

What is MOLST / POST / POLST?

OHIO—Medical Orders for Life Sustaining Treatment

INDIANA—Physician Orders for Scope of Treatment

PENNSYLVANIA—Pennsylvania Orders for Life-Sustaining Treatment

Honoring patient preferences is a critical element in providing quality end-of-life care. Medical Orders for Life-Sustaining Treatment (**MOLST in OH**), Physician Orders for Scope of Treatment (**POST in IN**), or Pennsylvania Orders for Life-Sustaining Treatment (**POLST in PA**) is a program designed to improve the quality of care patients receive at the end of life by stating patient goals for care and preferences into medical orders.

MOLST/POST/POLST is based on communication between the patient, his or her health care agent or other chosen stand-in decision-makers, and health care professionals that ensures shared, informed medical decision-making.

Your doctor and an advance care plan (ACP) facilitator may initiate MOLST/POST/POLST discussions.

What is the MOLST / POST / POLST form?

To help physicians and other health care providers discuss and express a patient's wishes regarding cardiopulmonary resuscitation (CPR) and other life-sustaining treatment, the MOLST/POST/POLST form is used by health care practitioners and facilities.

The MOLST/POST/POLST form is goldenrod-colored in Ohio and pink in Indiana and Pennsylvania. It is a medical order form signed by a licensed physician that tells others the patient's medical orders for life-sustaining treatment. Health care professionals will follow these medical orders as the patient moves from one location to another, unless a physician examines the patient, reviews the orders, discusses the situation with the patient and family and changes them.

What does MOLST / POST / POLST include?

MOLST/POST/POLST documents a patient's goals and preferences regarding:

- Resuscitation instructions when the patient has no pulse and/or is not breathing
- Instructions for intubation and mechanical ventilation when the patient has a pulse and the patient is breathing
- Treatment guidelines
- Future hospitalization and transfer
- Artificially administered fluids and nutrition
- Antibiotics
- Other instructions about treatments not listed

What else do I need to know about MOLST / POST / POLST?

In Ohio, the MOLST document must be presented with the Ohio DNR form should the patient request that no CPR be initiated in the case of a cardiac or respiratory arrest.

In Indiana and Pennsylvania, the POST/POLST form stands alone for DNR designation.