Are we completing POLST forms on the right patients?
POLST is for patients with advanced illness and frailty
# Key Differences between the Advance Directive Form and the POLST Form

<table>
<thead>
<tr>
<th>Advance Directive</th>
<th>POLST</th>
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<tbody>
<tr>
<td><strong>A Voluntary Legal Document</strong></td>
<td><strong>A Voluntary Medical Order</strong></td>
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<tr>
<td>For all adults regardless of health status at any age, starting at age 18</td>
<td>For those with serious illness, or frailty, or a limited prognosis at any age, depending on health status</td>
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| 1) Appoints a Health Care Representative  
2) Memorializes values and preferences  
3) Is signed by the principal | Is a specific medical order and is signed by a Health Care Professional. |
| Provides for theoretical situations in which a person may not have capacity for decision making.  
Guidelines for imagined future situations which may arise and for which a person may have preferences for a particular kind of care plan. | Provides for likely events that can be foreseen.  
Specific medical orders addressing defined medical interventions for situations that are likely to arise given the patient’s health status and prognosis. |
POLST should not be offered to “healthy” 65 year olds at “Welcome to Medicare” visits
Completing POLST in healthy patients can cause harm
POLST should be offered to those with advanced illness or frailty.

Advanced Directive forms should be offered to patients without a serious advanced illness.