

New POLST Video Promoting POLST

September 2020—A new [video](#) released by Goals of Care Coalition of New Jersey includes charismatic and candid promotion of advance care planning and specifically mentions POLST. We are delighted Danny DeVito and Michael Douglas were interested in raising awareness about POLST.

While Danny and Michael are likely too healthy to have a POLST form, we want to clarify who might benefit from talking with their provider and having a POLST:

- POLST is appropriate for those with **advanced frailty**, a combination of advanced chronic disease and/or advanced age with significant weight loss and functional decline.
- POLST is appropriate for those with a serious illness.

POLST encourages conversations between patients and their providers about what matters to patients, as well as the patient's diagnosis, prognosis and treatment options. Together the patient and provider make decisions regarding cardiopulmonary resuscitation (CPR), the placement of feeding tubes, being sent to intensive care unit (ICU), and other relevant treatments. The patient's decisions are then recorded on a portable medical order, called a POLST form. Nationally, POLST is not an acronym ([but it used to be](#)).

About POLST

POLST is an approach to advance care planning 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. The POLST process emphasizes eliciting, documenting and honoring patients' preferences about the treatments they want to receive during a medical emergency or as they decline in health. At the end of the process, a health care professional may document these treatment preferences in a portable medical order called a POLST form. POLST forms must be completed by health care professionals and signed by a physician, advanced practice registered nurse or physician assistant in line with their scope of practice and state law.

About National POLST

POLST is a national movement implemented at the state level. The vision of National POLST is for states to adopt national standards, resulting in greater consistency of process, improved patient care and greater patient control and direction over medical treatment. Through National POLST the POLST Programs create policies, guidance and materials supporting 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; 44 states currently participate. For more information, visit <https://polst.org/leadership>

Related Links

<https://polst.org/guidance-appropriate-patients-pdf>

<https://polst.org/state-signature-requirements-pdf>

<https://polst.org/nj-video>

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