATIENT OR HEALTH CARE AGENT / GUARDIAN / SURROGATE**

THESE ORDERS REFLECT THE PATIENT'S TREATMENT WISHES

Name	Date
Relationship to Patient	Phone Number
Signature*	

**DIRECTIONS FOR HEALTH CARE PROFESSIONALS**

**COMPLETING POLST**

- Must be completed by a health care professional based on patient preferences and medical indications.
  - If the goal is to support quality of life in last phases of life, then DNR must be selected in Section A.
  - If the goal is to maintain function and quality of life, then either CPR or DNR may be selected in Section A.
  - If the goal is to live as long as possible, then CPR must be designated in Section A.
- POLST must be signed by a physician, nurse practitioner, Doctor of Osteopathy, or Physician Assistant (when delegated). \* The signature of the patient or health care agent / guardian/ surrogate is strongly encouraged.

**USING POLST**

- Any section of POLST not completed implies most aggressive treatment for that section.
- An automatic external defibrillator (AED) should not be used for a patient who has chosen "Do Not Attempt Resuscitation."
- Oral fluids and nutrition must always be offered if medically feasible.
- When comfort cannot be achieved in the current setting, the patient, including someone with "Comfort Measures Only," should be transferred to a setting able to provide comfort.
- An IV medication to enhance comfort may be appropriate for a patient who has chosen "Comfort Measures Only".
- Artificially-administered hydration is a measure which may prolong life or create complications. Careful consideration should be made when considering this treatment option.

- A patient with capacity or the surrogate (if patient lacks capacity) can revoke the POLST at any time and request alternative treatment.
- **Comfort care only:** At this level, provide only palliative measures to enhance comfort, minimize pain, relieve distress, avoid invasive and perhaps futile medical procedures, all while preserving the patients' dignity and wishes during their last moments of life. This patient must be designated DNAR status in section A for this choice to be applicable in section B.
- **Limit Interventions and Treat Reversible Conditions:** The goal at this level is to provide limited additional interventions aimed at the treatment of new and reversible illness or injury or management of non life-threatening chronic conditions. Treatments may be tried and discontinued if not effective.
- **Provide Life-Sustaining Care:** The goal at this level is to preserve life by providing all available medical care and advanced life support measures when reasonable and indicated. For patient's designated DNR status in section A above, medical care should be discontinued at the point of cardio and respiratory arrest.

**REVIEWING POLST**

This POLST should be reviewed periodically and a new POLST completed if necessary when:

1. The patient is transferred from one care setting or level to another, **or**
2. There is a substantial change in the patient's health status.
3. A new POLST should be completed when the patient's treatment preferences change.

