

# National POLST Paradigm

## Forum Topic of the Month

Help us compile a list of [State Resolutions in support of POLST!](#)

Please share on the forum (or by emailing us at [info@polst.org](mailto:info@polst.org) if you don't have forum access).



*About the Forum:* The National POLST Forum is a great way to discuss any POLST topic anytime with colleagues locally or across the nation. It is a closed online discussion board for POLST advocates and health care professionals participating in their state POLST Program (it is **not** a patient or caregiver forum). To request access, please email us at [info@polst.org](mailto:info@polst.org), giving us your full name, title/organization and state in which you practice.

## Featured News



**The National POLST Paradigm releases *The POLST Care Continuum Toolkit!***  
*Using the POLST Paradigm to Honor Patient Treatment Wishes Across the Care Continuum*, or the *Care Continuum Toolkit*, produced by the National POLST Paradigm in 2017, is a manual providing guidance on how to implement POLST at health care facilities. A general overview is provided, relevant to all care settings, and five care settings have specific chapters devoted to them—Primary Care, Inpatient Hospital, Trauma (Emergency Medical Services), Nursing Home, and Hospice settings. Many thanks to [The Pew Charitable Trusts](#) for their support in producing this project. [View The Pew Charitable Trusts announcement of this toolkit.](#) [Read more.](#) [Download Care Continuum Toolkit PDF \(1 MB\).](#)

## Featured Resource



**Arizona Geriatrics Society Journal issue dedicated to End of Life theme.**  
 The most recent edition of the [Arizona Geriatrics Society Journal](#) is a *Special Issue* devoted to *End-of-Life and Palliative Care*, and includes two articles specific to the POLST Paradigm. [One article about the POLST Paradigm is by Amy Vandenbroucke, JD](#), Executive Director of the National POLST Paradigm, and the other is about [AzMOST, Arizona's POLST Paradigm Program, by Emmalee Kennedy, MD.](#) [View special issue web page](#) (with freely viewable PDFs).

## Featured Research



**West Virginia examines POLST orders resulting from NPs vs. physicians.**  
 "Nurse practitioners' completion of POST forms in West Virginia," by Lori Anne Constantine DNP, Toni Dichiacchio, DNP, Evan Falkenstine, and Alvin Moss, MD, was published in the *Journal of the American Association of Nurse Practitioners*. Key findings: "Nurse practitioner-completed POST forms were more likely to order do not resuscitate and comfort measures than POST forms ordered by physicians and to be without errors." [Read more.](#) [View article online \(limited access\).](#)

## National POLST Paradigm News in Brief

**Congratulations to North Dakota** on becoming our newest endorsed state! The North Dakota POLST (Physicians Orders for Life-Sustaining Treatment) Paradigm Program also released a new 2018 POLST Form. Great work, North Dakota! [View new North Dakota POLST Form.](#) [View North Dakota POLST website.](#)

**Watch: Webinar on Patient vs. Surrogate Preferences on the Massachusetts MOLST.** On January 25, 2018, the National POLST Paradigm hosted a webinar featuring Elizabeth Chen,

PhD, MBA, MPH, who discussed results from the analysis of ~300 MOLST (Medical Orders for Life-Sustaining Treatment, Massachusetts's version of POLST) Forms, including the specific order sets resulting when signed by a physician vs. NP/PA and when discussed with a patient vs. surrogate. Of note, in many cases Dr. Chen had insight as to why patients/surrogates made specific choices, based on her personal interactions with patients. [View on YouTube](#) (43 min. including questions). [View all POLST webinars](#).

**Working With POLST – For Professionals online course** available through the CSU Institute for Palliative Care. This 3-hour, online, self-paced course is designed to help healthcare professionals understand the role and value of POLST, and how to employ it in documenting and honoring patient wishes. [Register](#).

**Oregon has a new 2018 POLST Form.** Oregon released a new version of their POLST Form on January 2, 2018. Changes include a new 3rd box for gender designation, inclusion of ND among the list of credentialed signers, layout changes, and an explicit requirement that at least one section (A, B or C) be completed for the form to be accepted into the Oregon POLST Registry. [View summary of changes](#).

**Watch and share! Conversation Project video, "Practice makes perfect"** makes a serious topic relatable — and even funny — while giving realistic suggestions on how to broach the topic of end of life with your loved ones. [Watch and share \(1 min\)](#).

**Sign up for Health and Aging Policy Fellows Program info sessions.** Open to professionals in all disciplines and at all career stages, The John A. Hartford Foundation *Health and Aging Policy Fellows Program* provides skills, content, and hands-on experience to be able to offer policy solutions to the health challenges of an increasingly aging population and the barriers to the health care system that serves them. [Read more](#). [Sign up for information sessions](#).

**Apply for the Leadership for Better Health programs.** Dedicated to building a Culture of Health, "increasing equity and combating the effects of racism and poverty"? Consider applying to the the Robert Wood Johnson Foundation's leadership development programs. Deadlines are in February and March for the four programs. [Learn more](#).

**New 2018 Dementia Care Practice Recommendations** were released by the [Alzheimer's Association](#). The recommendations are based on a comprehensive review of current evidence, best practice and expert opinion—and were developed to better define quality care across all care settings and throughout the disease course. [View the Alzheimer's Association 2018 Dementia Care Practice Recommendations](#).

**South Carolina Foundation approves grant \$1.8M grant for advance care planning.** The [Carolinas Center for Hospice and End of Life Care](#) has received a \$1,882,810 grant from the [BlueCross BlueShield of South Carolina Foundation](#) for the [South Carolina Coalition for the Care of the Seriously Ill \(CSI\)'s South Carolina Advance Care Planning Initiative](#). The grant will be used to improve the quality of and accessibility to advance care planning conversations through shared decision making, via awareness, education, collaboration and establishment of a statewide repository/directory of advance care planning documents. [View press release](#).

**The Power of Words: The Importance of Defining and Documenting Goals in Patient-Centered Care** is a free eBook from the California State University Palliative Care Institute. It will "guide you in how to discuss and document patients' treatment preferences and goals of care... communicating those goals to the rest of the health care team. Most of all, this eBook will empower you to help patients have a powerful and defining voice in their own care during the most vulnerable time in their lives." [View eBook \(PDF\)](#).



