



# Oregon

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## **NF-22-065 - Provider Alert**

**December 14, 2022**



**TO: Community Based Care Facilities and Nursing Facilities**

**FROM: Safety, Oversight, and Quality**

**RE: Portable Orders for Life-Sustaining Treatment (POLST) Updates**

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Updates to the Oregon POLST form will be effective January 3, 2023.

Forms submitted after July 1, 2023, must meet the new requirements to be accepted into the Oregon POLST Registry. Existing POLST forms remain effective.

Key changes include:

- Documentation of who was present for a conversation about completing the POLST is now required. Requiring documentation of those individuals who participated in the discussion 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.

As a reminder:

- POLST forms are voluntary. A POLST can never be required by a service provider.
- Direct Support Professionals are expected to follow the person's preferences, including those in a valid POLST.
- Completing a POLST form is highly recommended for patients who wish to set limits on their treatment and who have a serious illness that is in the advanced stages. It is not appropriate for persons with stable long-term disabilities.

Additional information:

- Additional information for patients and families is available in English and Spanish on the Oregon POLST website at [oregonpolst.org](https://oregonpolst.org).

## Changes to the POLST form effective January 2023

Importantly, the core values of POLST and the place of POLST in a patient's treatment have not changed.

The POLST form remains:

- Always voluntary and cannot be required
- A medical order for people with a serious illness or frailty
- An expression of wishes for emergency treatment in one's current state of health (if something happened today)
- A form that can be changed at any time, with a health care professional, to reflect new treatment wishes
- NOT an advance directive, which is ALSO recommended
- NOT a means to appoint a health care representative

Pre-existing POLST forms remain valid so long as the patient's wishes have not changed. A new POLST using the revised 2023 form **does not** need to be completed.

## What are the key differences with the 2023 revision?

- 1. If "Attempt Resuscitation/CPR" is selected, then Full Treatment must be chosen in Section B.**

This change was made to reduce confusion for emergency personnel. Patients who undergo CPR typically require intensive treatment, including intubation and mechanical ventilation.

- 2. "Limited Treatment" has been changed to "Selective Treatment" in Section B.**

Washington, Idaho and California use the term "Selective" rather than "Limited." This change improves our alignment with neighboring POLST

programs.

**3. Documenting who participated in the discussion is now required in Section C.**

Requiring documentation of those individuals who participated in the discussion, reinforces the patient's right to support person(s) for these important conversations.

**4. Physician Assistants are no longer asked to indicate the name of their Supervising Physician or Collaboration Agreement on the back of the form.**

Physician Assistants are able to sign POLST forms independently in Oregon and have been since 2007.

**5. Forms submitted after July 1, 2023, must meet these new requirements to be accepted into the Oregon POLST Registry.**

For further information about POLST completion and submission, please scan this QR code or visit <https://oregonpolst.org/qr-code/>



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