

Ko e hā ‘a e POLST?

‘Ota pē Fekau (Fekau’aki mo e me'a ke fai ‘i ha Feinga Mo'ui.)

Koe Tokoni ma'a e Kau Mahakí Fekau’aki mo e POLST
Fai ma'a Hauai'i 'e he Kōkua Mau

Tongan



Kōkua Mau

“ Hokohoko

A Movement to Improve Care

• **POLST = ‘Ota pē Fekau O Fekau’aki L mo e me'a ke fai ‘i ha Feinga Mo'ui.**), ko ho'o ngaahi fiema'u tauhí ia, ‘o fakafou ‘i:

- Ho'o fiema'u fakafaito'o, ‘a ee kuo pau ke fakafonu e foomú ‘e ha Toketaa pē ko ha Neesi Lesisita Ngāue Ma'olunga, (APRN) pē Physician Assistant (PA) ki ha tokoni fakafaito'o ke fakahoko leva.
- ‘Oku fakafonu ia ‘e kinautolu he ‘Api Mahakí, ‘o kau ai e kau Ngāue Mahaki Fakavavevave hangee ko e kau ‘Uluaki Tokoni.
- ‘Oku ke fakafonu ‘a e POLST kapau ‘oku ‘i ai hao palopalema lahi fakasino.
- E ala tokoni atu e kau ngāue ‘ofa, kau neesi pē kau ngāue mo'ui lelei kehé ke fakafonu ho'o foomu POLST, kā KUO PAU ke fakamo'oni hingoa ai ho'o toketaa pē APRN pē PA ke fakalao.
- ‘Oku hā he POLST ‘a e ngaahi tu'utu'uni fakaemo'ui lelei ‘oku ‘asi ai e fa'ahinga tokoni fakafaito'o ‘oku ke fiema'u pē ‘ikai fiema'u, ‘o kapau ‘e a'u ki ha taimi ‘e ‘ikai te ke to e lava ‘o fai tu'utu'uni ai ma'au.
- Kuo pau ke vakai'i ‘e ho'o toketaa pē Arv ‘a ee kuo ‘osi laiseni ‘i he Vahefonua Hauai'i, (pē ‘oku fakangofua ke ngāue kapau ‘oku ‘i he Tau Malu'i Fonuá pē VA) ‘a e tonu ho'o ngaahi fakamatala he POLST pea toki fakamo'oni ai. he foomu POLST.
- ‘Oku fiema'u foki ‘e he POLST ke fakamo'oni ho hingoá pē fakamo'oni hao fakafofonga kuo fakamafai fakalao (sio ki he peesi 2 ki he fakamatalá)

HIBA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROFESSIONALS AS NECESSARY	
PROVIDER ORDERS FOR LIFE-SUSTAINING TREATMENT (POLST) - HAWAII	
<small>First page of the POLST form. This document is intended to provide medical treatment orders for the patient to health care providers. This Provider Order Form is based on the National POLST Model. This form is not intended to replace a DNR or advance directive. It is a supplement to an advance directive and is not intended to replace that document.</small>	
A MEDICAL INTervENTIONS	
<input type="checkbox"/> CARDIOPULMONARY RESUSCITATION (CPR) ** Person has no pulse and is not breathing ** <input type="checkbox"/> No CPR. Do Not Attempt Resuscitation (Section B: Full Treatment required) <small>If patient has a pulse, follow orders in Sections B & C</small>	
B MEDICAL INTERVENTIONS	
<input type="checkbox"/> Full Treatment primary goal of prolonging life by all medically effective means. In addition to treatment described in Directive Treatment and Comfort-Focused Treatment, use intubation, advanced airways, mechanical ventilation, cardiopulmonary resuscitation, and other treatments as medically indicated. <input type="checkbox"/> Selective Treatment goal of treating medical conditions and restoring function while avoiding intensive care and resuscitation. In addition to treatments described in Directive Focused Treatment, use intubation, mechanical ventilation, and other treatments as medically indicated. <input type="checkbox"/> Comfort-Focused Treatment primary goal of maximizing comfort. Refuse care and offering non-medical interventions by any route as needed, use oxygen, suctioning, and manual treatment of airway obstructions. Do not resuscitate. <small>Refuse care and offering non-medical interventions by any route as needed, use oxygen, suctioning, and manual treatment of airway obstructions. Do not resuscitate if comfort needs cannot be met in current location.</small>	
C ARTIFICIALLY ADMINISTERED NUTRITION : Always offer food and liquid by mouth if feasible and desired	
<small>Give directions on next page for information on nutrition & hydration</small>	
<input type="checkbox"/> No artificial nutrition by tube <input type="checkbox"/> Default trial period of artificial nutrition by tube <small>Oral, tube, enteral, parenteral</small> <input type="checkbox"/> Long-term artificial nutrition by tube <input type="checkbox"/> Default	
D SIGNATURES AND SUMMARY OF MEDICAL CONDITION (Discussed with patient)	
<small>Patient or Legally Authorized Representative (LAR). If LAR, indicate you must check one of the boxes below:</small>	
<input type="checkbox"/> Patient <input type="checkbox"/> Legally Authorized Representative (LAR). My signature below indicates that I have discussed these instructions with my patient and I believe my patient's wishes are consistent with his/her best interests. <input type="checkbox"/> Guardian <input type="checkbox"/> Agent designated in Power of Attorney for Healthcare <input type="checkbox"/> Physician <input type="checkbox"/> Patient designee/nominator <input type="checkbox"/> Other <input type="checkbox"/> Parent of a minor	
<small>Signature of Patient or Legally Authorized Representative. My signature below indicates that these instructions are consistent with my wishes or if signed by LAR, the lesser wishes and/or the best interests of the patient who is the subject of this form.</small>	
<small>Signature of LAR (if applicable). My signature below indicates that these instructions are consistent with my wishes or if signed by LAR, the lesser wishes and/or the best interests of the patient who is the subject of this form.</small>	
<small>Signature of Provider Physician/APRN/PA licensed in the state of Hawaii*. My signature below indicates to the best of my knowledge that these orders are consistent with the patient's medical condition and preferences.</small>	
<small>Physician Name _____ Physician Phone Number _____ State _____</small>	
<small>Provider Signature Required _____ Physician License # _____</small>	
<small>Summary of Medical Condition _____ Default Use Only _____</small>	
<small>SEND THIS 2-PAGE FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED. POLST pg 1 of 2</small>	

Ko fē taimi ‘e fiema'u ai e foomu POLST?

- ‘Oku fiema'u e foomu POLST ‘e ha tokotaha ‘oku uesia lahi ‘e hano mahaki pē ‘oku ne ma'u ha mahaki ‘oku ala fakangata vave ai ‘ene mo'ui, hangee ko e faka'osi'osi ‘o ha mahaki‘ia ‘o e ma'ama‘á, mafú pē kanisā ‘oku ‘ikai to e taulanga.
- Ka fiema'u ha POLST pea ‘oku taau ke fai ha talanoa mahino mo kinautou he ‘Api Mahakí.

‘Oku fiema'u ‘i he foomu POLST ‘a e fakamatala fakau’aki mo ho'o fiema'u fakafaito'o.

- Sio ki he uepisaiti felāve'i mo e ‘Ngaahi fehu’i fakau’aki mo e CPR, ke tokoni ki ho'o fakakaukau'i pē te ke kau he CPR pē ‘ikai.
- Ko e lahi ‘o e tokoni fakafaito'o te ke fiema'u,
- Pē ‘oku ke fiema'u ke ke tokoto falemahaki pea mo hono fakaikiikí, pea
- Kapau ‘oku ke fiema'u ke fafanga kehe koe ‘aki hono ngāue'aki e tiupí pea ke (sio ki he uepisaiti Kōkua Maú felāve'i mo e pepa fakamatala ki he ‘Fafanga Tiupí')

NGAAHI FEHU'I 'OKU TOUTOU FA'A 'EKE (FAQ)

E ma'u mei fē ha tatau ‘o e foomu POLST?

Te ke lava pē koe pē ha taha he kau Tauhī ‘o ma'u e foomu POLST mo hono ngaahi fakahinohinó mei he uepisaiti Kokua Mau ke vakai ki ai ho'o toketaa. ‘i he: kokuamau.org/polst. Ko e uepisaiti Kokua Mau ko e ma'unga fakamatala ia ‘a e POLST ma'a Hauai'i. Ko e tokolahi ‘o e ngaahi falemahaki, ngaahi ‘api neesi, ngaahi ‘api ki he mo'ui lelei mo e ngaahi ‘api mahaki, pea pehee ki he ni'ihī kehe pē he komiuniti, ‘oku nau ma'u e foomú, pea te nau ala tokoni atu ‘i hono fakamahino'i mo fakafonu. Kātaki ‘o manatu'i ko e foomu POLST kuo pau ke fakamo'oni hingoa ki ai ho'o toketaa pē Neesi Ngāue Ma'olunga Lesisita APRN) pē PA ka e toki fakalao. Ko e tohi ko ‘ení, fakataha mo e ngaahi naunau kehe ‘i he ngaahi lea kehekehe, hangee ko e Fakamatala Fakaikiiki pē POLST, ‘oku ma'u ia mei ho ‘api mahakí, toketaa, pē kautaha malu'i mo'ui, pē mei he uepisaiti ‘a e Kokua Mau ‘i he kokuamau.org/languages.

‘Oku fiema'u ‘e he lao ke u fakafonu e POLST?

‘Ikai. ‘Oku ke fa'iteliha pē pe te ke fakafonu e POLST pē ‘ikai he na'e ‘ataa pē ke ngāue'aki ‘i Hauai'i talu mei Siulai 2009. Ka neongo ia, kapau he‘ikai ha POLST, ‘e malava pē ke fiema'u pē Potungāue Tokoni Fakavavevave Fakafaito'o (EMS) pē ko ha ngaahi kautaha tokoni mo'ui lelei pē, ke nau feinga ke tokoni'i koe ke to e tā ho mafú mo ke mānava kapau na'e tu'u, ‘o tatau ai pē pe ‘oku ‘ikai ke ke to e fiema'u ke to e fakaake koe ka e tuku ai leva ke ‘osi fakanatula ai pē ho'o mo'ui.

‘Oku tauhi ‘i fē ‘a e foomu POLST?

Kapau ‘oku ke nofo ‘i ‘api pea ‘oku taau ke tauhi e mu'aki foomu lanu mata laimí, ‘i ha potu ‘a ia ‘e faingofua hono ‘ilō. Ko e feitu'u lelei taha ke tauhi ai e foomú, ko e funga ‘aisí ‘a ia ‘e ‘uluaki fekumi ki ai e kau ngāue EMS. Ko e ngaahi tuku‘anga mahino kehē ‘oku kau ai e tu'a matapā ‘o e loki mohé, pē ko ha tēpile ve'e mohenga, pē ‘i ho'o puha faiō'o. Kapau ‘oku ke nofo ‘aupito ‘i ha ‘api mahakí, ‘e lava ke tauhi ho'o foomu POLST ‘i ho'o saati fakafaito'o, fakataha mo ho'o ngaahi fiema'u fakafaito'o kehee. Ko e tatau lanu hinehina ‘o ho'o foomu POLST ‘oku fakalao mo ia.

'Oku fiema'u ha fakamo'oni hingoa ki ho'o foomu POLST?

'Ia. 'Oku pau ke fakamo'oni hinoga ho'o toketaā pē APRN pē PA 'i he foomú kae lava hoko ko e "Ota pē Fekau ke Fakahoko" 'o mahino pea muimui pau ki ai 'a e kau ngāue tokoni fakafaito'o kehee 'o kau ai e kau ngāue EMS. 'Oku fiema'u foki 'a e fakamo'oni hingoa 'i he foomú a e tokotaha 'oku 'uhinga ki aí pē ko ia kuo fakamafai'i 'e he Laó ki he Ngāue fakafaito'o pē ko ha fakafofonga pē kuo fakamafai'i fakalao

Ko e hā 'a e fakafofonga kuo fakamafai'i Fakalao (LAR)?

Ko e tokotaha eni 'oku lava 'o fai tu'utu'uni ma'a e mahakí 'i he taimi 'oku 'ikai to e lava ai e mahakí 'o fai tu'utu'uni ma'ana. 'E mlava pē ke hoko ko ha LAR 1) ha fakafofonga kuo fili 'e he tokotaha mahakí fou 'i ha ma'u mafai fakalao ki he mo'ui lelei. 2) ha taha 'oku ne tokanga'i pē pule ki he tokotaha mahakí 3) ko ha taha kuo fili 'e he tokotaha mahakí lolotonga 'ene kei malava ke fai pehee 4) ko ha taha kuo felotoi ki ai 'e kinautolu felāve'i mo e tokotaha mahakí. Kapau 'oku 'ikai kei lava 'a e tokotaha mahakí 'o fai tu'utu'uni 'iate ia pē, kuo pau ke fakapapau'i 'oku 'i he tu'unga pehee, 'e he'ene toketaa. Ko e hili kotoa ení, 'oku fai leva 'a e feinga ke ma'u mai 'a e kotoa 'o kinautolu 'oku nau fa'a tokanga makehe mo 'ahia 'a e tokotaha mahakí, pea 'oku nau taukei mo 'ene ngaahi fiema'u. 'E ala kau ki he ni'ihī ko ení 'a e mali 'oku kei nofo mali pē pe kei fetu'utaki mo hono malí, ongo mātu'á, fānaú, ka 'oku 'ikai pau ia ke nau felāve'i toto pē felāve'i mali ke nau kau he kulupu ko 'ení. 'Oku felotoi leva 'a e kulupu ko ení ke 'oange ki ha tokotaha ke fai tu'utu'uni ma'ae tokotaha mahakí. 'Oku fakatatau eni ki he HRS 327E-5.

Ko e hā ha tu'tu'uni 'e ataa ke fakahoko 'e ha fakafofonga kuo fakamafai'i fakalao?

'Oku malava ke fakahoko 'e he fakafofonga kuo fakamafai'i 'e he lao 'a e tu'utu'uni kotoa na'e mei ala fai 'e he tokotaha mahakí ma'ana, tukukehe 'a e mafai fai tu'utu'uni 'a e tokotaha fai tu'utu'uni na'e fili felotoi 'e he ngaahi kupu fekau'aki. Ko e tokotaha fai tu'utu'uni na'e fili felotoi 'e he ngaahi kupu fekau'aki 'o fakatatau ki he HRS 327E-5, 'oku fakangatangata hono mafai fekau'aki mo hono tuku pē ta'ofi 'a e founa fafanga makehe fakafou 'i he tiupi, 'o e me'akai hahu'á mo e inú. Ko e tokotaha fai tu'utu'uni na'e fili felotoi 'e he ngaahi kupu fekau'aki, 'e toki lava pē ke ne ta'ofi pē fekau ke tuku 'a e fafanga tiupi, 'o kapau 'e hanga 'e ha ongo toketaa tau'atāina 'o fakamo'oni'i 'i he lekooti fakafaito'o 'a e tokotaha mahakí, ko e fafanga mo e fakainu makehe 'o e mahakí ko e fakatolongā pē 'ene mānavá pea ngalingali he'ikai ha to e tau fonua 'a e mo'ui.

Kapau 'oku 'i ai ha'aku foomu POLST 'e fiema'u ke to e 'i ai ha'aku Fakaikiki Fekau'aki mo hoku Ngaahi Faito'ó (AHCD)?

'Oku mātu'aki fakapotopoto ke ke fakafonu mo ha'o Fakamatala Fakaikiki fekau'aki mo ho Ngaahi Faito'ó, kā 'oku 'ikai ke fiema'u ia. Ko e Fakamatala Fakaikiki Fekau'aki mo ho Ngaahi Faito'ó, ko e founa lelei tahā ia ke: a) fakamhino'i ho lotó fekau'aki mo e fai'o ke fai kiate koe, pea b) fokotu'u ha tokotaha ke hoko ko ho fakafofonga fakafaito'o fakalao 'o ka hoko mai ha taimi kuo 'ikai ke ke kai malava 'o lea. 'Oku 'ikai ko e foomu POLST 'a e me'angāue totonu ke makatu'unga ai e fili ho fakafofonga ki he AHCD, koe'uhī ko e POLST ko e tu'utu'uni fakafaito'o ia. 'E lava ke ma'u ha to e fakamatala fekau'aki mo e fakaikiiki 'o e ngaahi tu'utu'uni mei ho 'Api Mahakí pē mei he uepisaiti kokuamau.org/resources/advance-directives. 'Oku hanga 'e he POLST fakataha mo e AHCD 'o 'oatu 'a e faingamālie lahi taha kiate koe ke fakahoko ho lotó 'o ka a'u ki ha taimi kuo 'ikai ai te ke lava ke tala ho lotó.

Fēfē kapau kuo 'ikai ke u to e lava 'o lea pea kuo te'eki ke 'i ai ha'aku POLST?

'Oku lava ke fili hao fakafofonga lao fakafaito'o fou he ACHD ke fakahoko ho lotó 'o ka kuo 'ikai te ke kai lava 'o tala ho lotó. 'E lava ho'o toketaa pē APRN pē PA 'o fakakakato fakataha mo ho fakafofonga lao fakafaito'o pē Fakafofonga kuo Fakamafai'i Fakalaó, 'a e foomu POLST makatu'unga 'i he mahino kiate kinautolu ho lotó.

'Oku ngāue'aki e foomu POLST he taimi fē?

Ko e kakato mo e fakamo'oni hingoa ki he foomu POLST 'oku hoko ia ko e fekau fakafaito'o ke ke nofo mo ia neongo ha'o fehikitaki he ngaahi 'api mahakí, 'o tatau ai pē pe te ke 'i ha falemahaki, 'i 'api, pē ko ha 'api mahakí 'i ha taimi lōloa. Ko e foomu POLST 'oku fa'u ia ke ne tala ho lotó ki he ngaahi 'api tauhi'anga e kau mahakí, pea kau ai e kau fuofua tokoní, 'a ia 'oku nau omi hili hano ui 'o e 9-1-1, fekau'aki mo e me'a fakafaito'o ke fai kia koe.

Ko e hā 'oku lanu mata laimi ai e foomu POLST?

'Oku uloulo e lanu mata laimí ke faingofua hono kumí 'i hano fiema'u, pea 'oku 'asi lelei he lanu hinehiná. Ko e tatau hinehina kuo 'osi fakafonu pea fakamo'oni ki ai e toketaa pē APRN pē PA 'oku fakalao pē mo ia ke ngāue'aki. 'E tali lelei pē mo ia 'e he ngaahi 'api mahakí 'o kau ai e kau ngāue EMS.

Ko e fakamatala fakamuimui taha ki he POLST 'oku lava ma'u ia he faile PDF 'o e foomu POLST faka'ofisialé (ma'a e kau tauhi mahakí) ko ia vakai ki he: kokuamau.org/polst

Ki ha to e fakaikiiki, fetu'utaki ki he Kōkua Mau 'i he info@kokuamau.org pē 808-585-9977 (faka-pālangai pē).

Kōkua Mau

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kokuamau.org