

# National POLST

## Forum Topic of the Month

**Third party payors/insurers as partners with state POLST coalitions?** Third party payors/insurers can influence the adoption of serious illness conversations and use of POLST. Could we share examples of partnerships between POLST programs and insurers, and the strategies around the development of those partnerships? [Please discuss](#) in our forum thread.

**About the Forum:** This is not a patient or caregiver forum. The National POLST Forum is a closed online discussion board for POLST advocates and health care professionals participating in their state POLST Program (active programs only). To request access, email [info@polst.org](mailto:info@polst.org), giving us your full name, title/organization and state in which you practice.

## Featured News



### Maine is second state to officially adopt the National POLST Form

"Maine POLST Coalition adopts the National POLST form as a way to ensure data collection consistency." [Read their announcement](#). Maine follows Arizona's lead in adopting the national POLST form. Learn more about [Arizona POLST](#), and about [Maine POLST](#). There are many ways to learn more about the new form: our [web page](#), [guide for professionals](#) (a 38-page PDF), [forum thread](#), [reach out to Amy](#), or [review our webinar](#).

## Featured Resources



### Annual Update of POLST Resources.

Thank you to all the programs that participated in our annual review! We've updated the following: [Map web page](#) (click on your state), [POLST Designations PDF](#), [State POLST Registries PDF](#), [POLST Use by State PDF](#), [State Laws and Regulations PDF \(single sheet version\)](#), [Signature Requirements PDF](#).

## Featured Research



### POLST and ICU Admission among Patients Hospitalized near the End of Life

In JAMA, Lee et al. published a retrospective study on decedents who had an existing POLST and died within 6 months of ICU admission. Overall, POLST orders for limited treatment or comfort care were associated with significantly lower rates of ICU admission compared to POLST orders for full treatment. 38% of patients (with limited or comfort only orders) received intensive care that was potentially POLST-discordant, but many study limitations were noted. [Read more](#). [View article online](#) (limited access).

## New Briefs

### National POLST News

#### National POLST at conferences in 2020

(1) [Annual Assembly of Hospice and Palliative Care](#) (March 18-21). National POLST is represented by Judy Thomas and Amy Vandenbroucke, will be staffing a table in the Exhibit Hall. Please find them at Booth #330!

(2) [AMDAs Annual Conference](#) (April 2, 2020). Judy Henning and Amy Vandenbroucke will present "Conversations: The Core Elements of the POLST Paradigm and all Advance Care Planning" on April 4 at 4-5:30 pm.

**CANCELED**

**New Jersey law mandates POLST education.** Assisted living communities, memory care communities, nursing homes and hospitals treating older adults will be required to educate both their staff, annually, and residents/patients about POLST, as well as implement policies addressing end of life issues at the time of admission. [Read press release.](#)

**Congratulations to Respecting Choices,** a leader in Advance Care Planning that teaches about POLST in their Advanced Steps educational program! [Respecting Choices](#) became the first advance care planning program to be approved as an evidence-based program by the [Administration for Community Living](#) (ACL).

### Leadership Opportunities

**Apply for Health and Aging Policy Fellows Program.** 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.](#) *Remaining information sessions:* March 11, 2020 from 4 to 5 pm; and April 3, 2020 from noon to 1 pm. RSVP to [hapfell@nyspi.columbia.edu](mailto:hapfell@nyspi.columbia.edu). Application deadline April 15, 2020.

### Continuing Education

**The Center to Advance Palliative Care is offering two free online courses to all clinicians:** *An In-Depth Look At Palliative Care And Its Services* and *Supporting the Caregivers of People Living with Dementia*. [Learn more.](#)

### New media! Watch the trailer for new short film

**Caregiver: A Love Story** is a documentary by **Jessica Zitter** that explores the rising public health crisis of family caregiver burden. [View the trailer](#) on Kickstarter.

Is this newsletter helpful? We want it to be! [Email us to let us know](#) if you have any ideas on what else we could include to make it even more useful and informative to you.

