

# National POLST Paradigm

## Forum Topic of the Month

### Have you used our new Quality Indicator (QI) Tools? Let us know!

Are our [new QI tools](#) valuable and, if not, what would be helpful for your program to conduct Quality Assurance activities? Do you have other suggestions? [Please discuss on our Forum thread.](#)



*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



### Physicians' Views on Advance Care Planning and End-of-Life Care Conversations

A report by Terry Fulmer, PhD; Marcus Escobedo, MPA; Amy Berman, RN; Mary Jane Koren, MD; Sandra Hernández, MD; and Angela Hult, BA was published in the *Journal of the American Geriatrics Society*. "Physicians' Views on Advance Care Planning and End-of-Life Care Conversations" describes and interprets a 2016 survey of physicians revealing that, among other conclusions, 99% of physicians surveyed agreed it is important to converse with patients about advance care planning, yet only 29% reported having formal training in this area. [View online](#) (limited access).

## Featured Resource



### Updated: Professional Guidance for the Intended POLST Population

The National POLST Paradigm guidelines approved last November for health care professionals in identifying for whom POLST is appropriate. They state: "The POLST decision-making process and resulting medical orders are intended for patients who are considered to be at risk for a life-threatening clinical event because they have a serious life-limiting medical condition, which may include advanced frailty." Updates to this guidance include improved clarification of examples (thank you to everyone who provided feedback!). [View PDF](#) or visit the [National POLST Policies web page](#).

## Featured Research



### "The POLST Paradox: Opportunities and Challenges in the Emergency Department"

Jean Abbott, MD, MH, published a review article in the *Annals of Emergency Medicine* reviewing the current status of POLST Programs across the U.S. and the aspects of POLST that are important to Emergency Medical Staff (EMS) and in the Emergency Department. Noted in the paper: Significant proportions of patients use POLST to confirm wishes to have CPR (citing data on Oregon, California, Maryland, and West Virginia populations); and most patients that indicate "no CPR" still want intermediate treatments. Other statistics and approaches specific to emergency medicine are discussed. [View online](#) (limited access).

## National POLST Paradigm News in Brief

### POLST News

**District of Columbia MOST officially receives Developing Program status** from the National POLST Paradigm on January 8, 2019. Congratulations, DC! View [POLST Map web page](#) or [download POLST Program Status](#) (PDF) with info about all U.S. POLST Programs.

**In case you missed it, the POLST Founders Story** was added to the National POLST Paradigm website in

December. Did you ever want to know more about how the POLST Paradigm got started or its original pioneers? [Read the POLST Founders Story.](#)

### Advocacy and Support

**National POLST joins dozens supporting Alternative Payment Model in sending letter to CMS/CMMI.** Led by the American Academy of Hospice and Palliative Medicine (AAHPM) and The Coalition to Transform Advance Care (C-TAC), the National POLST Paradigm and dozens of other organizations co-signed a letter sent to the Center for Medicaid and Medicare (CMS) and The Center for Medicare & Medicaid Innovation (CMMI) regarding the Development and Implementation of a Serious Illness Alternative Payment Model. The letter urges their leadership consider the recommendations specified in the letter, reiterating an offer to help inform model development and provide technical assistance. [View the letter \(PDF\).](#) View [POLST Letters/Advocacy web page.](#)

**American Academy of Family Physicians (AAFP) supports POLST.** National POLST was recently informed that an [official policy published by the AAFP supports POLST.](#) How about others? The National POLST Paradigm is supported by many organizations but in many cases we are not necessarily informed, but we would love to be. Please let us know of others we can add to our [POLST Supporters list!](#) (If you are thinking of submitting a resolution for support of POLST to your professional organization, please [contact us!](#))

### Leadership Opportunities

**Apply for Sojourns Scholar Leadership Program** - The [Cambia Health Foundation](#) has opened the Sojourns® Scholar Leadership Program application cycle for 2019. Individuals from around the country including physicians, nurses, social workers, physician assistants, chaplains, psychologists, pharmacists and other health system leaders are encouraged to apply for this program, which is designed to identify, cultivate and advance the next generation of palliative care leaders. Letter of Intent due February 28, 2019. [Read more.](#)

**Health and Aging Policy Fellows Program** information sessions begin soon. Open to professionals in all disciplines and at all career stages, the [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. [See how to apply.](#) [View information sessions.](#)

