

## Oregon POLST®

### Portable Orders for Life-Sustaining Treatment\*

**Raac amaradaan caafimaadka ilaa amarada laga badalo. Qayb kasta oo aan la buuxin waxay tilmaameysaa daaweynta buuxda ee qeybtaas.**

Magaca Ugu Danbeeya ee Bukaanka:	Magaca dabagalaha kadanbeeya magaca:	Magaca Koobaad ee Bukaanka:	Magaca Koobaad ee Bukaanka:
Magaca la door Bidaayo:	Taariikhda Dhalashada: (bisha/maalinta/sanadka) ____/____/____	Jinsiga: <input type="checkbox"/> Lab <input type="checkbox"/> Dhedig <input type="checkbox"/> X	MRN (waa mid ikhtiyaari ah)
Ciwaanka: (wadada/ magaalada/ koodhka boostada gobolka):			

**A DIB USOO KICINTA WADNAHA (CPR): *Jawaab lahayn, garaac lahayn, & neefsasho lahayn.***

*Hal Mid Sax Saar*

**Iskuday Dib-usoo Kicinta/CPR**       **Ha Iskudayin Dib-usoo Kicinta/DNR**

Waa inaad eegto Daaweynta Buuxda ee Qaybta B      Haddii bukaanku uusan kujirin xaalada wadna istaaga, raac amarada kujira qeybta B.

**B DAAWO SIINTA: *Marka bukaanku dareemaayo garaaca wadnaha uuna neefsanaayo.***

*Hal Mid Sax Saar*

**Comfort Measures Only (Kaliya Tallaabooyinka Looqaadayo Xanuun Kafujinta).** Sii daaweynta si ay ooga fujiso xanuunka iyo dhibaataada ayadoo loo marayo isticmaalka daawa kasta iyo wada kasta, meelaynta, daryeelka dhaawaca iyo tallaabooyin kale. Istimmaal neefta oksijiinta, soo nuugis iyo daaweynta macmalka ah xanibaadaha hawa mareenka haddii loogu baahdo xanuun kafujinta. ***Bukaanku ma door bidayo u wareejinta isbitaalka si uu u helo daaweynta sii xajinta nolosha. Uwareeji haddii baahiyaha kafujinta xanuunka aan lagu buuxin karin goobta hadda.***  
**Qorshaha Daaweynta:** Sii daaweynta loogu talagalay kafujinta xanuunka iyadoo loo marayo maareynta astaamaha.

**Daaweynta Gaarka ah.** Marka laga soo tago daryeelka lagu qeexay qeybta Comfort Measures Only, isticmaal daawooyinka caafimaad, antibiyootiga, dheecaanada IV iyo lasocoshada wadnaha sida lagu tilmaamay. Majirto tuubo siin, wax kaqabashada marinka hawada oo hormarsan, ama farsamo hawo-siin ah. Laga yaabaa in la tixgeliyo taageerada hawa mareenka ee qalniinka lahayn (sida Continuous positive airway pressure (CPAP, Cadaadiska marin-haweedka togan ee joogtada ah), Bilevel positive airway pressure (BiPAP, Cadaadiska marin-haweedka togan ee labada heer ah)). ***Uwareeji isbitaalka hadii la tilmaamo sidaa. Guud ahaan ka fogoow qeybta daryeelka degdega ah.***  
**Qorshaha Daaweynta:** Sii daaweynta caafimaadka aasaasiga ah.

**Daaweyn Buuxda.** Marka lagu daro daryeelka lagu qeexay Cabbirada Raaxada oo Kaliya iyo Daaweynta Gaarka ah, u isticmaalka tuubada afka la geliyo, oo ah farsamada hawada iyo tuubada la geliyo hawo mareenada sida dhakhtarku tilmaamay. ***Uwareeji isbitaalka iyo/ama qeybta daryeelka degdega ah hadii la tilmaamo sidaa.***  
**Qorshaha Daaweynta:** Dhammaan daaweynta oo uu kujiro mashiinka neefta.

**Amarro Dheeraad ah:** \_\_\_\_\_

**C WAXAA LAGALA HADLAY: (WAA MUHIIM)**

*Calaamadee Dhammaan Meelaha khuseeya*

Bukaanka       Qof qaraabada ama saaxiib ah (aan lahayn magacaabid qoran) - Ka eeg dhinaca dambe shuruudaha dheeraadka ah ee dhameystirka ee loogu talagalay shaqsiyaadka garaadka ama kobaca naafada ka ah.

Waalidka qofka yar

Qofka loo magacaabay dardaaranka nolosha ee hore

Masuul ay magacawday maxkamad

Qor liiska dhammaan magacyada iyo wax ay kuu yihiin: \_\_\_\_\_

**D QIRASHADA OGGAANSHAHA BUKAANKA (WAA LAGU TALINAYAA LAAKIIN QASAB MA AHAN)**

*D*

Saxiixa: *loo baahan yahay*      Magaca (far waaweyn)      Waxa uu kuu yahay (ku qor "laftigeysga" hadii uu bukaanku yahay)

Foomkaan waxaa loo diri doonaa waaxda diiwaanka POLST inuu bukaanku rabo inuu kabaxo mooyee. Haddii uu ka baxaayo, halkaan calaamadee.

**E CADDEYNTA MD / DO / NP / PA / ND (LOO BAAHAN YAHAY)**

*Waa in Lagu Qoraa Far Waaweyn Magaca, Saxiixa & Taariikhda*

# NOT A VALID POLST FORM

## Signed POLST form must be in English

FOOMKA LA DIR/HALA SOCDO BUKAANKA MARKASTA OO MEEL LOO WAREEJIYO AMA LAGA SOO SAARO UGUDBI KOOBIGA LABADA DHINAC EE FOOMKA WAAXDA DIIWAANKA HADDII BUKAANKU UUSAN OOGA BIXIN QEYBTA D

\* Sidoo kalena loo yaqaano Physician Orders for Life-Sustaining Treatment (Amarrada Dhakhtarka ee Daaweynta Xajinta Nolosha).

