

# National POLST Paradigm

## Artificial Nutrition Belongs on POLST Forms

August 14, 2019 – The National POLST Paradigm is pleased to share its position that artificial nutrition should be on POLST forms.

The National POLST Paradigm believes changes to POLST forms should be based on robust data. At the May 2019 meeting of the National POLST Paradigm Plenary Assembly, leaders from participating state POLST programs discussed Oregon's decision to remove feeding tubes from the Oregon POLST form. After a review of the evidence, discussion of clinical implications, and reflection on the philosophical foundations of POLST, the Plenary Assembly voted to keep artificial nutrition on POLST forms. Representatives from 40 states voted that artificial nutrition belongs on the POLST form, three programs abstained, and none opposed. National POLST leadership, represented by 43 states, stands overwhelmingly in favor of keeping artificial nutrition on the POLST form, based on thoughtful discussion and the current data available.

In its response to the Oregon POLST Program's letter to the Journal of the American Geriatric Society, the National POLST Paradigm expressed concern that data Oregon presented did not support their decision to remove the artificial nutrition section. Further, in removing the section, the National POLST Paradigm is concerned that the critical discussions about artificial nutrition would be less likely to occur and any patient decisions or preferences about artificial nutrition would not be documented or available.

### About the POLST Paradigm

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The POLST Paradigm is a voluntary approach to advance care planning that emphasizes eliciting, documenting and honoring the treatment preferences of seriously ill or frail individuals using a portable medical order called a POLST form. If a seriously ill or frail patient wants to use a POLST form, his/her health care professional will complete it after talking with the patient about his/her diagnosis, prognosis, treatment options, and goals of care. For more information, visit [www.polst.org](http://www.polst.org)

### About the National POLST Paradigm

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The National POLST Paradigm educates on the ideals of a POLST Program and works like a collective impact, where all participants share a vision for the change and work to build consensus on strategies to support that vision. The national office serves as the backbone of the initiative, coordinating guidance, research, education, policy and quality assurance for all POLST Programs to follow. All POLST Programs are invited to participate in national leadership; 43 states currently participate. For more information, visit [www.polst.org/leadership](http://www.polst.org/leadership)

### Related Links

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JAGS Letter: <https://onlinelibrary.wiley.com/doi/full/10.1111/jgs.16091>

Announcement of Change in Relationship with Oregon POLST Coalition: <https://polst.org/wp-content/uploads/2018/05/2018.05-OR-Press-Release.pdf>

### Press Contact

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