National POLST Paradigm

Amy Vandenberghe, JD
Executive Director, National POLST Paradigm
Standard of Care

Advance Directives
- Living Will
- Surrogate
- Health care Power of Attorney

Medical Orders
- DNR
- POLST
How An Advance Directive and POLST Form Work Together

All Adults

Complete an Advance Directive

Update Advance Directive Periodically

Diagnosed with Advanced Illness or Frailty (*at any age*)

Complete a POLST Form

Update POLST as Health Status Changes

Treatment Wishes Honored

Adapted with permission from California POLST Education Program © January 2010 Coalition for Compassionate Care of California
A

Check One

☐ Attempt Resuscitation/CPR
☐ Do Not Attempt Resuscitation/DNR

CARDIOPULMONARY RESUSCITATION

X

If patient is not in cardiopulmonary arrest, follow orders in B and C.

Unresponsive, pulseless, & not breathing.
**MEDICAL INTERVENTIONS:** *If patient has pulse and is breathing.*

- **Comfort Measures Only.** Provide treatments to relieve pain and suffering through the use of any medication by any route, positioning, wound care and other measures. Use oxygen, suction and manual treatment of airway obstruction as needed for comfort. **Patient prefers no transfer to hospital** for life-sustaining treatments. **Transfer** if comfort needs cannot be met in current location. **Treatment Plan:** Provide treatments for comfort through symptom management.

- **Limited Treatment.** In addition to care described in Comfort Treatment Only, use medical treatment, antibiotics, IV fluids and cardiac monitor as indicated. No intubation, advanced airway interventions, or mechanical ventilation. May consider less invasive airway support (e.g. CPAP, BiPAP). **Transfer to hospital if indicated.** Generally avoid the intensive care unit. **Treatment Plan:** Provide basic medical treatments.

- **Full Treatment.** In addition to care described in Comfort Treatment Only and Limited Treatment, use intubation, advanced airway interventions, and mechanical ventilation as indicated. **Transfer to hospital and/or intensive care unit if indicated.** **Treatment Plan:** All treatments including breathing machine. **Additional Orders:** ___________
Would I be surprised if this patient died within the next year?
CHANGING HEALTH STATUS

Full Treatment

Limited Treatment

Full Treatment

Comfort

Measures Only

VOID
Lee’s Story
Patient’s preferences recorded as medical orders on a POLST Form and how those orders match with death in the hospital

<table>
<thead>
<tr>
<th>% of Decedents dying in hospital</th>
<th>Comfort Measures Only (n=11,836)</th>
<th>Limited Treatment (n=4,787)</th>
<th>Full Treatment (n=1,153)</th>
<th>No POLST in Registry (n=40,098)</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.4%</td>
<td>22.4%</td>
<td>44.2%</td>
<td>34.2%</td>
<td></td>
</tr>
</tbody>
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JAGS: Fromme et al 2014 62: 1246-1251
Patient’s preferences recorded as medical orders on a POLST Form and how those orders match with death in the hospital.

<table>
<thead>
<tr>
<th>Type of Treatment</th>
<th>% of Decedents Dying in Hospital</th>
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<tr>
<td>Comfort Measures Only (n=11,836)</td>
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<th>Requirement</th>
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<td>Complete Measures Only (n=836)</td>
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2012/2013 Patient Preferences Recorded as Medical Orders on OR POLST or WV POST Forms and Location of Patient Death

2012/2013 Patient Preferences Recorded as Medical Orders on OR POLST or WV POST Forms and Location of Patient Death

2012/2013 Patient Preferences Recorded as Medical Orders on OR POLST or WV POST Forms and Location of Patient Death

Flow of Emergency Care
Standard of Care
FLOW OF EMERGENCY CARE
POLST FORM
THINGS TO REMEMBER

- POLST is **VOLUNTARY**!
- POLST can be changed or revoked at **ANYTIME**
- POLST Forms are about **TREATMENT wishes**.
  - Comfort Measures are **ALWAYS** provided (treatments aren’t- patient wishes honored)
- POLST Forms are signed by health care professionals *after* a conversation
Don’t miss out!

Text PewNCSL to 95577 to receive SMS alerts during Summit regarding sessions, how to connect with Pew experts, and stats on the states.

Message and data rates may apply.

pewtrusts.org/NCSL