

National POLST

Forum Topics of the Month

Reminder to Plenary Assembly Members: Please review our draft policies!

POLST Leaders, please prepare for our Plenary Assembly meeting on January 28th by reviewing the [proposed policies and guidance](#).

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, giving us your full name, title/organization and state in which you practice.

Join our 21-Day Racial Equity Habit-Building Challenge!

Last year National POLST approved a [Statement Against Racial Injustice](#). In it, we committed to “urge everyone to delve into education and advocacy to help us each better identify, understand and correct the perpetuation of discrimination.”

We are starting 2021 honoring this commitment. The Leadership Council Officers, Plenary Assembly Executive Committee Members, Amy and Charissa invite you all to join them in completing a [21 Day Racial Equity Habit-Building Challenge](#) conceived by [Eddie Moore, Jr.](#), and promoted by the Council of the American Bar Association of Labor & Employment Law.

We encourage you to share this challenge with your POLST Program leaders and everyone in your community and post your learnings to [@21DayREHBC on Facebook](#).

Featured News



Register now! Webinar: Experiences in Re-Housing POLST Programs

On February 11, join leaders from Georgia, Idaho and North Carolina as they share their experiences in re-housing their POLST programs. This is an informal presentation in which we will provide plenty of time for participant questions. Speakers include: Richard Cohen and Paula Sanders (GA), Rick Bassett (ID) and Linda Darden (NC). [Register now!](#)

Featured Resource



Watch: How We Adopted and Are Using the National POLST Form

On Wednesday, December 9, leaders from three states—Arizona, Maine, and New Hampshire—discussed how they adopted the National POLST Form, what it took and lessons learned. [View webinar](#) (YouTube). See our [webinars web page](#). Many other states are considering adopting the form; [view map](#) (PDF).

Featured Research



Evaluation of a Toolkit to Improve Dementia Advance Care Planning (ACP)

Kistler, Beeber, Winzelberg, Gabriel, Wretman, and Hanson authored a research study in *Journal of Palliative Medicine*. Using video-based modules, 51 clinicians in North Carolina were trained in advance care planning skills specifically for dementia patients at early, moderate, late and advanced stages of dementia. POLST training was included for late-stage dementia patients. Participants reported increased confidence in ACP communication and documentation of ACP improved. [View online](#) (limited access).

Featured Research



EMS Online Medical Direction in Emergency End-of-Life Decision-Making

Waldrop, Waldrop, McGinley, Crowley and Clemency authored a study in *Prehospital Emergency Care*. Data were based on participants' perspectives on how the presence or absence of a DNR or POLST influenced decision-making about and treatment given on scene when a patient was near death. The authors urge investment in ePOLST to make POLST orders more universally accessible. Online Medical Direction (guidance from a supervising physician) was considered invaluable. [View online](#) (limited access).

News in Brief

Reminder to All POLST Program Leaders

Attention, POLST Programs: It's Annual Review Time! Did you notice our annual review email? In it, we ask POLST Programs to confirm that the information we have on our website is accurate. A second reminder will be emailed in a few days. Please get us your updates by the end of January!

POLST Webinar recordings

Watch: POLST Legislative Challenges. On November 18, Arizona POLST leaders Sandy Severson and Vicki Buchda presented a webinar, *Avoiding conflicts between Advance Directives and POLST Forms*. [Watch the recording](#) (YouTube). View [all POLST webinars](#).

NASEM Workshops on Advance Care Planning. This 2-part workshop, developed by the National Academies of Science, Engineering, and Medicine, was a follow-up to the Institute of Medicine report *Dying in America*. POLST Leaders Pat Bomba, Susan Hickman, Hillary Lum, and others served as moderators and panelists. [Learn more about the first](#) and [second webinars](#). Watch the [first](#) and [second](#) webinars (via YouTube, each about 2 hr 30 min).

Advocacy

Can We Talk? Getting Real About the End of Life. Presented by Katy Butler, author of *The Art of Dying Well* and *Knocking on Heaven's Door*, this program is available online. She discusses "step by step preparations — practical, communal, physical, and spiritual — all designed to help you make the most of your remaining time, be it months, years, or decades." [View the video](#). We also want to thank Katy for her thoughtful explanation of POLST! [View Katy discussing POLST](#) within the webinar.

Conversations on COVID-19: Impacts on Communities of Color. This series of short videos from National Academies of Science, Engineering and Medicine (NASEM) features pairs of health care leaders as they discuss aspects of health disparities on COVID-19 outcomes. Finding from the NASEM in-depth report on Social Determinants of Health are also referenced and provided online. [View the videos to learn more](#).

Other Webinars and Meetings

Ongoing—Free Virtual Office Hours on Communications Coaching and more The Center to Advance Palliative Care (CAPC) continues to offer office hours during the COVID-19 pandemic. Free and open to all, many are focused on communications coaching, examining real case scenarios. Others deal with a broad range of topics such as resiliency, pediatric palliative care, telehealth, and moral distress in the time of COVID-19. [Learn more and register](#).



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