

National POLST Paradigm

A farewell to Hanna!

[Hanna Nelson](#), MBI, who has served as our National POLST Paradigm Coordinator for over 3 years, is departing our office in order to accept a full-time position as a data analyst at the newly opened [Longs Peak Hospital at UCHealth in Longmont, Colorado](#). We will dearly miss her cheerful and calming presence and wish her the best in all her endeavors.



Happy New Year from the National POLST Paradigm!

What we accomplished in 2017!

- 17 POLST leaders/experts presented 9 different [webinars](#).
- 2 new Developing POLST Paradigm States joined: **Arkansas** and **Alabama** ([map](#)).
- 2 new Endorsed POLST Paradigm States emerged: **Indiana** and **New Hampshire** ([map](#)).
- Moved POLST Paradigm moved from Oregon to Washington DC (now part of [Tides](#)).

What we're looking forward to in 2018!

- More webinars, beginning with one on [January 25 featuring Massachusetts MOLST](#).
- Publication of the [POLST Care Continuum Toolkit](#) online, expected end of January.
- A POLST Technology Consensus Conference in October (limited attendance).
- New organization structure with more program participation at the national level.

Thank **you**, our supporters, for all that you do to make the National POLST Paradigm grow so that *the wishes of those seriously ill and frail will be honored*.

Forum Topic of the Month

Did you know we have a [Conferences category](#) on the Forum?

Use this area of the forum to network with colleagues at AAHPM, SWHPN, etc.



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, giving us your full name, title/organization and state in which you practice.

Featured News



Karl Steinberg op-ed, "No DNR Tattoo for Me, Thanks."

National POLST Advisor Karl Steinberg, MD, wrote a column in [Caring for the Ages](#) (a publication of AMDA - The Society for Post-Acute and Long-Term Care Medicine). "No DNR Tattoo for Me, Thanks," is a reflective follow-up to the [New England Journal of Medicine article about a case study of an unconscious patient with a DNR tattoo](#) which was widely circulated in the media. Dr. Steinberg discusses the public reaction and his own opinion of the article, and alternative approaches to clarifying one's end-of-life care wishes. [View article \(PDF\)](#).

Featured Resource



Webinar 1/25: Discussing Patient & Surrogate Preferences on MOLST Forms.

On January 25, 2018, at 1 pm ET (noon CT / 11 am MT / 10 PT / 8 HT), the National POLST Paradigm will host a webinar by Elizabeth Chen, PhD, MBA,



MPH, who will discuss Patient and Surrogate Preferences on the Massachusetts MOLST (Medical Orders for Life-Sustaining Treatment) Form, Massachusetts's version of POLST. [Register now.](#)

Featured Research



POLST orders resulted in goal-concordant care in 99% of cases in study.

"The Progression of End-of-Life Wishes and Concordance with End-of-Life Care," authored by Jennifer Hopping-Winn, LCSW, *et al.*, was published in the *Journal of Palliative Medicine*. Using in-depth chart reviews from patients who had participated in the Kaiser Permanente Northern California advance care planning program, the study found that 290 out of 293 (99%) patients were found to have received goal-concordant care if a POLST was completed up to 12 months before they died. [Read more.](#) [View article \(limited access\).](#)

National POLST Paradigm News in Brief

Watch: Webinar on West Virginia e-Directive Registry. On December 7, 2017, the National POLST Paradigm hosted a webinar featuring Alvin ("Woody") Moss, MD, Evan Falkenstine, and Courtney Dunithan, MSW, LGSW, who discussed the [West Virginia e-Directive Registry](#). [View on YouTube](#) (60 min. including questions). [View POLST webinars web page.](#)

Nurse Practitioners can now execute POLST in New York. On November 29th, 2017, Governor Cuomo signed [S.1869 \(Hannon\)/A.7277 \(Gottfried\)](#), legislation enabling nurse practitioners to execute POLST, called MOLST (Medical Orders for Life-Sustaining Treatment) in New York. The new law will go into effect in May 28, 2018.

C-TAC will hold a webinar briefing on [Serious Illness in Late Life: The Public's Views and Experiences](#), a November 2017 report compiled by the Kaiser Family Foundation. Webinar participants will receive an overview of the report and will have the opportunity to engage with presenters and ask questions. [Learn more and register.](#)

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 \(1 min\).](#)

Apply for 2018 Sojourns Scholar Leadership Program - Expanded eligibility! Previously more limited in its eligibility criteria for applicants, the Cambia Health Foundation has just announced that the 2018 Program is now open to physicians, nurses, social workers, physician assistants, chaplains, psychologists, pharmacists and other emerging health system leaders. Letter of Intent due February 1, 2018. [Read more.](#)

Health and Aging Policy Fellows Program information sessions begin soon. 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.](#)

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 \(PDF\).](#)

California POLST *Train the Trainer* Live Training in February 2018. This POLST course is well-regarded nationally, attended by health care professionals from many states each year. Appropriate for physicians, physician assistants, nurses, LCSWs, LMFTs, nursing home administrators, chaplains and other healthcare providers working with the seriously ill and those nearing the end of life. [More info.](#) [Register here.](#)

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](#).



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