



Your Advanced Care Plan: Making it Uniquely YOU

INSERT YOUR PHOTO HERE

Welcome!
Thank you for
joining me today!

INSERT Presenter Name and credentials

INSERT Company Name

INSERT Email Address

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Many thanks to our hosts!

INSERT: NAME HOST HERE



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Today's Plan: Our Next Hour Together

- What is a POLST (aka MOLST) and what is a DNR?
 - Differences
 - When used/why/how/when/by whom?
- Your rights, protecting your wishes
- A few tips for your peace of mind
- **Q&A – Let's talk!**



Your Complete Advanced Care Plan Includes...

Living Will

POA (Power of Attorney for health care)

POLST (Physician Orders for Life-Sustaining Treatment)

DNR Orders (Do not Resuscitate)



Focusing today on the most misunderstood...

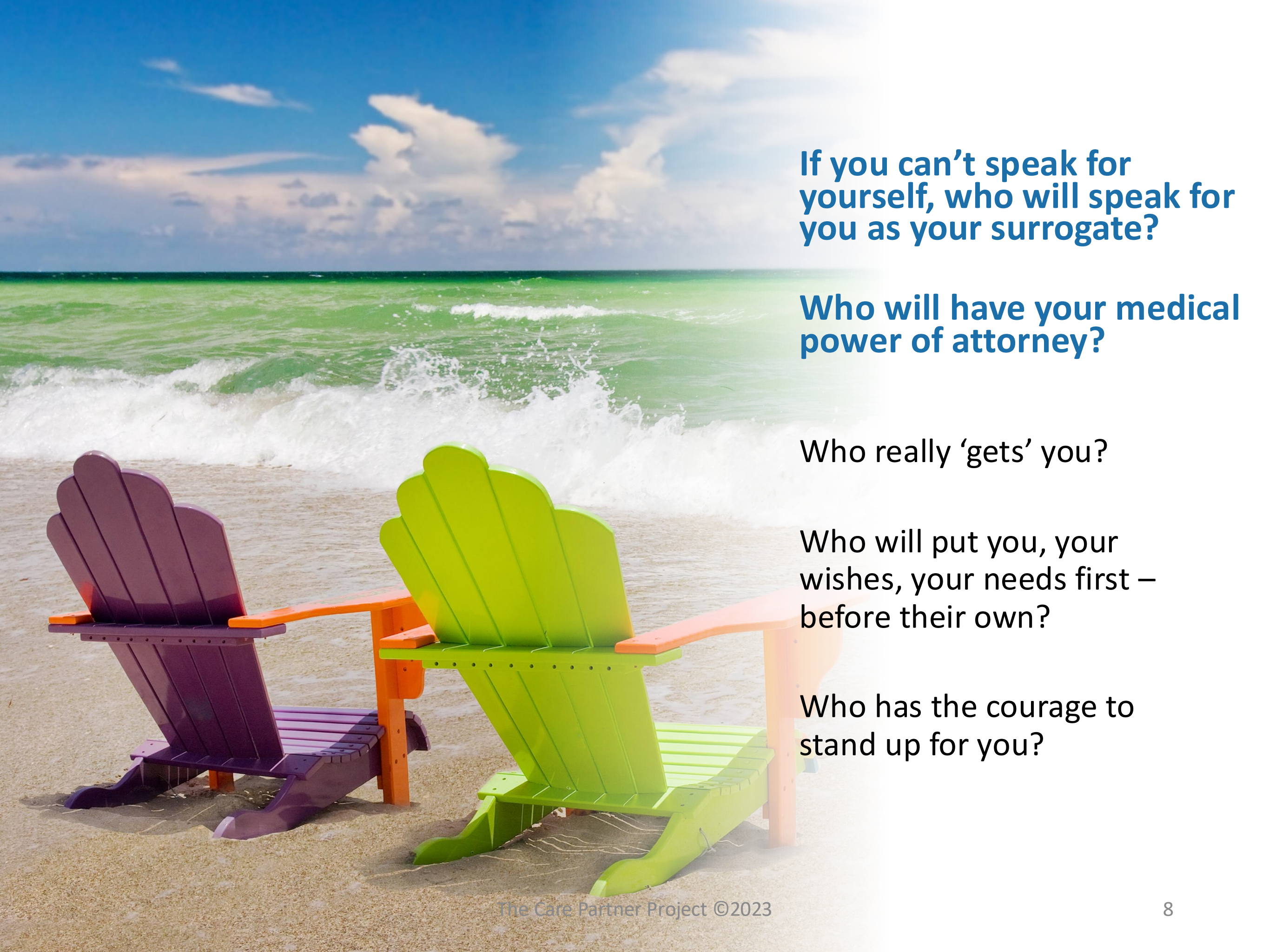
DNR Orders
Do not Resuscitate

POLST
Physician Orders for Life-
Sustaining Treatment

*MOLST in some states (Medical orders)

What are Your Wishes?

- Who do I want to make care decisions for me when I can't?
- What kind of medical treatment do I want – or don't want?
- How comfortable do I want to be?
- How do I want people to treat me?
- What do I want my loved ones to know?



If you can't speak for yourself, who will speak for you as your surrogate?

Who will have your medical power of attorney?

Who really 'gets' you?

Who will put you, your wishes, your needs first – before their own?

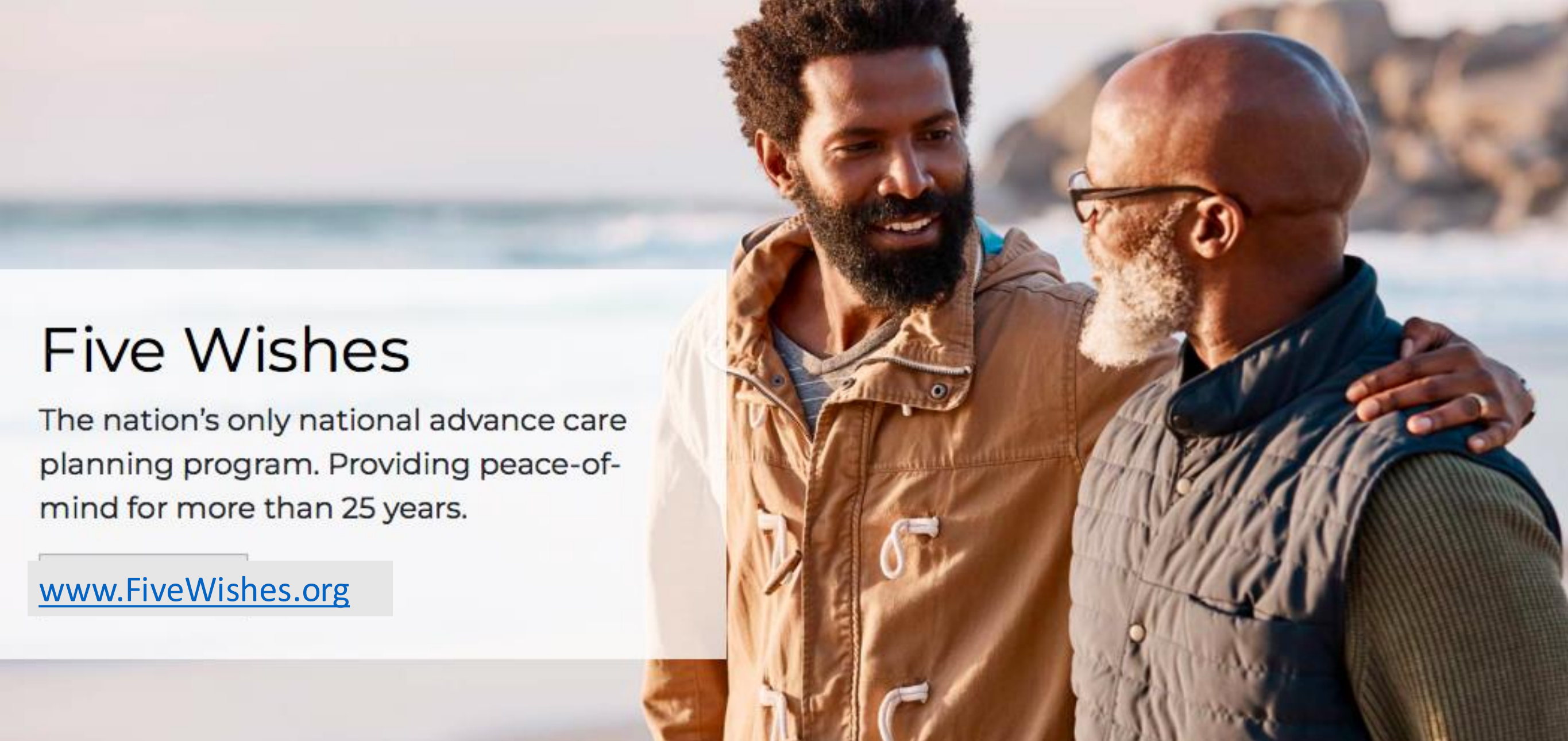
Who has the courage to stand up for you?



Consider naming two surrogates



**Conversations
are critical!**

A photograph of two men standing on a beach. The man on the left has a beard and is wearing a tan jacket. The man on the right is bald with glasses and a grey beard, wearing a dark quilted vest. They are both smiling and looking towards the right. The background shows the ocean and some rocks.

Five Wishes

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A trusted person with your medical
power of attorney at your side.



What is a DNR?

Do Not Resuscitate

Person will not receive CPR if the heart or breathing stop

Written by a doctor after explaining, the pros and cons of CPR for the patient, usually when person is seriously ill.

- **DNR Comfort Care (DNRCC)** requires that a person receive any care that eases pain and suffering, but no CPR or other emergency measures to save or sustain life. Generally regarded as proper for a person with a terminal illness, short life expectancy, or with little chance of surviving CPR.
- **DNRCC-Arrest** order requires that the patient receive standard medical care the heart or lungs stop, shut down.

DNR does Not Mean “Do Not Treat”

Only CPR is covered:

- Chest compressions
- Mouth-to-mouth resuscitation
- Heart drugs
- Breathing tube

Decisions to make with your doctor:

- Do you want IV fluids?
- Do you want antibiotics?
- Do you want a feeding tube or IV nutrition?

Some “Wrinkles” to the DNR!

In some states, there is a DNR for *out-of-hospital* care and another for *in-hospital* care

- Be sure your medical record is checked after completing the in-hospital form... things get missed!
- Have both forms at your fingertips!
- Store In places that are easy to find for anyone who has your medical power of attorney, your *surrogate* (tell them where!)
- Consider taking pictures of them on your phone
- **Keep in mind for when you travel!**
- Know the requirements of the states where you travel.



Some things to think about for your DNR...



Wait until you are seriously ill? Or, have it ready “just in case?”



Ask doctor: how would CPR affect your body? Potential damage?



Wear a bracelet showing your DNR status?



How will you store your DNR so others can find it in an emergency?



Who will you share your DNR with? Who will speak for you when you can't?



Change your mind? Know how to make your wishes known?



Charlie's Story

**Wishes stated,
but disregarded**

What is a POLST?

Physician Orders for Life-Sustaining Treatment

**When life expectancy is less than a year. Not before!*

POLST is a process and a form for people who are seriously ill, usually with less than 6 months left to live.

It is a way for them to express **their needs and wants** for care until the end of life.

- A POLST form is **YOUR medical order** in addition to your advance directive, but **must** be **signed by your doctor and you**. (You and your doctor can change any time health changes.)
- Enables you to provide guidance that health care professionals can act on immediately **in an emergency**.
- POLST forms are relied on by medical staff **only when you cannot communicate yourself** and you need medical care.
 - Make sure it's printed on neon paper
 - EMTs look for it, must follow
 - Let everyone know where it is

Three Types of POLST:

Full

Selective

Comfort

Full Treatment, hospital care, including any ICU care as needed

Selective Care, trickiest to administer, usually means hospital care, may or may not mean ICU care, usually means nothing invasive, such as surgery or breathing tube.

Comfort Care, usually at home, pain management is goal. If hospitalized, no ICU care.

Pitfalls to the POLST!

Problem



Not enough/any conversation with your doctor



Doctor/medical staff/hospital can't find your POLST when it's needed



It's not updated when health condition changes

Solution!

- Solicit input from others, case managers, advocates, geriatricians, social workers (not hospital based however.)
- Keep a copy with you (phone, purse, Google docs-- make sure your proxy does, too! (Any others you trust.)
- Buddy up with someone to help keep each other on top of this. Ask at each Dr. appt., should I update my POLST? Put it on your calendar to review yourself every 6 months or so.

Where to Find Good Information

POLST.org: An overview

[Polst.org/state-programs/](https://polst.org/state-programs/)

CompassionAndChoices.org

DNR sample: <https://eforms.com/>

FinalExitNetwork.org, tips on
choosing your surrogate

FiveWishes.org

www.PartnerHealth.com





Wrapping up... what do they have in common?

DNR Orders (Do not resuscitate)

POLST (Physician Orders for Life-Sustaining Treatment)



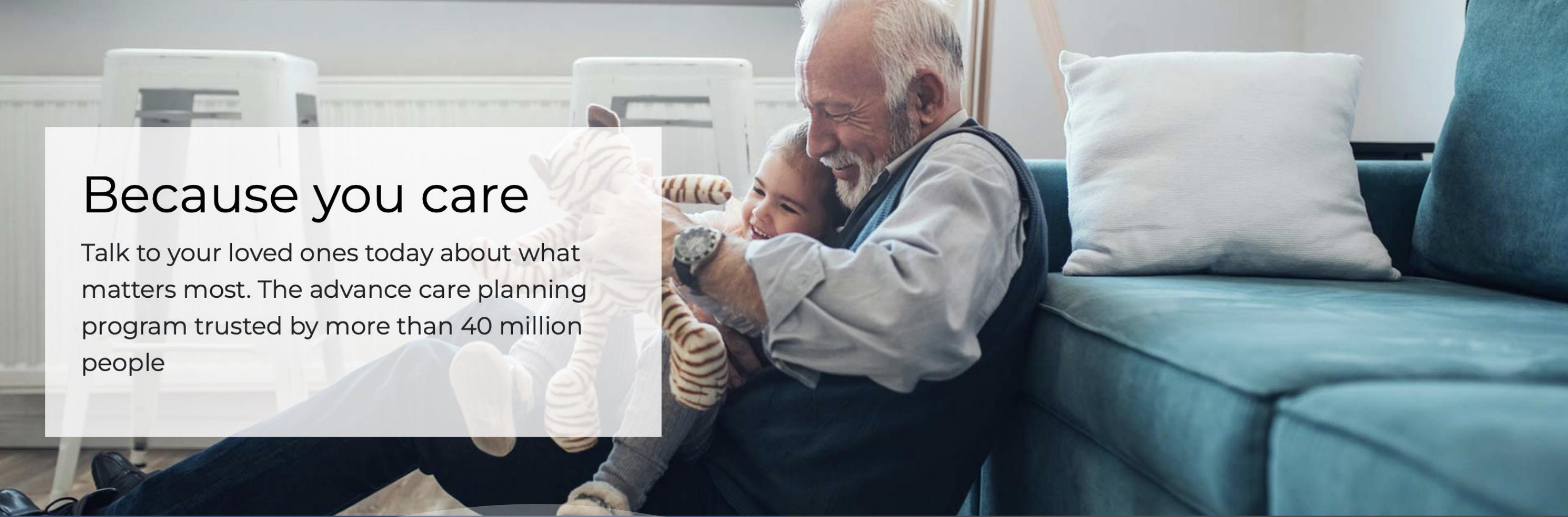
Conversations!





Margaret's Story

Ellen stood up
and spoke up
for her mother's wishes



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Let's Talk! Questions? Your Ideas?

Thank you!

- If this presentation was helpful to you, kindly spread the word about today's presentation with your groups in our area.
- I speak on other topics, as well. (In person or on ZOOM!) Just call or drop me a note!

Presenter: Insert
your headshot
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