

# MOLST

Merrimack Valley Hospice

All Staff Meeting 11/15/12

Presented by Ann Stauble



# What is MOLST ????

- It stands for Medical Orders for Life Sustaining Treatment
- It is a standardized form containing valid medical orders for life-sustaining treatment based on a patient's goals of care

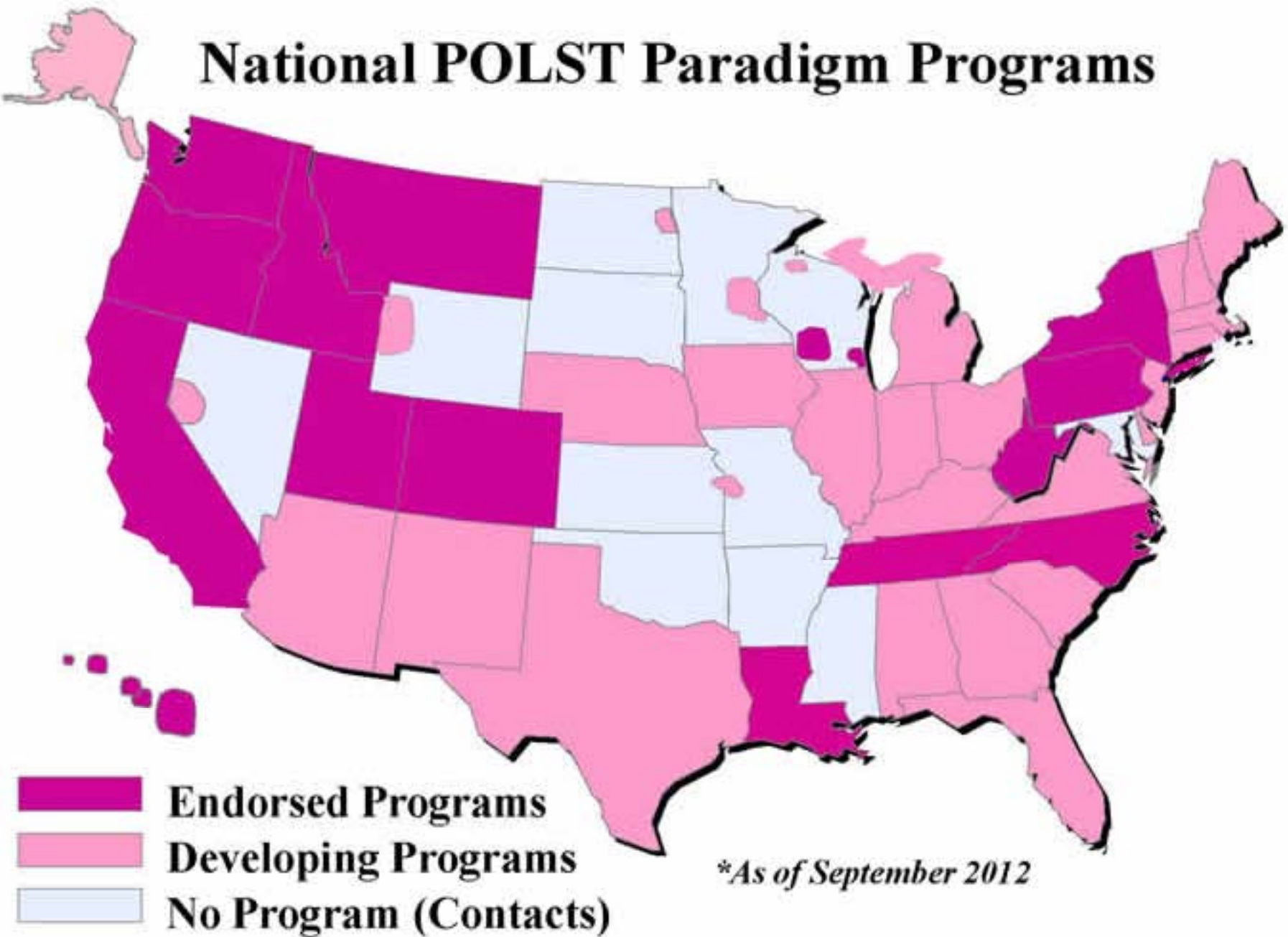


# MOLST History

- MOLST evolved from POLST (Physician Orders for Life-Sustaining Treatment)
- The first POLST program was developed in Oregon about 20 years ago.
- Different versions are now in use in about 30 states



# National POLST Paradigm Programs





# MOLST in MA, NH, and ME

- All 3 states have developing MOLST programs.
- Today we will talk about MOLST in Massachusetts only .



# Mass MOLST Project

- Is a collaboration of:
  - Mass Department of Public Health
  - Mass Executive Office of Elder Affairs
  - Commonwealth Medicine at Umass Medical School





# MOLST Expansion in Mass

- 2010 MOLST Demonstration Project in Worcester area
- 2011/2012 Planning for statewide expansion
- Spring 2012 Pilot implementation of training with acute care institutions
- June 2012 MOLST Implementation Toolkit available at [www.molst-ma.org](http://www.molst-ma.org)
- 2012/2013 Self-paced MOLST implementation at institutions throughout Mass.

**GOAL 2014 statewide MOLST use !**



# Health Care Proxy Form

- Proactive care planning for future use if person loses capacity and can't speak for him or herself
- Often does not include the physician
- May or may not involve conversations between person and designated health care proxy.





# MOLST

Is NOT an Advance Directive

It is part of Advance Care  
Planning

# Comparison DNR and MOLST

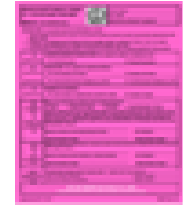
## DNR

- Documents that a medical orders exists
- Always instructs NOT to use CPR
- Provides orders about CPR only
- Honored in outpatient settings by EMTs

## MOLST

- Is a medical order form
- May instruct to use OR not use treatments
- Orders about several types of life-sustaining treatments
- Honored across all settings by all health professionals

## Key Facts about MOLST



- Patients with advanced illnesses may choose to use or to not use the MOLST form; MOLST is voluntary - no one is required to sign it.
- The MOLST form can indicate that the patient *either* accepts or refuses certain types of treatment.
- MOLST forms are effective immediately when signed; effectiveness does not depend on loss of capacity.
- MOLST is a valid medical order based on the patient's current medical condition; MOLST is not an "advance directive".



## **Which Patients Should Consider Having MOLST?**

Patients of any  
age with a  
serious  
advancing  
medical  
condition.



Can a patient  
be required to  
have a MOLST  
form?

No.  
Using  
MOLST  
is  
voluntary



## Who can fill out and sign a patient's MOLST form?

A physician, nurse practitioner or physician assistant and the patient or patient's authorized representative.





**Where is  
the signed  
MOLST  
form kept?**

**With the  
patient!**



## Are copies of MOLST forms valid?

Yes, an electronic, fax or photocopy of a valid MOLST form on any color of paper is valid.



## What if a pt has both a DNR and a MOLST form?

For cardiac or respiratory arrest, follow the most recent orders. In other situations, follow the MOLST orders.







For More Information

[www.polst.org](http://www.polst.org)

[www.molst-ma.org](http://www.molst-ma.org)