Pennsylvania POLST Tools

http://aging.upmc.com/professionals/resources-polst.htm

Resources

Pennsylvania Orders for Life-Sustaining Treatment (POLST)
The goal of the POLST paradigm is to effectively communicate the wishes of seriously ill patients to have or to limit medical treatment as they move from one care setting to another.

POLST: Respecting Patient Wishes Near the End of Life

2011 End-of Life Care Planning and POLST Education Series
Part 1: Advance Care Planning—Understanding PA Law
Part 2: What is POLST? The Pennsylvania POLST Form
Part 3: Practical Implementation of POLST in Care Settings

POLST Paradigm Core Elements
PA Department of Health Out-of-Hospital Do-Not-Resuscitate (DNR) Orders
PA Department of Health POLST Form
Guidance for Health Care Professionals in Completing the POLST Form
Information for Patients and Families
Steps to Implement POLST
POLST Brochure
Resources
References on PaDOH Website

www.health.state.pa.us/

• Quick Link and Bureau of EMS sites POLST Form and instructions

• Bureau of EMS
  — Out-of-Hospital DNR information
  — OOH-DNR protocol within Statewide BLS Protocols
    — http://www.portal.state.pa.us/portal/server.pt/community/emergency_medical_services/14138/polst_out-ofhospital_dnr_orders/556979
Original POLST Research

- Hickman, SE., PhD, Nelson, CA., PhD, RN, Perrin, NA., PhD, Moss, AH., MD, Hammes, BJ., PhD, Tolle, SA., MD,. A comparison of Methods to Communicate Treatment Preferences in Nursing Facilities: Traditional Practices versus the Physician Orders for Sustaining Treatment Program. J Am Geriat Soc 2010; 2955:1241-1248


References

• November-December 2005/Hastings Center Report; www.thehastingscenter.org


• Dunn Patrick M, MD; Tolle, Susan W. MD; Moss, Alvin H. MD; Black, Judith S. MD, MHA. The Polst Paradigm: Respecting the Wishes of Patients and Families. Annals of Long-Term Care/Volume 15, Number 9/September 2007: 33-40

• Kirchhoff, Karin T, PhD, RN, Hammes, B J, PhD, Kehl, Karen A, Phd, RN Briggs, Linda A, MA, MS, RN & Brown, Roger L, PhD. Effect of a Disease-Specific Planning Intervention on Surrogate Understanding of Patient Goals for Future Medical Treatment, J AM Geriatric Society 2010; 2760;1233-1240


• Kellermann, Arthur MD; Lynn, Joanne MD. Withholding Resuscitation in Prehospital Care, Annals of Internal Medicine 2006; 144:9; 692-694

• National Quality Forum, Framework and Preferred Practices for Quality Palliative Care & Hospice Care, 2006
References

## Advance Care Planning

### Web Site Resources

<table>
<thead>
<tr>
<th>URL</th>
<th>Description</th>
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</table>
| [www.pamedsoc.org](http://www.pamedsoc.org) | Pennsylvania Medical Society  
  A guide to Act 169 of 2006 |
| [www.acms.org](http://www.acms.org) or [www.acba.org](http://www.acba.org) | Allegheny County Medical Society/Allegheny County Bar Association  
  Health Care Power of Attorney and Living Will Forms |
| [www.caringinfo.org](http://www.caringinfo.org) | Download state specific Advance Directives |
| [www.hardchoices.com](http://www.hardchoices.com) | “Hard Choices for Loving People”:  
  A resource for professionals, patients and their families regarding end-of-life decisions |
| [www.eperc.mcw.edu](http://www.eperc.mcw.edu) | End of life and palliative care education resource center |
# POLST Web Site Resources

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<thead>
<tr>
<th>Website/Link</th>
<th>Description</th>
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<tbody>
<tr>
<td><a href="http://www.polst.org">www.polst.org</a></td>
<td>Center for Ethics in Health Care Oregon Health &amp; Science University</td>
</tr>
<tr>
<td><a href="http://www.aging.pitt.edu/professionals/resources.htm">http://www.aging.pitt.edu/professionals/resources.htm</a></td>
<td>Aging Institute of UPMC Senior Services and the University of Pittsburgh (POLST Tools)</td>
</tr>
<tr>
<td><a href="http://www.health.state.pa.us">www.health.state.pa.us</a></td>
<td>Pennsylvania Department of Health</td>
</tr>
<tr>
<td>- Health Services and Resources</td>
<td>- POLST form</td>
</tr>
<tr>
<td>- Emergency Medical Services</td>
<td>- Act 59 of 2002, Pennsylvania Out of Hospital Do Not Resuscitate Act form</td>
</tr>
<tr>
<td><a href="http://www.health.state.pa.us">www.health.state.pa.us</a></td>
<td>University of Pittsburgh</td>
</tr>
<tr>
<td>Click on “Quick Links” in the middle of the screen</td>
<td>Institute to Enhance Palliative Care</td>
</tr>
<tr>
<td><a href="http://www.dom.pitt.edu/dgim/IEPC/">http://www.dom.pitt.edu/dgim/IEPC/</a></td>
<td>West Virginia Center for End-of-Life Care POST</td>
</tr>
<tr>
<td><a href="http://www.wvendoflife.org">www.wvendoflife.org</a></td>
<td>Excellus Blue Cross Blue Shield MOLST</td>
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<td><a href="http://www.compassionandsupport.org/">www.compassionandsupport.org/</a></td>
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