

POLST: Physician Orders for Life-Sustaining Treatment

A **POLST** form is a medical order that tells emergency health care professionals what to do during a medical crisis when the patient cannot speak for him or herself. It will tell the emergency medical responders and health care providers what your wishes are regarding resuscitation in case your heart stops. This is your DNR (do or do not resuscitate) status.

- It is often considered the short version of the advanced directive.
- Many states have their own individual legal form.
- If your state of residence does not have it's own form you may use the national POLST form available since 8/2019. Website link: <https://polst.org/national-form/>
- Consider reading the Wikipedia page for more extensive and historical review of this very important document. Website link: https://en.wikipedia.org/wiki/Physician_Orders_for_Life-Sustaining_Treatment
- Obtain a POLST from your doctor or local hospital.
- Once it is completed, the document must be signed by an MD for it to be considered legal and binding.
- Keep the POLST in a visible place such as the front of your refrigerator.