



Dear Friends,

The Maine Physician Orders for Life Sustaining Treatment (POLST) Coalition, a broad-based Coalition of providers and other stakeholders, has adopted a new POLST form for use by providers. It replaces the current POLST form used in Maine, and is now available for distribution.

The move follows the Coalition's standard two-year review of the POLST form, making sure the form remains practical and applicable to daily clinical conversation. Also, this new POLST form has been adopted from the National POLST Coalition as a way to ensure data collection consistency.

POLST is a medical order intended for those facing a terminal illness, or who are in an advanced state of medical frailty. The first step to ensuring an individual will receive the life sustaining treatment of their choice is by completing a POLST form with their physician and/or designee. The original lime green POLST form should always remain with the patient.

POLST orders are not intended for general use among older adults. Healthy adults should have a Maine Advanced Directive on file until such a time as a POLST/ form is appropriate. The Advanced Directive is a document used to designate an individual's durable health care power of attorney. A person given health care power of attorney is able to make health care decisions if a patient is unable to do so for him/her self.

Working in conjunction with the Maine POLST Coalition, the Maine Hospice Council is the administrative home for POLST. You can access more information about the Maine POLST Coalition on the Maine Hospice Council's website. Along with information about POLST, one can find a "Do Not Copy" version of the form along with a "Permission to Print" request form.

In order for health care professionals or organizations to print the POLST form in house, they are asked to complete the "Permission to Print" form and send it to the Maine Hospice Council by fax, mail, or email. Once this form is received, the electronic printable version of the POLST form will be sent.

Maine POLST Program Coordinator Kandyce Powell states, "POLST is a valuable medical document, to be completed only following a comprehensive conversation about goals of care. This conversation should be with patients, family members and a medical provider. The Maine POLST Coalition has been fortunate to have an experienced group of clinicians involved with planning, as well as a close working relationship with Amy Vandenbroucke and the National POLST Program."

For more information about the Maine POLST Coalition and its forms, please visit www.maineospicecouncil.org and select the POLST section.

Sincerely,
Maine POLST Coalition and The Maine Hospice Council

The Maine Hospice Council is a 501(c)3 non-profit organization. All donation are tax-deductible.