

Description of POLST (97 words):

“POLST” is a portable medical order designed to support patients who are seriously ill or frail by serving as an immediately available and recognizable medical order that helps communicate what treatments the patient wants if they are unable to speak for themselves during a medical emergency. The order set is completed and signed by a health care professional after talking with the patient or their surrogate about the patient’s goals of care, diagnosis, prognosis and discussing potential treatment options. POLST should always be voluntary; it can be easily voided or updated as the patient’s medical condition changes.

Description of National POLST (77 words, excluding hyperlink):

POLST is a national movement implemented at the state level. Together, National POLST and state programs seek to improve patient care and greater patient control and direction over their medical treatment by creating policies, guidance and education materials supporting appropriate and consistent use of the POLST process and form. National POLST is the non-profit organization that coordinates the creation of these materials and supports state POLST implementation. All POLST Programs are invited to participate in national leadership. ([Map of participating programs](#))