



The **POLST** conversation

**Have more questions
or concerns about POLST?**

Speak to your health care professional.

For Internet resources, visit

MAINEHOSPICECOUNCIL.ORG
or **POLST.ORG**

National
POLST

Maine Hospice Council
& CENTER FOR END-OF-LIFE CARE



Maine POLST Coalition
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POLST

Portable Medical Set
Honoring the Wishes of Those
with Serious Progressive Illness or Frailty



The POLST conversation

POLST is both a process and a portable medical order set for patients who are considered to be at risk for a life-threatening clinical event because they have a serious illness, which may include frailty.

It is an important component of advanced care planning that emphasizes eliciting, documenting and honoring patients' preferences about the treatments they want to elect or decline during a medical emergency or as their health status changes.

What is the POLST form?

The lime green paper POLST form is a clear and specific set of medical orders that express a patient's wishes for care near the end of life. The form is signed by both a health care professional and the patient.

The POLST Form helps your health care team honor your wishes in three ways:

- It makes your treatment wishes known to your health care team.
- If you are unable to speak for yourself, the POLST form makes clear your medical care wishes.
- It provides “must do” medical orders for all health care settings.

Your POLST Form goes where you go. To your home, hospital, or long-term care facility.

Who completes and signs the POLST form?

The first step in completing a POLST form is you having a conversation about your wishes with a member of your health care team: a physician, nurse practitioner, physician assistant, nurse, social worker, or chaplain.

Your POLST conversation provides the information you and your health care professional need to complete your POLST form.

Once your POLST form is signed by you (the patient) and your health care provider (physician, nurse practitioner, or physician assistant), POLST form directions will be followed by other health care professionals.