

What is a POLST?

POLST stands for **P**ortable **O**rders for **L**ife-**S**ustaining **T**reatment. It turns patients' wishes for treatment into medical orders, which must be followed by medical staff.

Who is a POLST for?

POLST is for people with serious illness such as advanced heart or lung disease, or cancer that has spread. It is also for people who are older and frail and might not want all treatment.



As people with a serious illness get sicker, it is very important to:

- Think about, and tell their providers, of the treatment they want and do not want
- Have their provider turn their treatment wishes into a **medical order**
- Know that they can change their mind at any time with their provider

What is the Oregon POLST Registry?

If the patient agrees, all POLST forms in Oregon are sent to the Oregon POLST Registry. This means that medical staff can quickly access someone's medical orders online in an emergency.

What is the difference between a POLST and an Advance Directive?

POLST: a medical order	Advance Directive: a legal form*
For people with serious illness or who are older and frail and may or may not want all treatment.	For healthy people 18 and older.
This is a medical order decided by you and signed by your provider.	It is not a medical order and cannot be followed in an emergency.
You state what treatments you want and do not want. Emergency and other medical staff must follow these instructions.	You give basic instructions about the care you would like in the future. And you choose someone to make medical decisions for you if you are not able to speak for yourself.
You fill it out with your provider or nurse practitioner.	You can fill it out on your own.
You and your provider can change your POLST at any time.	You can change it at any time on your own.
It becomes part of the Oregon POLST Registry. This means that medical staff can quickly access your medical orders in an emergency.	It is up to you to make sure it is available if it is needed.

* An advance directive is recommended for all adults, regardless of health status

POLST Facts

- A POLST is NOT an Advance Directive
- Medicare will pay for a visit with the provider to talk about, and fill out, a POLST. Most private insurances do too
- You can obtain a POLST from your provider



What happens when I fill out a POLST form?

With your permission, your POLST information will be sent to the Oregon POLST Registry. You will receive a confirmation letter, a magnet, and a set of stickers. The magnet and stickers tell emergency medical personnel that you have a POLST.

Educate yourself:

To learn more about POLST go to www.oregonpolst.org. You can look at videos and other helpful materials there. Talk with your family. Then, when you are ready, schedule a visit with your provider.