WyoPOLST
A New Paradigm in End-Of-Life Planning

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WyoPOLST

- Wyoming Provider Orders for Life Sustaining Treatment (WyoPOLST)

- Modeled from the Provider Order for Life Sustaining Treatment (POLST) Paradigm (www.polst.org)
  - Colorado MOLST, Utah/Montana POLST
  - Over 46 states with some type of POLST program

- Easily identifiable document that translates a patient’s goals of care and treatment preferences into a provider order that transfers across health care settings

- Meant to be used in the last year of life when end-of-life decisions are starting to be made.
WyoPOLST

• Easily identifiable document that translates a patient’s goals of care and treatment preferences into a provider order that transfers across health care settings.

• Let’s dissect this definition:

  – **Identifiable**: Yellow form to be displayed/recognizable by family / EMS
WyoPOLST
Providers Orders for Life Sustaining Treatment

FIRST follow these orders. THEN contact the Physician, Nurse Practitioner or PA-C. This is a Provider Order Sheet based on the person's current medical condition and wishes. Any section not completed implies full treatment for that section. Every patient shall be treated with dignity and respect.

<table>
<thead>
<tr>
<th>Last Name/First Name/Place ID/UserID Here &amp; Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Birth:</td>
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CARDIOPULMONARY RESUSCITATION (CPR) Person has no pulse and is not breathing.

- [ ] CPR / Attempt Resuscitation
- [ ] DNR / Do Not Attempt Resuscitation (Allow Natural Death)

When NOT in cardiopulmonary arrest, follow orders in B and C

MEDICAL INTERVENTIONS: Person has pulse and/or is breathing.

- [ ] FULL TREATMENT: Use intubation, advanced airway interventions, mechanical ventilation and defibrillation/cardioversion as indicated. Includes care described below.
  - Transfer to hospital if indicated. Includes intensive care.

- [ ] SELECTIVE TREATMENT: Use medical treatment, IV fluids, and cardiac monitor as indicated. Do not use intubation or mechanical ventilation. May use less invasive airway support (e.g., CPAP, BiPAP). Includes treatments listed below. Includes care described below.
  - Transfer to hospital if indicated. Avoid intensive care if possible.

- [ ] COMFORT-FOCUSED THERAPY: Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, oral suction and manual treatment of airway obstruction as needed for comfort.
  - Patient prefers no transfer: EMS contact medical control if transport indicated to provide adequate comfort.

Additional Orders (e.g., analgesia, etc.): 

ARTIFICIALLY ADMINISTERED NUTRITION: Oral fluids and nutrition must always be offered if medically feasible.

- [ ] Long-term artificial nutrition by tube
- [ ] Trial period of artificial nutrition by tube
- [ ] No artificial nutrition by tube

Additional Orders/Patient Goals:

MEDICAL CONDITION / PATIENT GOALS:

In initiating this line, I indicate that my instructions on this POLST form may not be changed by my next of kin or medical decision maker if I am incapacitated.

SIGNATURES: The signatures below verify that these orders are consistent with the patient's medical condition, known preferences, and best-known information.

Discussed with:

- [ ] Patient
- [ ] Parent of a minor
- [ ] Legal Guardian
- [ ] Health Care Agent (DPOAHC)
- [ ] Spouse
- [ ] Other:

Print Physician/NP/PA Name: ____________________ Phone: ____________________

Physician/NP/PA Signature (mandatory) Date (mandatory)

Patient (or Legal Representative) (mandatory) Date

SEND ORIGINAL FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED

Use of original form is strongly recommended. Header changes when sending POLST forms regional and valid.
WyoPOLST

- Easily identifiable document that translates a patient’s goals of care and treatment preferences into a provider order that transfers across health care settings

  - **Translates Goals**: Takes a patient’s general wishes as outlined on Advanced Directives (AD) and translates the wishes into actionable medical orders
WyoPOLST

• Easily identifiable document that translates a patient’s goals of care and treatment preferences into a provider order that transfers across health care settings

  – The wishes are now a one-page signed medical ORDER!
  – The form/order is to be transferred with and accepted at all healthcare facilities.
Why?

• Advanced Directives written in legal terms w/ fairly vague terminology for direction of actual care.
  – What are heroic measures? What is artificial means? What does it mean to be “kept alive”?
  – At 2am in the ER or the Nursing Home how does a provider or a nurse interpret a ten page legal document?

• WyoPOLST is a one page ORDER form directing specific types/levels of care at the end-of-life
  – Facilitates the end-of-life discussion between provider and the patient / family.
Why?

• **Transferable** - Allows for the orders to be written by the PCP but can be followed at any healthcare facility in the state

• **Immunity** - Providers at accepting facilities can follow the orders from an outside facility without fear of legal/licensure issues
WyPO-LST
Providers Orders for Life Sustaining Treatment

FIRST follow these orders. THEN contact the Physician, Nurse Practitioner or PA-C. This is a Provider Order Sheet based on the person's current medical condition and wishes. Any section not completed implies full treatment for that section. Every patient shall be treated with dignity and respect.

Last Name/First Name (Place ID Sticker Here if Application)
Date of Birth	Last 4 SSN:	Gender

CARDIOPULMONARY RESUSCITATION (CPR) Person has no pulse and is not breathing.

☐ CPR / Attempt Resuscitation
☐ DNR / Do Not Attempt Resuscitation (Allow Natural Death)

When NOT in cardiopulmonary arrest, follow orders in B and C

MEDICAL INTERVENTIONS Person has pulse and/or is breathing.

☐ FULL TREATMENT: Use intubation, advanced airway interventions, mechanical ventilation and defibrillation/cardiopulmonary resuscitation as indicated. Includes care described below.
  Transfer to hospital if indicated. Includes intensive care.

☐ SELECTIVE TREATMENT: Use medical treatment, IV fluids, and cardiac monitor as indicated. Do not use intubation or mechanical ventilation. May use less invasive airway support (e.g. CPAP, BiPAP). Includes treatments listed below. Includes care described below.
  Transfer to hospital if indicated. Avoid intensive care if possible.

☐ COMFORT-FOCUSED THERAPY: Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, oral suction and manual treatment of airway obstruction as needed for comfort.
  Patient prefers no transfer: EMS contact medical control if transport indicated to provide adequate comfort.
  Additional Orders (e.g., analgesics, etc.)

ARTIFICIALLY ADMINISTERED NUTRITION: Oral fluids and nutrition must always be offered if medically feasible.

☐ Long-term artificial nutrition by tube
☐ Trial period of artificial nutrition by tube
☐ No artificial nutrition by tube
  Additional Orders/Patient Goals

MEDICAL CONDITION / PATIENT GOALS:

☐ in initiating this line, I indicate that my instructions on this POLST form may not be changed by my next of kin or medical decision maker if I am incapacitated.

SIGNATURES: The signatures below verify that these orders are consistent with the patient's medical condition, known preferences, and best known information.

Discuss with:
☐ Patient
☐ Parent of a minor
☐ Legal Guardian
☐ Health Care Agent (DPOAHC)
☐ Spouse
☐ Other:

Print Physician/NP/PA Name: Phone Number:
Print Physician/NP/PA Signature (mandatory) Date (mandatory)
Print Patient (or Legal Representative) (mandatory) Date:

SEND ORIGINAL FORM WITH PERSON WHOEVER TRANSFERRED OR DISCHARGED

Use of original form is encouraged to maintain accurate and current POLST forms at a national and local level.
Patient Identification

Directions: Follow the orders on the form, then contact the patient’s provider which obviously would be important if the patient does want CPR, etc.

HIPAA compliant of course!
CARDIOPULMONARY RESUSCITATION (CPR): Person has no pulse and is not breathing.

- CRT / Attempt Resuscitation
- DNFP / Do Not Attempt Resuscitation (Allow Natural Death)

When NOT in cardiopulmonary arrest, follow orders in B and C

--Starting Point: CPR or No CPR
MEDICAL INTERVENTIONS: Person has pulse and/or is breathing.

- **FULL TREATMENT:** Use intubation, advanced airway interventions, mechanical ventilation and defibrillation/cardioversion as indicated. Includes care described below. **Transfer to** hospital if indicated. **Includes intensive care.**

- **SELECTIVE TREATMENT:** Use medical treatment, IV fluids, and cardiac monitor as indicated. Do not use intubation or mechanical ventilation. May use less invasive airway support (e.g. CPAP, BIPAP). Includes treatments listed below. Includes care described below. **Transfer to** hospital if indicated. **Avoid intensive care if possible.**

- **COMFORT-FOCUSED THERAPY:** Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, oral suction and manual treatment of airway obstruction as needed for comfort. **Patient prefers no transfer:** EMS contact medical control if transport indicated to provide adequate comfort.

Additional Orders (e.g. dialysis, etc.)

-- “Meat” of the form
- Delineates type and level of care
- Remember that this is intended to be used in the last year of life
ARTIFICIALLY ADMINISTERED NUTRITION: Oral fluids and nutrition must always be offered if medically feasible.

☐ Long-term artificial nutrition by tube
☐ Trial period of artificial nutrition by tube
☐ No artificial nutrition by tube

Additional Orders/Patient Goals: ___________________________
**MEDICAL CONDITION / PATIENT GOALS:**

___ In initializing this line, I indicate that my instructions on this POLST form may not be changed by my next of kin or medical decision maker if I am incapacitated.

**SIGNATURES:** The signatures below verify that these orders are consistent with the patient’s medical condition, known preferences, and best known information.

<table>
<thead>
<tr>
<th>Discussed with:</th>
<th>Print Physician / NP / PA Name:</th>
<th>Phone Number:</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Patient</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Parent of a minor</td>
<td></td>
<td></td>
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<tr>
<td>□ Spouse</td>
<td></td>
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<tr>
<td>□ Other: __________________________</td>
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<td></td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Physician / NP / PA Signature (mandatory)</th>
<th>Date: (mandatory)</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Patient (or Legal Representative) (mandatory)</th>
<th>Date:</th>
</tr>
</thead>
</table>

SEND ORIGINAL FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED

Use of original form is strongly encouraged, however photocopies and faxes of signed POLST forms are legal and valid.
WyoPOLST – Providers Orders for Life Sustaining Treatment

Patient Name (Last, First Middle)       Date of Birth:       Gender:

Additional Contact Information (optional)
Name of Next of Kin, Guardian, Surtigal or Patient Contact:   Relationship:       Phone Number:

Patient has:  □ Advanced Directive (or Living Will)    □ POA/HC
□ Organ Donor
Encourage all advance care planning documents to accompany POLST

Directions for Health Care Professional

Completing WyoPOLST
- Completion of WyoPOLST form is VOLUNTARY
- Must be completed by Wyoming Licensed Health Care Professional based on patient preferences and medical indications.
- WyoPOLST must be signed by a licensed provider and the patient/decisionmaker to be valid. Verbal orders are acceptable with follow-up signature by licensed provider in accordance with facility/community policy.
- Use of original form is strongly encouraged. Original form should be printed on yellow card stock, and original form should accompany patient. Photocopies and FAXes of signed WyoPOLST forms are legal and valid.

Using WyoPOLST
- Any incomplete section of WyoPOLST implies full treatment for that section.

Section A:
- No defibrillator (including AED) should be used on a person who has chosen “Do Not Attempt Resuscitation.”

Section B:
- Comfort-Focused therapies must always be offered to any patient regardless of level of care selected.
- When comfort cannot be achieved in the current setting, the person, including someone with “Comfort Focused Therapy” should be transferred to a setting able to provide comfort (e.g., treatment of a hip fracture).
- IV medication to enhance comfort may be appropriate for a person who has chosen “Comfort Focused Therapy.”
- Non-invasive airway techniques include continuous positive airway pressure (CPAP), bilevel positive airway pressure (BiPAP), and bag valve mask (BVM) assisted respirations.
- Treatment of dehydration prolongs life. A person who desires IV fluids should indicate “Selective Treatment” or “Full Treatment.”

Section C:
- Oral fluids and nutrition must always be offered if medically feasible.

Reviewing WyoPOLST
It is recommended that WyoPOLST be reviewed periodically. Review is recommended when:
- The person is transferred from one care setting or care level to another, or
- There is a substantial change in the person’s health status, or
- The person’s treatment preferences change.

Modifying and Voiding WyoPOLST
- A person with capacity can, at any time, void the WyoPOLST form or change his/her mind about his/her treatment preferences by executing a verbal or written advance directive or a new WyoPOLST form.
- To void WyoPOLST, draw a line through Sections A through D and write “VOID” in large letters. Sign and date this line.

Review of WyoPOLST:

<table>
<thead>
<tr>
<th>Review Date</th>
<th>Reviewer Name/Signature</th>
<th>Reason for Review</th>
<th>Review Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□ Change in Patient Status</td>
<td>□ No Change</td>
<td></td>
</tr>
<tr>
<td></td>
<td>□ Transfer</td>
<td>□ Form Voided</td>
<td></td>
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<tr>
<td></td>
<td>□ Annual Review</td>
<td>□ New Form Completed</td>
<td></td>
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<tr>
<td></td>
<td>□ Change in Patient Status</td>
<td>□ Transfer</td>
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<tr>
<td></td>
<td>□ Transfer</td>
<td>□ Annual Review</td>
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<tr>
<td></td>
<td>WyoPOLST</td>
<td>Advanced Directive</td>
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<td></td>
</tr>
<tr>
<td><strong>Who?</strong></td>
<td>Life-limiting illness regardless of age</td>
<td>Every Adult</td>
<td></td>
</tr>
<tr>
<td><strong>What?</strong></td>
<td>Specific provider’s orders.</td>
<td>Broad outline that requires interpretation and translation into provider orders</td>
<td></td>
</tr>
<tr>
<td><strong>Where?</strong></td>
<td>Travels with the patient across the healthcare spectrum.</td>
<td>Needs to be retrieved, no universal system</td>
<td></td>
</tr>
<tr>
<td><strong>Written By?</strong></td>
<td>Provider, Patient, Family</td>
<td>Lawyer and Patient</td>
<td></td>
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Additional Resource

- Wyoming Dept of Health
  - [https://health.wyo.gov/aging/communityliving/polst/](https://health.wyo.gov/aging/communityliving/polst/)
  - Bracelets

- Wyoming Provider Orders for Life Sustaining Treatment (WyoPOLST)
  - [www.wyomed.org/resources/polst/](http://www.wyomed.org/resources/polst/)

- Provider Orders for Life Sustaining Treatment (POLST) Paradigm
  - [www.polst.org](http://www.polst.org)