

**\*\*\*NOTICE\*\*\***

**This is the National POLST Model Form and can only be used in states that have adopted it. Check with your POLST Program ([www.polst.org/map](http://www.polst.org/map)) to determine if your state uses this version.**

**National POLST Model Form**

The National POLST Model Form is a portable medical order. Health care professionals should complete this form only after a conversation with their patient or the patient's surrogate (a substitute health-care decision-maker for a patient who lacks decision-making capacity. The name for this person varies by state but includes health care agent, patient representative, proxy, etc. The term "surrogate" is used for consistency in this document). The POLST decision-making process is for patients who are at risk for a life-threatening clinical event because they have a serious life-limiting medical condition, which may include advanced frailty ([www.polst.org/guidance-appropriate-patients-pdf](http://www.polst.org/guidance-appropriate-patients-pdf)).

This form should be obtained from a health care provider.

It should not be provided to patients or their surrogates to complete.

**Printing the National POLST Model Form**

1. Do not alter this form.
2. This national model form must be adopted by the state before it can be completed in that state as a valid POLST form. Find your POLST Program contact at [www.polst.org/map](http://www.polst.org/map) – this is because some states have added information on page 2, have added a border, or have requirements about the color of the form.
3. Print BOTH pages as a double-sided form on a single sheet of paper.

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**National POLST Model Form: A Portable Medical Order**

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Health care providers should complete this form only after a conversation with their patient or the patient's authorized surrogate. The POLST decision-making process is for patients who are at risk for a life-threatening clinical event because they have a serious life-limiting medical condition, which may include advanced frailty ([www.polst.org/guidance-appropriate-patients-pdf](http://www.polst.org/guidance-appropriate-patients-pdf)).

<b>Patient Information</b>		<b>Having a POLST form is always voluntary.</b>	
<b>This is a medical order, not an advance directive. For information about POLST and to understand this document, visit: <a href="http://www.polst.org/form">www.polst.org/form</a></b>		Patient First Name: _____ Middle Name/Initial: _____ Preferred name: _____ Last Name: Suffix (Jr, Sr, etc): _____ DOB (mm/dd/yyyy):    /    /    State where form was completed: _____ Gender: <input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> X    Social Security Number's last 4 digits (optional): xxx-xx-_____	

**A. CARDIOPULMONARY RESUSCITATION ORDERS.** Follow these orders if patient has no pulse and is not breathing.

<b>Pick 1</b>	<input type="checkbox"/> <b>YES CPR:</b> Attempt Resuscitation, including mechanical ventilation, defibrillation and chest compressions. (Requires choosing Full Treatments in Section B)	<input type="checkbox"/> <b>NO CPR:</b> Do Not Attempt Resuscitation. (May choose any option in Section B)
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**B. INITIAL TREATMENT ORDERS.** Follow these orders if patient has a pulse and/or is breathing.

Reassess and discuss interventions with patient or their surrogate regularly to ensure treatments are meeting patient's care goals. Consider a time-limited trial of interventions based on goals and specific outcomes.

<b>Pick 1</b>	<input type="checkbox"/> <b>FULL TREATMENTS</b> (required if choose YES CPR in Section A). <u>Goal: Attempt to sustain life by all medically effective means.</u> Provide appropriate medical and surgical treatments as indicated to attempt to prolong life, including intensive care.
	<input type="checkbox"/> <b>SELECTIVE TREATMENTS.</b> <u>Goal: Attempt to restore function while avoiding intensive care if possible (e.g., ventilator, defibrillation).</u> May use non-invasive positive airway pressure, antibiotics and IV fluids as indicated. Transfer to hospital if treatment needs cannot be met in current location.
	<input type="checkbox"/> <b>COMFORT-FOCUSED TREATMENTS.</b> <u>Goal: Maximize comfort through symptom management; allow natural death.</u> Use oxygen, suction and manual treatment of airway obstruction and medications for comfort as needed. Avoid treatments listed in full or selective treatments unless consistent with comfort goal. Transfer to hospital only if comfort cannot be achieved in current setting.

**C. ADDITIONAL ORDERS OR INSTRUCTIONS.** These orders are in addition to those above (e.g., blood products, dialysis).  
[EMS protocols may limit emergency responder ability to act on orders in this section.]**D. MEDICALLY ASSISTED NUTRITION.** Offer food by mouth if desired by patient and tolerated.

<b>Pick 1</b>	<input type="checkbox"/> Provide nutrition through new or existing feeding tube <input type="checkbox"/> Time-limited trial of medically assisted nutrition	<input type="checkbox"/> No nutrition through a feeding tube <input type="checkbox"/> Not discussed or no decision made (provide standard of care)
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**E. SIGNATURE: Patient or Patient's Surrogate (eSigned documents are valid)**

I understand this form is voluntary. I have discussed my treatment options and goals of care with my provider.  
If signing as the patient's surrogate, the treatments are consistent with the patient's known wishes or in their best interest.

(required) <b>X</b>		The most recently completed valid POLST form supersedes all previously completed POLST forms.
If other than patient, print full name:	Authority:	

**F. SIGNATURE: Health Care Provider (eSigned documents are valid)    Verbal orders are acceptable with follow up signature.**

I have discussed this order with the patient or his/her surrogate. The orders reflect the patient's known wishes, to the best of my knowledge.  
[Note: Only licensed health care providers authorized by law to sign POLST form in state where completed may sign this order]

(required) <b>X</b>		Date (mm/dd/yyyy): required	Phone # : (      )
Printed Full Name:	License/Cert. #:		
Supervising physician signature:	<input type="checkbox"/> N/A	License #:	

**Patient Full Name:****Contact Information (Optional but helpful)**

Patient's Emergency Contact. (Note: Listing a person here does not grant them authority to be a legal surrogate. Only an advance directive or state law can grant that authority.)

Full Name:	<input type="checkbox"/> Legal Surrogate <input type="checkbox"/> Other emergency contact	Phone #: Day: (      ) Night: (      )
Primary Care Provider Name:	Primary Care Provider Phone #: (      )	
<input type="checkbox"/> Patient is enrolled in hospice	Name of Agency: Agency Phone: (      )	

**Form Preparation Information (Optional but helpful)**

Reviewed patient's advance directive to confirm no conflict with POLST orders: (A POLST form does not replace an advance directive or living will)	<input type="checkbox"/> Yes; date of the document reviewed: _____ <input type="checkbox"/> Conflict exists, notified patient (if patient lacks capacity, noted in chart) <input type="checkbox"/> Advance directive not available <input type="checkbox"/> No advance directive exists		
Check everyone who participated in discussion:	<input type="checkbox"/> Patient with decision-making capacity <input type="checkbox"/> Court Appointed Guardian <input type="checkbox"/> Parent of Minor <input type="checkbox"/> Surrogate <input type="checkbox"/> Other: _____		
Professional Assisting Health Care Provider w/ Form Completion (if applicable)	Full Name: _____	Date (mm/dd/yyyy): _____	Phone #: (      )
This individual is the patient's:	<input type="checkbox"/> Social Worker <input type="checkbox"/> Nurse <input type="checkbox"/> Chaplain <input type="checkbox"/> Other: _____		

**Form Information & Instructions****COMPLETING A POLST FORM**

- Provider should document basis for this form in the patient's medical record notes.
- Patient's Surrogate is determined by applicable state law and, in accordance with state law, may be able execute or void this POLST form only if the patient lacks decision-making capacity.
- Only licensed health care providers authorized to sign POLST forms in their state or D.C. can sign this form.  
See [www.polst.org/state-signature-requirements-pdf](http://www.polst.org/state-signature-requirements-pdf) for who is authorized in each state and D.C.
- Original (if available) is given to patient; provider keeps a copy in medical record.
- Last 4 digits of SSN are optional but can help identify / match a patient to their form.
- If a translated POLST form is used during conversation, attach the translation to the signed English form.

**USING A POLST FORM**

- Any incomplete section of POLST creates no presumption about patient's preferences for treatment. Provide standard of care.
- No defibrillator (including automated external defibrillators) or chest compressions should be used if "No CPR" is chosen.
- For all options, use medication by any appropriate route, positioning, wound care and other measures to relieve pain and suffering.

**REVIEWING A POLST FORM**

- This form does not expire but should be reviewed whenever the patient:
  - (1) is transferred from one care setting or level to another;
  - (2) has a substantial change in health status;
  - (3) changes primary provider; or
  - (4) changes his/her treatment preferences or goals of care.

**MODIFYING A POLST FORM**

- This form cannot be modified. If changes are needed, void form and complete a new POLST form.

**VOIDING A POLST FORM**

- If a patient or patient's surrogate (for patients lacking capacity) wants to void the form: destroy paper form and contact patient's health care provider to void orders in patient's medical record (and POLST registry, if applicable). State law may limit patient's surrogate authority to void.
- For health care providers: destroy patient copy (if possible), note in patient record form is voided and notify registries (if applicable).

Additional Forms can be obtained by going to [www.polst.org/form](http://www.polst.org/form).

As permitted by law, this form may be added to a secure electronic registry so health care providers can find it.

State Specific Info	For Barcodes/ID Sticker/Medical Record #
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