

Additional Protections Added to the 2023 Oregon POLST Form

Oregon's 14th version of the POLST form will be available as of Jan. 3, 2023!

Forms submitted after July 1, 2023 must meet the new requirements to be accepted into the Oregon POLST Registry. Pre-existing forms do not need to be replaced if the patient's wishes have not changed.

Key changes include:

- Section C is now mandatory. This is the section in which to document who was present for the conversation, including any individuals who participated by phone or video connection. Requiring this documentation reinforces the patient's right to support person(s) for these important conversations.
- If "Attempt Resuscitation/CPR" is selected, then "Full Treatment" must be chosen in Section B.
- "Limited Treatment" in Section B is now "Selective Treatment." Though the name has changed, the scope of treatments in this option is unchanged.

The image shows a sample of the Oregon POLST form. It is titled "Oregon POLST" and "Portable Orders for Life-Sustaining Treatment". The form is divided into several sections:

- Section A: CARDIOPULMONARY RESUSCITATION (CPR): Unresponsive, pulseless & not breathing.** It includes checkboxes for "Attempt Resuscitation/CPR" and "Do Not Attempt Resuscitation/DNR".
- Section B: MEDICAL INTERVENTIONS: When patient has a pulse and is breathing.** It includes checkboxes for "Comfort Measures Only", "Selective Treatment", and "Full Treatment".
- Section C: DISCUSSED WITH: (REQUIRED)** It includes checkboxes for "Patient", "Parent of minor", "Relative, friend or other support person", "Person appointed on advance directive", and "Court-appointed guardian".
- Section D: PATIENT ACKNOWLEDGEMENT (RECOMMENDED BUT NOT REQUIRED)** It includes a field for the patient's signature and relationship.
- Section E: ATTESTATION OF MD / DO / NP / PA / ND (REQUIRED)** It includes fields for the provider's name, signature, date, and phone number.

 The form also includes a QR code at the bottom right and a footer with the text "© CENTER FOR ETHICS IN HEALTH CARE, Oregon Health & Science University (OHSU) 2023".

POLST Core Principles:

- POLST is always voluntary. A POLST can never be required as a condition of treatment/care.
- POLST forms should only be completed for patients who wish to set limits on treatment and who have advanced illness or frailty. It is not appropriate for persons with stable long-term disability.
- For patients being discharged to short-term rehab who are Full Code, we recommend using facility's code status orders rather than a POLST form.
- POLST is not appropriate for healthy older adults. We recommend against routinely discussing POLST at Welcome to Medicare or Medicare Wellness Visits. Instead, an Advance Directive should be offered.

Additional information:

Scan this QR code or visit <https://oregonpolst.org/qr-code/>



Find the new Oregon DHS POLST Alert for Community Based Care & Nursing Facilities at:

<https://www.oregon.gov/dhs/PROVIDERS-PARTNERS/LICENSING/AdminAlerts/nf-22-065-polst-updates.pdf>

There is additional information for patients and families available in English and a growing number of additional languages on the Oregon POLST website at oregonpolst.org on the *Patients and Family* page.