



## Physician Orders for Life Sustaining Treatment (POLST)

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It is the intent of PeaceHealth Peace Island Medical Center (PIMC) to honor the right of an informed, competent adult or legal representative to accept or refuse medical/surgical treatment. PIMC follows medical orders to limit or withhold life-saving treatment in accordance with applicable laws, regulations, and accreditation standards.

A Physician Order for Life Sustaining Treatment (POLST) is based on an informed consent discussion between a physician and a patient or the patient's legal representative, is based on the patient's preferences, and should reflect the patient's own values or known wishes rather than the personal beliefs of the legal representative or others. Any section of the POLST not completed implies full treatment for that section.

Caregivers may assist the patient/ legal representative in discussing and preparing the POLST form, however, the POLST is not activated until a physician, ARNP or PA reviews the form with the patient/legal representative and signs. The patient/legal representative retains the original POLST form.

There are no time restrictions for the life-span of the POLST. Unless the patient/surrogate states the POLST no longer represents his or her wishes, a POLST presented upon admission will be followed as a valid initial medical order when there are not more recent hospital orders to address resuscitation, antibiotics, and artificially administered fluids and nutrition.

POLST forms are valid during hospitalization so long as the POLST is reviewed by both the patient/legal representative and a healthcare professional licensed to practice in Washington state occurs within 24 hours of admissions and the back of the form is signed by both parties. The patient/legal representative may revoke or void the POLST at any time, either verbally or in writing.

The POLST is reviewed periodically and a new POLST completed if:

- Patient is transferred from one care setting or care level to another;
- Substantial changes occur in the patient's health status; or
- Patient's treatment preference changes.

The original POLST form is preferred upon admission, however, a photo copy or wallet card version will also be honored. If patient is re-admitted to the hospital but does not bring the original or a photocopy of their POLST with them, the photocopy on the old chart is acceptable so long as it is reviewed with the patient/legal representative within 24 hours of admission. A POLST from other than Washington State is not valid.

If a conflict exists among advance directive forms, the most recently dated document is the legally valid document.