

POLST

physician orders for life-sustaining treatment paradigm

In This Issue:

FEATURED NEWS

FEATURED RESOURCE

FEATURED RESEARCH

NEWS

FROM THE EXECUTIVE DIRECTOR

Dear Friends,

On April 16th we will celebrate National Healthcare Decisions Day (NHDD). NHDD is an important day for the National POLST Paradigm because it emphasizes the fundamental importance of the conversation between health care professionals and patients and their loved ones in advance care planning.



Since the POLST Form is so visible it is important we all remember to emphasize that the National POLST Paradigm - and all our state POLST Programs - is also about the conversation necessary to complete the form. The POLST Form frames and documents the conversation. Together, the conversation and POLST Form allow patients and their health care professionals to share their understandings and to focus on patient treatment preferences and goals of care.

As we approach April 16th, join us in explaining POLST and correcting misunderstandings. Share social media posts, talk to stakeholders in your community, and make the conversation a centerpiece of your programs. The more we can help people understand the importance and value of the POLST Paradigm, the more effective our POLST Programs can be in ensuring that we honor patient wishes.

Best wishes,

Amy Vandenbroucke, JD

Executive Director

News

New Wisconsin - LaCrosse
POLST Representative

FEATURED NEWS

New National POLST Coordinator

Last month, the National POLST Office gained a new face. Faith

Nickijo Hager, VP of Mission and Values at Mayo Clinic Health System: Franciscan Healthcare, will be joining the NPPTF as the Representative from Wisconsin (La Crosse region). She was instrumental in the POLST implementation in 1997 in La Crosse and we look forward to her contributions on the NPPTF. Welcome Nickijo!

Connecticut MOLST Bill Supported by Public Health Committee

The Connecticut General Assembly is considering a new MOLST bill with the support of the disabilities community. SB413 has been favorably voted on by the Joint Committee on Public Health. It is now being evaluated by the General Assembly's research and fiscal offices.

To read the full text of the bill, [click here](#).

New Oregon POLST Video in Development

The Oregon POLST Task Force is starting to solicit feedback on its new just-in-time education about POLST - a 4.5 minute video explaining POLST in lay terms. Like the POLST in Action video Oregon created, this new video can be tailored to specific state programs for their use. Version 1 will be sent out in the coming weeks and we hope that you can provide comments and reactions. Look for an email from the National POLST Office with additional information this month!

Henion joined us as the National POLST Coordinator. A graduate of Smith College, Faith joins us after having worked in a variety of social service positions. She was previously a home visitor for teen parents, a referrals coordinator for homeless youth in Portland, and a case manager for homeless individuals living with HIV/AIDS. We are excited for Faith to bring her passion for service to the National POLST Paradigm and wish her a warm welcome.

Faith is taking over the position from Bill Pfunder. Many of you know Bill as the go-to person for questions about POLST, the NPPTF, and the National POLST Office. Over the years, his efforts have helped grow the National POLST Paradigm and guide many state POLST Programs. We thank Bill for his years of dedicated service and wish him the best.

Faith can be reached at henion@ohsu.edu or 503-494-4426.

FEATURED RESOURCE

NHDD Social Media Campaign

National Healthcare Decisions Day (NHDD) is only two weeks away. NHDD is a national day of awareness about advance care planning, and seeks to inspire and educate people about the importance of expressing and documenting their wishes. Since the mission of NHDD is so closely aligned with the National POLST Paradigm, we are launching a social media campaign around NHDD. Starting on April 10th, one week before NHDD, we will make daily posts educating about the POLST Paradigm and raising awareness for advance care planning. Follow us on Twitter at [@NationalPOLST](#) and like us (and our posts) on [Facebook](#).

We know that a number of POLST Programs, including **New York's MOLST** and **Louisiana's LaPOST** are planning NHDD campaigns, and we look forward to sharing their tweets and posts. If any other POLST Programs are planning campaigns, let us know! We want to do our part to publicize your great work.

FEATURED RESEARCH

Advance Directives Completion Survey

A recent article in the **American Journal of Preventive Medicine** reports on the factors associated with completion of advance directives. The authors utilized data from the 2009 and 2010 HealthStyles Survey, which included five questions about the end of life.

They analyzed responses from 7946 respondents, of whom 26% had advance directives. The investigators found that individuals younger than 55 were twice as likely than older people to not have an advance directive (68% vs. 32%). Caucasian respondents were much more likely to have an advance directive than Black or Hispanic respondents (31% vs. 17% vs. 17%). Furthermore, college-educated respondents were significantly more likely to have advance directives than those without a college degree.

Through multivariate analysis, the authors found that access to health care, a chronic health condition, age, income and education are all associated with the completion of advance directives when controlling for other factors.

The study demonstrates that there are significant structural factors linked to advance directive completion, and indicates the need to develop specific interventions for younger, non-white, and non-

college educated individuals.

To access the full article, click the citation below:

**Rao, JK, LA Anderson, FC Lin, and JP Laux (2014).
"Completion of Advance Directives Among US
Consumers." American Journal of Preventive Medicine
46(1):65-70.**

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