

Physician Orders for Life-Sustaining Treatment (POLST)

Last Name

First Name/ Middle Initial

Date of Birth

First follow these orders, **then** contact physician, NP, or PA. This is a Physician Order Sheet based on the person's medical condition and wishes. Any section not completed implies full treatment for that section. Everyone shall be treated with dignity and respect.

A **CARDIOPULMONARY RESUSCITATION (CPR):** Person has no pulse and is not breathing.

Attempt Resuscitation/CPR Do Not Attempt Resuscitation/DNR (Allow Natural Death)

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

B **MEDICAL INTERVENTIONS:** Person has pulse and/or is breathing.

Comfort Measures Only Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort. *Do not transfer to hospital for life-sustaining treatment. Transfer if comfort needs cannot be met in current location.*

Limited Additional Interventions Includes care described above. Use medical treatment, IV fluids and cardiac monitor as indicated. Do not use intubation, advanced airway interventions, or mechanical ventilation. *Transfer to hospital if indicated. Avoid intensive care.*

Full Treatment Includes care described above. Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. *Transfer to hospital if indicated. Includes intensive care.*

Additional Orders: _____

C **ANTIBIOTICS**

No antibiotics. Use other measures to relieve symptoms.

Determine use or limitation of antibiotics when infection occurs.

Use antibiotics if life can be prolonged.

Additional Orders: _____

D **ARTIFICIALLY ADMINISTERED NUTRITION:** Always offer food by mouth if feasible.

No artificial nutrition by tube.

Defined trial period of artificial nutrition by tube.

Long-term artificial nutrition by tube.

Additional Orders: _____

E **REASON FOR ORDERS AND SIGNATURES**

Discussed with:

Patient

Parent of Minor

Health Care Representative

Court-Appointed Guardian

Other: _____

My signature below indicates these orders are consistent with the person's preferences, if known. See medical record for further documentation.

Print Physician/NP/PA Name and Phone Number ()

Physician/NP /PA Signature (mandatory) _____ Date _____

For forms for use in Pennsylvania, send email to: aging@upmc.edu, or call the University of Pittsburgh Institute on Aging at 1-866-430-8742

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

Signature of Person, Parent of Minor, or Guardian/Health Care Representative

Significant thought has been given to life-sustaining treatment. Preferences have been expressed to a physician and/or health care professional(s). This document reflects those treatment preferences.

(If signed by surrogate, preferences expressed must reflect patient's wishes as best understood by surrogate.)

Signature (optional)	Name (print)	Relationship (write "self" if patient)
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Contact Information

Surrogate (optional)	Relationship	Phone Number
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Health Care Professional Preparing Form (optional)	Preparer Title	Phone Number	Date Prepared
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PA's Supervising Physician	Phone Number
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Directions for Health Care Professionals

Completing POLST

Must be completed by a health care professional based on patient preferences and medical indications.

POLST must be signed by a physician/NP/PA to be valid. Verbal orders are acceptable with follow-up signature by physician/NP/PA in accordance with facility/community policy.

Use of original form is strongly encouraged. Photocopies and FAXes of signed POLST forms are legal and valid.

Using POLST

Any incomplete section of POLST implies full treatment for that section.

No defibrillator (including AEDs) should be used on a person 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 person, including someone with "Comfort Measures Only," should be transferred to a setting able to provide comfort (e.g., treatment of a hip fracture).

IV medication to enhance comfort may be appropriate for a person who has chosen "Comfort Measures Only."

Treatment of dehydration is a measure which prolongs life. A person who desires IV fluids should indicate "Limited Interventions" or "Full Treatment."

A person with capacity, or the surrogate of a person without capacity, can request alternative treatment.

Reviewing POLST

This POLST should be reviewed periodically and if:

- (1) The person is transferred from one care setting or care level to another, or
- (2) There is a substantial change in the person's health status, or
- (3) The person's treatment preferences change.

Draw line through sections A through E and write "VOID" in large letters if POLST is replaced or becomes invalid.

The Oregon POLST Task Force

The POLST program was developed by the Oregon POLST Task Force. POLST is housed at Oregon Health & Science University's Center for Ethics in Health Care. Others seeking permission to use the copyrighted form may contact the Center for Ethics in Health Care. Research on the POLST program is available online at <www.polst.org> or by contacting the Task Force at <polst@ohsu.edu>.

SEND FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED