

National POLST Paradigm

Forum Topic of the Month

Nutrition on the POLST form: 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, giving us your full name, title/organization and state in which you practice.



Featured News



New GAO Report addresses POLST in the context of Advance Care Planning.

In February 2019, the United States Government Accountability Office published a report, *Advance Care Planning: Selected States' Efforts to Educate and Address Challenges*. Advance care planning documents, particularly Advance Directives and POLST, are described in detail, as well as the ability to complete, store, and access these documents. California, Idaho, Oregon and West Virginia were the four states more closely examined. [Learn more](#).

Featured Resource



Legislative Guide, created in 2014, will be revised—give us your input!

The National POLST Plenary Assembly State Public Policy committee will be revising the National POLST Legislative Guide this year.

- Download the [2014 Legislative Guide \(PDF\)](#).
- Read more about [POLST Leadership](#) (including the Plenary Assembly).

If you have any suggestions for updates to the Legislative Guide, email us at admin@polst.org.

Featured Research



Journal of Palliative Medicine: Variation in POLST across the Nation: Environmental Scan.

A. Tark, M. Agarwal, A.W. Dick, and P.W. Stone published an article, "Variations in Physician Orders for Life-Sustaining Treatment Program across the Nation: Environmental Scan" in the *Journal of Palliative Medicine*. After identifying variations among state forms, the study authors suggest that a "standardized national tool" would help ensure that if patients transfer across states, POLST documentation would be easy to find and follow in order to respect patient wishes. **Good news: we are already working on this!** Study authors did not find variations among forms to be correlated to how long the program had been established or its status as developing, endorsed, or mature. [Read more](#) or [view article online](#) (limited access).

National POLST Paradigm News in Brief

POLST News

Aaron Fanta welcomed as newest National POLST Advisor. Aaron Fanta, longtime Epic and HIE consultant, recently accepted the role of National POLST Technology Advisor. [View POLST Governance web page](#).

All Plenary Assembly Members, Alternates, Advisors and Leadership Council members should have received invitations for monthly calls for updates about what is going on nationally and an opportunity for all programs to ask questions and provide suggestions or comments. If (1) haven't received these invitations or (2) have any suggestions for updates to the Legislative Guide, please email us at admin@polst.org.

The Oregon POLST Registry released its 2018 Annual Report. You may find it in our [Resource Library](#). Visit the [Oregon POLST Registry](#) website.

Advance Care Planning Advocacy and Support

Join the Age-Friendly Health Systems movement! [The John A. Hartford Foundation](#) is launching The [Institute for Healthcare Improvement](#) (IHI) [Age-Friendly Health Systems Action Community](#) starting April 1. To learn more or to register (free) go to: www.ihf.org/agefriendly.

NHDD, or National Healthcare Decisions Day is April 16th each year. No coincidence it is the day after taxes are due, a nod to the saying attributed to Ben Franklin, "nothing is certain but death and taxes." NHDD promotes and celebrates advance care planning. [Learn more](#) and get and share ideas for NHDD with your colleagues [in the forum](#).

Advance Care Planning video. We've posted to YouTube a very brief, upbeat video explaining and encouraging advance care planning. Moreover it covers the basic steps to follow. Check it out on [YouTube](#) where it is the latest addition to the [National POLST channel](#). Many thanks to [Optum Care](#) for producing and sharing with us!

Upcoming Conferences and Meetings

Plenary Assembly Meeting May 13 to 14 in Austin, Texas. If you are a state plenary assembly representative or alternate, an advisor, or Leadership Council member, save the date and see you there!

Register for the Post-Acute Care Conference, April 27 to 28. Help develop and advance a research and policy agenda that invigorates change for Post-Acute Care by engaging diverse stakeholders representing PAC research, policy and industry. [Learn more and register now](#).

Leadership Opportunities

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](#).

