

February 2015

# POLST

*physician orders for life-sustaining treatment paradigm*

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Dear Friends,

I am continually reminded of how extraordinary our POLST community is. This past week, I met with a number of POLST representatives at the National POLST In-Person Meeting in Newport Beach, California. It is so important for us to meet in person to share our accomplishments and insights from our respective POLST Programs. In 2016, I am pleased to announce that, thanks to funding from the **California HealthCare Foundation**, we will finally be able to host a larger National POLST Paradigm Conference in Chicago, in which more POLST Leaders will be able to participate (see sidebar). I look forward to this meeting and more opportunities to share our commitment to those with serious illness and frailty.



We also are working with a group of Masters in Health Administration students to develop a sustainability guide focused on business models for POLST Programs. These students have developed a survey to support their work which is now available for you to complete. Those at the Newport Beach meeting were able to complete this survey. If you weren't at the meeting, or didn't have time, I ask that you complete the survey [here](#) by February 15th. This group of students will be presenting their results and deliverable at our May webinar (see sidebar).

I am excited about the momentum these initiatives can give us in strengthening POLST Programs.

Best wishes,

Amy Vandenbroucke, JD  
Executive Director

## Our News

### Iowa IPOST Program Achieves Endorsement

The NPPTF Executive Committee has recognized the **Iowa IPOST Program** as the 17th Endorsed POLST Program in the country! Endorsed programs have developed a POLST Program and Form that meet NPPTF standards, and are working toward statewide implementation of POLST.

Congratulations to all those involved in the IPOST Program!

To learn more about POLST endorsement requirements, [click here](#).

### Save the Date: May POLST Webinar

On May 18th, from 12 pm - 1 pm Pacific Time, the National POLST Paradigm will host a webinar titled "Models for Creating, Developing, and Sustaining State POLST Programs." Save the date for this important webinar that will provide strategies to strengthen your POLST Program.

More information and registration details will be available on [POLST.org](http://POLST.org) in the coming months.

### Save the Date: 2016 National POLST Paradigm Conference

Save the date for the 2016 National POLST Paradigm Conference. It will be held on February 3-5, 2016 in Chicago, IL. The program will consist of a reception on February 3rd and conference activities on February 4th and 5th. More information, including hotel registration, will be provided to State POLST Program representatives in the coming months.

## FEATURED NEWS

### 2015 National POLST Paradigm In-Person Meeting

Representatives from 37 states participated in the 2015 National POLST Paradigm In-Person Meeting in Newport Beach, California on February 4th & 5th. We greatly appreciate representatives attending this event from the California HealthCare Foundation (which provided funding for this conference), the Archstone Foundation, the John A. Hartford Foundation, the Jewish Healthcare Foundation, and The Pew Charitable Trust. The enthusiasm of all our participants during breakout sessions and networking opportunities created fantastic chances to share knowledge and experience.

Susan Tolle and Richard Cohen were pleased to announce the success of Susan's fundraising challenge on Thursday morning. We raised a little over the \$22,500 needed for Susan to provide a \$30,000 match - thank you to all our donors for your generous support! Susan's \$30,000 is earmarked for National POLST Paradigm business strategy development - we will be sharing our work at the 2016 National POLST Paradigm Conference.

This meeting was limited to two leaders from each POLST Program, so we thank and appreciate all those who were able to attend - and especially thank our presenters for sharing such great content! Each session offered opportunities to reflect on issues common to POLST Programs and to exchange suggestions and ideas towards potential resolutions.

The enthusiasm for POLST just keeps growing and we look forward to the 2016 National POLST Paradigm Conference in Chicago (see sidebar).

## FEATURED ARTICLE

### Systematic Review of POLST Research

A recent article in the Journal of the American Geriatrics Society provides a systematic review of the state of POLST research. The study, whose authors include POLST leaders Susan Hickman, PhD and Bernard Hammes, PhD, identified 23 studies on POLST Programs. The authors found that most studies were based wholly or in part on data that was collected in Oregon, and that most studies utilized a chart review methodology. Furthermore, they found that POLST is frequently used by older, White adults and that POLST forms are often filled out by trained non-physician facilitators.

Although the researchers found substantial data that wishes recorded on a POLST Form were honored, they noted that there is little research on the relationship between patient wishes and the completion of POLST Forms. The authors argue that there is a need for further research into whether POLST Forms reflect patient preferences, as well as research on care outcomes and decision aids.

To read the full article, [click here](#):

Hickman, S, E Keevern, and B Hammes (2015). "Use of the Physician Orders for Life-Sustaining Treatment Program in the Clinical Setting: A Systematic Review of the Literature." *Journal of the American Geriatrics Society*, accessed on 2/1/2015 at <http://onlinelibrary.wiley.com/doi/10.1111/jgs.13248/abstract>.

## FEATURED RESOURCE

### Oregon's Understanding POLST Video in Spanish

The Oregon POLST Program has released a Spanish-language version of its "Understanding POLST" video. The video provides a clear, detailed overview of the Oregon POLST Program and Form using language that individuals without a health care background can understand.

Resources like this are important for ensuring that individuals whose primary language is not English have access to information about POLST and advance care planning. We encourage you to watch this video and make it available to Spanish-speaking individuals in your state.

To watch the video, [click here](#).

National POLST Paradigm  
info@polst.org  
503-494-9550  
www.polst.org

Honoring the wishes of those with serious illness and frailty

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National POLST Paradigm | 3181 SW Sam Jackson Park Road | UHN-86 | Portland | OR | 97239